

Clarity is Optional.. Direction is Not

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Who Is In the Room?

Some of you are parents/caregivers

Some of you bring lived experience – your own or family's

Some of you are providers, advocates, system partners.

We all have different roles, different responsibilities and different pressures.

Here's what we all have in common:

We are all living inside conditions that keep changing

The Pressure for Clarity

Our world loves clarity

When clarity is missing, we often turn on ourselves:

“I should know better”

“I should handle this better”

Clarity depends on stable conditions

When clarity disappears, it's not a personal failure – it's a signal that the world has shifted.



Clarity and Direction Are Not the Same Thing

Clarity is about having the full picture, the plan, the path, the outcome



Direction is about orientation. Its about knowing:

What matters most right now

Who we are responsible to

How we want people to be treated as we move forward

Direction Does NOT Require Certainty

Direction does not require certainty or a perfect plan
Direction requires **VALUES**



When systems are unclear, direction becomes more important than clarity

Why Uncertainty is so Hard

Uncertainty is exhausting

Uncertainty increases stress on our nervous system;
makes decision making harder



So if you are tired of not knowing, it means you are responding normally to prolonged uncertainty.

**“You don’t have to see
the whole staircase, just
take the first step.”**

Dr. Martin Luther King Jr.

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*Direction helps because it lower the bar from
“having the answer” to “choosing the next right
step”*

Direction is Values in Action

Clarity is rooted in control

Direction is rooted in **VALUES**



*Plans may change, outcomes may shift but
values can still guide us.*

Direction Often Looks Quieter Than We Expect

It can look like:

Choosing consistency when answers aren't available

Communicating honestly instead of confidently

Slowing down rather than pushing through

Making decisions that can be adjusted later

Saying, "this is what we know today".

We don't know everything yet, but we can still move.

This isn't giving up – its responsible action in uncertain conditions/times.

Direction is Always Available

If you are questioning your next step, it doesn't mean you are failing

Our maps may no longer match the terrain



Clarity may come later, but direction is always available.

Questions for you to ponder

Ground Rules:

Participation is optional

Speak from your own experience

This is about orientation, **not solutions**

Listening counts as participation

$$\text{Solve the system: } \left. \begin{array}{l} -x + 3y = 9 \\ 2x - 6y = 12 \end{array} \right\}$$

$$\left. \begin{array}{l} -x + 3y = 9 \\ 2x - 6y = 12 \end{array} \right\} \times(2) \left. \begin{array}{l} -2x + 6y = 18 \\ \oplus 2x - 6y = 12 \end{array} \right\}$$
$$0 = 30$$

False,
No Solution

Question 1 Normalizing Uncertainty

8 Minutes

Questions (choose 1-2)

- What feels most uncertain or unsettled right now in your world?
- Where do you notice pressure to “have things figured out?”
- What helps you stay steady when things don’t feel clear?

Question 2

Shifting

10 Minutes

Questions (choose 2-3)

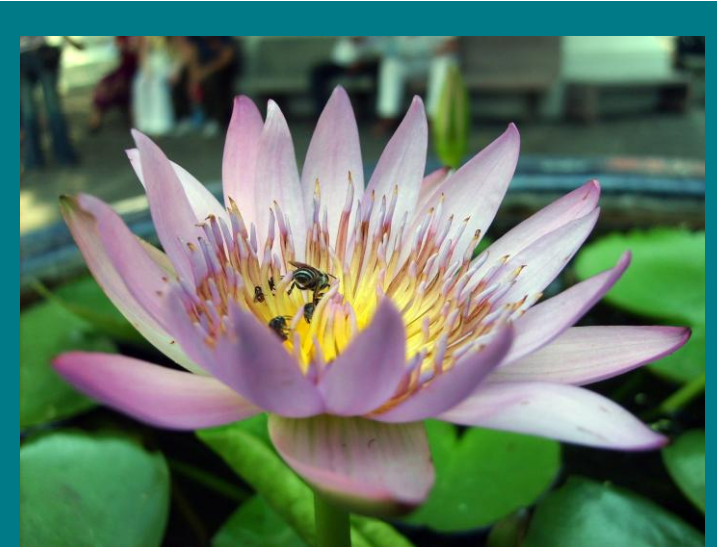
- Where might clarity be unavailable – but direction is still possible?
- When answers are incomplete, what helps you decide the next responsible step?
- What does “good enough for today” look like right now?
- How do you know when it’s time to move – even without full information?

Question 3 Shared Directions

8 Minutes

Questions (Choose 1-2)

- What values help you orient when plans keep changing?
- How do dignity, safety or belonging show up as direction?
- What helps you feel less alone when navigating uncertainty?
- What does it look like when direction is shared, not carried by one person?



Closing Reflection

3 Minutes

What is the one thing you are taking from this conversation?

- ❖ A phrase you heard
- ❖ A feeling that shifted
- ❖ A reminder you didn't know you needed
- ❖ Simply the sense that you're not alone in navigating uncertainty

