

# Personal Safety Nets® News

THE HEART OF THE MATTER

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## Dear Judy,

Valentine's Day is almost here, with all the connections to hearts that it brings. Our focus this month is on caring for the heart of safety nets: the people and the communication between them.

Many times our thoughts are sweet, and all we need to do is to remember to speak them. But some things are difficult to bring up: an apology, a hurt feeling, or a time when you can't do what you're asked to do. In these cases it's often helpful to turn to wonder. I wonder why you are saying that? I wonder what he meant? **When the going gets tough, turn to wonder** is a phrase I often employ to get to the real heart of the matter. Welcome to this issue of the newsletter.

## THE SWEETEST WORDS

Our **February tip** this month is to remember that it's important to use those words "I love you" or "I really value having you in my life" or "you are very, very special to me" or "thank you." Whichever way you say it, use Valentine's Day this year as an opportunity to tell the members of your own safety net (you have one now, right?) how much you care about them and how important they are in your life.

## SAYING "NO" WITH HEART

**Q: Won't I hurt the feelings of someone I care about if I say no to their request for help?**

A: You can say NO in many different ways. You might choose to say:

- How much you would like to help, but why it is simply not possible right now.
- Or why this particular task isn't one you'd do well.
- You can add that you're really glad to have been asked, and hope

you'll be asked for something else another time.

Perhaps you'll be able to say yes then.

There are nine different sections in our book, Personal Safety Nets®, that address saying no in different ways. Click here to read some stories that demonstrate it. [Index to stories](#)

**Building Your Personal Safety Net**  
**March 10th 6:30-8:00 PM**  
**University of Washington Women's Center**

Join authors Judy Pigott and Dr. John W. Gibson as they give a free presentation, open to the public. They'll show you how to intentionally create a safety net made up of plans, systems, resources and people who both strengthen your life in hard times and bring pleasure, security and control in good times. **Given life's inevitable changes and challenges, the authors believe everyone needs to be part of a strong team.**

Please register by contacting the UW Women's center, open 9-5 Monday-Friday at 206-685-1090. The UW Women's Center is located in Cunningham Hall on the UW campus in Seattle, WA. The event is open to the public and books will be available for purchase and signing. Find out more by visiting the Upcoming Events page on our website. [Upcoming Events](#)

**VALENTINE'S DAY SALE ENDS SOON**

Hurry, our special opportunity ends this month!

Original hardback list price \$29.95

*Take this opportunity to save 33&1/3% off the original price!*

**Now \$20.00 - through February 29, 2008**

(same price as the paperback edition)

**Reach out to those you love - order gift books for them and those they count on.**

*Autographed copies and bulk order discounts are available through the office. Please phone 206-933-6577.*

**QUICK LINKS**

There's an African proverb that states "it takes a

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village to raise a child." In many cultures, such villages exist; but at least here in the United States, villages have all but disappeared. Personal Safety Nets® and Safety Nets Unlimited® are our ways of reintroducing the HEART and community of a village to our current lives. Take heart, working together we can change our world.

**Sincerely,**

Judy Pigott and John Gibson  
Personal Safety Nets

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