

Moments

Written by Gayle Nobel

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Blog-a-thon Day 16

Moments

Timing is everything. Pick your days and you can almost be guaranteed some special moments. Pay attention and the moments are another opportunity to slow down and remember to be grateful.

There were some tough times for Kyle last week with anxiety. We've noticed these times are often followed by a gentle grace period. A sea of calm washes over Kyle. He is at peace and without anxiety. Everything comes easier and he can focus better.

We decided last night was an ideal time for suit shopping. Wedding bells for Rachel and JB are getting closer and closer and Kyle needed a suit and all the accessories to go with it.

Kyle was absolutely amazing at the store. And, so were the two sales people helping us. Neil called earlier in the evening to give them a heads up on the situation. They treated Kyle with utmost respect, talking to him the way they would anyone else. And, they were extremely helpful in every aspect of the shopping experience while being patient and understanding. They even helped us spend more money to get a smokin deal on that suit too. Ha ha...gotta love marketing.

Moments live in the details.

- Kyle walked into the store calmly and did not seem at all scared or stressed (sometimes an issue in new surroundings).
- Neil took charge of the situation. Hurrah. He has grown so much in his confidence and competence in being Kyle's guide.
- Kyle was cooperative and patient with everything! Trying on pants, jacket, vest, two pairs of unfamiliar shoes AND having his waist and neck measured. Who is comfortable with having a tape measure put around their neck by a stranger? Kyle was ok with it. Of course, it was just a quickie, but still.
- New shoes of a type he has never had on his foot before? No problem. Walking was easy.
- Kyle was relatively quiet and did not even try to take any surrounding paper to flap (stress reliever). He didn't seem stressed so I guess he didn't need a stress reliever. Go Kyle!

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- Kyle sat calmly and patiently while Neil tried on a suit and also got fitted. Make hay while the sun shines... and we did.

Maybe we cheated. Kyle was having a relaxed, slow, sleepy day and he went swimming before going to the store and it was late. The odds were definitely in our favor. But hey, as I said, timing is everything so why not optimize where you can.

It was so great to see what Kyle CAN do when his internal obstacles are in low gear. And it was so wonderful to remember how far we all have come from the days when Kyle could barely leave the house.

There is a story in "Breathe" called Moments. Once again, those words come to mind.

"I thought about what brought us to this place in time. There were so many roadblocks and unexpected twists and turns. How did we get here? There was no magic formula; just persistence, I suppose. Believing in more than what we could see. Trusting ourselves, yet also allowing others to teach and help. Growing in our own roles as guides in the school of relationships and life, as Kyle grew as apprentice.

And, watching for those moments."

Needless to say, my son looked amazing in that dark blue suit. Now he just needs to practice wearing that stylishly skinny (according to the saleslady) red tie. More triumphs, more moments to come.

PS I know, I know, where's the picture? Forgot to bring the camera last night.