

2 Year follow up of our Healthy Core Group

February 24, 2007

Hi Ed,

Things are hopping here at [Executive Director]. I've literally worked every day including weekends since mid-Jan and many of them have been 12-16 hour days (I'm not exaggerating). Some heavy-duty grant applications, intense obligations with fundraising special events, and some senior staff who have unfortunately fallen short of the mark have all contributed to this. So I'm a bit punchy right now but there is light at the end of the tunnel.

I still owe you my paragraph on how Core Health has deepened within me.... and I will do it (promise!). I just want to give it the concentration it merits and right now that hasn't been available. Just a quick note though about the BDI-II, I felt like I wanted to explain that most of the answers didn't apply to me at all any more.

I feel so much better than I used to and there wasn't opportunity to truly explain that. I'm grouchy and more irritable these past few weeks but that's situational -- exceptionally heavy workload, etc. My main challenge is remembering that joy, serenity, and peace can be my "default" position and I'm not quite there yet.

But it's an incredibly wonderful journey. When I look back, I see that the avalanche of challenges that came my way over the past several years had seriously eroded what was an already shaky sense of self-worth. Core Health entered my life at a critical juncture (perhaps when the dire state of my psyche allowed skeptical me be most open to it) and provided me with the safe space, the encouragement and the tools I needed in order to create a more positive reality and to envision a brighter future for myself. It allowed me to see within myself a person defined by more than my external circumstances, and importantly, to truly believe that person has genuine innate value. For me, this has been one of the most important opportunities I have ever received in my life. Talk about an "Aha!" realization! And once again, thank you, thank you, thank you.

Wow, I think I just wrote the Core Health paragraph. Sometimes I just obsess about things and make them too difficult. Guess that's another lesson!

With great fondness and appreciation,

Renee