

Personal Safety Nets® News

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Dear Judy,

Welcome to the second issue of *Personal Safety Nets® News*! This month we'll focus on taking the first steps toward putting a Personal Safety Nets® team in place either for yourself or on behalf of someone you're assisting... BEFORE you or they even know why!

Have you ever wondered why you tend to feel powerful and positive when you do something like cleaning out your "sock" drawer? **It's because you've made choices and taken action.** Any task can be broken down into steps, and taking a first one is most likely to lead to satisfaction. Confucius said, "A journey of a thousand miles begins with a first step". There's power and strength in making that choice to get started. To learn more about that first step, read on...

CHOOSE CONNECTION

The first choice is whether or not to involve anyone at all in your life. If you're intrigued by the Personal Safety Nets® ideas, you've probably already decided to risk interdependence, even if somewhat informally. Acting on this would be to make it clear **whom** you're including. This first connection is to people.

1. Choose three primary people.
2. Talk to them about their being chosen.
3. Let them know how to reach each other and you're well on your way!

A second connection is of information. This step is to keep team members, at least a select few, up-to-date on what's important and going on in your life. When people care about you, have chosen to be a part of your life, and are members of your safety net they want to know the nitty-gritty. **For example**, three key things from my (John Gibson's) life that capture what's important and going on for me are:

- I continue to live and work 3/5ths time in Seattle, WA and 2/5ths time in Sun Valley, Idaho.
- My latest - every 3 months - blood work at the Seattle Cancer Care

Alliance indicates no further treatments or major concerns at this time.

- I am joyfully pursuing Ball Room Dancing 3-5 nights a week.

Choose to keep your safety net members informed and up-to-date in both large and small ways. Then they'll have a platform from which to respond if some sort of need arises. (For me it might be a resurgence of my cancer). Let them know today about you! And ask about them in return - with curiosity and openness.

STORY INDEX FOR EVERYONE

An index of stories has been added to the website, www.safetynetsunlimited.com. In the 75 stories contained within the pages of *Personal Safety Nets®: Getting Ready for Life's Inevitable Changes and Challenges*, there are those that address almost everything from aging through healing to ways to show thanks.

- Tony is starting a business, and calls up finance-savvy associates to help him get off on the right foot. (*found under: appreciation/gratitude/thanks/expressing; decision making/brainstorming: finances; offering help; and when there's a need*).
- Ben has a stroke, is very angry at first, yet comes to appreciate the team that his wife has called together. (*found under: elderly/individuals; emotions/anger/resentment; men/facing illness or death; professional help/caregivers/case managers; recovery; strokes; and support/alienating/sabotaging & /care-share teams*).
- Ann's progressive disease led to a point where she & her husband need help. She calls together a team. (*found under: asking for help/for/from friends; care plans; decision making/brainstorming; diseases; illnesses/injuries/long-term & /midlife; planning/when there's a need; saying no; support/care-share teams & /colleagues; and co-workers & /communities*).

If you'd like a copy of the index, please send us a stamped, self-addressed legal envelope & we'll take care of it. If you prefer, the index is on our website and you can print the PDF file. Please click on the link below and it will take you directly to the index on website.

[Book's Index](#)

Q & A for JANUARY

Q. How do I keep my Personal Safety Net list from rivaling my Christmas card list? I have so many people in my life, and the thought of keeping them all in the loop is tiring.

A. We'll remind you of the power of choice. Start small, with what you might call your "A" Team: those 3-10 folks who REALLY need to be there for you.

Keep them deeply & fully informed. Be sure they know about each other & what you expect of them. Set up a phone tree or email group list to make this easier, and relax; feeling more secure. There can be a "B", and even a "C" team too - more about them later. Good luck. Let me know how this approach works for you - Judy

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ArtsWest January 14, 2008 - 7:30 PM

Join authors Judy Pigott and Dr. John Gibson for a unique application of the principles described in their book, Personal Safety Nets®, as they lead a panel discussion titled "Surviving Marriage, Surviving Divorce" related to the play, *The Retreat From From Moscow*.

Presented by ArtsWest, as part of their On Stage Series. This event is free and open to the public.

ArtsWest Playhouse & Gallery
4711 California Ave. SW
Seattle, WA 98116

For more details, please [visit the Events page on our website](#).

QUICK LINKS

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It's pure superstition to think that if you prepare for something you will call down upon you what you've thought of. It's folly to believe that if you avoid preparing nothing will come your way.

So start your year off right - begin preparing and you'll be able to sleep more soundly at night knowing that you are taking the steps to create a

Join Our Mailing List!

more safe and secure life.

Sincerely,

Dr. John Gibson
Judy Pigott
Personal Safety Nets

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