

Q1 2023: Winter of Weekend Actions & Plans for Spring Trip

4.4.'23. Split

Start of 2023 was very active for me: two demonstrations, two trips to Brussels, two online Lika-meetups, two concerts, and a small activist festival.

I was also sick three times, very busy at work, started "somatic experiencing therapy", moved out old renters & got new renters for Bonaireplein house -- and -- bought a new e-bike with fat tires!!

As a family, we had several sleeping-guests -- Mileva was still here in January, as well as Nikolina's family; in March Kaja & Vid came by again! plus Rhalina & Moem; we also had other visitors: Josephine & Herve, Nenad, Lwenn... & I've met with August, Suncica & Oliver, Maxi & Juli, Emma/Acracia, Marina, ...

As for the plans:

- * I'll be traveling by train most of the April: Zurich, Split, Lika, Istria.. and then maybe Budapest? Firenze?
- * Then, a few work more short trips, combined with visiting friends: Rotterdam, Zurich/Bern/Lausanne, Berlin?
- * You are welcome to visit us Amsterdam, and in Lika!
- * Summer is still open: let me know when you want to go to [LikaCamp](#) together! & also: <https://wiki.techinc.nl/User:Becha/Lika/ProjekatPovezanoPolje>

Here is a list with many possible events: <https://wiki.techinc.nl/User:Becha/events2023>
And here are my presentations: <https://wiki.techinc.nl/User:Becha#SLIDES>

So this letter is quite short on text, but rich on photos & memes!

Write back & let's see where do we meet each other...

Love from
Vesna

Weekend Activist



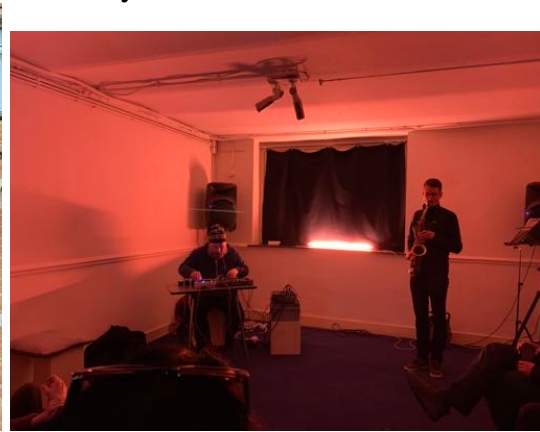
^ 28 January 2023: my first XR protest; @ A12, Den Haag



^ 4-5. February: OFFDem in Brussels, hosted by undcommented people in a squat



^ 25-26. February: 2.Dh5 weekend in Ru Pare community center, Amsterdam



4-5. March, Brussels: "Cymbiosis", seminar of Nordic Summer School



11th March 2023, XR again @ A12, Alisa got water-cannoned; me & Kaja & Vid were supporters

Family



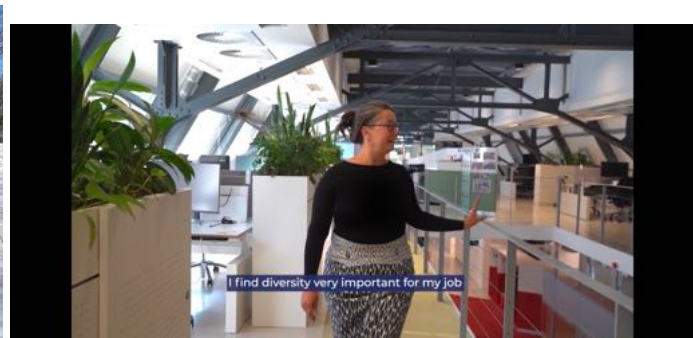
New-Year Eve fireworks, with Nikolina's & Nana's families



^ Celebrating Mileva's birthday in Japanese restaurant & Botanical Garden at night!



^ Walking in the dunes, with kids & deer



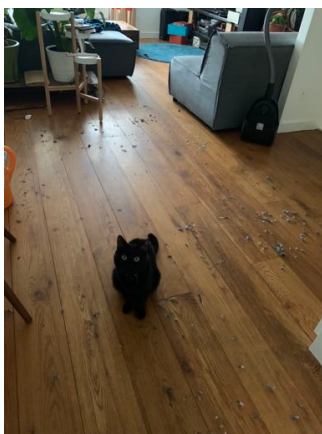
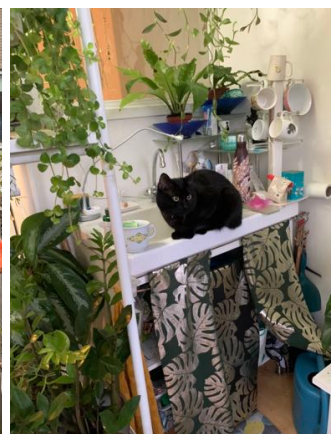
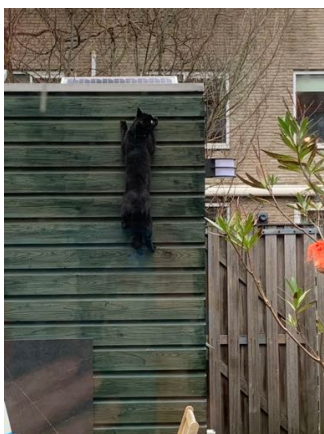
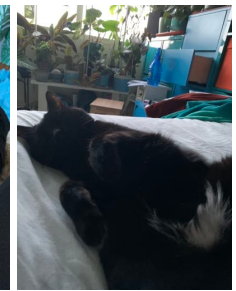
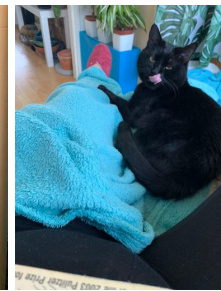
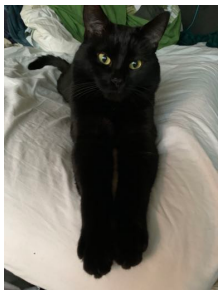
^ Lika-Lodge in the snow! (thanks for the photo, Nikolina!)



^ Charlie's cooking experiments & achievements, for the school presentation



Cat



Concerts

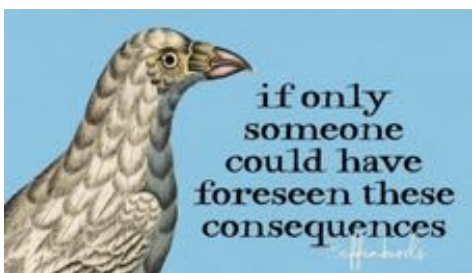


^ Both concerts were amazing: Bozo Vreco from Bosnia, in a small church -- and Lizzo in ZiggoDome!



^ Renovation & move & bike!

MEMES





UNHEALED TRAUMA

THAT PREVENTS YOU FROM LIVING FULLY

REJECTION TRAUMA

- You're afraid to depend on others
- You're afraid of being rejected
- You're afraid of being alone
- You're afraid of being hurt
- You're afraid of being abandoned
- You're afraid of being betrayed

ABANDONMENT TRAUMA

- You're afraid of being left or abandoned
- You're afraid of being alone
- You're afraid of being rejected
- You're afraid of being hurt
- You're afraid of being abandoned
- You're afraid of being betrayed

BETRAYAL TRAUMA

- You're afraid of being betrayed
- You're afraid of being hurt
- You're afraid of being abandoned
- You're afraid of being rejected
- You're afraid of being alone
- You're afraid of being left or abandoned

INJUSTICE TRAUMA

- You're afraid of being treated unfairly
- You're afraid of being hurt
- You're afraid of being abandoned
- You're afraid of being rejected
- You're afraid of being alone
- You're afraid of being left or abandoned

codependency in relationships • an innate feeling of shame • low sense of self-worth • being overly agreeable • fear of being abandoned • not being able to take any conflict • craving for external validation • putting your needs aside for other people • always fearing what might happen next • tolerating abusive behaviors from others

Things to say to soothe your INNER CHILD

YOU DID ALL YOU COULD DO

I AM SORRY YOU WERE HURT

I SEE/HEAR YOU

YOU ARE PERFECTLY IMPERFECT AND POWERFUL BEYOND MEASURE

YOU NO LONGER HAVE TO HIDE YOURSELF

YOU ARE LOVED JUST AS YOU ARE. THERE IS NO NEED TO CHANGE

IT'S OK TO WANT THINGS TO BE DIFFERENT

ALL FEELINGS ARE VALID. IT'S OK TO CRY. YOU WON'T FALL, I WILL HOLD YOU.

I SEE YOU TRYING THE BEST YOU CAN

I FORGIVE YOU

IT WAS NEVER YOUR FAULT

IT'S OK TO FEEL LONELY. I AM HERE FOR YOU

I WILL HOLD YOU.

I SEE YOU TRYING THE BEST YOU CAN

I FORGIVE YOU

@withoutthegoodlife

LESSONS FROM MY CAT

- allow yourself to receive
- value your solitude
- take no shit from any human
- stay curious
- appreciate the little things
- prioritise self care and rest

HEALING ISN'T LINEAR, IT'S CYCLICAL

we are not back at where we started, we are ascending

THE UPWARD SPIRAL

Things Book Lovers Do

Read several books at one time...

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...while also having a stack of books to read next...

HedgerHumor.com

...and keeping a running list of even MORE books you want.

Feel happy when you remember you get to read your book later.

Feel sad and lost when you finish a great book.

Pause to appreciate a beautifully written sentence.

See the cover of an old book and be transported back to your youth.

Find joy and comfort in rereading a favorite book.

Walk into a library or bookstore and say...
I could live here!

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SELF-THERAPY

Psychosomatics of the weekend

How do I feel about it?

How do I really feel?

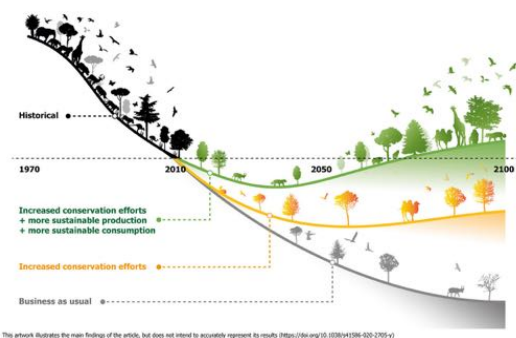
Take problem-body status from 1 (good) to 10 (bad)

COGNITIVE RELATED ISSUES

EMOTIONAL RELATED ISSUES

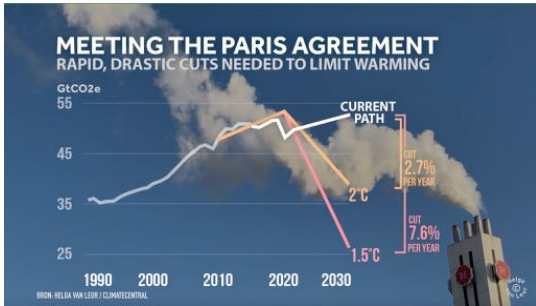
What is all of this?

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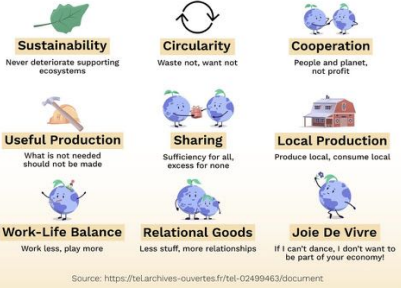


So how were your holidays?

wwwissingthem.com/blog



Principles of Degrowth



Mental Health Check

- 1: Suicide Watch
- 2: Hate Myself
- 3: Life Sucks
- 4: Tolerating Life
- 5: Ok
- 6: Content
- 7: Feeling Good
- 8: Happy!
- 9: Loving Life
- 10: Life Can't Be Better!



Courtney Heard @godlessmom@mas.to · 7 hours ago

Things you can say when the evidence proves you wrong:

1. Wow, I had no idea! Thank you for clarifying.
2. I was wrong.
3. I didn't know that but now I do and I'm smarter for it.
4. This just proves that you can be really sure about something and still be wrong!



If you've had a tough week, feeling exhausted, feeling out of sorts trying to understand the ups and downs of #LongCovid. We are here for you.

Nurture yourself. Be kind to yourself. Treat yourself. Rest.

Hugs from us to you 🤗

#LongCovidAwarenessMonth



08:04

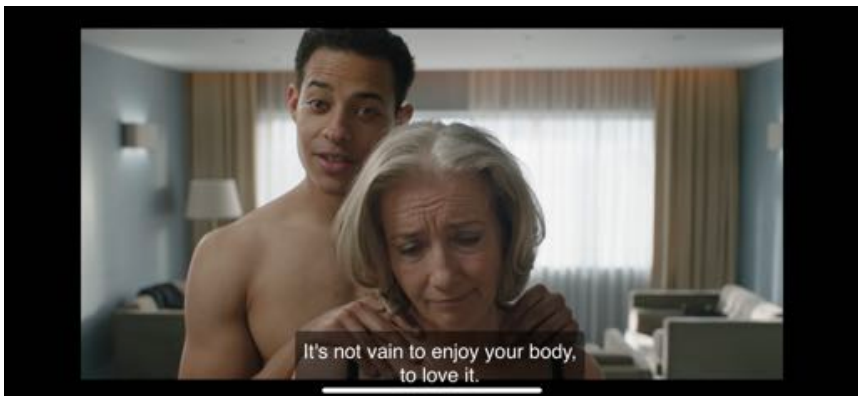
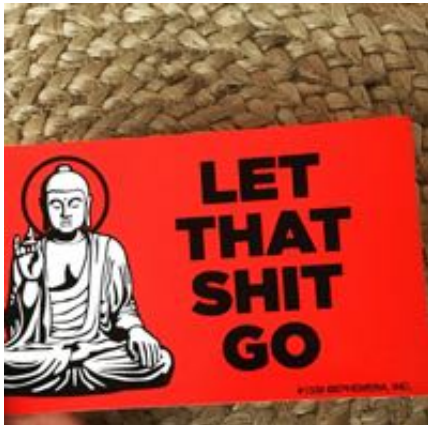
Thread

There is a big difference between taking and receiving. Takers have no desire to reciprocate and operate from lack and entitlement. They will never feel they have enough. But receiving is an art. It comes from trusting that you will be blessed, taken care of and provided for.

مریم حسنا @Maryamhasnaa

Takers know how to recognize those who are naturally generous and know the right language to use to get you to pour into them selflessly. Your alarm bells won't necessarily go off because you love to share yourself, your energy and your resources. You may not even see a problem.

Tweet your reply





A typical complaint fielded by Babylonian administrators: "I am not getting water for my sesame field. The sesame will die. Don't tell me later, 'You did not write to me.' The sesame is visibly dying. Ibbi-labrat saw it. That sesame will die, and I have warned you."

