

Check Out Your Self Talk

All of us talk to ourselves. All of us have thoughts that run through our mind. These thoughts are the internal dialogue that we have with ourselves throughout the day. Often these thoughts are such a part of us that we may not even be fully conscious of them.

At times these thoughts, "our self talk", can be positive and at other times these thoughts can be negative and distorted. You are encouraged to become aware of your own internal dialogue and to practice positive self talk.

If you are experiencing negative feelings, check the messages you may be giving to yourself regarding your situation or yourself.

Examples of negative self talk

"I'm no good for nothing"
"I always make mistakes"
"I'll never be able to mangle on my own"
"I am feeling overwhelmed"
"I have made so many huge mistakes in the past"
"I have to be perfect or no one will like me"

Examples of positive & realistic self talk

"I am a worthy and good person"
"This will pass and my life will be better"
"I can take one step at a time and I can manage"
"I am doing the best I can right now. This is only a temporary situation"
"My past does not control my future"
"I do not have to be perfect to be loved or worthy"

Check out your self talk and practice positive, healthy realistic self talk.

Be A Better Listener

Being a good listener has benefits in all relationships both at home and at work. Please take a few moments to check out your knowledge. Fill in the blanks. (Answers below)

1. Active listening is understanding the _____ of the message from the person's speaking point of view, not my own.
2. Active listening requires that I _____ to speak until the person talking has finished speaking. I will not interrupt.
3. Active listening requires that I notice non-verbal cues such as posture, gestures, _____ of voice, facial expressions, sighs etc.
4. Active listening requires that I not be _____ by other things and give the person speaking my full attention.
5. Active listening requires that I pay attention to my own _____ behaviours.

Answers:

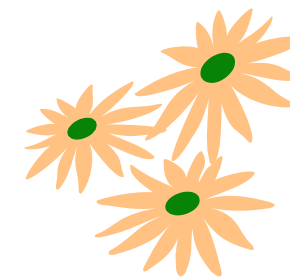
1. meaning; 2. wait; 3. tone, expressions
4. distracted; 5. non-verbal

Quick Stress Tip

Feeling overwhelmed and stressed? Need a quick solution? Turn on your favourite radio station or find your favourite CD and turn up the tunes that soothe, refresh and restore you. Sometimes a few minutes of "good music" can quickly give you the balance you need back in your life.

Lidkea, Stob, Venema & ASSOCIATES

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Spring/Summer 2007

C'mon! Let's get this show on the road!

When an annual season seems to take its "sweet old time" in finally arriving, despite the fact that we know it will happen, it is difficult not to be a tad impatient. But hey, summer will not elude us. Despite us and in spite of us - the warmth is here.

This 'patience and impatience' thing is interwoven into so many aspects of our life that at times we may find ourselves captives of our own unrealistic expectations.

Impatience is dictated by the differences between a) what we "want" and b) what actually "is". We all struggle with degrees of impatience relative to many things: traffic, others' behaviours/misbehaviours, waiting for something wonderful (i.e. vacation), tardiness, slow-movement, our own (or others') comprehension level, rain for our gardens, or a pay cheque. "Patience is a virtue" that we hope to exhibit in the face of turmoil or conflict. Our capacity to genuinely feels patience and to be patient with ourselves or the world around us is a solid contributor to our capacity to relax and enjoy our lives. Impatience can steal joy from crucial moments and relationships. It impacts on our relations with partners, children, parents, friends, colleagues, God, neighbours and yes, even seasons. Our patience (or impatience) shows up in our walking, talking, driving, working, playing and even in our sexualizing.

When do we pause, let go and allow life to happen by waiting? When do we become assertive and push

our own "superior agenda" upon the "silly and inadequate" agendas of others? How do we achieve a healthy balance?

This "patience" thing calls for variables such as: self-control, submission, resignation, tolerance and forbearance. Demanding stuff.

Failure to maintain a consistent sense of patience can result in our own state of: feeling hurried, feeling ruffled, acting fussy, feeling angry or even furious, and feeling frenzied to the point of desperation.

Thankfully, patience can be learned and strengthened. We can re-program ourselves to think and act and interact at a more patient and loving level. It is not easy, but it is possible. We need to start by being patient with our own impatience. When we can accept that change is essential then we can go to work with specific goals. Our therapists are "somewhat patiently" waiting for the opportunity to try to work with you.

We wish you all a calm and easy summer season!

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"Enjoy yourself. These are the good old days you are going to miss in the days ahead."

Anonymous

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* RSW indicates Registered Social Worker with the Ontario College of Social Service Workers and Social Workers. All associates are registered with a professional organization assuring a Code of Ethics is in place.

Just The Right Response

Are you looking for just that right response when you are dealing with a difficult person, awkward situation or frustrating family member? Here are ten possible responses that just might work for you:

- 1) "I'll give this matter more thoughtand I'll get back to you."
- 2) "I agree with the majority of what you just said."
- 3) "What specifically are you requesting today?"
- 4) "That's a unique perspective."
- 5) "Oh."
- 6) "Your anger makes this conversation difficult for me right now."
- 7) "Let me write this down. Can you repeat that (slowly)?"
- 8) "This must be a concern for you."
- 9) "Is there anything else?"
- 10) Silence/no verbal response.

Weather & Change are Both Facts...

- Both are a part of life
- Both are unpredictable at times
- Both can be predictable at other times
- Both you must make adjustment for
- Both can impact your plans



"Is it still raining?"

Did You Know?

- That by simply not using exaggerated words or statements such as "you never"; "you always"; "you are impossible"; or "you obviously" can improve your relationships with your spouse, your children and others. Successful communication avoids inflammatory language that makes people defensive and angry.

- That by living life grateful for the people, places and things in your life is very good for you. People who practice gratitude tend to be more satisfied, content and at peace with themselves and are less stressed, depressed or anxious. Decide to make gratitude a part of who you are and how you live.

- That for many people who were abused and/or mistreated as children, a helpful place to begin to get well and healthy is to practice these healthy self talk statements:

1. "I cannot control the past. I can only control how I perceive the past."
2. "My past does not control my future."
3. "I am taking one step at a time in my healthy journey."

- That Dr. John Gottman, a leading research scientist and author on marriage and family, states that a major warning sign of trouble for couples is how they disagree. If a disagreement starts off harsh, sarcastic, negative, and verbally abusive it will likely continue and differences will not be resolved. Dr. Gottman reports that "a harsh start up" is a serious warning sign that a couple is in serious trouble.

- That many men struggle with depression but are often reluctant to seek support and assistance. Ron Ellis, a well known and well respected former NHL player, was interviewed on CBC television in May 2007 and encouraged men to "get over your pride and get help". Important words from a strong man who openly discussed his long history and struggle with depression.

Dear Counsellor

My husband's 12 year old nephew and our 8 year old son were both recently diagnosed with attention deficit disorder. Both boys have been receiving good support on how to manage their ADD and are doing well. My husband and I have learned that there is a strong genetic link to this disorder and both of us suspect that he too, might also have ADD. What are some of the signs of adult ADD?

Just wondering spouse

Dear "Just Wondering Spouse":

Great news that both boys are receiving good support and are doing well. Historically, ADD was considered only a disorder of children however more recently there is increased recognition that adults can and do experience symptoms of ADD well into adulthood.

Many adults are identified as having ADD through several avenues;*

1. When their own children (like yourselves) are diagnosed (genetics, family history)
2. When they receive treatment and assistance for other disorders or difficulties in their lives.
3. When they have access to current information about ADD in both children and adults.

Some of the core symptoms of adult ADD may include the following:

a) inattention/distractibility:

-poor concentration; daydreaming/distracted by internal thoughts; frequent shifting of activities; poor attention to detail; difficulty organizing

b) impulsivity:

-acts without thinking; impatience; irritability/easily frustrated; talking out of turn; temper tantrums/anger outbursts

c) hyperactivity:

-fidgety; restlessness; difficulty remaining seated during meetings, dinner, performances; difficulty working quietly/on own

Other associated traits may be conflict in social relationships with peers, spouses and authority figures as well as depression, anxiety, ongoing boredom, and/or alcohol & drug abuse.

I hope the symptoms described here will be helpful to you and your husband. Adult ADD is an important disorder that can adversely impact a person's quality of life. Seek out the support that is needed for appropriate diagnosis and intervention and anticipate the positive outcomes your son and nephew have already experienced.

Best Wishes, Counsellor

* Taken from:

Children and Adults with Attention Deficit Disorder (C.A.A.D.D.)1997. Florida ISBN # 0-9634875-2-3 Strategies for Success

Our Picks

Three counsellors have selected books they recommend will be of interest and benefit to you. Enjoy our picks.

Title of the book: **20 MINUTE RETREATS**

Author: Rachel Harris Year: 2000

Publisher: Henry Holt Company. New York

ISBN #: 0-8050-6451-6

Recommended by Geoff Harvey

Title of the book: **ALWAYS CHANGE A LOSING GAME Winning strategies for work, home and your health**

Author: Dr. David Posen Year: 2004

Publisher: Key Porter Books Ltd., Toronto

ISBN #: 1-55263-621-6

Recommended by Len Dykstra

Title of the book: **NEGATIVE CRITICISM**

..... And what you can do about it.

Author: Sidney B. Simon

Publisher: Argus Communications, Allen, Texas

Date Published: 1978

ISBN #: 0-89505-026-9

Recommended by Diane Keenan

New, this newsletter!

We want your feedback!!

For feedback on our book "picks", or feedback on anything else you have read in this or previous newsletters please email us at www.familycounselling.com. We'd love to hear your comments, thoughts, questions and ideas for future newsletters or anything else you may want to ask. Thank you in advance.

"When we lose the right to be different, we lose the privilege to be free." Charles Evan Hughes

"Who has never tasted bitter does not know what is sweet." German Proverb