

# ***Newton Counseling Center***

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## **Fall 2005**

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Welcome to *New Beginnings*. This quarterly publication is dedicated to assisting you in learning how to be more, do more and have more. I want to help you get what you want and help you change when necessary. This newsletter is filled with expert articles, discussion exercises, resources, tools, questions and answers.

### **Article**

#### ***Remaking Oneself***

Whenever the fall season arrives, it reminds me of change. The temperature drops. The leaves change colors and drop from the trees. I am also reminded of the times I was in school; from kindergarten through graduate school. A long time! I was excited to go back and anxious at the same time. I was meeting new people, learning new things, and facing new challenges. Making changes in one's life can be exciting and scary as well. Letting go of the past is difficult. It is scary because change deals with the unknown. However, change is exciting because change can mean growth and new opportunities. Changing can mean growth which translates into peace of mind. I remember once in graduate school during my internship. My professor told us that once we became therapists there would be times that we would need to remake ourselves in our roles/careers as we went along. That has always stuck with me. As individuals we are forever changing and growing if we so choose. Change isn't easy. It isn't always fun. However, it is sometimes necessary. Is there a situation in your life now that you are unhappy with? Identify it by writing it down. Write down 3 steps you can take towards changing the situation. Get a coach or therapist if needed. Ask family and friends for support. Make a decision to change today. You will be happy you did!

### **Special Events and Services**

Newton Counseling Center is offering an ongoing walking and running group as a way to manage anxiety, depression, and anger as well as weight loss/maintenance. In order along with counseling psycho education. Please call 617-332-7588 if you are interested.

Also, David Poles LMHC, CRC is teaching a goal setting course starting in January 2006 at the Newton North High School as part of the Newton Adult Education Department. If you are interested please call David Poles at 617-332-7588 for enrollment instructions.

### **Questions for Dave**

Q) Linda: I have a sister who uses drugs and alcohol. I am at my wits end. My sister lies and has stolen from me. I want a close relationship with her but I am afraid to do so because of her behavior. My friends and family think we should cut her out until she gets help. What should I do?

A) In a 2005 edition of Psychology Today, the efficacy of the “tough love” approach came in question. “Tough Love”, a term used within Alcoholic Anonymous teachings, consists of family/friends confronting an addict about the addiction and then setting the rule unless the person kicks the habit, these people will not be there. Studies have been done and at the very least, results proved to be inconclusive as whether isolating a loved/family member results in that person kicking an addiction. It just doesn’t work. In addition, you may feel guilty for pushing this person away. My advice to you is set boundaries if you have to. Meet your sister someplace neutral. If you don’t trust her, keep your kids away and do not let her into your house. However, she needs you now. See her when you can. Be loving and maybe you can plant the seed for change.

### **Monthly Exercise**

Pick out one thing i.e. behavior, thought or feeling that you want to change. Write it down on a three by five card. On the back of the card write 3 steps you will take to change. Look at this card for 30 days when you wake up and before you go to bed. Read about this issue you want to change and or enlist the help of someone you trust. Notice how empowered you feel as you take these steps!

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