



Thriving in the Face of Duchenne~ A "Healing" Work-Shop

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Its never easy facing death especially when it is your child's or loved one. It often feels like its the end of the world. I hear many people say "this wasn't in my plans" my response is always the same... *"Well I didn't have a plan!"* When my son was diagnosed it was literally my wake up call which started my 14 year transformation from fetal position to THRIVING despite the pain of Duchenne ravaging my son's body. Now I want to share what I have learned with you.

My intention is for you to walk away from this workshop with a few new coping tools, new uplifting ways to view the ugliness of life threatening disease and inspiration to live the life you want to live while staring death in the face.

<http://MistyVanderWeele>

Welcome...

"When you come to the end of all the light
you know, and it's time to step into the
darkness of the unknown, faith is knowing
that one of two things shall happen:
Either you will be given something
solid to stand on or you
will be taught to fly"



Picture Taken Summer 2008 GrandView Tunnel Train Trip (Girdwood Alaska)

1. Nothing I say will take _____ or that you won't have _____.

2. We are _____ everyday in every _____ of our life.
There is no escape.

We are Challenged:

1. P _____.
2. S _____.
3. E _____.
4. B _____.

3. We are going to give these 4 areas in how they make us _____ a _____.

_____ - _____!

4. When we are _____ in the _____ mode we can't be _____ or _____.

5. How are we suppose to step out of the _____ and away from what "_____" say?

6. Duchenne Life Facts:

- _____ on Quality!
- People have _____ through _____.
- Miracles _____.
- _____ NO _____.
- People with Duchenne _____.

7. We are on a _____ of unknown length of time...

Viewing as a _____ was the one simple switch that has made all the difference.

Notes:
