

Emotions | CCEF NC 2016 | Darby Strickland



“The best and most beautiful things in the world cannot be seen or even touched- They must be felt with the heart.” – Helen Keller

# Parenting a Disabled Child:

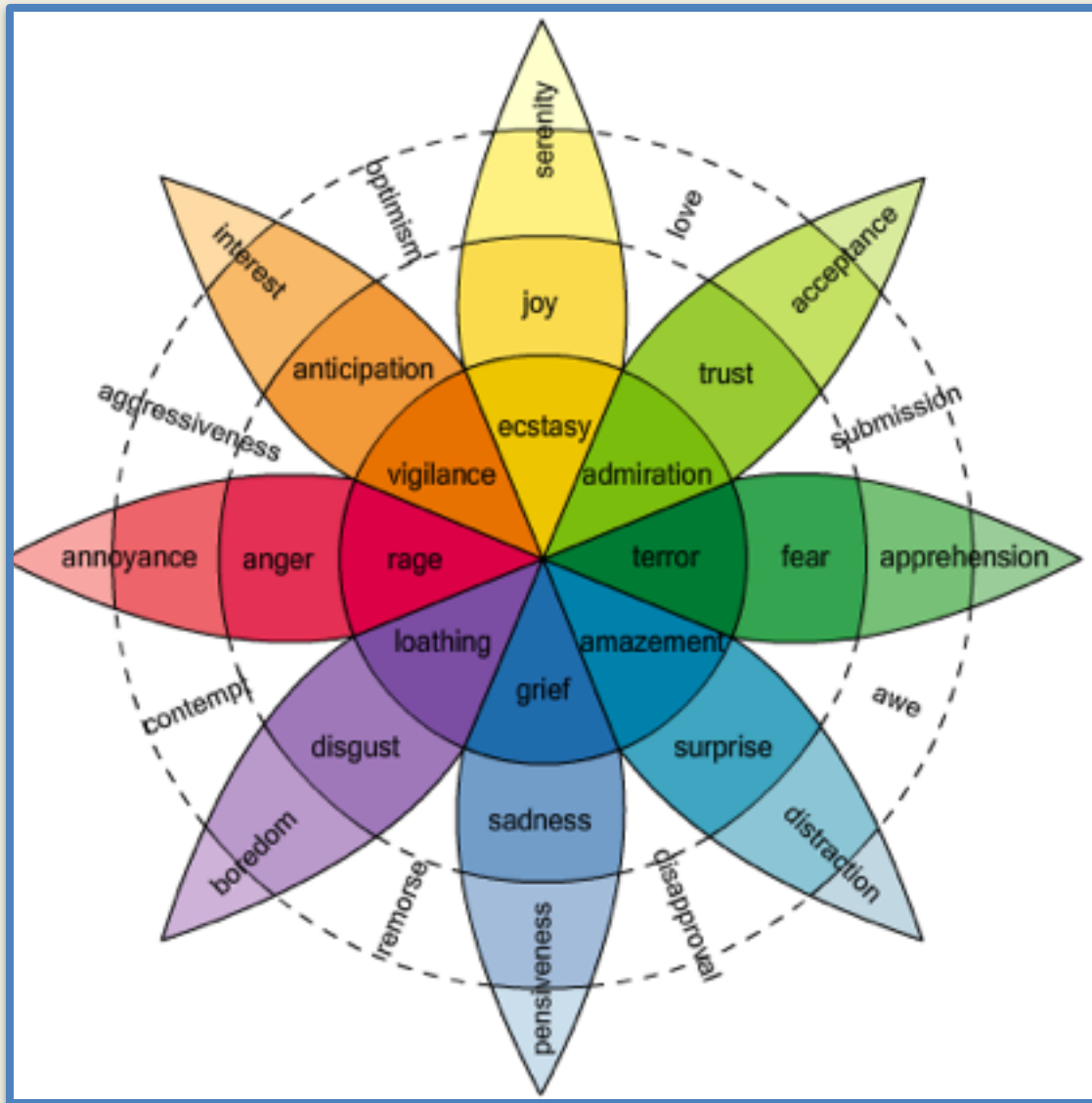
## Engaging Your Difficult Emotions



My story

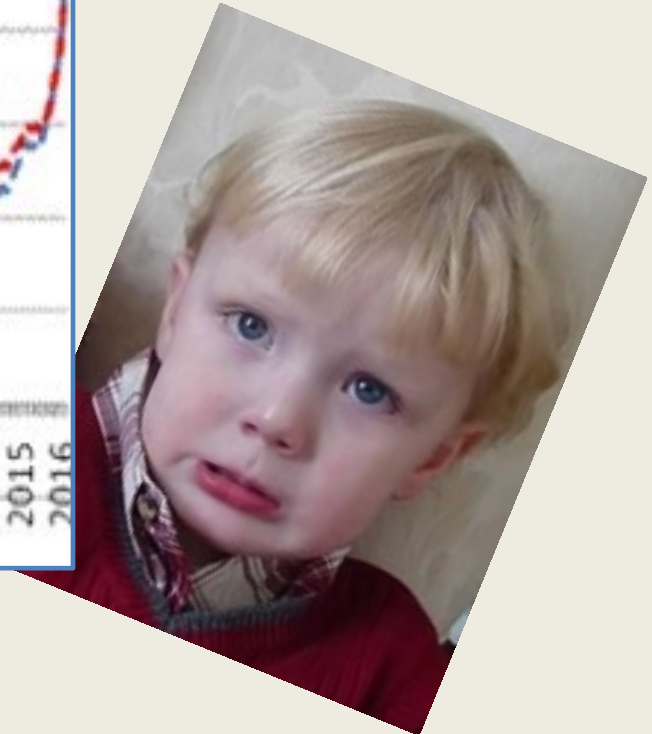
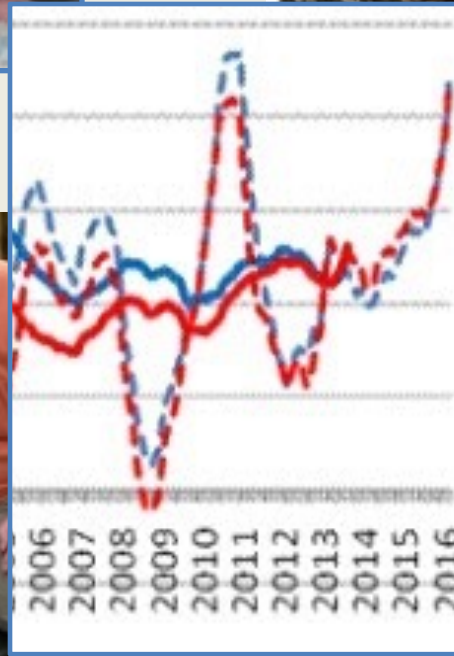
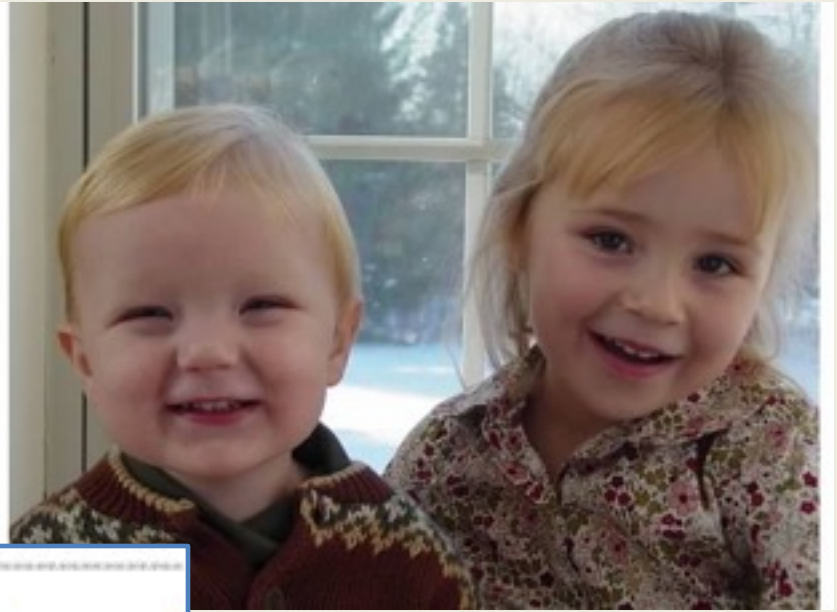


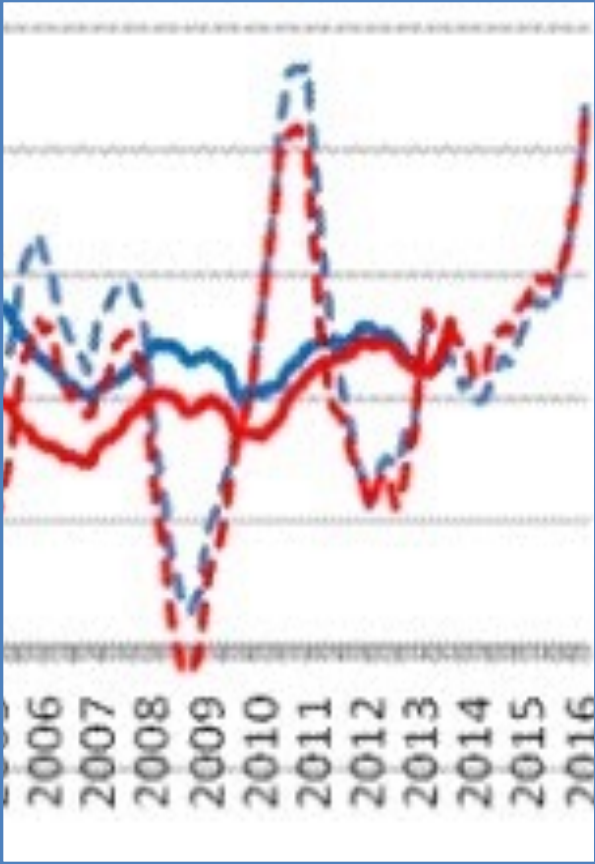
Your story



Plutchik's  
Emotion Wheel

# The 24 Hour Cycle





# The Decade Cycle



The impact...

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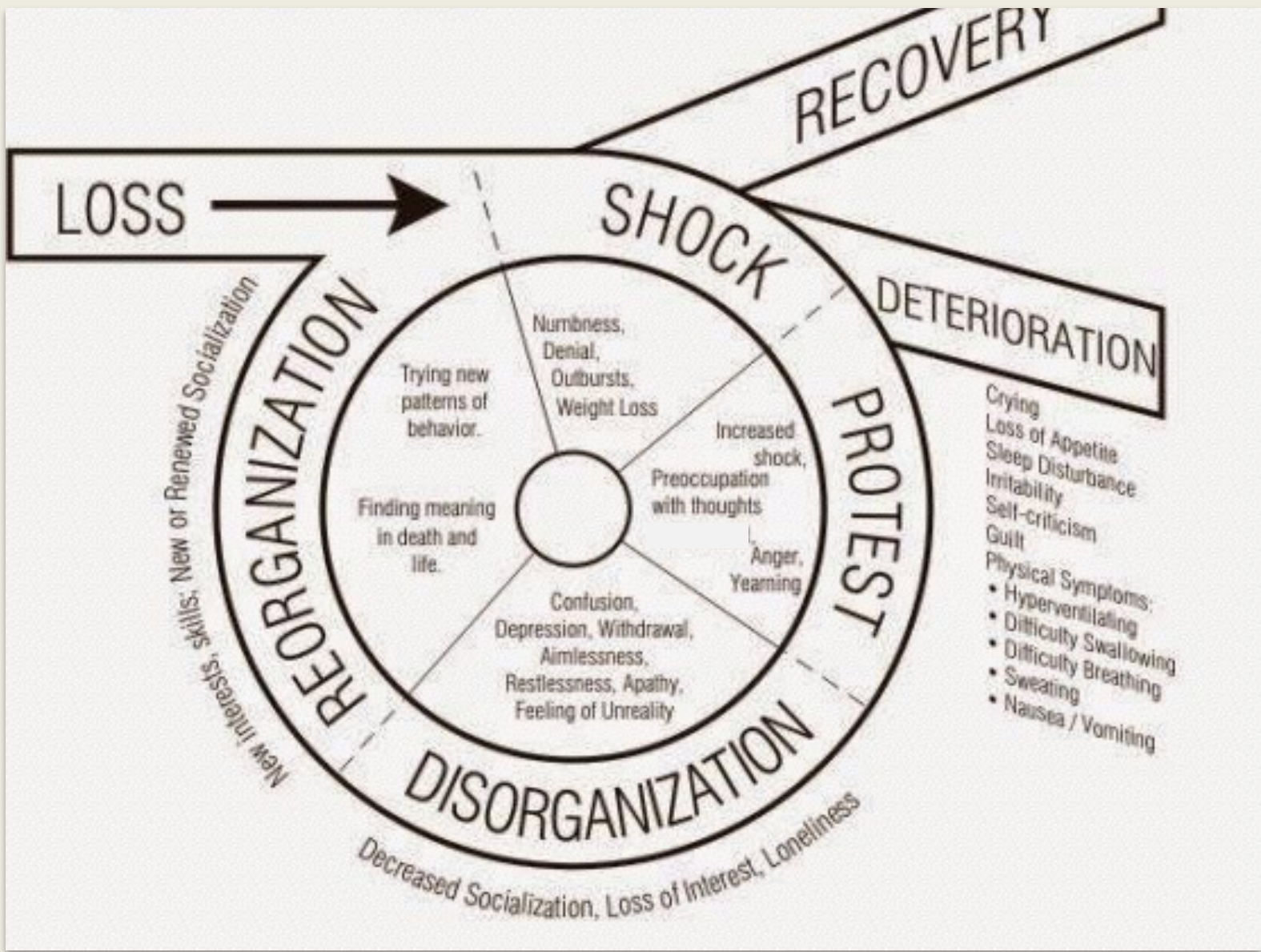
# Loss

Of 'normality'  
Sleep  
Community  
Future  
Family dinners  
Stability  
My hopes  
My dreams for him  
My routines/health

Loss also for those we love  
other children  
grandparents  
family and friends

So much loss  
He felt very far....





# Grief Circle

Handwritten calendar for the month of July, featuring a grid from Sunday to Saturday. The calendar is densely packed with handwritten notes, including dates, times, and event names. A hand is visible in the lower-left corner, holding a blue marker and writing on the calendar.

Key events and notes include:

- July 10:** Eli's Graduation 5-8:30 Party
- July 11:** Denny's Day
- July 12:** Field Day am
- July 13:** Michigan?
- July 14:** DPT Day
- July 15:** Studio Rose
- July 16:** Cinnabun B-Day
- July 17:** Baseball Fest (Chilcoots - 8-7)
- July 18:** No Plans
- July 19:** Cinnabun B-Day
- July 20:** Canada Leaves
- July 21:** Hubbard St. Dance @ Ravina 11:00 am
- July 22:** Cinnabun B-Day
- July 23:** Italy @ Ravina
- July 24:** Cinnabun B-Day
- July 25:** Beta's Birth Day
- July 26:** Italy @ Ravina
- July 27:** Beta's Birth Day
- July 28:** Jill B-Day
- July 29:** OSANDRA
- July 30:** OSANDRA
- July 31:** OSANDRA

Other notes and reminders include:

- "Daddy is like an expired receipt"
- "EIA"
- "SMO"
- "OPEN SAV. BANK ACCT. for Sofia - B-day"
- "SMITH GALLERY SHOW"

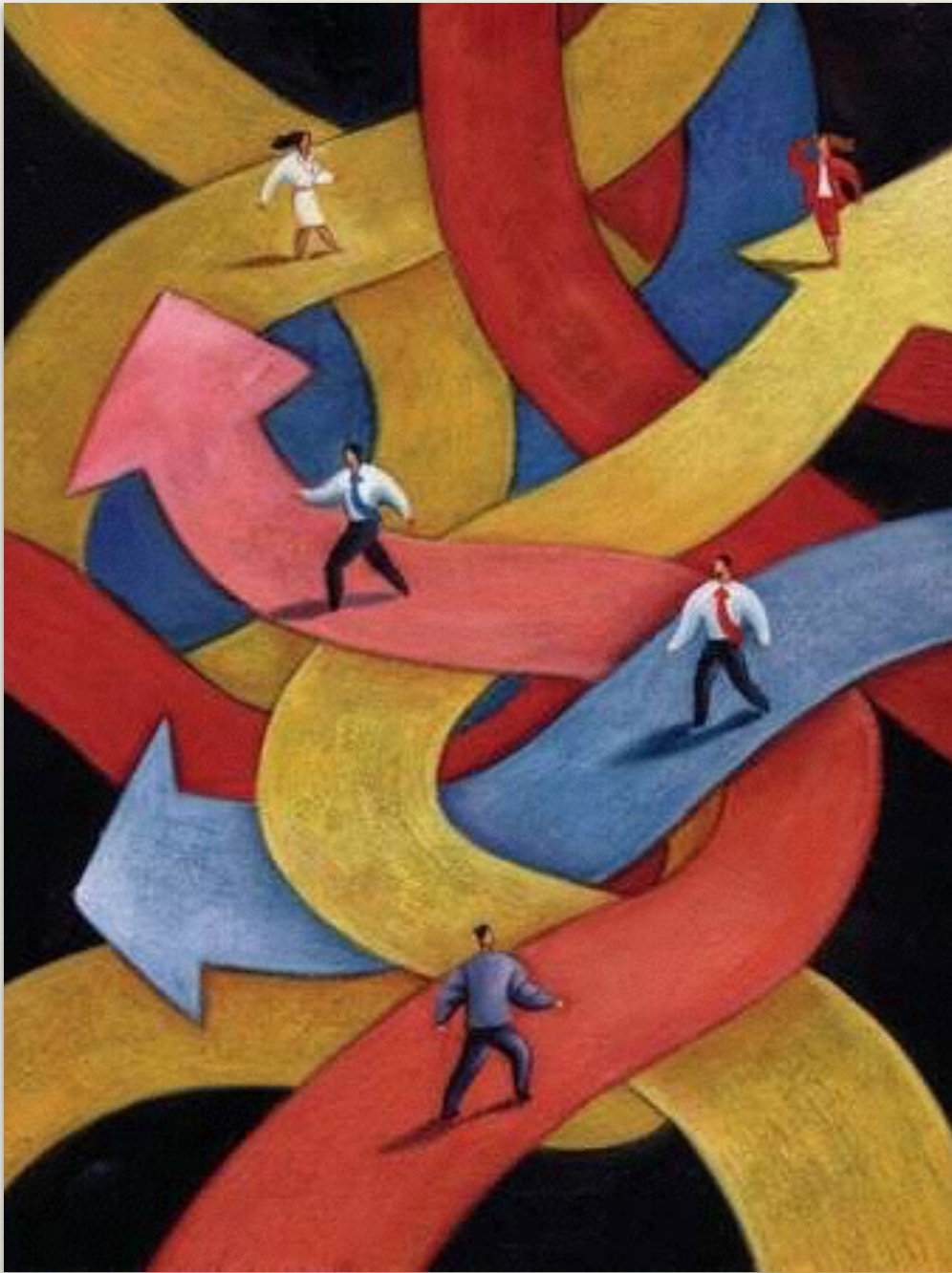
Survival



Isolation



Our marriage | Isolation in unity.



Easy to lose our way

Fighting for and feeling

so many things,  
you can forget the most  
important thing.

**D** **R** **A** **W**  
**N** **E** **A** **R**



Let us then with confidence  
draw near to the throne of grace, that  
we may receive mercy and find grace to  
help in time of need. - Heb 4:16



Our grief  
is too much  
for anyone  
other than  
Him.



Drawing near  
It is an invisible act of the heart.





“My soul is very sorrowful, even to death; remain here, and watch with me.”

He fell on his face and prayed, saying, “My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will

Again, for the second time, he went away and prayed, “My Father, if this cannot pass unless I drink it, your will be done.”

- Matt 26:30–35



And behold, the curtain of  
the temple was torn in two,  
from top to bottom.

We are no longer separated  
or isolated.

We are embraced.

Restored.

Covered.

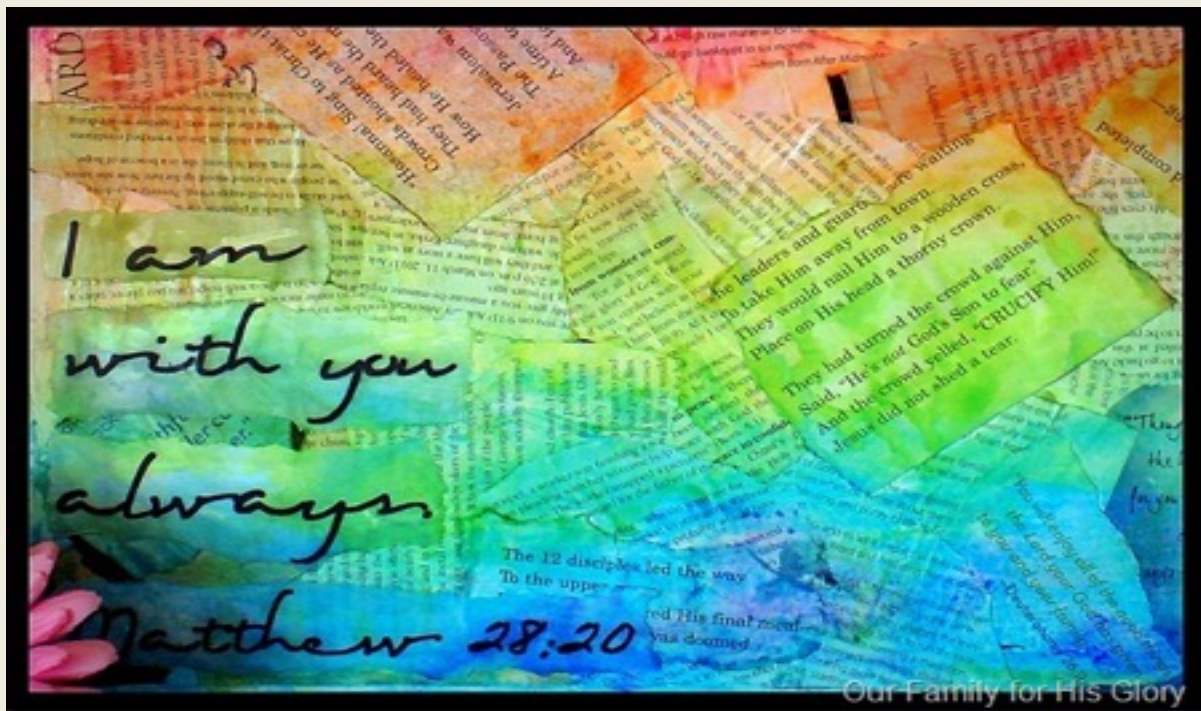
Comforted.

Helped.

Brought near.

And Jesus came and said to them, “All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you.

And behold, I am with you always,  
to the end of the age.”





What my son longed for... before I did.



For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin.

Let us then with confidence **draw near** to the throne of grace, that we may receive mercy and find grace to help in time of need. Heb 4:14-16