

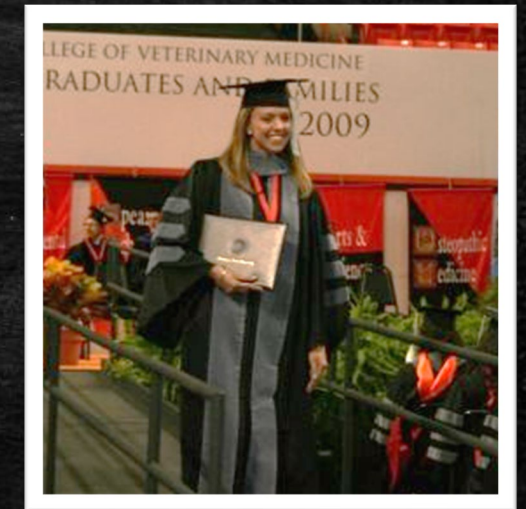


Who are you?

(Remembering who you are in the face of becoming who you are called to be.)

Introduction: Who am I?

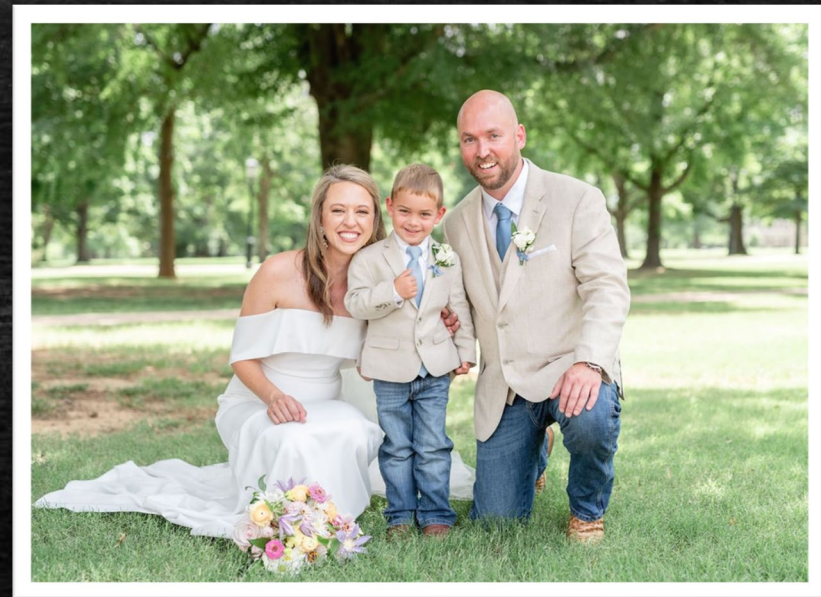
- Professionally...
 - 2005: University of Arkansas B.S.
 - Major: Biology
 - Minor: Animal Science
 - 2004 – 2005: Top applicant from Arkansas
 - 2009: Oklahoma State University D.V.M.
 - Equine → Small Animal
 - Private Practice ~ 7 years
 - 2016: University of Arkansas, Clinical Assistant Professor
 - Animal Science



Introduction: Who am I?

- Personally...

June 18th, 2022



Introduction: Who am I?

- Personally...



MYERS-BRIGGS TYPE INDICATOR
PERSONALITY TYPE

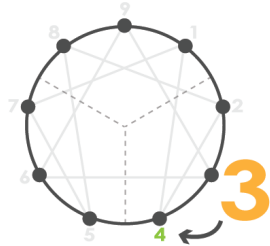


The Advocate

INFJs are born diplomats, with a strong sense of idealism and morality. They are people who take concrete steps towards accomplishing their goals and leaving a positive lasting impact. They are soft spoken, yet fight vigorously for the ideas they believe in. Their primary desire is to help others.

TYPE THREE

3 wing 4 - The Professional



Desire success & affirmation.

Think & process internally.

Focus on their professional development.

Afraid of failure.

Wet: Short-lived response		Dry: Sustained response		
<p>“Socially Useful” type</p> <p>Roles: Actors, Salesmen, Speakers</p> <p>Air</p> <p>Hot: Quick response</p>	<p>Sanguine</p> <p>Strengths</p> <ul style="list-style-type: none"> -sociable -charismatic -outgoing -confident -warm-hearted -pleasant -lively -optimistic -a fun lover -spontaneous -a preventer of dull moments -a quick apologizer -an easy friend maker 	<p>Weaknesses</p> <ul style="list-style-type: none"> -impulsive -chronically late -shamless -forgetful -a compulsive talker -too loud -sometimes too happy -distractible -not interested in following through with tasks that are boring -self-absorbed -an exaggerator -someone who appears unauthentic 	<p>Choleric</p> <p>Strengths</p> <ul style="list-style-type: none"> -ambitious -passionate -leader-like -focused -efficient -practical -good at planning -good at problem solving -confident -motivating -usually right -great in an emergency 	<p>“Ruling, Dominant” type</p> <p>Roles: Leaders, Producers, Builders</p> <p>Fire</p>
	<p>Cold: Slow response</p> <p>Water</p> <p>Roles: Diplomats, Accountants, Teachers, Technicians</p> <p>“Getting” type</p>	<p>Phlegmatic</p> <p>Strengths</p> <ul style="list-style-type: none"> -quiet and calm -content with themselves -kind -consistent -a steady and faithful friend -accepting -affectionate -diplomatic -peacemaking -rational -curious -observant -an easy friend maker 		<p>Weaknesses</p> <ul style="list-style-type: none"> -sometimes shy -fearful of change -prone to laziness -stubborn -passive-aggressive -indecisive -permissive -not goal oriented -unenthusiastic -too compromising -undisciplined -sarcastic -discouraging -non-participative
	<p>Weaknesses</p> <ul style="list-style-type: none"> -obssessive -too cautious -prone to depression -prone to moodiness -perfectionistic -pessimistic -difficult to please -deeply affected by tragedy -a person with tunnel vision -sometimes a procrastinator -discontent with themselves and others -prone to play the martyr 			

Introduction: Who am I?

- Spiritually...

- Raised in the church ✓
- Christian summer camp counselor ✓
- Baptized all the ways ✓
- “Jesus Freak”

But, who does *God* say that I am?



Who does God say that I am?

- **Beloved**

- Romans 9:25 (ESV): As indeed he says in Hosea, “Those who were not my people I will call ‘my people,’ and her who was not beloved I will call ‘beloved.’”

- **Treasured possession**

- Deut. 7:6 (NIV): For you are a people holy to the LORD your God. The LORD your God has chosen you out of all the peoples on the face of the earth to be his people, his treasured possession.

- **Child of the King**

- John 1:12 (NLT): But to all who believed him and accepted him, he gave the right to become children of God.
- Romans 8:16-17 (NLT): The Spirit Himself testifies with our spirit that we are God’s children. And if we are children, then we are heirs: heirs of God and co-heirs with Christ— if indeed we suffer with Him, so that we may also be glorified with Him.

- **Known**

- Psalm 139:15-17 (BSB): My frame was not hidden from You when I was made in secret, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all my days were written in Your book and ordained for me before one of them came to be. How precious to me are Your thoughts, O God, how vast is their sum!
- Psalm 56:8 (BSB): You have taken account of my wanderings. Put my tears in Your bottle—are they not in Your book?

Who does God say that I am?

- **Free**

- Galatians 5:1 (NIV): It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.
- John 8:36 (ESV): So if the Son sets you free, you will be free indeed.

- **Redeemed**

- Ephesians 1:7 (NIV): In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace

- **Restored**

- Colossians 1:13 (NIV): For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves...
- 1 Peter 5:10: And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

Who does God say that I am?

- Forgiven

- Ephesians 1:7 (NIV): In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace
- Matthew 6:14 (NIV): For if you forgive other people when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive others their sins, your Father will not forgive your sins.

The Power of the Word

For God has not given us a spirit of fear and timidity, but of power, love and a sound mind.

~ Paul (from prison) in 2 Timothy 1:7

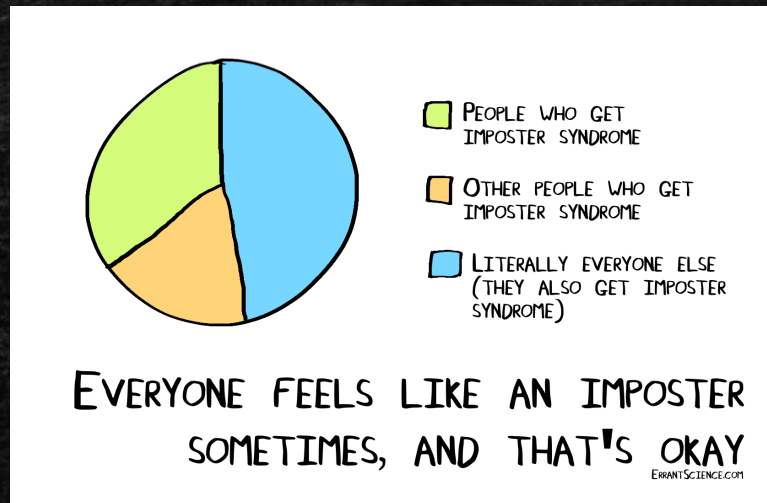
3 Big Elephants

- Imposter Syndrome
- Disappointment
- Compassion Fatigue



Imposter Syndrome (The Voices)

- The persistent inability to believe that one's successes are deserved...(Oxford Dictionary)
- Aka feeling like a fraud



Tips on Overcoming: Imposter Syndrome

- Change your mindset!
 - Remember how far you have come
 - Reflect on your achievements
 - Don't compare yourself
- Let go of perfectionism
 - Best \neq Perfect
 - Don't fear mistakes...they will happen
- Talk to a trusted friend
 - Perhaps someone outside your professional circle?
 - Call it out...name it for what it is

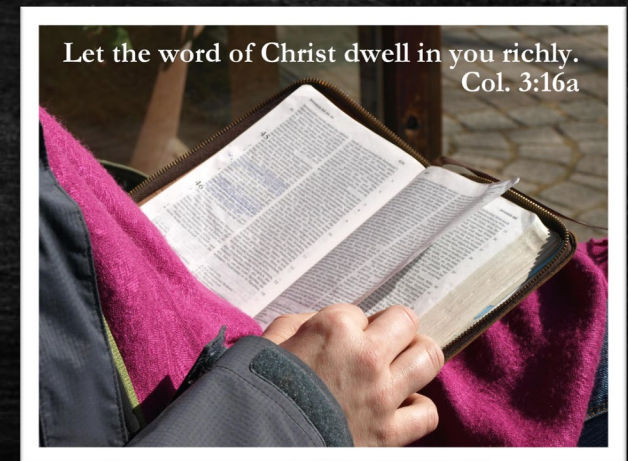


Disappointment (The Let Down)

- Sadness or displeasure caused by the non-fulfillment of one's hope's and expectations.
 - Loss
 - Circumstances → Frustration → Emotion
- Stimulation of parasympathetic nerves (Rest and Digest!) → Feeling of hopelessness and powerlessness (Zeelenberg, 1998)
 - Decrease in serotonin and dopamine
 - The loss of the "What if?"
- A profound way in which sadness is experienced (Mary Lamia, PhD)

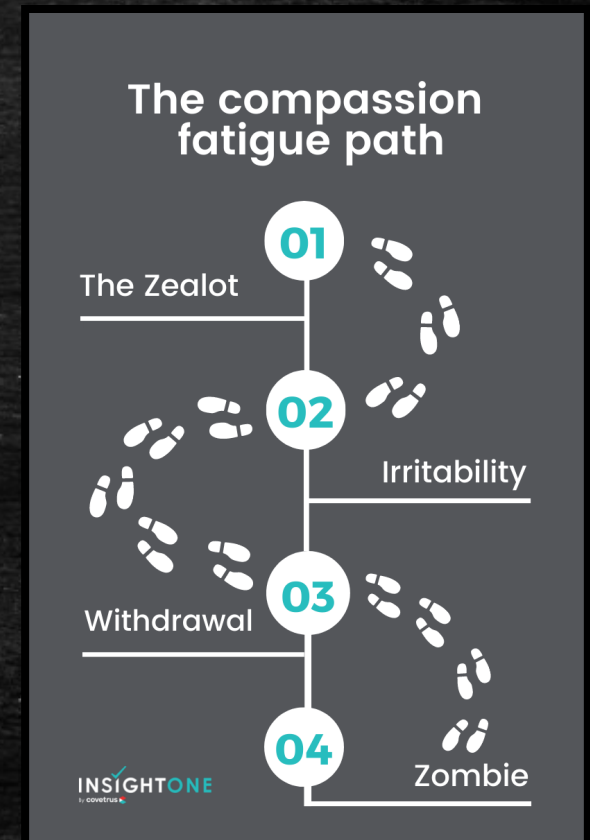
Tips on Overcoming: Disappointment

- Name it for what it is
 - Feel your feelings
 - Compassionate curiosity
 - Write about it (Journal)
- Don't dwell on what might have been
 - Dwelling only causes you to hold tighter to the disappointment
- Do dwell on the Truth of God's word
- Be kind to yourself...healing takes time
- Find laughter



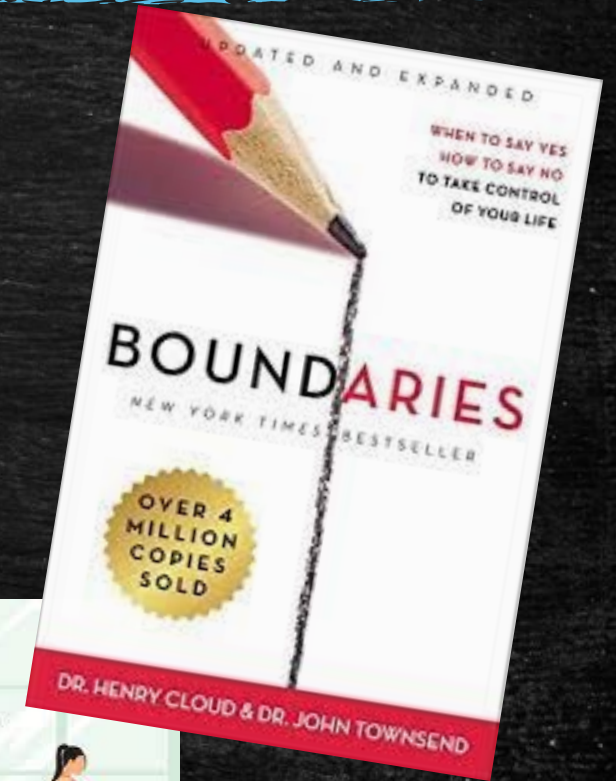
Compassion Fatigue (My Give-a-dang is Busted)

- Indifference to charitable appeals on behalf of those who are suffering.
 - Exhaustion → Diminished empathy
 - Secondary traumas
 - Inability to cope
- Symptoms:
 - Anxiety, Poor sleep, Irritability, Decreased Sense of Purpose
 - Relationship difficulties

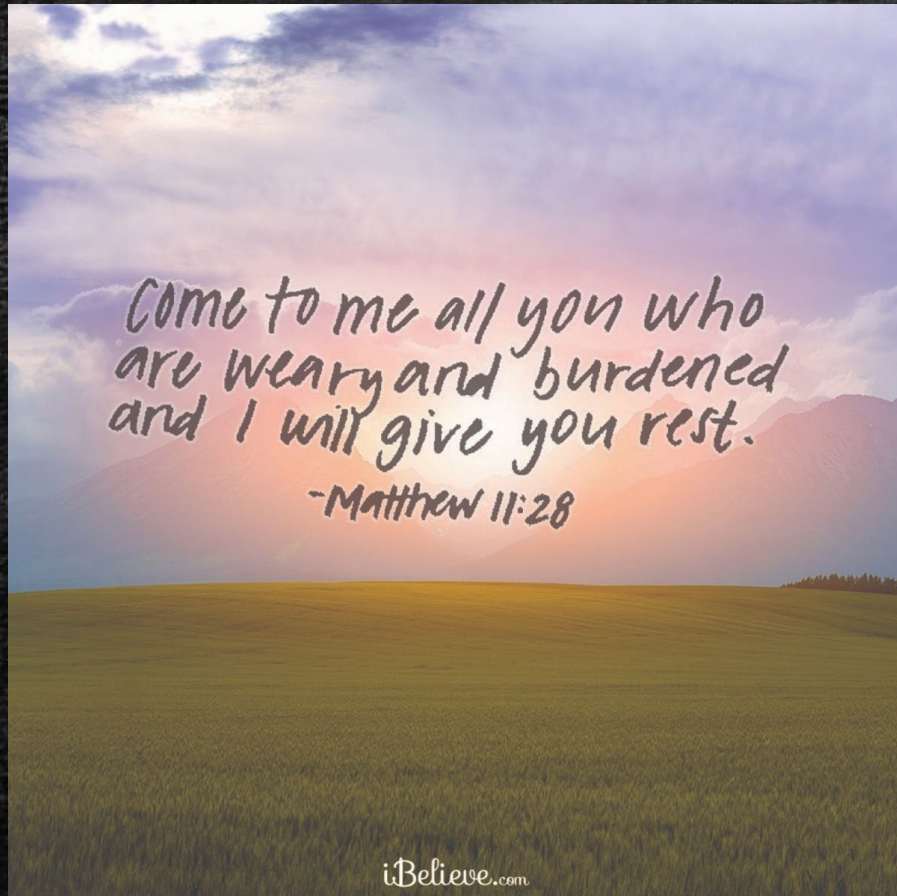


Tips on Overcoming: Compassion Fatigue

- Set *BOUNDARIES!*
- Create self-care rhythms
 - What does that look like for you?
- Don't be afraid to seek professional help!
- Give yourself permission to rest
- Find/Engage in community



Questions?



I WILL LEAD THE BLIND BY A WAY THEY DID
NOT KNOW; I WILL GUIDE THEM ON
UNFAMILIAR PATHS. I WILL TURN
DARKNESS INTO LIGHT BEFORE THEM AND
ROUGH PLACES INTO LEVEL GROUND. THESE
THINGS I WILL DO FOR THEM, AND I WILL
NOT FORSAKE THEM.

- ISAIAH 42:16