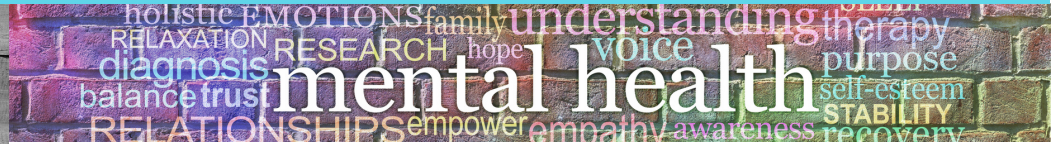


B FREE 2 FLY INTERNATIONAL NEWSLETTER



PROUD PARTNERSHIP

BREAK THE SILENCE AGAINST DOMESTIC VIOLENCE



Inside This Issue:

- **Our Partner- BTSADV**
- **October is DV Awareness Month- I AM Enough**
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BTSADV started as a grassroots organization over 10 years ago. Today, they are a worldwide organization that has become the international voice against domestic violence.

BTSADV's Mission: By breaking our silence, we aim to create a world without domestic violence where every man, woman, and family can feel safe and protected.





UPCOMING EVENTS

Don't forget to mark your calendar and purchase your ticket for the 2nd annual **'I AM Enough'** Symposium on Saturday, October 21st, 2023.

If you are interested in vendor, sponsorship, and volunteer opportunities, please connect with us by e-mail at info@bfree2flyinternational.org for more information.

Purchase tickets at: <https://www.bfree2flyinternational.org/upcoming-events>

SUPPORTERS





WHAT'S HAPPENING AROUND THE WORLD

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH
INCREASE YOUR KNOWLEDGE ABOUT ABUSE IN
RELATIONSHIPS

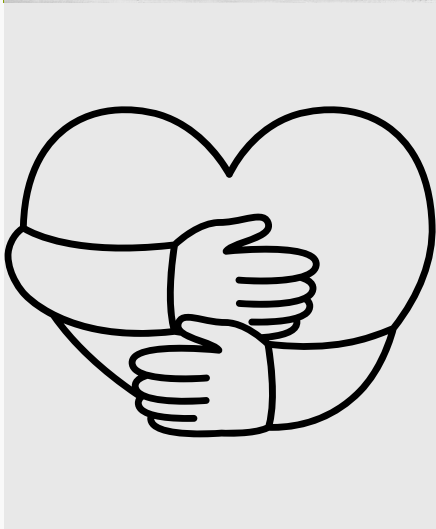
EVERY **SURVIVOR.**
EVERY **VOICE.**

BUILDING POWER TOGETHER
Washington D.C. | October 22-25, 2023

<https://ncadv.org/conference>

SPEAK OUT INC. DOMESTIC VIOLENCE 4TH ANNUAL 5K
WALK/RUN RACE

SATURDAY 10/28/2023 AT BUFFALO RUN PARK, 1122
BUFFALO RUN, MISSOURI CITY TX 77489. BALLOONS WILL
BE RELEASED IN MEMORY OF THOSE WHO HAVE PASSED
AWAY - VENDORS, MUSIC, FOOD TRUCKS AND MUCH MORE
- VOLUNTEERS NEEDED
[HTTP://WWW.SPEAKOUTINC.ORG](http://www.speakoutinc.org)




BTSADV
HOLIDAYS
of Hope

Holidays of Hope
BTSADV helps children of survivors and children that have lost a parent to domestic violence every year by giving the gift of hope.

♥ Break The Silence Against Domestic Violence /





BOARD MEMBER HIGHLIGHT

Meet Giselle Interiano!

A huge thank you to Giselle for her support as our organization's Treasurer and fierce advisor.

Giselle was born and raised in the land of eternal spring, Guatemala. She moved to Los Angeles to go to college and graduated with a BS in International Business from CSULB. Currently, she works as an Operations Manager for an Australian company and handles the company's US business affairs.

She is a single mother of two wonderful boys. Giselle is a survivor of domestic violence and has been on a healing journey for several years, which has led her to get involved in the world of therapy, finding somatic and collective therapy to be the most helpful. Though healing is not a linear path, she continues to learn and adapt every day. Giselle and her boys currently split their time between Los Angeles, CA and Guatemala City, Guatemala.





MOVE 4 CAMPAIGN- BACK TO SCHOOL SUCCESS



The goal of the **MOVE 4** campaign is to encourage people to prioritize their well-being while using actions to positively impact their local and national communities.

On the 4th day of every month, BF2F, Inc (nonprofit) encourages individuals and global communities to 'move for' a cause on the 4th day of the month. This month BF2F is supporting 'Move 4' through

There are plenty of ways you can get involved and make an impact:

- Participants can get 'moving' physically, post their movement on social media, and tag B Free 2 Fly or BF2F.
- Participants can donate to the cause through the following avenues:
 - Clicking paypal.me/bf2fgive
 - A portion of donations will go towards a 1:1 Life Coaching session for survivors rebuilding their lives and general support.

Through this campaign, we hope to move the ladder '**4forward**' in ensuring people know the stigmas and effects of domestic violence/intimate partner violence/sexual assault and the need for trauma recovery. Help us continue to take a stand against violence!





PERSONAL BOUNDARIES: HOW DO WE MAINTAIN THEM IN TIMES OF CRISIS?

WHAT ARE BOUNDARIES? WHY DO WE NEED THEM AND WHY IS IT SO DIFFICULT TO KEEP THEM—ESPECIALLY IN TIMES OF CRISIS?

Individuation is a lifelong process involving all the choices that make you, uniquely yourself.

Simply put, boundaries keep us safe, like lines of comfort when we're around others. My boundaries are not selfish; they don't tell you what to do, nor do they exist to control you. These lines exist whether we communicate them or not. They keep us differentiated from one another. All alone, our boundaries don't get stretched very much; it's in relationships where these lines of safety and comfort get pushed. To have healthy interactions with people, we must communicate clearly, where we stand—and often—for healthy and positive states to occur. This is where all relationships can become strained. It may sound like an easy task to "communicate my needs and get them met without being taken advantage of." Often, it's anything but easy, especially for those with unresolved trauma hidden in the corners of one's psyche. The difficulty exists because we can't always see the small holes in our own emotional resolve, where our self-esteem is weak, or where a little feeling of worthlessness is still present that we're unaware of, or maybe we don't see how our perception of a situation is us projecting our ideals and emotions outward onto others.

Strength and courage are required to maintain firm limits.

When our boundaries are pushed, we can feel panicked, confused, anxious, and frozen all at once as our boundaries are eroded by extreme and subtle abuse. Our self-esteem, our validity, our emotional resolve—our Self—erodes as well. Violated: coerced, controlled, criticized, humiliated, ridiculed, demeaned, physically and verbally, sexually assaulted = all shades of crisis.





Then we are gaslit, manipulated, groomed, blamed, and silenced, so we Fight-Submit-Go Crazy - cycle and repeat, until we are simply void; nothingness. The trauma adaptation = Lose MYSELF to keep the peace/my marriage/my home/my perceived or projected safety/my place in society, in family, in culture, in church, in school, at work... Maybe I stop noticing, minimize, become numb, and make excuses - all to keep me safe. However, what is ultimately happening is that you have shut down your small inner voice, searching within yourself to find the fault that is theirs. So well trained by the abuse.

How can we turn this around and begin to heal? Whether in an abusive situation or not, we must start to listen. Reawaken that small voice within. Start by naming the feeling within me: Am I Angry? Sad? Scared? Often, we can't even identify it; this is the numbing. Adding to it, the tension in your body. Begin to define, inside you, your truth, the boundary that separates you from them - what you think, and feel is the first step to truth-telling of YOUR story, not theirs. This can be an overwhelming first step, so be gentle with yourself and breathe. Find a moment of peace to clear your mind for a second. Find this path back to feeling you inside. This can be overwhelming because you may have become numb and dissociated to stay safe.

No one has the right to tread on another's boundaries. When you add the dynamics of another "not-fully-healed-individual" into your life, boundaries become intensely more complex. Our needs become mixed with others' needs but can also get confused with expectations - often hidden and unspoken - often used as attacks we never see coming. When my boundary gets pushed (even just strained a little), and I stand up for safety for myself (it doesn't matter HOW, in order to keep ME safe), others may take this as an attack on them and how you are now controlling them - their words, their actions, everything. Simply put, this is twisted - and in a relationship, that means "twisted together" - our wires and internal messages, all our ideals and sense of self, get crossed, entwined, and enmeshed with the entire matrix of their reality. The only work to be done is on more strength and courage within to keep our resolve - stay an individual - differentiated from everyone else.

This inner strengthening and building of our emotional intelligence means learning to identify, understand, and ultimately regulate our emotions. You can only control yourself - you can't control another's feelings, emotions, actions, nor reactions. Try to slow down, take a moment to breathe, collect, and reflect before taking a step or saying anything. Think about what you need at that moment for you - for you to remain safe.





Boundaries are not simply words, they are actions. Put another way, violated boundaries make us take deliberate action, often without thought. In a culture where women are seen and treated as a step-down, it is difficult to take actions when our boundaries are violated, even subtly by a sexist or racist joke or demeaning comment “not meant to offend,” for fear of some form of retaliation against us. Even though it is difficult, setting boundaries and practicing their enforcement challenges us to reflect and constantly review our needs, values and priorities. We need to practice them when we ask for what we want to eat, when we want to meet someone, how we want to be treated. If you feel a tinge of shame or guilt, it’s that little voice saying it’s a boundary needing more practice. Constantly practicing and affirming our personal boundaries, testing our needs and values, we will be rewarded with greater personal development and a deeper self-awareness. You deserve to take the best care for yourself as possible because you are worth it! Firm boundaries means:

- FIRM
- F= Fulfillment of goals and dreams
- I= Increased self-care
- R= Reduced stress
- M= Mine

Learn more about Boundaries and Safety at our upcoming event. For more details, visit our upcoming events page at <https://www.bfree2flyinternational.org/upcoming-events>.

In Faith, Hope, and Love!

Stephanie Smith

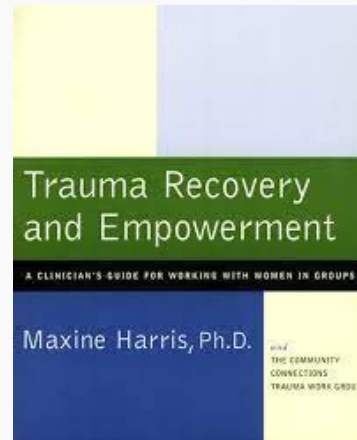
Survivor Advocate/Health/Life Coach
allgoodjuju.com @allgoodjuju



References: <https://www.masterclass.com/articles/types-of-boundaries>, <https://www.verywellmind.com/what-is-emotional-intelligence-2795423>, <https://psychcentral.com/relationships/what-are-personal-boundaries-how-do-i-get-some#takeaway>, <https://jameschor.com/2014/08/differentiation/>



A LOOK AHEAD



Trauma Recovery and Empowerment Support Group.

COMING SOON..... December 2023

The Trauma Recovery and Empowerment Model (TREM) is a gender-based trauma model designed to address issues of sexual, physical, and emotional abuse in the lives of women who have been economically and socially marginalized and for whom traditional recovery work has been unavailable or ineffective. The model was developed by clinicians at Community Connections in Washington, D.C. with considerable input from consumers. TREM uses a psycho-educational focus and skill-building approach, emphasizes survivor empowerment and peer support, and teaches women techniques of self-soothing, boundary maintenance and current problem solving.

Learning Objectives:

1. Participants the foundation for the TREM approach to trauma recovery work.
2. Participants will learn specific recovery and healing techniques used in the TREM model.
3. Participants will participate in a group setting (online or in-person).
4. Participants will learn coping mechanisms to aid in their recovery journey.
5. Participants will learn how and when to use grounding techniques.

To sign up and learn more, contact us at bf2finfo@gmail.com.



