

Video Replay: <https://vimeo.com/885418245/92bcddf6d0?share=copy>

11:28:26 From rose To Everyone:

Rose in GA

11:29:19 From Dolores (Dodie) Smith To Everyone:

Dodie, Wake Forest, NC

11:29:46 From Jessica Devaney To Everyone:

Jessica Oil City PA

11:30:00 From Suzanne Jones To Everyone:

Suzanne from Pitt

11:30:24 From Ann To Everyone:

Ann Lawrence North Carolina

11:30:26 From Shonquella Terrell To Everyone:

Good morning beautiful people or afternoon:)

11:30:37 From Shonquella Terrell To Everyone:

Holly Springs, NC

11:30:50 From Laura Lathrop - PISA To Everyone:

Laura Lathrop in West Lafayette, IN

11:31:14 From Rachel Tomazin To Everyone:

Rachel Tomazin - Columbus GA

11:31:45 From Jessica Evans To Everyone:

Jessica Evans, Columbus OH

11:32:01 From Pam To Everyone:

Pam in TN

11:32:02 From Marjorie Lea To Everyone:

Recording yet?

11:32:14 From Kendra To Everyone:

Kendra from Ohio

11:32:29 From Laura Lathrop - PISA To Everyone:

Oh, I guess if we aren't recording yet we should sign in again when it starts, right?

11:32:36 From Becki Johnson To Everyone:

Becki Johnson in NY

11:33:04 From Nancy Kantsios To Everyone:

Nancy Kantsios from Virginia

11:33:11 From Keri Drowatzky To Everyone:

Keri Drowatzky here.

11:33:18 From Laurie Tims To Everyone:

Laurie Tims, Iowa

11:33:22 From Jolene Underwood To Everyone:

Jolene Underwood, Ellicott City, MD

11:33:28 From Tynetta To Everyone:

Tynetta Chastain from St. Louis

11:33:48 From Chelsea Leonard To Everyone:

Good morning! Chelsea Leonard Sweet Home Oregon

11:33:50 From Audrey Whitaker To Everyone:

Audrey Whitaker ks

11:33:59 From Laura Lathrop - PISA To Everyone:

How do we get the new band link to give out?

11:34:05 From Kamilla To Everyone:

2024 He Makes All Things New Women's Retreat – May 2-5 in Lake Junaluska, North Carolina. Our theme is BELOVED! God calls us "His Beloved." He delights in us and invites us to know His deep, life-changing love!

Join Called to Peace Ministries (along with Chris Moles, Elyse Fitzpatrick, Darby Strickland, Renee Best and more) for an extended weekend and discover just how powerful it is to know our great God's love. We invite you to rest with us as we seek to unbind the lies, fear, and anxiety that past experiences of abuse have implanted into our hearts, and walk into the freedom and peace that come from the intimate knowledge of His love.

Learn more and register here:

<https://www.calledtopeace.org/survivor-healing-retreat/?mibextid=Zxz2cZ>

11:34:10 From Porscha Green To Everyone:

Good Morning everyone! Porscha in NC

11:34:12 From Susie ~ CTPM To Everyone:

Stand by

11:34:13 From Brenda Carpenter To Everyone:

Brenda Carpenter, California

11:34:20 From Kendra To Everyone:

Reacted to "2024 He Makes All Th..." with 

11:34:21 From Jessica Evans To Dr. Debra(Privately):

Replying to "Jessica, I am going ..."

Oh no okay!

11:34:34 From Samantha McCorkle To Everyone:

Samantha McCorkle, Knightstown, IN

11:34:43 From Tyne To Everyone:

Tyne in Saskatchewan, Canada

11:35:06 From Reenie Brown To Everyone:

Reenie Brown Waxhaw, NC

11:35:33 From Helenmary To Everyone:

Helenmary from Virginia

11:35:51 From Hannah Lippert To Everyone:

Hannah Lippert, Stilesville, IN

11:35:52 From Christi Douglas To Everyone:

Ft Collins, CO

11:35:57 From Joy P To Everyone:

Joy Parks Great Falls, SC

11:35:57 From Pam Rork To Everyone:

Pam Rork, Sylvania, OH

11:35:59 From Kamilla To Everyone:

2024 He Makes All Things New Women's Retreat – May 2-5 in Lake Junaluska, North Carolina. Our theme is BELOVED! God calls us "His Beloved." He delights in us and invites us to know His deep, life-changing love!

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Learn more and register here:

<https://www.calledtopeace.org/survivor-healing-retreat/?mibextid=Zxz2cZ>

11:36:04 From Helenmary To Everyone:

Coming through very well!

11:36:06 From Marjorie Lea To Everyone:

Marjorie Lea in Texas

11:36:09 From Tara, Idaho To Everyone:

Tara, Idaho

11:36:12 From Laura Lathrop - PISA To Everyone:

Laura Lathrop, West Lafayette, IN

11:36:14 From Erica To Everyone:

Erica in Wichita KS

11:36:32 From Vanessa Satterfield To Everyone:

Vanessa Satterfield - North Carolina

11:36:43 From Amy Paquette To Everyone:

Amy Paquette Albuquerque, NM

11:36:46 From Tina To Everyone:

Tina Propes, Campbellsville, KY

11:36:50 From Priscilla To Everyone:

Hi from Priscilla in Nanaimo Canada

11:36:52 From LeAnne Parsons To Everyone:

LeAnne Phoenix AZ

11:36:56 From Kamilla To Everyone:

Porscha Green's email: Porscha@calledtopeace.org

Brooke Eggen's email (For anyone in the Pacific; Mountain Region in the USA):
Brooke@Calledtopeace.org

11:36:59 From Ladonna To Everyone:

Ladonna Hafen, Whitefish, MT

11:37:02 From JoAnna S. To Everyone:

JoAnna Schultz, Murrieta Ca

11:37:26 From John To Everyone:

John Stonehocker from Oklahoma

11:37:31 From Porscha Green To Everyone:

<https://go.oncehub.com/AdvocacyOnboarding>

Please use this link

11:38:13 From Helenmary To Everyone:

Prayers for Dr. Debra; any update on her daughter? *Thanks Helenmary, my daughter is doing better.*

11:38:25 From Samantha McCorkle To Everyone:

Samantha McCorkle, Knightstown, IN

11:39:33 From Chief To Everyone:

Gerry Bissell (aka chief), Indpls IN

11:40:38 From cindymorris To Everyone:

Cindy Morris, Franklinton, NC

11:41:07 From Nicole Toyne To Everyone:

Good morning Nicole Toyne, CA

11:41:30 From Shonquella Terrell To Everyone:

Yes

11:42:07 From Jules To Everyone:

Julie Burns by phone today- no bueno!

11:44:07 From John To Everyone:

QUESTION: if there is disruption on developing pathways, will they develop later?

11:44:53 From Lissa Simms To Everyone:

Lissa Simms here from Ontario, Canada

11:46:15 From Laurie Tims To Everyone:

i bet reading books to them regardless of parental education - would help so much with that!

11:47:03 From Karyn Russo To Everyone:

Karyn Russo NY

11:49:17 From Becki Johnson To Everyone:

Replying to "i bet reading books ..."

Absolutely! We didn't have a TV but brought dozens of books home from local libraries regularly. My children were read to by parents as well as older siblings. Even though neither parent had a 4 yr degree, those children who went to college excelled. (We home schooled from preschool through high school)

11:49:46 From Laurie Tims To Everyone:

Reacted to "Absolutely! We didn'..." with ❤️

11:50:00 From Kendra To Everyone:

Reacted to "i bet reading books ..." with ❤️

11:50:03 From Kendra To Everyone:

Reacted to "Absolutely! We didn'..." with ❤️

11:50:46 From Porscha Green To Everyone:

Reacted to "i bet reading books ..." with ❤️

11:51:15 From John To Everyone:

I don't remember her name but a psychologist working with extremely poor areas in MS in 60s and '70s found that the families that read the Bible everyday with their kids, had greater reading ability and comprehension than the more economically advantaged kids when they went to school.

11:51:39 From Jessica Gallina To Everyone:

Jessica Gallina, Canton, OH

11:51:54 From Kamilla To Everyone:


REMINDER: If you have a question in the chat, please put QUESTION in all caps and then proceed with your question. This makes it easier for our team to catch those all-important questions!!

If your QUESTION has not yet been answered, remember that the team will go back thru the chats and respond to any unanswered questions before the replay is sent later this week.

11:52:18 From Susie ~ CTPM To Everyone:

Through the right therapy, remapping as Tabi was saying

11:52:31 From Kendra To Everyone:

Reacted to "I don't remember her..." with 

11:53:35 From Susie ~ CTPM To Everyone:

Cognitive therapy can envelop a range of disconnects or interruptions

11:53:42 From Becki Johnson To Everyone:

Replying to "QUESTION: if there i..."

One of my children had a stroke due to meningitis at 9 months of age. The pediatric neurologist who treated her assured us that the brain has a good deal of plasticity, so although she lost part of what she had learned, her brain would develop the pathways for language from other parts of her brain. She still has some deficits because the part of her brain that was damaged due to the stroke was the language part. But with tutoring and assistance, she graduated from the community college and now owns her own successful pet sitting business.

11:53:47 From Tabitha Westbrook, LMFT, LCMHC, LPC To Everyone:

Replying to "Through the right th..."

Neurofeedback is a therapy that does some of that, as well as intentional mindfulness, brain games, etc. I also think Kendra mentioned that there are things that can be done in physical therapy that can make a difference (@Kendra please confirm).

11:53:56 From Susie ~ CTPM To Everyone:

Reacted to "Neurofeedback is a t..." with 


11:54:31 From Laura Lathrop - PISA To Everyone:

QUESTION - does this fear stuff continue to activate in adults? I mean, if a child has this kind of stress and fear, will they behave differently in adult relationships also?

11:54:48 From Laura Lathrop - PISA To Everyone:

And what does that look like in an adult?

11:55:02 From Laurie Tims To Everyone:

Reacted to "And what does that l..." with 

11:56:17 From Porscha Green To Everyone:

If you live in or close to Tampa, Florida please email me at Porscha@CalledToPeace.org

11:56:55 From Kendra To Everyone:

Replying to "Through the right th..."

@Tabitha Westbrook, LMFT, LCMHC, LPC, yes, correct! We are truly "fearfully and wonderfully made!" (Ps. 139)

11:57:02 From Jessica Gallina To Everyone:

Reacted to "Neurofeedback is a t..." with ❤️

11:57:16 From m m To Everyone:

Moni M NC, computer probs

11:57:37 From Helenmary To Everyone:

Reacted to "Neurofeedback is a..." with ❤️

11:57:51 From Jessica Gallina To Everyone:

Replying to "Through the right th..."

My kids and I have done neurofeedback and it was helpful! Especially for my child who has experienced adoption trauma.

11:58:13 From Tabitha Westbrook, LMFT, LCMHC, LPC To Everyone:

Replying to "QUESTION - does this..."

Yes, they absolutely will without healing.

11:58:24 From Helenmary To Everyone:

Reacted to "Absolutely! We did..." with ❤️

11:58:58 From Laurie Tims To Everyone:

Replying to "QUESTION - does this..."

i'm really considering EMDR for this - good first step - after counseling?

11:59:44 From Kendra To Everyone:

"Neurons that fire together, wire together."

11:59:55 From Joy P To Everyone:

Reacted to "Neurofeedback is a t..." with ❤️

11:59:58 From Christi Douglas To Everyone:

QUESTION-Can kids end up with fear in their bodies, simply because their parent carries fear?

12:00:14 From Joy P To Everyone:

Reacted to ""Neurons that fire t..." with 👍

12:01:22 From Becki Johnson To Everyone:

Reacted to ""Neurons that fire t..." with 👍

12:02:18 From Nicole Toyne To Everyone:

I studied the brain for 6 months after I escaped. My former husband had a motorcycle accident and was DOA for 17 minutes. He said that his injury caused his lashing out. After his accident, several years later he attended bible colleges for 4 plus years, was allegedly saved, found Jesus and was healed. I was so curious about the brain activity. I later found out he was taking 13 different prescribed drugs, nothing to do with the brain. He figured how to manipulate doctors with his work at a pharmacy years later. Covert lying and manipulation.

12:02:59 From Ladonna To Everyone:

Replying to "QUESTION-Can kids en..."

Mirror neurons would...

12:04:29 From Jessie Gogg To Everyone:

Jessie Gogg NC

12:05:33 From Audrey Whitaker To Everyone:

@Tabitha Westbrook, LMFT, LCMHC, LPC have you ever seen someone who has ptsd who then has made up stories that a safe person has harmed them too? as in actual verifiable evidence that a story is untrue and premeditated. Also, I wished you had a practice in Kansas!! I would send so many people there.. and myself sometimes! 😊

12:06:15 From Tabitha Westbrook, LMFT, LCMHC, LPC To Everyone:

Replying to "@Tabitha Westbrook, ..."

It is rare, but it is possible. Generally, folks don't make up stories BUT some people do. The number is a small percentage.

12:07:12 From Deborah Stahl Waters To Everyone:

Deborah Stahl Waters Macon GA

12:08:53 From Becki Johnson To Everyone:

Reacted to "I studies the brain ..." with 😲

12:10:24 From Katharine To Everyone:

Katharine from Denmark, sorry for being late.

12:10:35 From Kendra To Everyone:

Here's the experiment I referenced about mice/cherry blossoms:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3923835/>

(May just want to read the abstract, unless you're a fellow science nerd.)

12:10:35 From Shonquella Terrell To Everyone:

Is that part of the reason why children that age hard to express the feeling and balance their anger?

12:11:32 From Lissa Simms To Everyone:

Replying to "Here's the experimen..."

Thank you! I wrote in my notes 'mice? cherry blossoms?' and knew that wouldn't make sense later lol

12:11:56 From Becki Johnson To Everyone:

Reacted to "Here's the experimen..." with 👍

12:12:00 From Kendra To Everyone:

Reacted to "Thank you! I wrote i..." with 💜

12:12:14 From Audrey Whitaker To Everyone:

Replying to "@Tabitha Westbrook, ..."

it's a sad situation, I think this person has not fully healed from an assault and I think things are festering and seeping out in these unhealthy ways. a lot of factors at play. :(

12:13:17 From Shonquella Terrell To Everyone:

Thank you:)

12:13:20 From Jolene Underwood To Everyone:

A friend of mine (a therapist) wrote a couple books for kids around emotions. More are coming out. Right now there is "God, I feel sad." And "God, I feel scared."

12:13:21 From Helenmary To Everyone:

Reacted to "Here's the experim..." with 👍

12:13:42 From Helenmary To Everyone:

Reacted to "Thank you! I wrote..." with 👍

12:14:08 From Helenmary To Everyone:

Replying to "Here's the experim..."

Looks interesting--thank you!

12:14:13 From Audrey Whitaker To Everyone:

QUESTION- does this mean we should tell our kids not to get married until they are 26? 😊

12:14:27 From Becki Johnson To Everyone:

Reacted to "QUESTION- does this ..." with 😊

12:14:41 From Shonquella Terrell To Everyone:

Reacted to "QUESTION- does thi..." with 😊

12:14:59 From Laurie Tims To Everyone:

I'm working with my own therapist and my kid's play therapist to stay ventral - I get triggered with their lying or yelling, etc. - lying and then getting mad at me. I can't use the labels like gaslighting etc. to describe their behavior - because they are KIDS - learning it's developmentally appropriate for them to do these things - which still need corrected.

Anyway, I'm wondering about doing EMDR for myself to cope better -

12:15:42 From Tabitha Westbrook, LMFT, LCMHC, LPC To Everyone:

Replying to "QUESTION- does this ..."

LOL. That is a very personal decision! There are great marriages that start young and terrible ones that start older. And vice versa.

12:15:52 From Kendra To Everyone:

Reacted to "Looks interesting--t..." with 💜

12:16:05 From Tabitha Westbrook, LMFT, LCMHC, LPC To Everyone:

Reacted to "My kids and I have d..." with ❤️

12:16:43 From Karyn Russo To Everyone:

KR Ny

12:16:53 From Tabitha Westbrook, LMFT, LCMHC, LPC To Everyone:

Replying to "I'm working with my ..."

EMDR can be super helpful in that space. And keep you in the more regulated state overall (though everyone will dysregulate from time to time - we are humans and that happens to us all).

12:17:08 From Audrey Whitaker To Everyone:

Reacted to "LOL. That is a very ..." with ❤️

12:18:20 From Tabitha Westbrook, LMFT, LCMHC, LPC To Everyone:

Replying to "Through the right th..."

That can help, but also still have to be careful. If someone doesn't understand DA/CC then there is an issue.

12:18:26 From Becki Johnson To Everyone:

QUESTION: Is there a higher rate of ADHD in children who were neglected/mistreated as infants? Do you think experiencing ACES can result in a trauma response that is misdiagnosed as ADHD?

12:19:20 From Tabitha Westbrook, LMFT, LCMHC, LPC To Everyone:

Replying to "QUESTION: Is there a..."

Yes, there is evidence that this is the case.

12:20:08 From Laura Lathrop - PISA To Everyone:

Replying to "QUESTION: Is there a..."

I don't think I've known any adopted kids who weren't diagnosed with ADHD. Ours all were, but we thought it was more likely trauma.

12:20:16 From Kamilla To Everyone:

Dr. Debra's email: faith.advocacy8@gmail.com

12:20:21 From Laura Lathrop - PISA To Everyone:

Replying to "QUESTION: Is there a..."

They were neglected in early years.

12:21:41 From Becki Johnson To Everyone:

Replying to "QUESTION: Is there a..."

My step-daughter who was mistreated and neglected by her bio mom, then raised in our home with her abusive father has always had many symptoms of ADHD throughout her life, even now as a middle-aged adult.

12:24:36 From Lissa Simms To Everyone:

Sorry to leave early- I'm a teacher who has to return to class- will catch the rest on video and saved chat.

12:24:52 From Kendra To Everyone:

Reacted to "Sorry to leave early..." with 

12:26:39 From Kendra To Everyone:

Remember to take good care of yourself - if you are feeling triggered, take some time to step away, take deep breaths, stretch, etc. You can come back and watch the recording.

12:26:52 From Laurie Tims To Everyone:

Reacted to "My step-daughter who..." with 😞

12:27:17 From Katharine To Everyone:

does DMDD count for toddlers?

12:27:29 From Laura Lathrop - PISA To Everyone:

QUESTION - is there a form of this that happens in adults?

12:27:43 From Katharine To Everyone:

QUESTION: does DMDD count for toddlers?

12:29:49 From Shonquella Terrell To Everyone:

Speak it Tabitha great nugget:)

12:30:49 From Katharine To Everyone:

QUESTION: would kids diagnosed with this tend to end up with a personality disorder diagnosis as adults?

12:34:52 From Jessica Gallina To Everyone:



12:35:38 From Margaret Peters To Everyone:

<3<3

12:36:22 From Kendra To Everyone:

"E-motion = energy in motion."

12:36:31 From Shonquella Terrell To Everyone:

yes lol

12:41:38 From Callaway To Everyone:

Callaway smith - Texas

12:41:55 From cindymorris To Everyone:

QUESTION: @Tabitha Westbrook, LMFT, LCMHC, LPC How can I access the course you wrote on Dialectic Behavioral Therapy?

12:42:09 From Karyn Russo To Everyone:

QUESTION What was the name of the course Tabby was talking about she developed?

12:42:15 From Rebecca Sodergren To Everyone:

"Life can get lifey" 🤔🤔

12:42:28 From Becki Johnson To Everyone:

Replying to "QUESTION: @Tabitha W..."

I would like to access it as well

12:42:42 From Becki Johnson To Everyone:

Reacted to ""Life can get lifey"..." with 👍

12:43:09 From Jessica Evans To Everyone:

Aiming for middle where you feel at home with yourself and your surroundings

- Hypoaroused-

Checked out

Frozen

Forgetful

Not in touch with emotions

Mind and body are trying to bring that back within their window of tolerance

- Hyperaroused-

Obsessive

Rigid

Anxious

Overwhelmed

12:45:11 From Shonquella Terrell To Everyone:

Wow:)

12:45:16 From Kamilla To Everyone:

WOT - Window of Tolerance

12:45:29 From Kendra To Everyone:

Reacted to "Aiming for middle wh..." with 💜

12:46:54 From Kendra To Everyone:

"Death by a thousand paper cuts."

12:47:17 From Kendra To Everyone:



12:47:19 From Suzanne Jones To Everyone:

Hahaha!!!

12:47:27 From Christi Douglas To Everyone:

lol

12:47:31 From m m To Everyone:

Tabi mentions zombies alot! 😄

12:47:40 From Kendra To Everyone:

Replying to "😄"

zombies on treadmills

12:47:44 From Helenmary To Everyone:

Reacted to ""Death by a thousa..." with 😄

12:47:51 From Jessica Evans To Everyone:

Reacted to "Tabi mentions zombie..." with 😄

12:47:56 From Helenmary To Everyone:

Reacted to "zombies on treadmi..." with 😄

12:48:04 From Kendra To Everyone:

Reacted to "Tabi mentions zombie..." with 😄

12:48:04 From Helenmary To Everyone:

Reacted to "Tabi mentions zomb..." with 😄

12:49:58 From Erica To Everyone:

Reacted to "zombies on treadmill..." with ❤️

12:50:22 From Infinix SMART 6 To Everyone:

Hi everyone this is Peter from Tanzania East Africa

12:50:29 From Nancy Kantsios To Everyone:

What were the three components of thoughts again?

12:51:11 From m m To Everyone:

this is all great! i need more paper!!

12:51:22 From Kendra To Everyone:

Replying to "Hi everyone this is ..."

Hi, Peter - welcome!

12:52:23 From Kendra To Everyone:

thoughts

urges

behaviors

emotions

sensations

"TUBES"

12:52:24 From Jessica Evans To Everyone:

No way to not like Tabi!

12:53:07 From Kendra To Everyone:

"Taking Every Thought Captive" - Tabi's course

12:54:03 From Peter To Everyone:

Sorry no power in my area and it is heavily raining here

12:54:18 From Kamilla To Everyone:

You can go to tabithawestbrook.com for Tabi's courses...they may be a Black Friday sale coming up soon!!

12:54:25 From Tabitha Westbrook, LMFT, LCMHC, LPC To Everyone:

My website - <https://www.tabithawestbrook.com/online-courses>

12:54:37 From Tabitha Westbrook, LMFT, LCMHC, LPC To Everyone:

If you only do one course, Mindfulness is the one to do!

12:54:39 From rose To Everyone:

What is Tabi's website to find the course "Taking every Thought Captive"?


<https://www.tabithawestbrook.com/online-courses>

12:55:40 From Kamilla To Everyone:

Replying to "What is Tabi's websi..."

tabithawestbrook.com

12:56:10 From Kendra To Everyone:

Reacted to "You can go to tabith..." with 

12:56:13 From rose To Everyone:

Now I see it above, thank you


12:58:20 From Joy P To Everyone:

Practice when your hair isn't on fire - new t-shirt


12:58:38 From Laurie Tims To Everyone:

"practicing when your hair's not on fire" Love it - :)

12:58:50 From Laurie Tims To Everyone:

Reacted to "Practice when your h..." with 

12:58:59 From Joy P To Everyone:

Reacted to ""practicing when you..." with 

12:59:03 From Becki Johnson To Everyone:


Replying to "Practice when your h..."

The "Tabi saying" merch store is going to have a lot of stuff in it!


12:59:06 From Kendra To Everyone:

Practice firing/wiring new pathways for the neural impulses to travel when *not* in crisis, so that they are more likely to travel the new path in a stressful time.


12:59:25 From Kendra To Everyone:

Reacted to "Practice when your h..." with 


12:59:33 From Kendra To Everyone:

Reacted to "The "Tabi saying" me..." with 

12:59:48 From Kendra To Everyone:

Reacted to ""practicing when you..." with 

13:00:00 From Joy P To Everyone:

Reacted to "The "Tabi saying" me..." with 

13:02:34 From Kendra To Everyone:

Another Tabi t-shirt: "I drank the Kool-Aid, and I enjoyed it!" 

13:02:44 From Jessica Evans To Everyone:

Reacted to "Another Tabi t-shirt..." with 😄

13:02:49 From Becki Johnson To Everyone:

Reacted to "Another Tabi t-shirt..." with 😄

13:02:55 From rose To Everyone:

I've had great success at EMDR!

13:02:58 From Jessica Evans To Everyone:

Replying to "Practice when your h..."

We need a blackfriday sale on tabi tshirts

13:02:58 From Becki Johnson To Everyone:

Reacted to ""practicing when you..." with 💜

13:03:06 From Jessica Evans To Everyone:

Reacted to "I've had great succe..." with ❤️

13:03:07 From Laurie Tims To Everyone:

Replying to "I've had great succe..."

i think I need to try it!

13:03:10 From Kendra To Everyone:

Reacted to "We need a blackfrida..." with 💜

13:03:13 From Becki Johnson To Everyone:

Reacted to "We need a blackfrida..." with 💜

13:03:43 From Becki Johnson To Everyone:

Reacted to "i think I need to tr..." with ❤️

13:05:00 From Dr. Debra

Tai Chi is a moving meditation. Qigong is repeated postures used in Tai Chi.


13:05:04 From rose To Everyone:

I'm of the belief one can practice yoga without the spiritual part....the physical benefits are good

13:06:14 From m m To Everyone:

we visit the goats weekly

13:06:30 From Kendra To Everyone:

Reacted to "we visit the goats w..." with 

13:06:44 From rose To Everyone:

"not smacking another human being" ... too funny tabs!!

13:07:00 From Jessica Evans To Everyone:

Reacted to ""not smacking anothe..." with 

13:07:23 From m m To Everyone:



13:08:07 From Kendra To Everyone:

also artistic expression or music

13:08:16 From rose To Everyone:

Reacted to "also artistic expres..." with 

13:08:17 From Helenmary To Everyone:

"Who I Am In Christ" by Neil Anderson book mentioned by Tabitha.

13:08:39 From Katharine To Everyone:

qi going is pronounced more like chee going

13:08:41 From Katharine To Everyone:

going

13:08:48 From Katharine To Everyone:

sorry! **GONG**

13:08:58 From Kendra To Everyone:

That "Whine Center!" 

13:10:09 From Jessica Evans To Everyone:

Replying to "qi going is pronounc..."

Thanks!! hah

13:10:22 From Becki Johnson To Everyone:

I found that when the mood/atmosphere in my home was getting too stressful and my reactions to everything were escalating, my kiddos would be picking up on that and they kept pushing my buttons.

I learned to do something that would make us all laugh out loud or sing and dance, it would lift the mood and release the stress level down to normal. Everyone would feel better, especially me.

13:10:22 From Jessica Evans To Everyone:

Reacted to "That "Whine Center!"..." with 😂

13:10:44 From Laurie Tims To Everyone:

Replying to "That "Whine Center!"..."

not sure which this is talking about - but my kid's WHINING is incredibly triggering and I feel helpless when I can't get away from it :)

13:10:55 From Laura Lathrop - PISA To Everyone:

Reacted to "I found that when th..." with ❤️

13:10:57 From Laurie Tims To Everyone:

Replying to "That "Whine Center!"..."



13:11:00 From m m To Everyone:

run finger over other fingers, hugs, lots of hugs, stay calm, play their style music, ice cream, space if needed. Lots of it

13:11:08 From Kendra To Everyone:

Reacted to "I found that when th..." with 💜

13:11:15 From Laurie Tims To Everyone:

Reacted to "I found that when th..." with ❤️

13:11:19 From Kendra To Everyone:

Reacted to "run finger over othe..." with 💜

13:11:24 From Becki Johnson To Everyone:

Reacted to "😞" with 😞

13:11:46 From Karyn Russo To Everyone:

Yes Becky me too. I use to allow have dry cereal food fights in my kitchen. Things were always so tense.

13:11:59 From Becki Johnson To Everyone:

Reacted to "Yes Becky me too. I ..." with ❤️

13:12:30 From John To Everyone:

Reacted to "Yes Becky me too. I ..." with ❤️

13:13:08 From Kendra To Everyone:

Defend the weak and the fatherless; uphold the cause of the poor and oppressed. Ps. 82:3

13:13:24 From Karyn Russo To Everyone:

My kids and I would punch piles of pillows or jump up and down on my bed together. Made for lots of laughs.

13:13:44 From Karyn Russo To Everyone:

Reacted to "Yes Becky me too. I ..." with ❤️

13:13:45 From Karyn Russo To Everyone:

Removed a ❤️ reaction from "Yes Becky me too. I ..."

13:14:00 From Becki Johnson To Everyone:

Reacted to "My kids and I would ..." with ❤️

13:14:01 From Kendra To Everyone:

Rescue the weak and the needy; deliver them from the hand of the wicked. Ps. 82:4

13:14:06 From Jessica Evans To Everyone:

Reacted to "My kids and I would ..." with ❤️

13:14:25 From Margaret Peters To Everyone:

Really, really good class today!! Thanks!

13:14:32 From Becki Johnson To Everyone:

Reacted to "Really, really good ..." with ❤️

13:14:36 From Shonquella Terrell To Everyone:

LOVE IT :)

13:14:44 From m m To Everyone:

this has been the best class yet 😊

13:14:49 From Jessica Evans To Everyone:

Reacted to "this has been the be..." with ❤️

13:14:54 From Kendra To Everyone:

Open your mouth for the mute, for the rights of all who are destitute. ... Prov. 31:8-9

13:15:08 From John To Everyone:

Great class Jessica and Tabitha!