HOW TO SURVIVE YOURSELF:

ONE STORY OF DEPRESSION, ADDICTION AND SELF-HARM

TIM MARKLE: NOVEMBER 15 , 2021:

CHILDREN COME FIRST CONFERENCE

Head knowledge will only take you so far. We make our decisions by our actions.

Made it through on HOPE!

If you set as moral compass, reflect on it. Don't ignore it. What do you value? What sort of person do you want to be?

“If you only sense how important you are to the lives of those you meet; how important you can be to the people you may never even dream of. There is something of yourself that you leave at every meeting with another person.”

Mr. Rogers

“We live in a world in which we need to share responsibility. It’s easy to say ‘It’s not my child, not my community, not my world, not my problem.’ Then there are those who see the need and respond. I consider those people my heroes.”

Mr. Rogers

“Often when you think you’re at the end of something, you’re at the beginning of something else.”

Mr. Rogers

“Forgiveness is a strange thing. It can sometimes be easier to forgive or enemies than our friends. It can be hardest to forgive people we love. Like all of life’s important coping skills, the ability to forgive and the capacity to let go or resentments most likely take root very early in our lives.”

Mr. Rogers

“Whether we’re a preschooler or a young teen, a graduating senior or a retired person, we human beings all want to know that we’re acceptable, that our being alive somehow makes a difference in the lives of others.”

Mr. Rogers

Addiction is more powerful than I thought.

When given a chance—grab it!!!!

Get to know yourself!

You are worthy because you ARE. This is not earned. You are special, unique and irreplaceable.

Don’t count on others to define you or decide if you are loveable.

Don’t give up all control.

Sex is more powerful than we think.

Feeling trapped? Get help!

Guardrails and Life

- OPTIMAL--GREEN
- WARNING--YELLOW
- DANGER--RED

Fight shame with vulnerability.

Fight fear by living in the Green.
Believe in inherent worth.

Self-talk matters. No really.

Forgiveness

Pit vs tunnel

Honesty

GO AND DO GREAT THINGS!

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