

EXPERT Q&A WEBINAR:

Openness in Adoption— From Fearful to Fearless



Lori Holden

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Openness in Adoption: From Fearful to Fearless

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- Blogger at LavenderLuz.com
- Advocate for openness in adoption
- Mom to two t(w)eens



An earlier version of this presentation was created with assistance from the Embryo Adoption Awareness Center, www.EmbryoAdoption.org

Agenda

1. Who Comes to the Open Adoption Table?
2. Contact vs Openness
3. Triggers
4. Toward Both/And



- **“Open adoption is much more than a contract, or a philosophy, or an ideal. It is an act of **bravery** and **courage** by all who enter.”**

Harriett Fancott,
mom via adoption & writer in Vancouver, BC

1. Who Comes to the Open Adoption Table?



By Ben Franske (Own work) [GFDL (<http://www.gnu.org/copyleft/fdl.html>) or CC BY-SA 4.0-3.0-2.5-2.0-1.0], via Wikimedia Commons

At the Table: Expectant parents.

Shame

Burdened

Out of control

Fear

Grief



At the Table: Adopting Couple.



Shame
Out of control
Spent
Fear
Grief

At the Table: The Guest of Honor.



From Fearful to Fearless

Shift # 1 is

a shift in perspective.



Why was I placed?

Who are they and who am I in relation to them?

What am I missing?

What clues to my future do they have?

Loss and grief

It was like two Golden Retrievers adopting a Dachshund. They were busy trying to understand why I wasn't a Golden Retriever. They did their best to help me be a Golden Retriever Who can blame them? That is what they knew how to be. They didn't know how to be a short-legged long dog. They wanted to help me overcome my short-legged long dogness, but were at a loss, and gave up. – Joy's Division blog



From Fearful to Fearless

The first shift is

a shift in perspective.



Which set of parents do you consider your
real ones?

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2. Contact vs Openness

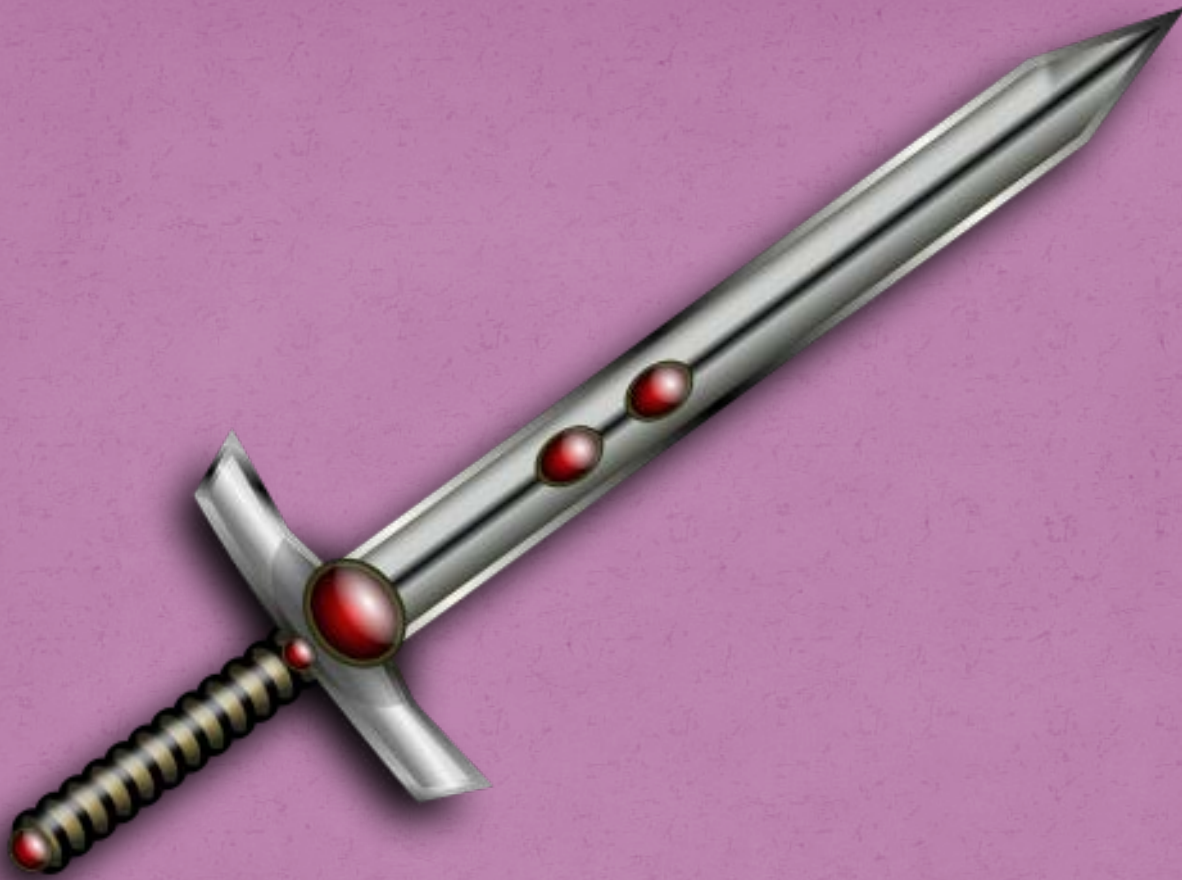
Don't Split the Baby!



What does “real” mean?

Child-centered and willing to lose it all for the sake of the child.

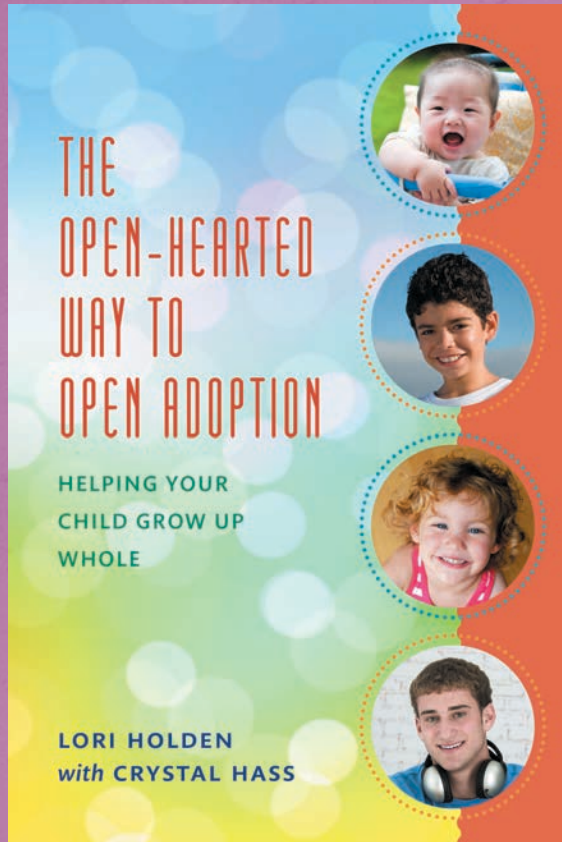




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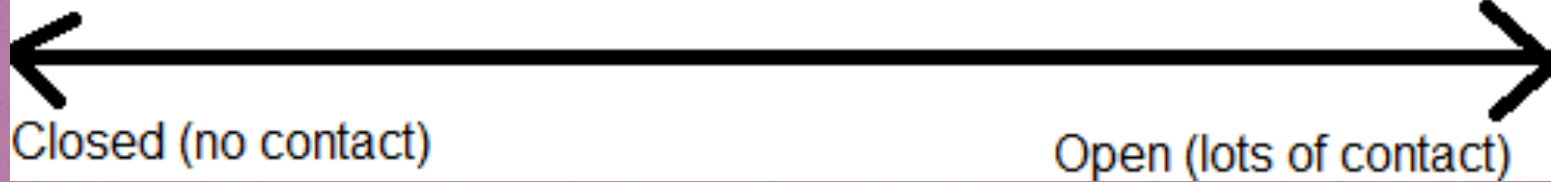
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The Open-Hearted Way to Open Adoption

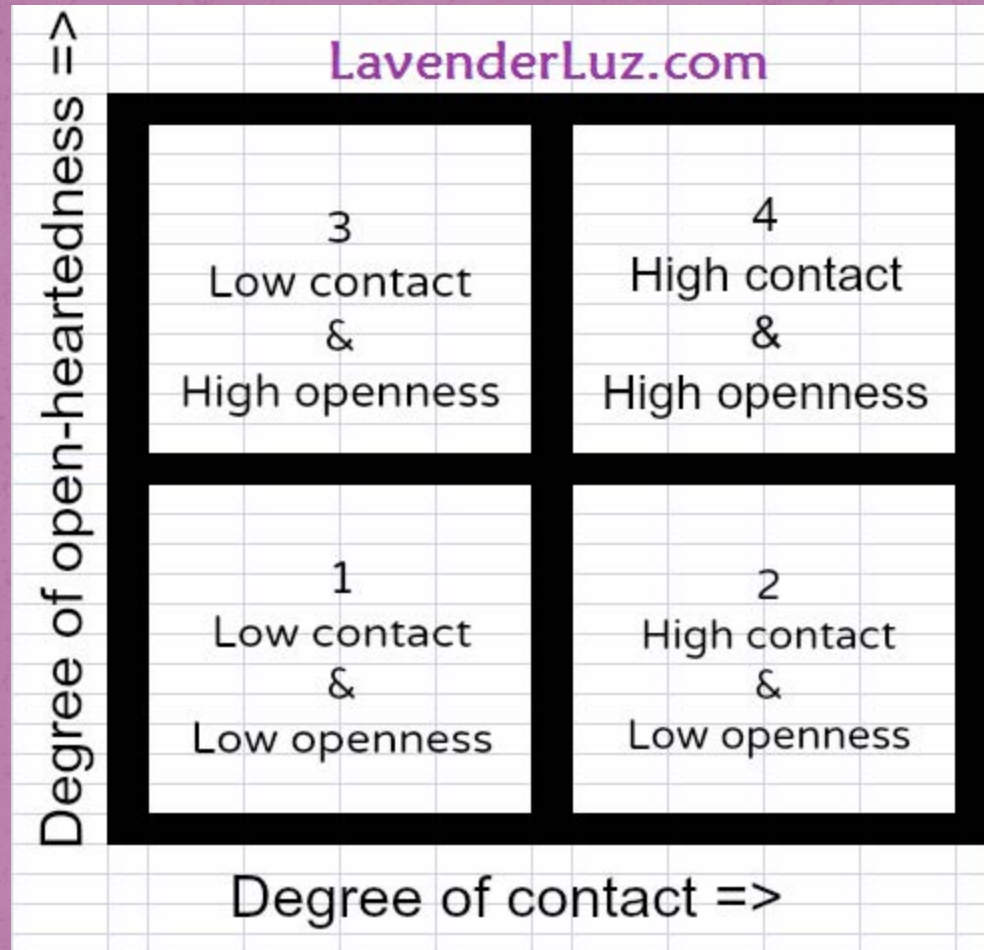


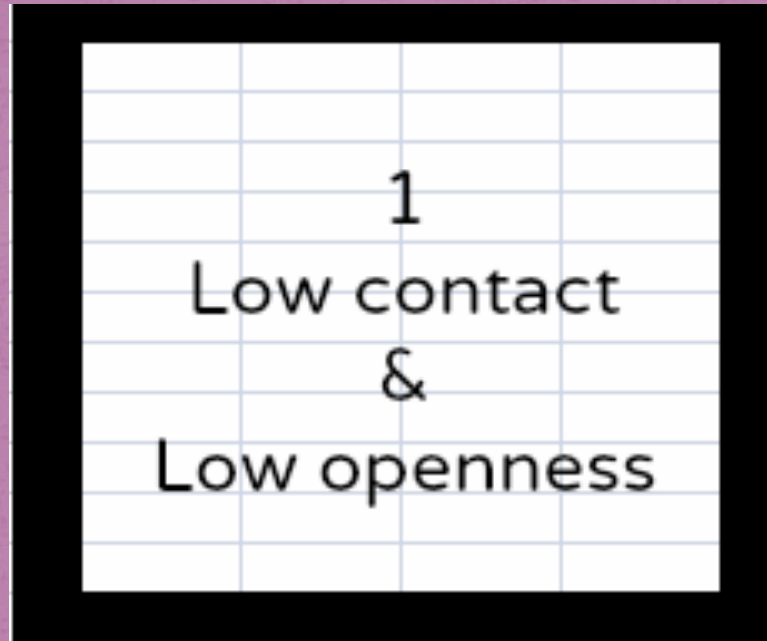
- *An instant classic in the parenting genre.*
- *This is the book I wish my parents had had when they adopted me and my two brothers.*
- *I saw that this book was receiving rave reviews. Now I know why.*
- *This is one wise book!*

Open adoption spectrum



The Open Adoption Grid

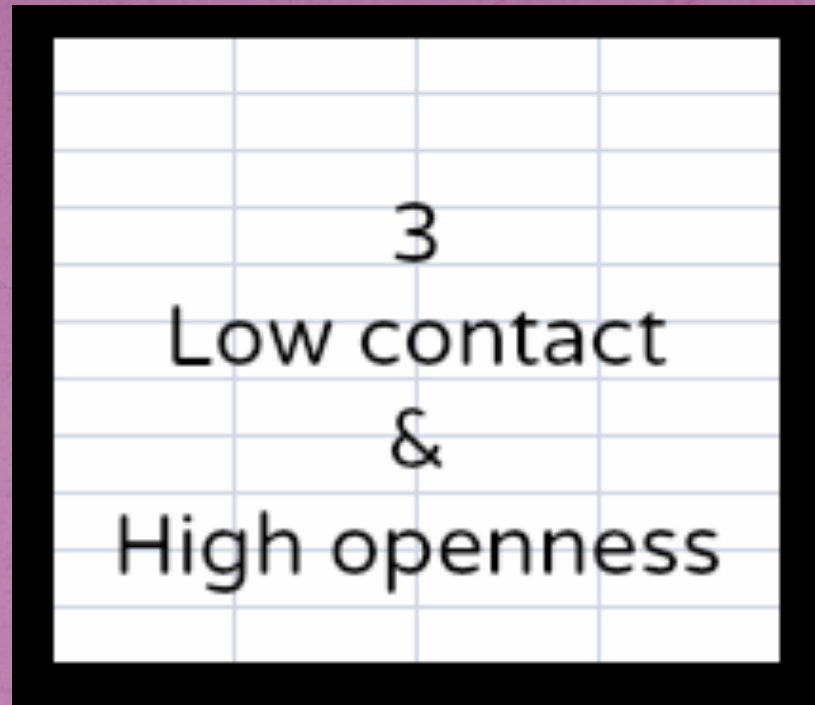




Traditional closed adoption

2

High contact
&
Low openness



Because of safety, distance, or availability, many foster and international situations, as well as some domestic infant adoptions, are here.

4

High contact
&
High openness



Which set of parents do you consider your
real ones?

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The only thing **WRONG**
is asking the question in the first place!

3. Buttons

We've all got our triggers.



From Fearful to Fearless

Shift #2 is

conscious excavation.



“I hereby declare you REAL.”

Begin to make a list

What triggers of your own can you become aware of?

What are your worst fears, adoption-wise?

4. Toward Both/And



From Fearful to Fearless

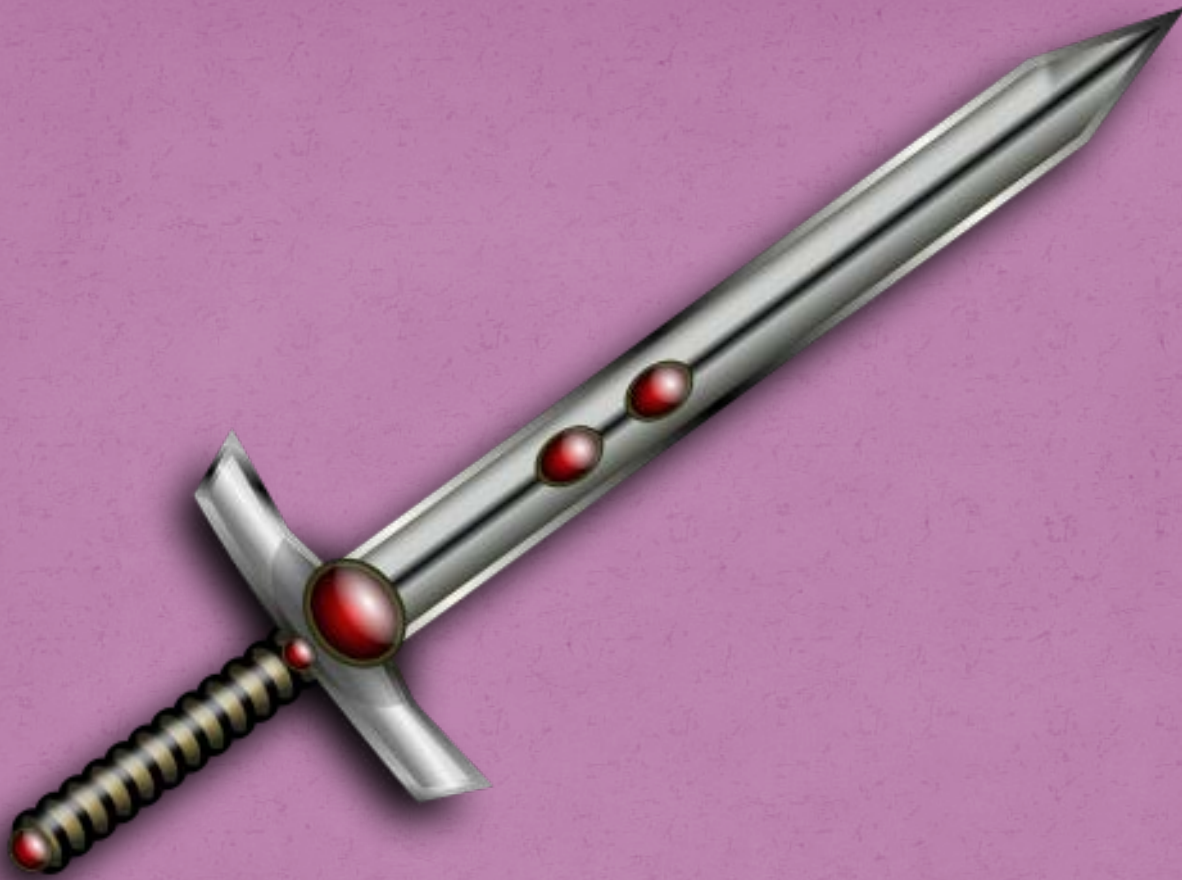
Shift #3 is

**mindfully choosing
our words and actions.**

Choosing open adoption was selfish at first,
so I wouldn't get hurt.



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From Fearful to Fearless

1. Shift perspective.

2. Consciously excavate.

**3. Mindfully CHOOSE
words and actions.**

Adoption creates a split
between a person's
biology and her biography.

Openness is
an effective way
to help heal that split.

Contact info



Blog: **LavenderLuz.com**

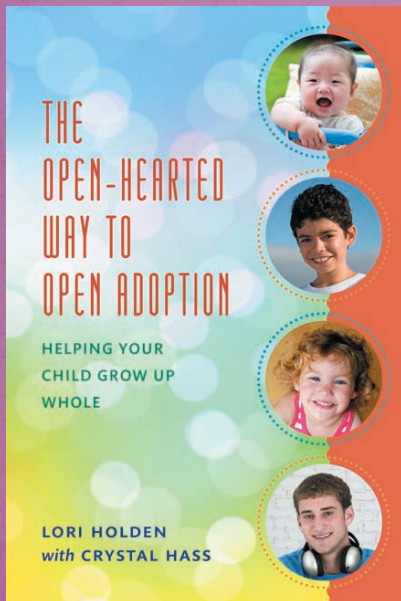
Twitter: **@LavLuz**

Facebook: **LavenderLuzWriter**

Email: Lori@LavenderLuz.com

Book: <http://bit.ly/open-adoption>

If you read the book, would you please review on Amazon?



Questions?

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Lori Holden in the box to your right.



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