

EXHIBIT A

INVOICE

Elite Mind Solutions LLC

EIN: 99-3929299

305 Clydia Court

Middletown, DE 19709

www.natashafmccartney.com**INVOICE TO:**

All Even Sports Retreat

Invoice Date:

July 19th, 2024

Updated: August 8th 2024

Please note that the masterclass is priced at the public speaking rate of
Elite Mind Solutions.

Description	Cost
Paused client engagements to focus on retreat preparation 6/27 to 7/7 - (9 days) 12 hours per day X 9 days X \$500	\$54,000
Masterclasses Design and Implementation for 19 classes, participant engagement activities and enterTRAINment sessions. 5 hours per class = 95 hours x \$350/hour	\$33,250
Mindfulness Meditation Design and Implementation for 4 sessions 5 hours per class = 20 hours x \$350/hour	\$7,000
Research and Development of Workbooks Research- 20 hours x \$350/hour = 7,000 Development - 20 hours x \$350/hour = \$7,000	\$14,000
Conduct research on potential demographics to ensure thorough preparation Research- 17 hours x \$350/hour	\$5,950
Materials and Supplies Expenses	\$4,480

Description	Cost
<i>June 29th</i> Mindfulness Meditation Morning Session 30 Mins	\$5,500
<i>June 30th</i> Mindfulness Meditation Morning Session 30 Mins	\$5,500
<i>July 1st</i> Mindfulness Meditation Morning Session 30 Mins	\$5,500
<i>June 29th</i> Non-Violent Communication/NVC The Four C's Discussion 2 hours	\$25,000
<i>June 29th</i> NVC - Therapist Violent Statement Impact of Trauma on the body 2 hours	\$25,000
<i>June 29th</i> Creative, Cool, Confident Teen/Young Adult Workshop Workshop Leader Fee & Materials 2 hours	\$20,000
<i>June 30th</i> Feelings, Boundaries and Desire Exercise - (Processing Emotions Worksheet) 2 hours	\$25,000

Description	Cost
In-person and virtual therapy sessions for 20 clients 20 hours x 500/hour	\$10,000
Draft follow-up emails and develop a mini workbook for participants. 20 hours x \$350/hour	\$7,000
Negotiating & Contracting (Orders) Negotiation and Contracting: 20 hours x \$150/hour	\$3,000
Programming (Agenda/Run of Show) Program Development: 30 hours x \$120/hour	\$3,600
Pre-Production Meeting & Run Through Meeting and Run Through: 15 hours x \$150/hour 4 Staff members	\$9,000
Gift Bag Ideation Ideation and Sourcing: 20 hours x \$200/hour = \$4,000 Gift Bag Items: 100 bags x \$20/bag = \$2,000	\$6,000
Installation Event Ideation Ideation Sessions: 20 hours x \$200/hour	\$4,000
Visual Identity Development Visual Identity Design: 25 hours x \$200/hour	\$5,000

Description	Cost
Event Collateral Design and Production: 20 hours x \$100/hour	\$2,000
Onsite - Sleep Mask Meditation - Instructor Fee: 36 hours (2 sessions/day x 1 hour/session x 3 days) x \$200/hour	\$7,200
Onsite - Ionic Foot Detox - Practitioner Fee: 36 hours (1 practitioner x 10 hours x 3 days) x \$200/hour	\$7,200
Onsite - Intuitive Life Readings - Reader Fee: 36 hours (1 reader x 12 hours x 3 days) x \$250/hour	\$9,000
Onsite Photography & Videography - Photography & Videography: 7 hours x 1 day = \$2,000 - Photo Editing: 20 hours x \$100/hour = \$2,000	\$4,000
Cultivating Connections with Attendees - Event Staff Fee: 108 hours (3 staff members x 12 hours x 3 days) x \$150/hour	\$16,200
Post-Production Survey Analysis for Organizers and Attendees - Data Analysis Fee: 30 hours x \$200/hour = \$4,000 - Survey Tool Costs: \$100	\$6,000
Event Amplification (Collecting Emails & Phone Numbers) - Staff Fee: 108 hours (3 staff members x 12 hours x 3 days) x \$110/hour = \$3,780 - Technology/Software Costs: \$150	\$11,880
Client Engagement - Engagement Specialist Fee: 36 hours (1 specialist x 12 hours x 3 days) x \$150/hour	\$5,400

Account Name: Elite Mind Solutions, LLC

Account Number: 9894194837

Receiving Bank: M&T

Receiving Bank Address: One M&T Plaza, Buffalo, NY 14203

M&T Bank ABA/Routing Number: 022000046

Subtotal \$386,660

Kyrie Irving Discount \$236,660

GRAND TOTAL \$150,000

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*Contact for CM services on 6/30/24 @ 6:03pm by Shetellia Riley-Irving :
Natasha McCartney acted as the liaison between the family and North Dakota officers to secure
the crime scene of the deceased family member. She provided essential information to ensure
that guests were not interrogated by NDP, promptly facilitated the removal of Kyrie from the
scene to avoid media exposure, and assisted the Coroner with preparations for the family
viewing and transportation.*

Crisis Managment & Bereavement Services	Cost
<i>June 30th</i> Crisis Intervention: Critical Incident Stress Debriefing Onsite Research & Preparation Onsite Therapy Sessions for a Family in Crisis	\$60,000
<i>June 30th</i> Crisis Intervention: Critical Incident Stress onsite grief therapy to all participants	\$20,000
<i>June 30th</i> Crisis Intervention: Critical Incident Stress Debriefing with Security/Detective on site	\$60,000

Subtotal \$140,000

GRAND TOTAL \$140,000

Account Name: Elite Mind Solutions, LLC

Account Number: 9894194837

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INVOICE

Luxe Dreams Branding Agency LLC
1850 Amsterdam Avenue
New York, NY 10031

INVOICE TO:**ELITE MIND SOLUTIONS LLC**

Natasha McCartney

(646) 283-3983

Invoice Date:

July 5th, 2024

All Even Sports Retreat
Onsite: June 28, 2024 to July 2, 2024

Description	Cost
Brand Activation Strategies Strategy Development: 30 hours x \$200/hour	\$6,000
Integrated Marketing Strategies Marketing Plan Development: 40 hours x \$200/hour	\$8,000
Curate & Brand Workbook Content Creation: 20 hours x \$120/hour = \$2,400 Design and Layout: 15 hours x \$100/hour = \$1,500	\$3,900
Develop & Design Brand Theme T-shirts Design: 15 hours x \$100/hour = \$1,500	\$1,500
Installation Event Ideation Ideation Sessions: 20 hours x \$150/hour	\$3,000
Installation Design Design: 30 hours x \$120/hour	\$3,600
Logistics and Coordination Coordination: 40 hours x \$100/hour	\$4,000

Description	Cost
Negotiating & Contracting (Orders) Negotiation and Contracting: 20 hours x \$150/hour	\$3,000
Programming (Agenda/Run of Show) Program Development: 20 hours x \$120/hour	\$2,400
Pre-Production Meeting & Run Through Meeting and Run Through: 15 hours x \$120/hour	\$1,800
Gift Bag Ideation Ideation and Sourcing: 15 hours x \$100/hour = \$1,500 Gift Bag Items: 100 bags x \$20/bag = \$2,000	\$3,500
Installation Event Ideation Ideation Sessions: 20 hours x \$150/hour	\$3,000
Visual Identity Development Visual Identity Design: 25 hours x \$150/hour	\$3,000
Event Collateral Design and Production: 20 hours x \$100/hour	\$2,000

Description	Cost
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Onsite - Ionic Foot Detox - Practitioner Fee: 36 hours (1 practitioner x 10 hours x 3 days) x \$100/hour	\$3,600
Onsite - Intuitive Life Readings - Reader Fee: 36 hours (1 reader x 12 hours x 3 days) x \$250/hour	\$9,000
Creative, Cool, Confident Teen/Young Adult Workshop - Workshop Leader Fee & Materials	\$5,500
Onsite Photography & Videography - Photography & Videography: 8 hours x 3 days = \$7,500 - Photo Editing: 20 hours x \$100/hour = \$2,000	\$9,500
Cultivating Connections with Attendees - Event Staff Fee: 108 hours (3 staff members x 12 hours x 3 days) x \$35/hour	\$3,780
Post-Production Survey Analysis for Organizers and Attendees - Data Analysis Fee: 20 hours x \$200/hour = \$4,000 - Survey Tool Costs: \$100	\$4,100
Event Amplification (Collecting Emails & Phone Numbers) - Staff Fee: 108 hours (3 staff members x 12 hours x 3 days) x \$35/hour = \$3,780 - Technology/Software Costs: \$150	\$3,930
Client Engagement - Engagement Specialist Fee: 36 hours (1 specialist x 12 hours x 3 days) x \$150/hour	\$5,400

Subtotal \$220,000

Discount \$119,290

GRAND TOTAL \$100,710

EXHIBIT B

THINK DEEP FOR A SOLID TOMORROW *workbook*

Natasha McCartney, LCSW-R

Psychotherapist & Life-Coach

Greetings The Irving Family and Friends,

My team and I are honored to be here to contribute to you having an exceptional retreat experience. As a part of this experience, my team and I will guide you through some fun activities, therapeutic sessions and exercises.

I would like to provide you with the opportunity to capture the next few days through journaling your experiences throughout the process. Journaling is very important part of my life as it is one of my self-care exercises that contributes to the stability of my mental health. As a matter of fact, I know that journaling created a path for me, that landed me here today.

In addition, there are many health benefits of journaling such as, goal setting, stress management, depression, emotional expression, anxiety, better moods, boost physical health, recovery from trauma, boost memory, emotional intelligence, finding inspiration, mental resilience, overcoming fears and tracking your goals.

Please join me in journaling about your experience over the next few days. The pages you write will document a place and time in your family's history. In the appendix of your booklet, there will be some blank pages to write on and a few pages with journal prompts to help you get started.

Happy Writing!

A handwritten signature in black ink that reads "Natasha McCartney". The signature is written in a cursive, flowing style with a long, sweeping underline.

RETREAT MISSION STATEMENT

Our Mission is to reawaken human values such as compassion, love, togetherness, joy and harmony, unite people and create a place of wisdom, celebration, success and service to each other and the world.

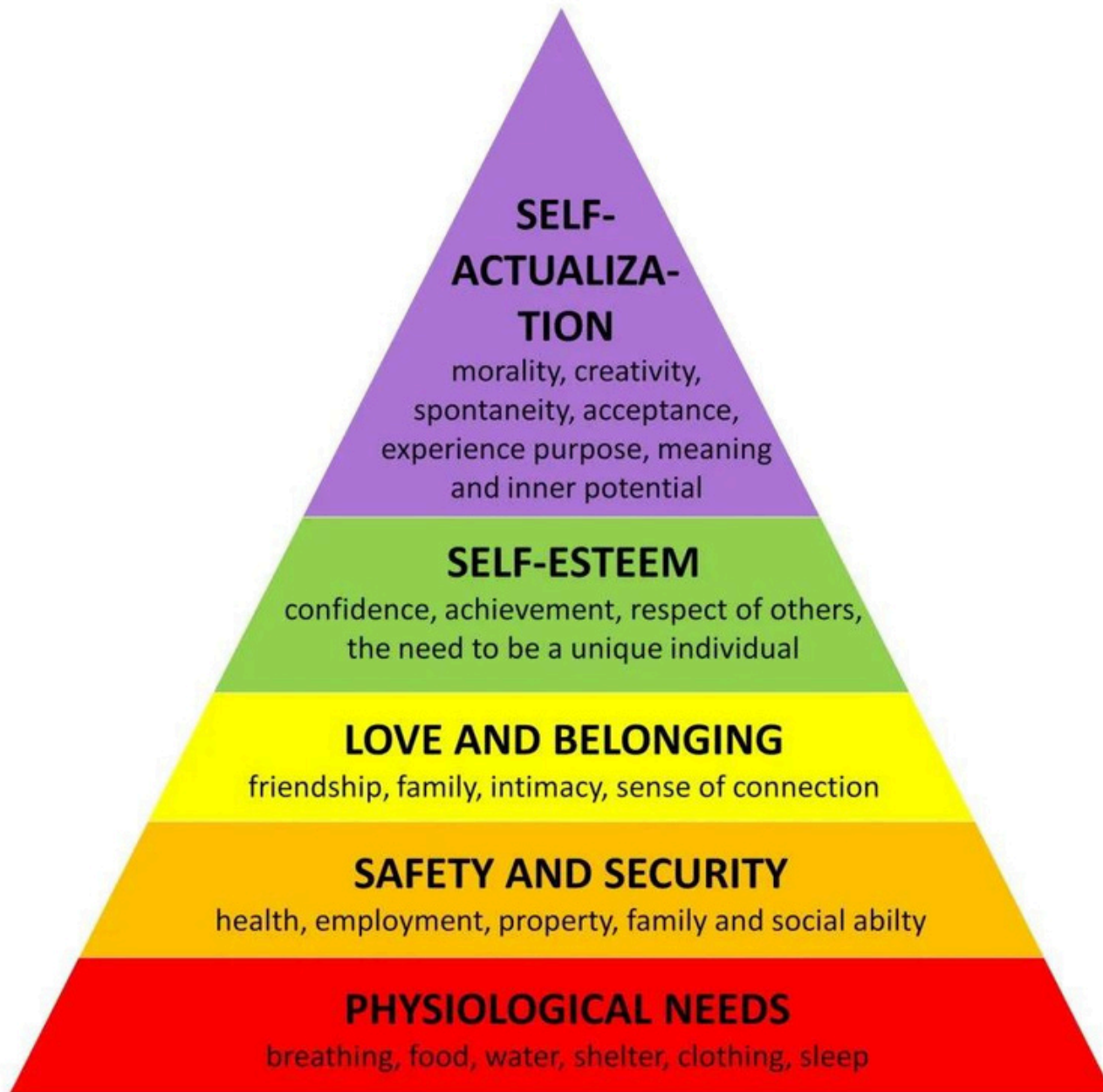
RETREAT VISION STATEMENT

1 WE WANT YOU TO
enhance your Emotional Well-Being

2 WE WANT YOU TO
live your life to its Fullest Potential

3 WE WANT YOU TO
create spaces and environments in which
healing emotional wounds is
contagious

MASLOW HIERARCHY OF NEEDS



How to nurture a child's mental health



Actively listen before offering your advice

Be patient

Share your feelings and validate theirs

Tell the truth

Model healthy behavior

Surround them with healthy adults

Be consistent and follow through with what you promise

Teach them how to be safe

Believe them and in them

Use open ended questions

Have scheduled family time

Limit electronic time for everyone

Reach out and hug them

Practice relaxation exercises together

Model forgiveness

Respond calmly when their emotions are elevated

View their behavior as a window to their needs and feelings

Make play and exercise a requirement

Recognize positive choices

Be present

Set and respect boundaries

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TRAUMA RESPONSES



ADVERSE CHILDHOOD EXPERIENCE QUESTIONNAIRE FOR ADULTS

California Surgeon General's Clinical Advisory Committee

Our relationships and experiences—even those in childhood—can affect our health and well-being. Difficult childhood experiences are very common. Please tell us whether you have had any of the experiences listed below, as they may be affecting your health today or may affect your health in the future. This information will help you and your provider better understand how to work together to support your health and well-being.

Instructions: Below is a list of 10 categories of Adverse Childhood Experiences (ACEs). From the list below, please place a checkmark next to each ACE category that you experienced prior to your 18th birthday. Then, please add up the number of categories of ACEs you experienced and put the *total number* at the bottom.

1. Did you feel that you didn't have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you?	<input type="checkbox"/>
2. Did you lose a parent through divorce, abandonment, death, or other reason?	<input type="checkbox"/>
3. Did you live with anyone who was depressed, mentally ill, or attempted suicide?	<input type="checkbox"/>
4. Did you live with anyone who had a problem with drinking or using drugs, including prescription drugs?	<input type="checkbox"/>
5. Did your parents or adults in your home ever hit, punch, beat, or threaten to harm each other?	<input type="checkbox"/>
6. Did you live with anyone who went to jail or prison?	<input type="checkbox"/>
7. Did a parent or adult in your home ever swear at you, insult you, or put you down?	<input type="checkbox"/>
8. Did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way?	<input type="checkbox"/>
9. Did you feel that no one in your family loved you or thought you were special?	<input type="checkbox"/>
10. Did you experience unwanted sexual contact (such as fondling or oral/anal/vaginal intercourse/penetration)?	<input type="checkbox"/>
Your ACE score is the total number of checked responses	

Do you believe that these experiences have affected your health? Not Much Some A Lot

Experiences in childhood are just one part of a person's life story. There are many ways to heal throughout one's life. Please let us know if you have questions about privacy or confidentiality.

PANEL HEALTH QUESTIONNAIRE (PHQ-9)

NAME: _____

DATE: _____

Over the last 2 weeks, how often have you been bothered by any of the following problems?
(use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself	0	1	2	3

add columns + +

(Healthcare professional: For interpretation of TOTAL, please refer to accompanying scoring card). TOTAL:

10. If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?	Not difficult at all	_____
	Somewhat difficult	_____
	Very difficult	_____
	Extremely difficult	_____

GAD-7 ANXIETY

Over the <u>last two weeks</u> , how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid, as if something awful might happen	0	1	2	3

Column totals _____ + _____ + _____ + _____ =
Total score _____

If you checked any problems, how difficult have they made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Source: Primary Care Evaluation of Mental Disorders Patient Health Questionnaire (PRIME-MD-PHQ). The PHQ was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, and colleagues. For research information, contact Dr. Spitzer at ris8@columbia.edu. PRIME-MD® is a trademark of Pfizer Inc. Copyright© 1999 Pfizer Inc. All rights reserved. Reproduced with permission

Scoring GAD-7 Anxiety Severity

This is calculated by assigning scores of 0, 1, 2, and 3 to the response categories, respectively, of “not at all,” “several days,” “more than half the days,” and “nearly every day.” GAD-7 total score for the seven items ranges from 0 to 21.

- 0–4: minimal anxiety
- 5–9: mild anxiety
- 10–14: moderate anxiety
- 15–21: severe anxiety

Questions	0	1	2	3	4	Enter Score
1. How often do you have a drink containing alcohol	Never	Monthly or less	2 to 4 times a month	2 to 3 times a week	4 or more times a week	
If you score to the 1st question is zero stop screening here.						
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more	
3. How often do you have five or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
If the total score for Questions 1-3 is 5 points or higher for Men or 4 points of higher for Women, then continue						
4. How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
5. How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
7. How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
8. How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
9. Have you or someone else been injured because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
10. Has a relative, friend, doctor, or other healthcare worker been concerned about your drinking or suggested you cut down?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
TOTAL SCORE						

The Alcohol Use Disorders Identification Test (AUDIT) is used by permission from the World Health Organization.

Scores of 8 or more for men (up to age 60) or 4 or more for women, adolescents, and men over the age of 60 are considered positive results.

TECHNIQUES FOR RELAXING

MIND AND BODY

STRESS LESS: MIND AND BODY STRATEGIES

Many methods of relaxation work on both the mind and body at the same time. Others focus on just one or the other.

- › Relaxing the mind means to quiet your thoughts so that you feel calm, peaceful and more in control. This can help you calm anxiety, feel less stressed, and think more clearly.
- › Relaxing the body involves releasing the tension you are holding in your muscles. This helps you feel less physically stressed, which can, in turn, position you to better manage mental stress.

Following are examples of some common techniques to relax mind and body:

Guided imagery

Guided imagery is a method in which you use your imagination to direct your thoughts to a peaceful, relaxing place. Because of the way the mind and body are connected, when you use your senses to imagine a scene, you feel and react as if you were actually there. For example, if you are imagining a meadow in the morning, you might feel the crisp, cool morning air. As the sun rises, you feel the warmth on your face. You see the dew sparkling in the sunlight, hear birds chirping, and smell the wildflowers. As you go through this imagery, your mind and body respond as if it were real—they relax.

To try guided imagery, follow these steps:

- › Find a comfortable place to sit or lie down. Close your eyes.
- › Start by taking a few deep breaths to help you relax.
- › Picture a setting that is calm and peaceful. This could be a beach, a mountain setting, a meadow, or any other that is pleasing to you.
- › Imagine your scene, and try to add some detail. For example, is there a breeze? What does the sky look like? Is it clear, or are there clouds?
- › It often helps to add a path to your scene. For example, as you enter the meadow, imagine a path leading you through the tall grass to the trees on the other side. As you follow the path farther into the meadow you feel more and more relaxed.
- › When you're deep in your scene and feeling relaxed, take a few minutes to breathe slowly and feel the calm.
- › When you are ready, slowly take yourself out of the scene back to the present. Tell yourself that you will feel relaxed and refreshed and will bring that sense of calm with you.
- › Count to 3, and open your eyes.

It may help to have an audio recording to follow.

You can make one of your own, buy one, or find one online.

Progressive muscle relaxation

This technique relaxes the body by first contracting and then releasing each of the main muscle groups. This point-counterpoint process helps you relax more deeply and quickly than just releasing the muscles.

To do progressive relaxation you can create your own audiotape to help you go through all the muscle groups, or you can just learn the procedure from the table below and work through them from memory.

- › Choose a place where you can lie down on your back and stretch out comfortably, such as a carpeted floor or an exercise mat.
- › Inhale and tense each muscle group (hard but not to the point of cramping) for 5 to 10 seconds, then exhale and suddenly relax the muscle group completely. Give yourself 10 to 20 seconds to relax, and then do the next group.
- › When you're finished with all muscle groups, return to alertness by counting backwards slowly from 5 to 1.

Following are the muscle groups and suggestions for how to tense them:

Muscle group	What to do
Forehead	Raise eyebrows as far as you can.
Eyes	Clench eyelids tightly shut.
Jaw	Purse lips and tighten jaw.
Neck and shoulders	Pull and hold shoulders up toward ears.
Arms	Hold out, lock elbows, tighten and hold.
Hands	Clench fists.
Chest and back	Tighten by taking a deep breath.
Stomach	Suck your stomach in.
Buttocks and thighs	Tighten by pulling your buttocks together.
Lower legs	Tighten calf muscle by pulling foot towards you.
Feet	Curl toes downward.

Yoga

People have practiced yoga for thousands of years. It is based on the idea that the mind and body are "one." The goals of yoga include improved physical and mental health, as well as "oneness" with some form of higher awareness. Yoga combines breathing, meditation, and exercises called postures or poses. There are many yoga poses you can learn. Some help you stretch or tone muscles, which can be a way of releasing tension. Some poses focus on directly relaxing mind and body. Seek a reputable instructor if you would like to try it.

Breathing exercises

Breathing exercises are one of the simplest ways to relax. This is partly because breathing slowly and rhythmically makes your body feel like it does when you are already relaxed, and this sends a message to your brain to calm down and relax. It also relaxes you by clearing the mind of other thoughts, as you focus on your breathing. Here are several different breathing exercises:

Belly breathing

Belly breathing is quick and easy. It's a good one to start with.

- Sit in a comfortable position.
- Put one hand on your belly just below your ribs and the other hand on your chest.
- Take a deep breath in through your nose, and let your belly push your hand out. Your chest shouldn't move.
- Then exhale through your mouth, letting your belly hand go back in.
- Do this 5 to 10 times. Take your time with each breath.

4-7-8 breathing

This exercise also uses belly breathing to help you relax. You can do this either sitting or lying down.

- To start, put one hand on your belly and the other on your chest as in the belly breathing exercise.
- Take a deep, slow breath from your belly, and silently count to 4 as you breathe in.
- Hold your breath while you silently count from 1 to 7.
- Breathe out slowly as you silently count from 1 to 8. Try to get all the air out of your lungs by the time you count to 8.
- Repeat 3 to 7 times or until you feel calm.

Rolling breathing

The object of rolling breathing is to develop full use of your lungs and to focus on the rhythm of your breathing. You can do it in any position. However, while you are learning, it is best to lie on your back with your knees bent.

- Put your left hand on your belly and your right hand on your chest. Notice how your hands move as you breathe in and out.
- Practice filling your lower lungs by breathing so that your "belly" (left) hand goes up when you inhale and your "chest" (right) hand remains still.
- Breathe in through your nose and out through your mouth. Do this 8 to 10 times.
- When you have filled and emptied your lower lungs 8 to 10 times, add the second step to your breathing: Inhale first into your lower lungs as before, and then continue inhaling into your upper chest. As you do so, your right hand will rise and your left hand will fall a little as your belly falls.
- As you exhale slowly through your mouth, make a quiet, whooshing sound as first your left hand and then your right hand fall. As you exhale, feel the tension leaving your body as you become more and more relaxed.
- Practice breathing in and out this way for 3 to 5 minutes. Notice that the movement of your belly and chest rises and falls like the motion of rolling waves.

Morning breathing

Try this exercise when you first get up in the morning to relieve muscle stiffness and clear clogged breathing passages. Then use it throughout the day to relieve back tension.

- From a standing position, bend forward from the waist with your knees slightly bent, letting your arms dangle close to the floor.
- As you inhale slowly and deeply, return to a standing position by slowly rolling up, lifting your head last.
- Hold your breath for just a few seconds in this standing position.
- Exhale slowly as you return to the position of bending forward from the waist.
- Repeat several times.

Mindful Meditation

There several types of meditation. One is called mindful meditation. It can help you relax because you're not worrying about what happened before or what may occur in the future. You stay in present moment. The idea is to note what you experience without judging or trying to change it. After you practice this meditation for a while, you may find it easier to be mindful and relaxed in everyday life, even when not meditating.

Here is how it works:

- Sit in a comfortable position, either in a chair or on the floor, or you can lie down. You can either close your eyes or look down, keeping your gaze a few inches in front of you on the floor.
- Pay attention to your breathing. This is a good way to focus your attention on what is happening right now. Don't try to change your breathing. Just notice how it feels in your lungs and chest.
- If your mind wanders, don't worry about it. Just notice your thoughts and then let them go, and bring your focus back to the present moment and your breathing. You may do this over and over again during a meditation session. That's okay.
- During your meditation, you may feel certain emotions, such as anger, impatience, sadness, or happiness. Don't try to hold on to or get rid of these feelings. They are part of your experience of the present moment.
- Keeping your attention on your breathing will help you stay focused in the here and now, and not get lost in thoughts of other places. For example, if you feel impatient to finish the meditation so you can start the laundry, see if you can focus on the feeling of the impatience rather than thoughts of the laundry. Where do you feel the impatience in your body? Does it feel tight? Does it affect your breathing?
- When you're ready, wiggle your fingers and toes, open your eyes, and return to your day.

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This is a copy of a pleading filed electronically pursuant to New York State court rules (22 NYCRR §202.5-b(d)(3)(i)) which, at the time of its printout from the court system's electronic website, had not yet been reviewed and approved by the County Clerk because court rules (22 NYCRR §202.5(d)) authorize the County Clerk to reject filings for various reasons. Readers should be aware that documents bearing this legend may not have been accepted for filing by the County Clerk.



EMOTIONAL FREEDOM TAPPING

(EFT) BASIC TECHNIQUES:

The Basic Recipe for EFT Tapping:

- Step One: Identify The Issue
- Step Two: Rating The Issue
- Step Three: The Set-Up
- Step Four: Tapping Sequence
- Step Five : Tuning In for The Re-Rating

BEFORE STARTING THE PROCESS, FAMILIARIZE YOURSELF WITH THE TAPPING POINTS AND SEQUENCE. PRACTICE UNTIL YOU FEEL LIKE YOU CAN CONTINUOUSLY COMPLETE THE PROCESS.

Step One: Identify The Issue: The first step is to identify the issue, problem or emotion you want to work on. What is troubling you? You have to name it, **For Example: If the problem is a bad temper – You name/state it: “I find it difficult to control my temper”.**

By naming it, you can focus and bring attention to it.

Step Two: Rating The Issue: It is important to rate the issue. Rate it on the scale 0-10 with 0 as no problem at all and 10 is the worst. This rating serves as a comparison for how you feel about the issue before and after the tapping rounds. It is important to try to re-live the memories and replay them in your mind and body to help you assess the discomfort or displeasure you feel about the issue.

Step Three: The Set-Up: To do the set-up, you first need to come up with a statement that focus on the issue you want to resolve. **For Example: “Even Though I find it difficult to control my temper, I deeply and completely accept myself.**

You should create a positive affirmation statement as well, as you will end the tapping sequence with tapping the positive statement.

Example of Positive Statements are:

“I believe in my ability to change and solve the issue”

“I feel joy about these positive changes”

“It feels good to be from this negative emotion”

“I enjoy the peace and calm I have right now”

In the set-up phrase, you use the **Karate Chop Point** to tap the statement to help bring attention to the issue and begin to experience relief in your body.

Repeat the set-up statement, while continuously tapping the Karate Chop Point.

Complete (3) repetition of (3) tapping on each hand at the karate point or continue until you feel a bit more relaxed. The Karate Chop Point is the outer part of your hand between your wrist and pinky finger.

Now you are READY for The Tapping Sequence: Step Four: Tapping Sequence:**8 Key Meridian Points: Right and Left Tapping (bilateral stimulation)**

1. Start of the Eyebrow: Between the top of the nose and the start of the eyebrow
2. Side of the Eye: The bony part on the outside of your eye, near your temple
3. Under the Eye: The bone underneath the eye, on top of your cheek.
4. Under the Nose: Between your nose and upper lip
5. Chin: The indentation found between your lower lip and your chin
6. Under the Collarbone: Right under the collarbone, about two inches from the midpoint of your body
7. Under the Arm: Found on the side of your body, this meridian point lies approximately four inches below your armpit
8. Top of The Head: The highest point on the top of your head.

Tapping each meridian point in the stated sequence, starting with the inside of your eyebrow and ending on the top of your head. By tapping these points, you are working on stimulating your body's energy system, thereby encouraging harmony and balance. As you are tapping, you must be speaking and repeating the set-up statement. The tapping sequence should not end with the negative statement. The second and subsequent rounds of tapping should highlight the positive affirmations, suggesting you can overcome the issue, problem or emotion.

Step Five: Tune In and Re-Rate: The final Phrase is to revisit the issue and tune in to how you are feeling after the tapping session. Rate your current feelings from 0-10.

Do you still feel the same intensity? Does the issue still make you feel upset as much? Assess how you feel about it now and go back to your rating in Step One. Is there any difference?

If you feel you have not reached the result you are looking for, continue tapping. Simply go back to the set-up phrase in Step 3 and start tapping again. You can also adjust your statement, accordingly, based on your present intensity. ***For Example: "I release this remaining stress, anger or tension".***

Keep Tapping until the intensity of the issue reaches 0 or stop reducing. In addition, practice focusing on our breathes, breathing deep and slowly through the process. The regulation of your breathing will create a rhythm and help the flow of energy.

GETTING MOTIVATED AND STAYING MOTIVATED

Motivation exercises be experienced in two main ideas :

those that help you **discover your "why"** and those that focus on **building momentum and sticking to a plan**. Here are some examples for each:

Discovering Your Why:

- **Vision Board:** Create a collage of images and words that represent your goals and what achieving them would mean to you. This visual reminder can be a powerful motivator.
- **Values Clarification:** Reflect on what's important to you in life. This can help you connect your goals to your core values, making them feel more meaningful.
- **Gratitude Journaling:** Take time each day to write down things you're grateful for. Focusing on the positive aspects of your life can boost motivation and overall well-being.

Building Momentum and Sticking to a Plan:

- **SMART Goals:** Set Specific, Measurable, Achievable, Relevant, and Time-bound goals. Clear and achievable goals feel less daunting and provide a roadmap for progress.
- **Habit Stacking:** Pair a new habit you want to build with an existing one. This leverages the routine of the established habit to make the new one more automatic. For instance, do some stretches after you brush your teeth.
- **Progress Tracking:** Track your progress towards your goals. Seeing a visual representation of your improvement can be motivating and keep you on track.
- **Reward System:** Set up a reward system for yourself for achieving milestones. Positive reinforcement can be a powerful motivator.

Understanding Your Motivations:

- **Values Clarification:** This exercise helps you identify your core values (e.g., creativity, helping others, learning) and how they connect to your goals. Write down what's important to you and see how your goals align with those values.
- **Needs Assessment:** Reflect on your basic needs (e.g., security, connection, purpose) and how your current actions fulfill or neglect them. Consider if a different approach might better meet your needs and boost motivation.
- **The "Why" Exercise:** For any goal, keep asking yourself "why" it's important. Dig deeper than surface-level reasons to uncover the core motivations that truly drive you.

Boosting Motivation for a Specific Goal:

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- **Vision Board:** Create a visual representation of your goal using images, quotes, or anything that inspires you. Seeing it regularly can keep you motivated.
- **SMART Goals:** Set Specific, Measurable, Achievable, Relevant, and Time-bound goals. This clarity and structure can make them feel more attainable and motivating.
- **Progress Tracking:** Monitor your progress towards your goal. Seeing your accomplishments can be a huge motivator to keep going.
- **Reward System:** Set up rewards for reaching milestones. These rewards should be meaningful to you and serve as positive reinforcement.
- **Accountability Partner:** Find a friend or colleague to share your goal with and check in on each other's progress. Knowing someone else is watching can be a powerful motivator.

Remember, the best motivation exercises are those that resonate with you. Try a few different approaches and see what helps you get fired up and moving forward!

1. Motivation exercises can be a great way to jumpstart your drive and get yourself moving towards your goals. Here are a few examples that cater to different approaches:

Identifying Your "Why":

- **Vision Board:** Create a collage of images and words that represent your goals and dreams. Visually seeing what you're working towards can be a powerful motivator.
- **Values Clarification:** Reflect on your core values (e.g., creativity, health, helping others). Tying your goals to your values makes them more meaningful and increases motivation.
- **"Why" List:** Write down a list of reasons why you want to achieve your goal. Refer back to this list when you're feeling discouraged.

Building Positive Habits:

- **Habit Stacking:** Pair a new habit you want to build with an existing one. For example, listen to motivational podcasts while you do your morning walk.
- **The Seinfeld Method:** Mark an "X" on a calendar every day you complete your desired activity. Seeing a growing chain of Xs can be motivating.
- **Progress Tracking:** Track your progress towards your goal, whether it's steps walked, pounds lost, or tasks completed. Seeing your progress visually is a great motivator.

Focusing on the Present Moment:

- **5-Minute Rule:** When faced with a daunting task, commit to doing it for just 5 minutes. Often, starting is the hardest part, and once you begin, you might find yourself continuing for longer.
- **Gratitude Exercise:** Take a few minutes each day to reflect on things you're grateful for. This can shift your focus to the positive and boost motivation.
- **Positive Affirmations:** Repeat positive statements about yourself and your abilities. Over time, these affirmations can improve self-belief and motivation.

I. INTERPRETING YOUR ACES (Adverse Childhood Experiences) SCORE:

You get one point for each of the 10 types of traumas assessed by the ACES questionnaire. The higher your ACES score, the higher your risk of health, emotional and social problems. However, other types of childhood trauma do exist (e.g. racism, bullying, community violence, seeing others being abused, grief, homelessness, loneliness, foster care, natural disasters/war zones etc..) that aren't covered by the ACE questionnaire and that can also increase your risk of health and psychosocial emotional consequences. The ACES score is meant as a guideline. This information will help you and your provider better understand how to work together to support your health and well-being.

II. INTERPRETING YOUR PHQ-9 SCORE:

Count the number (#) of boxes checked in a column. Multiply that number by the value indicated below, then add the subtotal to produce a total score. The possible range is 0-27. Use the table below to interpret the PHQ-9 score.

Not at all (#) _____ X 0 = _____

Several Days (#) _____ X 1 = _____

More Than Half the Days (#) _____ X 2 = _____

Nearly Every Day (#) _____ X 3 = _____

Total score: _____

Interpreting PHQ-9 Scores			
Diagnosis	Total Score	For Score	Action
Minimal depression	0-4	≤ 4	The score suggests the patient may not need depression treatment
Mild depression	5-9	5 - 14	Physician uses clinical judgment about treatment, based on patient's duration of symptoms and functional impairment
Moderate depression	10-14		
Moderately severe depression	15-19	> 14	Warrants treatment for depression, using antidepressant, psychotherapy and/or a combination of treatment.
Severe depression	20-27		

III. **INTEPRETING YOUR GAD-7 Anxiety Severity SCORE:**

This is calculated by assigning scores of 0, 1, 2, and 3 to the response categories, respectively, of “not at all,” “several days,” “more than half the days,” and “nearly every day.”

GAD-7 total score for the seven items ranges from 0 to 21.

0–4: minimal anxiety

5–9: mild anxiety

10–14: moderate anxiety

15–21: severe anxiety

Where did these emotions come from?

How did I feel when these emotions first came forward?

How do I feel now when these emotions still come forward?

Are there any major lessons jumping out at me from this whole experience?

Lined area for handwritten response.

MY NOTES + REFLECTIONS

This is a copy of a pleading filed electronically pursuant to New York State court rules (22 NYCRR §202.5-b(d)(3)(i)) which, at the time of its printout from the court system's electronic website, had not yet been reviewed and approved by the County Clerk. Because court rules (22 NYCRR §202.5[d]) authorize the County Clerk to reject filings for various reasons, readers should be aware that documents bearing this legend may not have been accepted for filing by the County Clerk.

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A Commitment Letter to Your Body

Your body has been working hard to take care of you and to keep you safe. It might be difficult for your body to do this trauma work. It probably means changing the way you and your body relate to each other. So, before you get started, consider writing a letter of commitment to your body.

You might include a commitment to stay connected, to work as hard as your body works to keep you safe, and to be responsive and caring while you and your body go through this process. It's your letter, your body, and your relationship with your body.

On the next page is a sample letter of apology and commitment that I wrote to my body. Read it and consider what you might say to yours.

You may use this sample letter as a template or come up with something completely different.

Dear Body,

I am writing to let you know that we are going to do something difficult. We have been through a lot together, some of the worst times of our life, me and you. We have been trying to manage it all, the memories and our own defensiveness, and I don't think we quite have it right.

For one, we are not getting along. I get impatient with you and your reactivity. I feel that we can never rest. When I try to do something new or fun, you hate it. You shake and struggle to breathe. When I try to speak- out for what is right for me, your vocal cords fail me, trembling and weak. I have been ashamed of you. Then I withdraw, mad at you and mad at the world for hurting us.

I've tried leaving you. I hurt you. I focused on school. I ignored your wants and needs. Sometimes I drank alcohol to help me ignore you. Sometimes I ate too little or too much. Sometimes I go too far and sometimes I lay in bed refusing to be with you or life. UGH. And after, always, there you were. It seems I can't leave. It seems that no matter what I do to you, you don't leave me. It looks like we are going to have to sort this out.

I remember when we got along. I remember belly laughs, the smell of flowers in the Spring, how cuddly we felt in big blankets, diving into pools, running in the fall, the smell of a BBQ in the summer, playing in the snow, eating the best foods, doing yoga, and dancing. Without you, there is none of this. I can't even hug my dog or cuddle my cat. Without you, there is no me. And when I let myself, I know, I know in my heart that I love you.

I want us to sort out our past together. What happened to us wasn't either of our faults. We did the best we could. Sure, I wish it were better or different. I wish it never happened. But here we are and ain't that's something. It's going to be hard work we've been in protective mode for a while, and I am not sure if we even know how to get along or work together anymore. Still, we have to try.

I am going to make you a promise: I will work to not leave you or hurt you anymore. I will learn new ways of being together. I will practice and get support when I need it. We will get through this. On the other side of it, we will be partners again. I feel your doubt. We have tried to get this right a lot of times. I know it might be hard to trust me because I have forgotten, fallen, and failed. To be honest, I am struggling to trust you too. We will just keep trying. If it takes 100 tries, then it takes 100 tries. Right here and right now, when I pause and breathe, I know the truth. You and I are worth every single try, every single time.

I know this will be difficult. And I will remind myself over and over, that you-no, we-are worth the effort. I really do love you.

Love,
ME

Now, you write a letter to your body in the space here or on a separate piece of paper. It can be a letter of apology, a letter of friendship, or a promise of commitment to your body. You decide what the content should be based on your ongoing relationship with your body and the status of that relationship right now. You may want to include some of the positive and challenging history you and your body have shared together. Consider letting your body know the positive things it has done for you, even in the more difficult times. Write the letter that speaks your truth.

Multiple horizontal lines for writing the letter.

ABOUT

Think Deep For A Solid Tomorrow

Natasha McCartney, LCSW-R brings the highest levels of emotional well-being expertise, care, and discretion to her therapy and coaching work with individuals, couples, and families. Her expertise, coupled with her insight into the distinctive challenges encountered by those in the limelight, have established her as a reliable and sought-after professional for high-profile and celebrity clients in Los Angeles, New York, and beyond.

Natasha McCartney acknowledges the singular challenges confronting celebrities, which few comprehend fully. Initially, the careers of professional athletes, musicians, actors, and public figures demand exceptional dedication, necessitating rigorous preparation and sustained peak performance that can strain even the most accomplished individuals. Moreover, celebrities endure ceaseless public scrutiny, often characterized by inaccuracies, unjustified criticisms, and potential harm. Invasions of personal conversations, space, and privacy are commonplace, alongside persistent



Natasha McCartney

THINK DEEP FOR A SOLID TOMORROW *workbook*

Natasha McCartney, LCSW-R

Psychotherapist & Life-Coach

USING NON-VIOLENT COMMUNICATION (NVC):

NVC is a communication tool with the goal of creating empathy in the conversation.

The idea is that once people hear one another, it will be much easier to talk about a situation which satisfies all parties' fundamental needs. The goal is to create interpersonal harmony and obtaining knowledge for future cooperation.

The Non-Violent Communication & The Four C's workshop is designed to help family retreat members learn a way to communication through conflict with healthier options. The technique taught in this workshop will give attendees skills, options and additional tools to communicate through conflict. At the end of this workshop attendees will have sharpen their awareness of language so that they can express what really matters to them and hear what really matter to others. It involves empathic communication whereby we can attune ourselves to both our own and other's actual needs.

NVC is expressed through 4 components – observations, feelings, needs and request.

Although empathic connection fundamentally relies on connection at levels of feelings and needs, hence observations and request may or may not be articulated in conversations.

Observation: Require one to observe what's happening in a situation, to be able to articulate what others are saying and doing that is enriching or not enriching our life?

In addition, one has to simply introduce he observation with our judgment or evaluation – to simply say what we like or don't like.

Rosenberg, Marshall (September, 2015). *Nonviolent Communication: A Language for Life*. 3rd Edition. Puddledance Press.

USING NON-VIOLENT COMMUNICATION (NVC):

Feelings: Next, we state how we feel when we observe this action: are we hurt, scared, joyful, amused, or irritated?

Needs: Next we state what needs of ours are connected to the feelings we have identified

An awareness of these (3) components are present when we use NVC to clearly and honestly express how we are: (Observe, Feel, Need/Desire/Value)

Example: (1) When I see dirty socks on the floor in the living room and hallway

(2) I feel irritated, (3) because I need more order in the rooms we share in common.

(1) When I drive the car we have in common there's garbage in the car (2) I feel anxious and angry, (3) I need the car to be clean of garbage

(1) When I see you washing the dishes, (2) I feel happy, (3) it helps me out with the chores

(1) When you walk the dogs in the morning after your morning walk, (2) I feel happy, (3) it gives more time to do other things to start my day

So, that is the first three components, the last component is the very specific request.

This allows us to address what we are wanting from the other person that would enrich our lives or make life more wonderful for us.

(4) Would you be willing to put your socks in the dirty laundry bag or washing machine?

(4) Would you be willing to take the garbage out the car daily and place it in the trash receptacle?

Rosenberg, Marshall (September, 2015). *Nonviolent Communication: A Language for Life*. 3rd

USING NON-VIOLENT COMMUNICATION (NVC):

(4) Would you consider washing the dishes three times a week?

(4) Would you be willing to walk the dogs every day after your working walk?

Part of NVC is to express the (4) pieces of information very clearly, whether verbally or by other means. The other part of this communication consists of receiving the same four pieces of information from others. We connect with them by first sensing what they are observing, feeling and needing; then we discover what would enrich their lives by receiving the fourth piece – Their Request.

As we keep our attention focused on the areas mentioned, and help others do likewise, we establish a flow of communication back and forth until COMPASSION manifests NATURALLY. WHAT I AM OBSERVING, FEELING, AND NEEDING; WHAT I AM REQUESTING TO ENRICH MY LIFE; WHAT YOU ARE OBSERVING, FEELING AND NEEDING; WHAT YOU ARE REQUESTING TO ENRICH YOUR LIFE.....

NVC PROCESS

The Concrete Action we OBSERVE that affect our well-being

How we FEEL in relation to what we observe

The NEED, VAULES, DESIRE, etc, that create our feelings

The concrete actions we REQUEST in order to enrich our lives

Rosenberg, Marshall (September, 2015). *Nonviolent Communication: A Language for Life*. 3rd Edition. Puddledance Press.

USING NON-VIOLENT COMMUNICATION (NVC):

It is important to keep in mind that NVC is not a set formula, but a process that adapts to various situations, as well as personal and cultural styles. It is also possible to experience all four components of the process without uttering a single word.

The goal of NVC is to (1) express honestly through the four components and (2) receiving empathically through the four components.

Applying Non-Violent Conversation Consistently –

Avoid using words that trigger negative emotions or criticism. Listen actively: Listen to the other person with an open mind and try to understand their perspective. Avoid interrupting or judging their words.

Rosenberg, Marshall (September, 2015). *Nonviolent Communication: A Language for Life*. 3rd Edition. Puddledance Press.

THE FOUR C'S OF ATTACHMENT:

No two people struggle with the same surface or underlying problem. Even when you have shared experiences, each individual will have a different interpretation of the event based on their own experience.

How can we create safe spaces and environments for ourselves and others through intentional communication. When conflict arises in communication, it is mostly impacted by communication mishaps and misunderstanding. Most communication problems are fueled and maintained by underlying attachment issues. Generally, attachment issues can be stored in (4) Buckets; **Comfort, Connection, Cooperation and Conflict**. Understanding the four C's will help you figure out where to focus your healing and repair communication in your relationships. It also may help you understand the health of your relationships and more clearly see the strengths that you may be overlooking.

Comfort: How well do you receive comfort or give comfort in your relationships? Does it sometime feels like in your conversations, others overreaction to your distress makes things worse?

When we are in a relationship in which it's hard to comfort one another, each person can end up alone with their problems. One of the many benefits of a relationship is having support when we're upset. Emotional support might not fix the problem at hand, but it certainty help us feel less alone and more regulated, which can help us face the problem

Menanno, Julie (2024). *Secure Love: Creating a Relationship That Lasts A Lifetime*. Simon& Schuster.

THE FOUR C'S OF ATTACHMENT:

with better clarity when the time comes – and more, importantly, helps us feel closer in our relationships and supported by loved ones, which bleeds over into other parts of our relationships.

Connection: Do you feel emotionally connected in your relationships? Do you talk with others about the details of your life and the emotional meanings? Are you able to share your vulnerability around events/ and /or do you even feel comfortable being vulnerable?

Expressing the **emotional meanings AKA feelings**, behind our life events and experiences, will help us get more connected to others and share vulnerability, especially in times of distress. As we get more comfortable with sharing feelings, we can help others understand us and develop empathy for us. Creating that level of connection in our meaningful relationship also helps us better understand ourselves and help us work through our role in the relationship.

Experiencing Joy within our relationships is another way to connect emotionally to others. It is encouraged to get away from time to time to enjoy life and each other, created and curate experiences, such as this **RETREAT** or a simple hangout, to facilitate connection. We are responsible for our love and friendships with others. The only way to be successful at this is to make time for connection. Moments of connection help us to be resilient to future stressful situations.

Physical connection is also vital in relationships. Affection from touch such as hugs, kisses, holding hand etc... (which is appropriate for the type relationship) helps to soothe the nervous system.

Menanno, Julie (2024). *Secure Love: Creating a Relationship That Lasts A Lifetime*. Simon& Schuster.

THE FOUR C'S OF ATTACHMENT:

Cooperation: Cooperation has to do with how you and your loved ones handle communication and respect of boundaries as well as team circumstances, make decisions together and support one another in daily life. Underlying most conflict and distress that comes up around cooperation are questions like: **(Ask yourself, for self-reflection):**

Do their needs matter to me? Is their opinion valid to me, even if I don't agree? Am I willing to compromise some of my wants and preferences for the good of the relationship? Are they?

Conflict: Conflict is how we manage when things are not going well in the other C's. What happens when you don't see eye to eye? How do you talk about it when you feel upset and more importantly emotional distant? Are you able to talk about the problem from a place of emotional regulation – meaning you are in control of your emotions, rather than overwhelmed by them – while still staying emotional engaged? Or do you get stuck in the shame, blame, defensiveness, or disengagement in the moment? Do you talk through things in a way that is mutually respectful even when you don't agree, or do you find yourself in negative cycles that erode emotional safety and promote insecure attachments?

DISCUSSION: QUESTIONS, THOUGHTS, CONCERNS??

Menanno, Julie (2024). *Secure Love: Creating a Relationship That Lasts A Lifetime*. Simon& Schuster.

RECOGNIZING POST-TRAUMA REACTIONS

You have experienced a traumatic event. Even though the event may be over, you may continue experiencing many different emotional aftershocks. It is very common and quite normal for people to experience aftershocks when they have passed through a horrible event.

Sometime the emotional aftershocks (or stress reactions) appear immediately after the traumatic event. Sometimes they may appear a few hours or a few days later. In some cases, weeks or months may pass before the stress reactions appear. The signs and symptoms of a stress reaction may last days, weeks, months and occasionally longer depending on the severity of the traumatic event. With understanding and support from your co-workers, family and friends the stress reactions usually pass more quickly. Occasionally the traumatic event is so painful that professional assistance from a counselor may be helpful. This does not imply craziness or weakness but it simply indicates that the particular event was just too powerful to manage alone.

Here are some common signs and signals of a stress reaction:

PHYSICAL	MENTAL	EMOTIONAL	BEHAVIORAL
Fatigue	Tendency to blame others	Anxiety	Change in Normal activities
Insomnia	Confusion	Survivor Guilt/Self Blame	Change in Speech
Muscle Tremors	Poor Attention	Grief	Withdrawal from Others
Twitches	Inability to make decisions	Denial	Emotional Outburst
Difficulty Breathing	Heightened or lowered alertness	Severe Pain(rare)	Change in Communication
Rapid Breathing	Poor concentration	Fear of loss/going crazy	Suspiciousness
Elevated BP	Forgetfulness	Uncertainty	Inability to Rest
Rapid Heartbeat	Trouble identifying known objects or people	Loss of emotional control	Substance Abuse
Chest Pain	Increased or Decreased awareness of surroundings	Emotional Numbness	Intensified Startle Reflex
Headaches	Poor Problem Solving	Depression	Antisocial Acts
Visual Difficulties	Loss of a sense of time, place or person	Lack of capacity for employment	Pacing
Nausea/Vomiting	Disturbed Thinking	Apprehension	Erratic Movement
Thirst	Nightmares	Intense Anger	Decreased Personal Hygiene
Hunger	Inescapable Images	Irritability	Diminished Sexual Drive
Dizziness	Flashbacks	Agitation	Appetite Disturbances
Excessive Sweating	Suicidal Ideas	Helplessness	Prolonged Silences
Chills	Disbelief	Mistrust	Accident Proneness
Weakness	Change in Values	Feelings of Worthlessness	
Fainting	Search for Meaning	Apathy/Boredom	

RECOGNIZING POST-TRAUMA REACTIONS

Traumatic Events may produce a wide range of stress symptoms, which may appear immediately at the scene, a few hours later or within days of the incident. Stress symptoms usually occur in four different categories: Cognitive (thinking), Physical (body), Emotional (feelings) and Behavioral (actions). The more symptoms experienced, the more powerful the stress reaction. The longer the symptoms persist, the more potential there is for lasting harm. The following is only a sample of stress symptoms that can show up after a traumatic event.

<p>Cognitive</p> <ul style="list-style-type: none"> Poor concentration Memory problems Poor attention span Difficulty making decision Slowed problem solving 	<p>Emotional</p> <ul style="list-style-type: none"> Guilt Grief Depression Anxiety/fear Feeling lost/overwhelmed Loss of emotional control
<p>Physical</p> <ul style="list-style-type: none"> Muscle Tumors Chest pain Gastro-intestinal distress Difficulty breathing Headaches Elevated blood pressure 	<p>Behavioral</p> <ul style="list-style-type: none"> Excessive Silence Sleep Disturbance Unusual Behaviors Changes in eating Habits Withdrawal From Contact Changes In Work Habits

HOW TO HELP YOUR LOVE ONE'S

1. Following a traumatic incident, everyone has some type of emotional response.
- 2. Each person will recover at his/her own rate. Recovery can be a long and difficult process.**
- 3. Tell your love one's how you feel and that you are sorry they have been hurt. Avoid statements like "I know how you feel" or "Everything will be all right".**
These statements make some people think their feelings are not understood.
4. Be willing to say nothing. Just being there is often the most supportive thing you can do to help.
5. Remind people that confusing emotions are normal.
6. Attempting to explain why this incident happened is not helpful. Your explanation may not be believed and may hurt your relationship.
7. Encourage people to ask for help from their support systems.

POST-TRAUMA "DO'S AND DON'TS"

People who have experienced a traumatic event often demonstrate changes in behavior.

These suggestions reduce the probability of long-term stress reactions:

DON'T	DO
Don't drink alcohol excessively	Do get enough rest
Don't use drug or alcohol to numb feelings	Do maintain a good diet and exercise program
Don't withdraw from significant others	Do follow a familiar routine
Don't reduce leisure activities	Do find and talk to supportive peers and family about the incident
Don't stay away from work	Do take time for leisure activities
Don't increase caffeine intake	Do take one thing at a time
Don't have unrealistic expectations for recovery	Do attend any meetings regarding this traumatic event
Don't look for easy answers	Do spend time with family and friends
Don't take on new major projects	Do create a serene scene to escape to either visually or in reality
Don't pretend everything is okay	Do expect the experience to bother you
Don't make major changes if you don't need to	Do seek professional help if your symptoms persist

COMMON REACTIONS TO TRAUMATIC EVENTS A NORMAL RESPONSE TO AN ABNORMAL SITUATION

The feelings and reactions below are normal and natural, even though they may seem unusual and different. As individuals, we all respond in our own way, differently. The memory will always be a part of your life—the incident cannot be erased. Everyone moves at their own pace through the stages of a crisis and of healing—everyone has their own clock. For some people, there may be on going problems.

POSSIBLE REACTIONS:

- ** Confusion
- ** Crying
- ** Fatigue
- ** Sleep Disturbance
- ** Change in appetite/weight
- ** Low resistance to illness
- ** Frustration
- ** Helplessness
- ** Depression
- ** Despair
- ** Grief
- ** Anger
- ** Outrage
- ** Insecurity
- ** Fear
- ** Anxiety
- ** Numbness
- ** Feeling inadequate
- ** Guilt
- ** Concentration Problems
- ** Memory Problems
- ** Religious Confusion
- ** Loss of Trust
- ** Flashbacks
- ** Anniversary Difficulties
- ** Regression
- ** Alcohol and Drug abuse
- ** Excessive use of sick leave
- ** Work-School-Family Problems
- ** Withdrawal
- ** Suicidal Thoughts
- ** Difficulty returning to normal activity level
- ** Feeling overwhelmed
- ** Irritability
- ** Gallows Humor

SUGESSTIONS:

- ** Talk about what happened.
- ** Talk about your feelings
- **Don't Monday morning quarterback--we can always think what we or others could have done differently.
- ** Take care of yourself physically--balanced diet, rest, and exercise--maintain a routine.
- ** Avoid use of drugs and alcohol--medication should be taken sparingly and only under the supervision of a physician--substances may be addictive and interfere with the healing process.
- ** If symptoms persist seek a consultation from mental health professional.

PRACTICAL GUIDE TO FEELING BETTER

Find someone you trust. Find a family member or close friend, and talk with them about your experience. Don't carry this burden alone; share it with those who care about you. Contact a friend and have someone stay with you.

Give yourself permission to feel what you are feeling. Express your feelings as they arise. Take time to cry as you need.

Take care of yourself. Get enough rest and eat regularly. If you are irritable or tense from lack of sleep or if you are not eating correctly, you will have less ability to deal with a stressful situation.

Make as many daily decisions as possible. This will give you a feeling of control over your life.

Know your limits. If the problem is beyond control and cannot be changed at the moment, don't fight the situation. Learn to accept what is--for now--until a time when you can change it.

Practice relaxation and meditation.

Create a quiet scene. You can't always run away, but you can hold a vision in your mind; a quiet country scene or walking along the beach can temporarily take you out of the turmoil of a stressful situation.

Play soft background music. At home and in your office or car, provide a soothing backdrop to the hustle and bustle of office personnel, noisy telephones, traffic or cranky children.

Maintain as normal a schedule as possible.

Take one thing at a time. For people under tension, an ordinary workload can sometimes seem unbearable. The load looks so great that it becomes painful to tackle any part of it. When this happens, remember that it is a temporary condition and that you can work your way out of it...one step at a time.

Allow time for a task. This will help reduce some of your self-imposed time pressure. If you normally plan a half hour to get a job done by rushing through it, schedule 45 minutes or an hour so you can do the job more deliberately and thoughtfully. This can only improve the quality of your work.

Control the urge to be everything to everyone. Don't expect too much from yourself. If you do, you'll only increase the tension. Trying for perfection is an open invitation for failure and frustration. Give your best effort, but don't take yourself to task if you can't achieve the impossible.

Spruce up your surroundings. Keep a beautiful bouquet of fresh flowers at home or in the office. Surround yourself with plants or selected art pieces that you especially like. Make your environment one you enjoy.


Escape for awhile. Sometimes it helps to temporarily get away from whatever is causing the tension. Whether it's a brief trip, a change of scene or losing yourself in a book or movie. Escaping for a while may give you the chance to put things in perspective so that you can return composed and better able to deal with the situation.

If these coping strategies don't seem to be successful in reducing your stress reactions, you may want to seek professional counseling.

EXHIBIT C

bill

Kyrie Irving initiated a payment



\$4,200.00

Total amount

Arriving **By Wednesday Apr 24, 2024 via Standard ACH**

[↔ Deliver It Instantly](#)

Arriving

By Wednesday, Apr 24, 2024 via Standard ACH

[↔ Deliver It Instantly](#)

Account **Municipal Credit Union *****1595**

Account

Municipal Credit Union
*****1595

Invoice **February2024, March2024**

Invoice

February2024, March2024

Memo **Multiple invoices**

Memo

Multiple invoices

[View payment details](#)

↔ Instant Transfer uses a real-time network to transfer funds to your account typically in seconds. [Learn more.](#) Fee: 1% of payment amount (\$1 minimum).

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8220 America Center Drive, San Jose, CA 95002



Kyrie Irving initiated a payment



\$5,950.00

Total amount

Arriving By Friday Jul 12, 2024 via Standard ACH

[↻ Deliver It Instantly](#)

Arriving
By Friday Jul 12, 2024 via
Standard ACH

[↻ Deliver It Instantly](#)

Account Municipal Credit Union *****1585

Account
Municipal Credit Union
*****1585

Invoice June2024, May2024 and 1 more

Invoice
June2024, May2024 and 1
more

Memo Multiple invoices

Memo
Multiple invoices

[View payment details](#)



FREE 30 days of Instant Transfer!

For a limited time, turn on Instant Transfer as your default payment setting and get 30 FREE days of accelerated payments.

EXHIBIT D

Ghost Security: Shawn McCartney

313 West 143rd Street	P: (917) 822-6454	Email: sj_mccartney@yahoo.com
New York, NY 10030	Tax ID# 05-0641700	

Bill To: Tyki Irving	Phone:	Invoice #: 12202019
Address:	Fax:	Invoice Date: 12/20/2019
	Email: Tykiirving@hermeticfriends.com	

Invoice For: Security Detail - NYCHA Mitchell Development

Item #	Description	Qty	Unit Price	Discount	Price
1	Security Detail - 7 person; 11:00 am to 4:00 pm**	5	\$1,200.00		\$ 6,000.00
	**One Hour prior and post event included				\$ -
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
Invoice Subtotal					\$ 6,000.00
Tax Rate					
Sales Tax					\$ -
Other					
Deposit Received					
TOTAL					\$ 6,000.00

Make all checks payable to Shawn McCartney
 PRELIMINARY INVOICE: Subject to change based on Actual Time of Event.
 Full Payment is Due 2 days prior to the Event.

This is a copy of a pleading filed electronically pursuant to New York State court rules (22 NYCRR §202.5-b(d)(3)(i)) which, at the time of its printout from the court system's electronic website, had not yet been reviewed and approved by the County Clerk. Because court rules (22 NYCRR §202.5[d]) authorize the County Clerk to reject filings for various reasons, readers should be aware that documents bearing this legend may not have been accepted for filing by the County Clerk.

Ghost Security: Shawn McCartney

313 West 143rd Street	P: (917) 822-6454	Email: sj_mccartney@yahoo.com
New York, NY 10030	Tax ID# 05-0641700	

Bill To: Tyki Irving	Phone:	Invoice #: 11212019
Address:	Fax:	Invoice Date: 11/21/2019
	Email: Tykiirving@hermeticfriends.com	

Invoice For: Security Detail - NYCHA Mitchell Development

Item #	Description	Qty	Unit Price	Discount	Price
1	Security Detail - 5 person; 8:00 am to 12:00 noon.	4	\$900.00		\$ 3,600.00
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
Invoice Subtotal					\$ 3,600.00
Tax Rate					
Sales Tax					\$ -
Other					
Deposit Received					
TOTAL					\$ 3,600.00

Make all checks payable to Shawn McCartney
 PRELIMINARY INVOICE: Subject to change based on Actual Time of Event.

This is a copy of a pleading filed electronically pursuant to New York State court rules (22 NYCRR §202.5-b(d)(3)(i)) which, at the time of its printout from the court system's electronic website, had not yet been reviewed and approved by the County Clerk. Because court rules (22 NYCRR §202.5[d]) authorize the County Clerk to reject filings for various reasons, readers should be aware that documents bearing this legend may not have been accepted for filing by the County Clerk.

Ghost Security: Shawn McCartney

313 West 143rd Street P: (917) 822-6454 Email: sj_mccartney@yahoo.com

New York, NY 10030 Tax ID# 05-0641700

Bill To: Tyki Irving Phone: Invoice #: 8/13/2021
 Address: Fax: Invoice Date: 8/14/2021
 Email: Tykiirving@kaiff.org

Invoice For: Security Detail - West Orange High School

Item #	Description	Qty	Per Hours	Unit Price	Price
1	Armed Security Detail - 6 person; 5:00 pm to 12:30 am**	6	7.5	\$ 250.00	\$ 11,250.00
	One Hour prior and post event travel time included				\$ -
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -

Invoice Subtotal	\$ 11,250.00
Tax Rate	
Sales Tax	\$ -
Other	
Deposit Received	
TOTAL	\$ 11,250.00

Make all checks payable to Shawn McCartney
 PRELIMINARY INVOICE: Subject to change based on Actual Time of Event.
 Full Payment is Due 2 days prior to the Event.

This is a copy of a pleading filed electronically pursuant to New York State court rules (22 NYCRR §202.5-b(d)(3)(i)) which, at the time of its printout from the court system's electronic website, had not yet been reviewed and approved by the County Clerk. Because court rules (22 NYCRR §202.5[d]) authorize the County Clerk to reject filings for various reasons, readers should be aware that documents bearing this legend may not have been accepted for filing by the County Clerk.