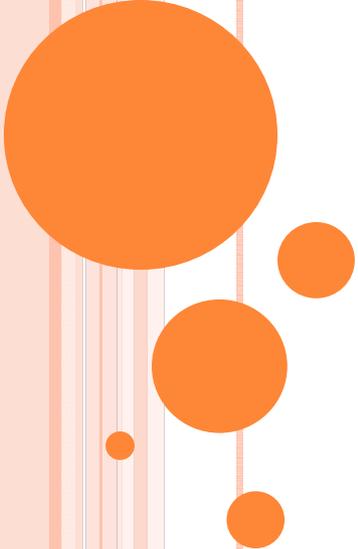


# WHEN FEELINGS OF ISOLATION BECOME A ROADBLOCK

**Joe & Cindi Ferrini**

**JoeFerrini.com**  
**CindiFerrini.com**



## WE OFTEN THINK:

- Isolation is when others leave us alone ( and its often true)



# BUT WE TEND TOWARD ISOLATION – PULLING AWAY FROM:

- Community (church, school etc.)
- Family
- Friends
  - BECAUSE they don't seem to understand...



# WHY DO WE TEND TOWARD ISOLATION? (WE DO IT TO...)

- Manage
- Cope
- Survive
- Mask out exhaustion
- Hide out disappointments, frustrations, spiritual depletion
- Look perfect and have it all together



# EVEN THROUGH...

- Challenges
- Suffering
- Crisis
- Even LONELINESS...
- All of those things help us to put our dependence on God and our INTER-dependence on others in our “circle” – family, friends, etc.



# OUR GOAL TODAY IS TO GET YOU MOVING FROM ISOLATION TO COMMUNITY!

- AS AN INDIVIDUAL: find ways to unplug at home and plug in “outside”
  - Cindi:
    - Art
    - Speaking
    - Writing/blogging (get out cell phones)
    - Time with daughters and 2 grandsons
    - FACEBOOK! (inside but I feel I got out!)
      - Cindi Ferrini-
        - [www.facebook.com/cindi.ferrini](http://www.facebook.com/cindi.ferrini)
        - Get it Together
          - [www.facebook.com/GetItTogetherPlanner](http://www.facebook.com/GetItTogetherPlanner)

LADIES – Share with us what YOU do to UNPLUG



# OUR GOAL TODAY IS TO GET YOU MOVING FROM ISOLATION TO COMMUNITY!

- AS AN INDIVIDUAL: find ways to unplug at home and plug in “outside”!
  - Joe
    - Mentoring other men
    - Disciplining other men
    - Speaking

MEN – share with us what YOU do to UNPLUG



# AS A COUPLE:

- **ROADBLOCK AHEAD: Keeping Your Marriage Strong**
  - Can't get out? Date at home – Suggestions:
    - Coffee dates (Not Italy but the corner coffee spot)
    - Grocery shop together
    - Cook together
    - Watch ONE TV program weekly together
    - Go to bed early and...



## AS A COUPLE:

- Find a mentor couple
- Find accountability partners
- Find prayer partner (of the same gender as you)
- INVITE FRIENDS over
- Join a dance class
  - Marriage matters-
    - [www.facebook.com/MyMarriageMatters](http://www.facebook.com/MyMarriageMatters)
  - Balancing the Active Life-
    - [www.facebook.com/BalancingTheActiveLife](http://www.facebook.com/BalancingTheActiveLife)
  - Unexpected Journey
    - [www.facebook.com/UnexpectedJourney](http://www.facebook.com/UnexpectedJourney)



## AS A FAMILY:

- Most of us are rarely invited out or to others' homes – even family. What will we do when that happens, because it does...
- We have fewer relationships outside our family (we need to get others INVOLVED with our family!)
  - Ideas:
    - Invite over for dinner, indoor picnic, movie night
    - Come to our house to watch fireworks (that are displayed miles away!) LESS NOISE! GREAT VIEW!
    - Dessert night
    - Fire pit and s'mores night
    - What HAVE YOU DONE to include others with your family?



# AS A FAMILY:

- Our kids seldom invited other place to play – people don't know what to do or how to act sometimes - ;et them LEARN to get comfortable!
- Noise, commotion sensitivities and behavioral issues of our children hinder us as a family going other places (Share: VACATIONS FROM HELL)
- WE MAY FEEL LEFT OUT, but WE CAN DO SOMETHING!
  - Pause for Prayer –
  - [www.facebook.com/PauseForPrayerWithCindiFerrini](http://www.facebook.com/PauseForPrayerWithCindiFerrini)
  - No Regrets –
  - [www.facebook.com/NoRegretsbyCindiFerrini](http://www.facebook.com/NoRegretsbyCindiFerrini)
  - Joey Stories –
  - [www.facebook.com/pages/Joey-Stories-as-told-by-Mom/180821705307208](http://www.facebook.com/pages/Joey-Stories-as-told-by-Mom/180821705307208)



## WITH OUR FAMILY AND FRIENDS:

- Even if they are:
  - Critical
  - Removed
  - Uninterested
  - Uncaring (comment)
  - Afraid
  - Reluctant

GET THEM INTO COMMUNITY with you as best you can

NOT ALL will be interested! It's okay.



# PURSE COMMUNITY! (FAMILY, FRIENDS, TEACHERS, THERAPISTS, ETC.)

- Support Group (Not Necessarily a SPECIAL NEEDS SUPPORT GROUP)
  - Book Study
  - Game night with friends who listen
  - Out for coffee
  - Bible study
  - Ideas you can share



# ONLINE SUPPORT

- <http://JoniandFriends.org>
- Connect via this blog (Winner of the READER'S CHOICE AWARD for SPECIAL NEEDS PARENTING BLOG 2013) that has excellent content and encouragement for YOU:
- <http://specialneedsparenting.net/> - This is the NOT ALONE BLOG with over 10,000 subscribers. We enjoy being on the writing team! The facebook page that goes along with this blog is: <https://www.facebook.com/NotAloneParents?fref=ts>
- Church connections for ministry help: <http://www.keyministry.org/>
- Joe and Cindi: [www.joeferrini.com](http://www.joeferrini.com) or [www.cindiferrini.com](http://www.cindiferrini.com)



# BE MORE VOCAL – EXPRESSION YOUR NEEDS

- Clearly
- Thoroughly
- Politely
- Kindly

Talk about your life, but don't over talk about it!

Ask for help – we need each other



# WAY YOU CAN TRY TO REACH OUT TO DEVELOP RELATIONSHIPS:

- Invited teachers to our home for dinner to get to know them
- Chaperoned field trips when additional help was needed
- Answered calls and notes promptly so people knew we were caring individuals
- Wrote notes of encouragement to others in challenging places in life
- Thanked people who helped us at church as well as family members who reached out at various times showing concern and/or compassion
- Tried never to make people feel as if they should help us
- Allowed others to help us
- Asked for help when needed (We're still learning this one!)
- Tried to stay connected to those we love in our lives
- Shared our joys and struggles only with those willing to listen
- Desired to be transparent in our struggles so that others didn't think we had it all together
- Did not take advantage of others' help



# WAY YOU CAN TRY TO REACH OUT TO DEVELOP RELATIONSHIPS:

- Took chances in building relationships by learning with whom we could share, what we could share and with whom we could or couldn't cry
- Prayed with and for others, including doctors, teachers, family and friends
- Provided meals for others as we were able
- Watched others' children when needed
- Helped others in practical ways when needed
- Accepted advice and counsel from our parents, friends, doctors, teachers, aides and even our children
- Accepted meals with gratitude and always wrote a note of thanks
- Tried to show appreciation without criticism, expectation, whining or complaining about how those who helped did things differently from us
- When someone offered some service, wrote down their name so we could ask them for help when we had need (a list that came in handy a number of times)



- We want others to sense we are willing to WORK TOGETHER not just get our own way.
- We want our participation in a relationship to be LIFE GIVING not LIFE DRAINING!
- Sometimes we need to “protect” our families and ourselves and sometime it means giving above and beyond what we think we are able. In both – we seek Him for guidance and direction!

