

Balancing Self-Care and Support: Retreat Planning and Personal Growth

Bring one classy/ fancy/Academy Awards style outfit (think fashion show for god)

Bring your bathing suit if there's a hot tub

Bring an all-white outfit

Bring some comfy relaxed clothes for lounging, movement, pickleball

Bring something sparkly (or borrow mine!)

Bring a small sacred item for our alter to the feminine principle (you'll get it back)

Quick recap

The team discussed their experiences with the cold weather and shared personal updates, including Laura's eye injury and Annie's philosophy on self-care and accepting help from others. They also planned for an upcoming retreat, focusing on the theme of caviar and champagne, and discussed the importance of agreements, contracts, and personal growth in relationships. Lastly, they explored strategies for fulfilling one's own needs without becoming a martyr and discussed health concerns and plans for the retreat.

Summary

Cold Weather and Eye Injury Support

Annie, Lisa, and Laura discussed their experiences with the cold weather in their respective locations. Laura shared her struggles with her eye injury, which was causing her discomfort and affecting her vision. Despite the challenges, she expressed gratitude for the support she was receiving from friends and family. Annie encouraged Laura to accept help from others, emphasizing the importance of self-care and acknowledging the value of assistance from loved ones. The conversation also touched on the universal experience of waking up to a smoke detector alarm in the middle of the night.

Clothing, Temperature, and Emotion Regulation

In the meeting, Annie, Elise, and others discussed their upcoming gathering, focusing on clothing and temperature preferences. Elise expressed concerns about finding the right dress and staying warm, and Annie assured her that she would be well taken care of. Annie also mentioned that she would bring various robes and kimonos for everyone to wear. The group also discussed the need for effective emotion regulation techniques, with Elise seeking advice on managing her emotions, particularly in relation to her husband. Annie suggested practicing more upstream techniques to help Elise regulate her emotions better. Lastly, they discussed the plan for taking photos during their gathering, with Elise considering wearing a nice outfit for the occasion.

Upcoming Retreat Plans and Activities

The group discusses plans for an upcoming retreat. Annie shares details about dress code suggestions, planned activities like a movie night and pickleball, and requests items from the others like a meaningful object for an altar. Gloria plans to facilitate a nourishment activity and promote lyme disease awareness. Carla notices her tendency to dilute requests to not inconvenience others, representing growth in expressing her desires freely. The overall tone is one of joyful anticipation for connecting and indulging in feminine sisterhood.

Retreat Theme and Self-Regulation Discussion

Annie, Lisa, Lexia, and Elise discussed their upcoming retreat, focusing on the theme of caviar and champagne. They also discussed the lunar calendar change from the year of the dragon to the year of the snake, suggesting that they wear green on the 29th to mark the occasion. Annie encouraged everyone to bring anything they wanted to contribute to the space, and she mentioned that the food would be catered by an organic caterer. The group also discussed self-regulation around partners and family, with Annie reminding them of the potential for childhood yearnings to manifest as indignant entitlement in adult relationships. Elise was asked to provide a specific example of a situation with her husband to further explore the topic.

Embracing Independence and Assertiveness

Elise expressed her insecurity about her computer skills and her reliance on her partner for tasks such as creating a spreadsheet. Annie suggested that Elise should not rely on her partner for such tasks and should instead learn to do them herself. Annie also shared her philosophy of not being afraid of a "yes" or "no" and how she copes with disappointment. She advised Elise to practice this approach with her partner, particularly when making requests. Annie emphasized the importance of not making requests based on dependency or manipulation, but rather on a genuine need.

Balancing Independence and Interdependence

Annie and Elise discussed the dynamics of their relationships, particularly focusing on the role of entitlement and the need for emotional regulation. Annie shared her experience of learning to be more independent and self-sufficient in her marriage, which led to her husband becoming more involved in her life. Elise expressed her frustration with her husband's lack of help and his tendency to binge-watch TV shows instead of assisting her. They both agreed that the key to a healthy relationship is finding a balance between independence and interdependence and that personal growth and self-awareness are crucial for navigating these dynamics.

Agreements, Empathy, and Social Order

Annie and Elise discussed the importance of agreements and contracts in maintaining relationships and ensuring mutual understanding. Annie emphasized that agreements are necessary when intuitive understanding fails, and they help tame and civilize human behavior. She also highlighted the importance of empathy and attunement in relationships, and how agreements can help when these qualities are lacking. The conversation also touched on the role of laws in regulating behavior and maintaining social order. Elise seemed to agree with Annie's points, and the discussion ended with Annie asking if the principles they discussed applied to everyone.

Attachment Dynamics and Personal Growth

Annie discussed the importance of growth and evolution in relationships, emphasizing that a partner should provide enough resistance for personal development. She explained that attachment dynamics often stem from childhood experiences, with individuals seeking to replicate the emotional wounds they experienced with their parents. Annie also highlighted the importance of self-awareness and personal growth in relationships, suggesting that individuals should strive to become more secure in their attachment styles. She further discussed the need for tension and drama in relationships for growth and development and the importance of empathy in relationships. Annie also shared her personal experience of realizing she had married her mother, and how this realization has helped her grow as a person. The conversation ended with Annie emphasizing the importance of personal growth and self-awareness in relationships.

Strategies for Fulfilling Needs and Boundaries

In the meeting, Annie and Laura discussed strategies for fulfilling one's own needs without becoming a martyr. They explored the idea of enrolling others in tasks, rather than demanding they be done, and the importance of setting expectations early on. They also discussed the challenges of healing low self-esteem and the need for self-love in relationships. Lisa asked about Annie's expectations from her daughter, and Annie shared her approach to involving her daughter in the planning and decision-making process for tasks and responsibilities. The conversation also touched on the importance of setting boundaries and not overstepping in parenting.

Health Concerns and Retreat Plans

Annie, Melissa, and Ann discussed their health concerns and plans for a retreat. Melissa shared her progress in reducing her exposure to EMFs and mold, and her plans to hardwire her house and bring her own equipment for the retreat. Ann excitedly shared her plans to attend a rodeo in Fort Worth and her anticipation for the retreat. Annie emphasized the importance of creating a supportive and loving environment during the retreat and encouraged everyone to think about what they would like to achieve during their time together. Lisa expressed her concern about the use of Febreze in the retreat location, to which Annie assured her that they would ensure a comfortable environment.