

Identifying the (i)ndividual in the Present Tense (PT)



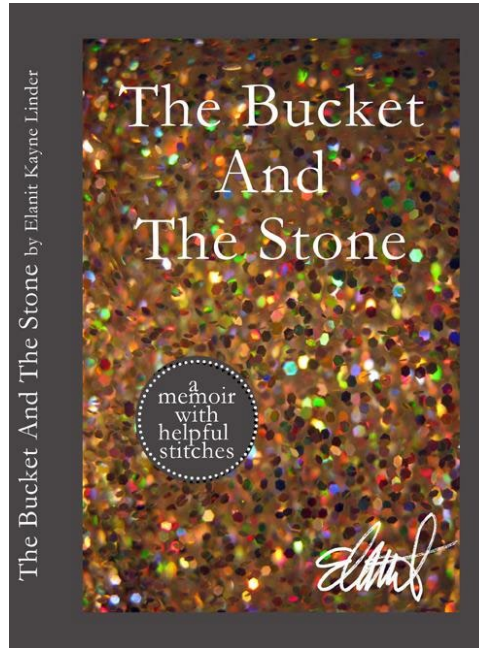
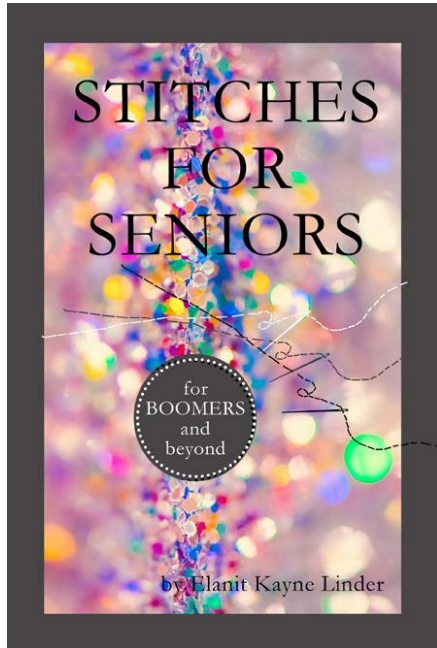
Elanit Linder
ReM(i) Culture LLC®

ReM(i) stands for Realistic M(i)nimalism, a Cognitive Behavioral Therapy (CBT) model based on the stitches (suggestions) from [The Bucket and The Stone](#).

The M(i) refers to “me” or (i) as the (i)ndividual and internal soul. ReM(i) can also read as a return to the self or self-healing. Only the (i)ndividual knows what the (i)ndividual needs and what is necessary for their *avodah* (work/purpose).



This Presentation Is Comprised Of Research:



How does attachment to the life prior to the present-tense inhibit happiness and well-being for late-stage seniors between the ages of 75 and 102?

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Learning Objectives

- (i)ndividuality Rather than agism
- The Life History of a Mid-Life Stage Object
- How to ask PT Questions

(i)ndividuality Rather than agism

- Disabilities at every age
- Abilities at every age
- Health at every age
- Life and living at every age
- Death at any age

Questions

Can non-attachment to a material relationship to the items acquired throughout adulthood help late-stage seniors achieve happiness?

Will historical investigation of these mid -life-stage objects help late-stage seniors process the past?

Are the same non-materialistic happiness or well -being factors of purpose, gratitude, and joy in relationships available at any age?

Attachment for this problem would have a conceptual definition of a life lived with a specific set of material objects that is not being lived in the now or present tense.

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Present Tense (PT) Thinking

The problem is that if late-stage seniors are forced to make a change in living situation they become more attached by speaking about a home they do not live in, a car that they do not drive or a job that is completed.

Solution:
Autonomy and Engagement of the (i)ndividual

Stitch #4 Working

Working well rather than hard.

Action:

Try to be aware of your efforts. When do they feel good? Why do they feel good? Are you exerting effort but does it feel effortless? What is your key motivating factor?

Stitch #7 They Are Just Things

“They are just things.” ~ Ruth Wolff

Action:

Take one object you love that has material value to someone else and give it away.

Object Therapy

Object-therapy or using our mid-life stage objects to engage the mind and decision making capabilities brings the past -tense life to the present.

- Choice is an autonomous activity in the PT
- Choice engages executive decision making skills
- Life review through mid-life stage objects or possessions is therapeutic
- Life review is a purpose and a task that must be completed
- Gifting teaches non-attachment
- Gifting engages compassion

* Similar to the fact that physical lifting makes the body strong; executive decision making or pushing our limits mentally keeps the mind strong.

The Life History of a Mid-Life Stage Object

- The memory of an object you no longer own
- The memory of an object you own
- The value of an object you own
- An object of use in your home
- An object without practical use but of financial value
- An object without practical use but of emotional value
- An object you would like to live a life longer than your own life
- An object you would like to throw out
- An object you are willing to donate for the good of another person

Materialism is Not Happiness: Discussion and Relevance of Problem

- Myth of the Life Plan (Lazcano, 2011)
- Our current care model as a passive modality of service and servicing creates decline rather than engagement
- The Canadian Institute for Health Information reported in 2010 44% of seniors in LTC facilities have symptoms that are consistent with major depression (Fiest, Currie, Williams, & Wang, 2010).
- In 2005 the Centers for Disease Control and Prevention reported seniors making up 12% of the U.S. population in 2004 and accounting for 16% of suicide deaths (Berman & Furst, 2012).
- For any other age group the gravity of these depression statistics would necessitate intervention (Butler, 2002).

Materialism Does Not Equal Happiness

Being, Belonging and Becoming

QOL for late-stage seniors has been redefined at The Centre for Health Promotion (CHP) with a model of Being, Belonging and Becoming, components that relate to people regardless of age (Raphael et al., 1995). The Being, Belonging and Becoming model speaks to this proposed research's operational concept of time and the personal timelines of late-stage seniors in relationship to past-tense attachments and present-tense wellbeing and happiness. If there is no being, late-stage seniors can remain caught in the past and exhibit dementia like symptoms.

PT: Being Belonging and Becoming

Stitch #27 Gratitude

Action:

Make a list of things you are thankful for. Let it be a wash of emotions like a wave, one item building to the next on the list.

The Conversation

Changing the conversation to Quality of Life (QOL)
through Being, Belonging and Becoming.

Who are you in the Present Tense?

Social Work PT Questionnaire

Section I

Being Belonging and Becoming:

1. Who are you now?
2. Who do you belong to?
 - a. How engaged is this family?
 - b. How engaged is this group of friends?
 - c. How engaged is this community?
 - d. What do you give/contribute to this group?
 - e. What do they give to you?
3. Who do you want to become?
 - a. Mental growth
 - b. Physical expectations
 - c. Spiritual

Section II

1. Think about your home. If you had to give up one item from the house what would it be?
2. Is there someone who could use this object?
3. Could you give up something of value?
4. What do you feel you need right now?
5. What do you need right now? A list of necessities:
6. If I could do one thing for you right now what would it be?
7. What are you grateful for? List ten things fast.
8. If you cannot, I will first:

Healing Ourselves;

Healing Our System

when we live in our true avodah,
the system itself heals

To become the Executive Director
Stitch #30

that you are longing to become, where
your mind directs your body to it's
greatest quality of life ...

a sparkly life that includes subjective
well being and being in time in the
Present Tense (PT)

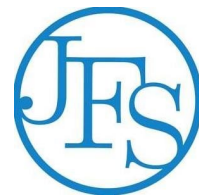
We must practice emotional non-
attachment to the past, and join
ourselves in the PT and future!



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A S S O C I A T I O N

— **MEMBER** —

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