**S.E.L.F**

**Stop**

**Engage** in regulating your limbic system until you are sure you are emotionally or physically in danger. Bring it down. Breathe. Count. Sing.

**Listen** to ALL you know to be true. Look at all the puzzle pieces. Find Balance. Use Boundaries. Are your beliefs from before affecting your now? What would your adoptive Mom say?

**Follow through NOW**. How you hear the question or read someone’s face will be different if you use all that you are as a filter. Give your Amygdala and Hippocampus some help by slowing the system down. You will respond or be present differently in your relationships. You will be able to trust more.

You have to work on this one step at a time. Like lifting weights. You train your muscles to lift more and more weight – you build up your strength. You might get off the band wagon sometimes. Okay just get back on and start again. You might need a trainer and a spotter. They help remind you of the way to do it, they are there for you if it gets too heavy and they help when you get stuck. When you have mastered it you will have accomplished a lot. Your life will be different. You Rock

Project Session 6

Take everything you have learned about yourself so far and put it together to create a This Is ME! It can be a big poster, it can be within the shape of a head or a heart – that represents you. It can be a short video of the highlights of your projects…the parts that really help others see WHO you are. It could be a wood or wire sculpture, however you feel it!

Use your projects, take pieces from each part. Leave blanks for work left to be done. Holes about family, your future, making the world an even better place. These need to continue to be filled in.

Remember….the limbic system, relationships, likes and dislikes, balance and boundaries, beliefs – old and new, how you are shaped by losing your bio Mom but also by gaining an Adoptive family.