

SUSIE'S FAMILY STORY

by June.w



Christmas Eve of 2020.

A book was born to be,

Inspired by the warmth of Christmas cheer,

Susie's family came to me.

I hope this story spreads joy and light,

To children far and near,

Bringing love and warmth to every heart,

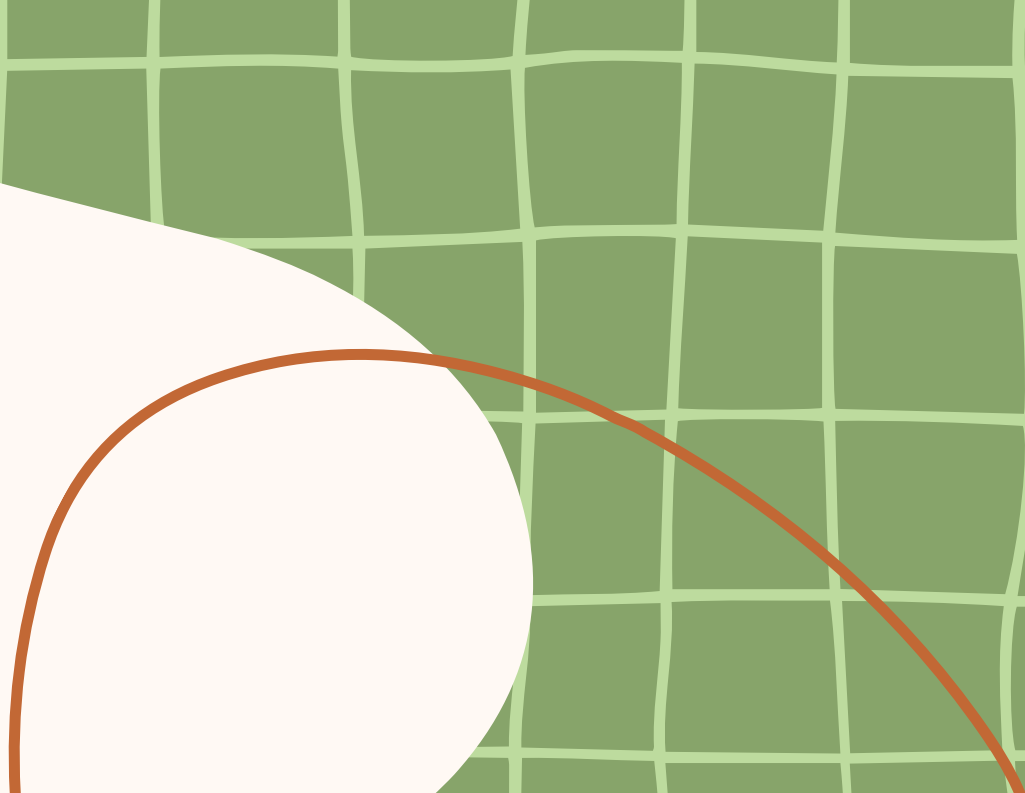
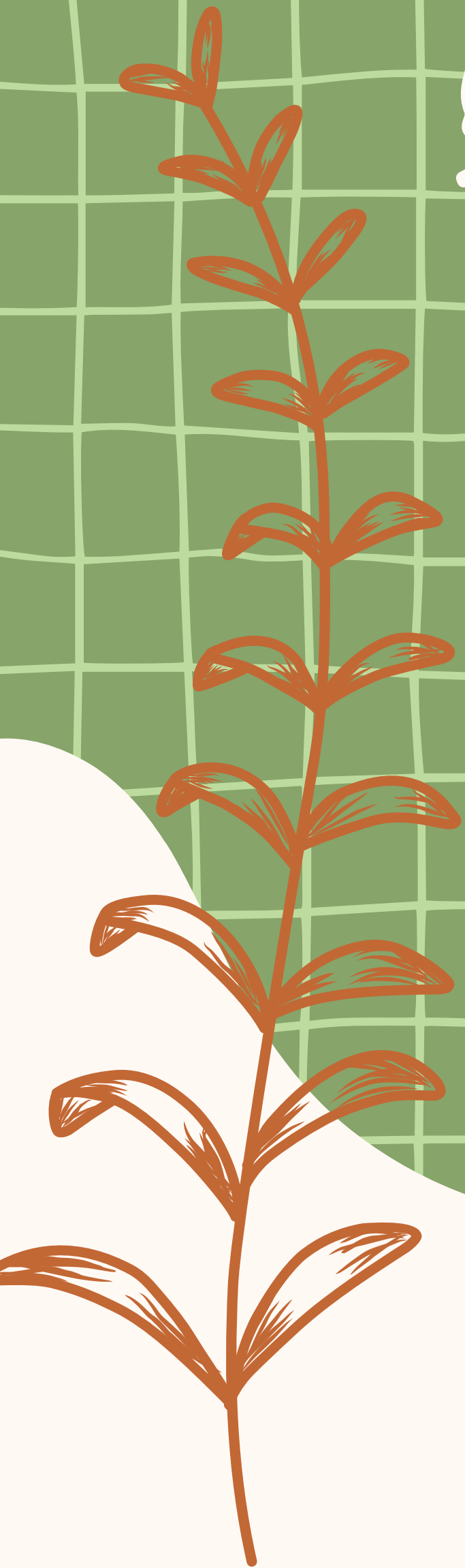
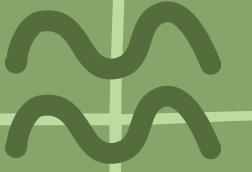
A gift throughout the year.

-June W





PART.016



SEASON 1 EPISODE 9: WHEN SUSIE MEETS MATRIX

Tanya's Warm-up Exercises (Goals Training) – Finding Our Problems

"Happy New Year, 2021!"

The clock read 7 a.m., and Susie's wake-up ringtone, a song she'd always loved, "Wake Up, Little Susie," filled the room. She felt like the song was made just for her and had been using it as her alarm for a while now, making her morning start on a cheerful note.

With just 20 days until her due date, Susie didn't feel any heaviness in her body. Instead, she felt light, relaxed, and at ease. This was the most relaxed and comfortable she had felt in her 28 years of life. The constant anxiety that had haunted her just a week ago, with the voice saying, "Mom, I'm afraid," had completely vanished. She felt an unusual calm and confidence, even when that thought crossed her mind.

While her diet remained simple and unchanged, she noticed her complexion appeared rosier and more delicate. Her eyes seemed to sparkle with newfound light, and she couldn't help but feel content.

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Susie knew her parents were early birds, and she decided to start the new year by sending her love to all her dear ones. She began by calling her parents, expressing her love and promising to visit with the baby once it was born. Her mother answered first, her voice warm and gentle, making Susie appreciate having the best mom in the world. Next was her father, his voice deep and magnetic, reaffirming that she had the best dad in the world. She felt like the luckiest girl on the planet.

LIFE IS FANTASTIC!

Afterward, she called Paul's mother, who was delighted to hear from them. It warmed her heart to connect with the people she loved. With toast prepared and breakfast underway, Susie made herself a simple yet delicious morning meal of fried eggs, toast, strawberry jam, and a glass of milk.

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Susie called Paul right after making the toast, knowing that he liked to set his alarm for 7:20. She hoped that the first voice he heard in the morning would be hers. When Paul answered the phone, she greeted him with, "Oh dear, happy new year! My baby and I are here to wake you up!" This playful exchange filled both of them with laughter, and Susie couldn't help but feel that even their little golden egg joined in the mirth. Susie thought to herself, "2021 will be different. What a great start!"

Dressed in a smoky gray, thickly padded jacket, Susie ventured outside with her cake and Goal Book. She knew that today was a special day, one that would bring her face-to-face with Attorney T at noon. She couldn't wait to share her incredible journey of the past week, which had transformed her life in unimaginable ways. Although only a short week had passed, Susie felt significantly more optimistic and happier. The path ahead seemed clearer, and she was ready to embark on it.

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Arriving at the store, Susie organized the goods as usual and began some simple tidying work. She had a knack for crafts and used old clothes, paper boxes, and colored pens to craft a "HAPPY NEW YEAR" decoration, instantly transforming the store's atmosphere. The first day of 2021 was sunny and welcoming, and Susie greeted every guest with exceptional warmth. It was a promising start to the year, with a busy morning filled with customers.

Soon, Grandpa Ken arrived at the store, and Susie was touched to see him, realizing it was the first day of the new year. Despite the challenging year they had experienced, Susie greeted him warmly, saying, "Ken, Happy New Year! I made a cake; let's have lunch together!" Grandpa Ken smiled, giving her a thumbs up and commending her as a wonderful mom. Susie replied with gratitude, and she felt like her smiles had returned after a year of worry and fear. Although her circumstances hadn't changed much, she believed that everything would get better.

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As time passed, noon approached. Attorney T arrived at the store, punctual as always. "Susie, Happy New Year!" he greeted her warmly. Susie felt that everything she had done during the week was somehow connected to T's words. His manner of speech may not have been passionate or dramatic, but his eyes always held wisdom, offering insights into various aspects of life.

Susie recognized T instantly and replied, "Tanya, Happy New Year!" She couldn't help but remember to include the lawyer's suffix in his name. She felt like Attorney T was the perfect friend for her. Tanya smiled back, "Happy New Year, Susie! How was your week? I was thinking of you and wishing you a Happy New Year on my way here. Did you complete the task I gave you last week? If so, we can go have dinner with some friends now." Susie reassured him, saying, "Don't worry, I'll treat you to cake first. The boss is here; I'll call him!"



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Grandpa Ken was busy organizing goods in the small warehouse inside the supermarket, but Susie soon called him out to introduce him to Attorney T. With the cake cut into two slices for Ken and T, Susie returned to the front desk to tend to the arriving customers. Her heart brimmed with happiness, and she considered herself incredibly fortunate—to have a supportive boss, Lawyer Ken, kind neighbor Grandma Lucy, caring Dr. Rita, and now, Tanya, the perfect friend.

Attorney T and Ken sat down at a small table in the warehouse and enjoyed their cake together. They chatted about the recent local epidemic situation, though neither said much. Ken knew that T would soon talk to Susie, but first, they would enjoy their meal together. Once they finished the cake, Ken suggested Susie visit her "egg teacher," expressing admiration for T's ideal personality. With a fond farewell and a compliment about Susie's cakes being even better than those in their store, Grandpa Ken headed back to work, leaving the two friends to continue their conversation.

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Susie, too, returned to the small dining table in the warehouse to learn from T. She was ready to hand in her homework before diving into the teachings.

Attorney T and Ken sat down at a small table in the warehouse, enjoying a slice of cake together. Grandpa Ken engaged Attorney T in a chat about the current state of the epidemic in the town. Their conversation was not very lengthy, as Ken had a sense that T would soon be speaking with Susie about important matters. After savoring the cake, Ken encouraged Susie to meet with her "egg teacher." He couldn't help but praise T as an ideal person and compliment Susie's cakes, even suggesting they were a hundred times better than those in their store. Susie couldn't help but laugh; Grandpa Ken's words were endearing.

Susie then returned to the small dining table in the warehouse, ready to embark on her learning session with T. She made sure to hand in her homework as they began their journey of self-discovery.

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Susie handed her goal book to T, who smiled and reassured her, "You don't have to show me everything. There might be some goals you'd rather keep private. Just share the plans you're comfortable with."

Susie agreed, saying, "Alright, then I'll start. But don't peek; just let me know your gut feeling. What's your intuition telling you is my biggest goal for this year?" "I want Paul to come back to work," Susie replied promptly. "I'm due to give birth next month, and with the ongoing epidemic, I don't want to face it alone. My parents live far away, and I hope Paul can return."

Attorney T's eyes showed understanding and warmth as he responded, "I get it, Susie. Sometimes, it's necessary to ask these questions due to professional habits, but it's equally important to listen to your gut feeling. This week, I've noticed a significant change in your demeanor. Writing down your goals has made you more certain about what you want. It's like taking an inventory of your life, step by step. I can sense your excitement about whether these goals can be achieved. Thank you for sharing all this with me."

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Susie felt her life had become wonderful, and she expressed her gratitude, saying, "Thank you very much!" T laughed and continued, "Actually, as soon as I walked in today, I had a feeling that you had made great progress. I believe in you. I can see the anticipation in your eyes. Our journey starts with identifying our goals, and it's a joyful moment when we finally realize what we truly want. These are your unique goals, not someone else's desires. Some may want to become kings, others might strive to be well-educated, or some enjoy sharing their lives publicly, but that's not you. Your happiness matters the most. Susie, you're doing great, and your cakes are delicious too! I'm proud of you!"

Susie felt a little shy but smiled at the compliment. She realized that she had neglected to write down her goals before and that this feeling of self-discovery was indeed different.

T then said, "Congratulations on completing the challenging first step. You've bravely taken that first step towards your goals. Today, we'll move on to the second step."

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"The second step is not difficult, but many people are reluctant to face it because it involves acknowledging our discomfort and shortcomings," T explained. "However, it's essential to understand that we all have flaws. This week's task is about discovering all the problems, and it might be uncomfortable, especially for you. Many of these problems can be quite challenging. Susie, are you willing to be a courageous mother?"

Susie replied with determination, "Of course!"

T continued, "Great, Susie! You're absolutely right. We'll also explore a method that allows you to decide what makes you happy and what doesn't. The button that causes you pain is in your hands. Facing your strengths and weaknesses objectively can be difficult, but it's necessary. We must be brave and accept our reality. If you encounter any psychological challenges this week, please feel free to call me. I'll be here to support you."

T's sincerity touched Susie deeply, and she felt like she had never met such a wonderful teacher before. She said, "Thank you so much!"

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T reassured her, "Susie, we're now moving on to the second step, which involves using our brains as detectors to uncover any hidden problems. It requires insight and a vision of the future because we're not officially there yet. But you can do it. Think of it as identifying the potential reasons why your goals might not be achieved. These reasons usually involve people, situations, and things. We'll focus on the biggest obstacles preventing you from reaching your goals. It may be a painful process, and you might shed some tears, Susie, but you must stay strong. We need to go through this to achieve our goals. Please promise me that you'll do this."

Susie agreed, "I understand what you mean. I might just be looking for excuses. My aunt used to be a doctor, and she always said that patients come seeking quick solutions, but finding the root cause of an illness is the most important part. It's not a simple process."



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T was impressed by Susie's understanding and said, "That's a great analogy. Just like with our physical health, we must identify the root causes of our problems. We must not tolerate or ignore them. Think of yourself as an explorer, and exploring your problems is like solving a complex puzzle. It's the best way to discover the issues that need addressing."

Susie nodded and added, "Because of our experience at Ken's store, we've learned to pinpoint the reasons behind sales issues. Sometimes, it's more complex than it appears. It involves tracking daily sales, managing inventory, considering customer feedback, and ensuring product quality."

T agreed, "Exactly. Start with the familiar, and then apply the process of problem-solving to your goals, making it a familiar scene. This way, you can quickly identify and solve issues. So, Susie, let me ask you, what's the most significant challenge you face in achieving your goal of having Paul return to work this year?"



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Susie didn't answer immediately. She took a moment to reflect and then replied slowly, "The biggest challenge is that many wood processing factories have shut down due to the epidemic, and I can't find a job around here. Also, with my due date next month, I don't want to relocate. I'm familiar with this place, including the hospital where I'll give birth."

Her eyes didn't reveal sadness; instead, they held determination. It seemed she had accepted the process. T encouraged her, "You're right, Susie. This process may be challenging, but you have the strength to face it. It's about finding the root causes of our problems, just like your aunt used to say. Let's also adapt some inventory analysis techniques from the store into analyzing your goals."

Tips: In this part, it's important to emphasize the transformation of the unfamiliar process into something familiar. Highlight the significance of cultivating a strong sense of security and safety awareness in children under six years old, and how this can be done through meditation and self-affirmation.

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Before they knew it, they had been talking for over an hour. T continued, "In this process, it's crucial to remember that a child's sense of security and safety awareness continually improves before they turn six. Parents and the child work together to enhance the importance of security and create new adventures while conducting a comprehensive security assessment. It's about making safety awareness as familiar as learning to use cutlery, buttoning up for the first time, tying shoelaces, or writing one's name. Susie, you must cultivate a strong sense of security and make it feel very familiar. It's not something distant; it's right here. But how can we do that?"

Tips: Illustrate the concept of the "front" and "rear" in a clear way to help readers understand the analogy. Explain where the readers are in this analogy.

