

Creating a personal lament:

1. The lament is addressed directly to God Can be powerful to call God by whatever name/image/metaphor feels most personally relevant.
2. The lament contains the offense, the painful expression, the complaint. This would be expressing to God the painful content of one's experience and the emotion that is connected to the experience/memories. (e.g. "I was hurt in ___ way, and I am angry that you did not save me from my uncle's abuse")
3. The lament might contain an appeal or a request (or perhaps several). This is a cry that God intervene and can be accompanied by a reason for needing that intervention. ("I need you to bring relief in the midst of my horrible flashbacks," or "Please bring justice to the world").

Weariness Battle Plan

When we are "not at 100%" we need to have a plan to help ourselves and others engage rest well. We need to not rank with comparative suffering right now, we need to engage with empathy.

Write down 4 techniques for communication, self, and others that you will use to advocate for your needs and that will allow you to be able to rest while you are feeling weary and recovering.

Communication

1. *i.e. I will say I'm sorry and accept when others apologize to me.*
- 2.
- 3.
- 4.
- 5.

Internal

1. *i.e. I will not shame and blame myself for feeling exhausted; I will not compare my pain.*
- 2.
- 3.
- 4.
- 5.

Communal

1. *i.e. I will ask my spouse/roommate/family to check in on me once a day.*
- 2.
- 3.
- 4.
- 5.

****Remember to get 8 hours of sleep, eat well and healthy, exercise, and seek ways to maintain a schedule****