

Personal Growth Concepts™

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Q&A Forum - Review

Am I Ready for a Relationship?

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Fellow q&a-ers,

The hopper is finally empty - no more questions to answer. I would appreciate some, however brief you would like them to be. We currently have 114 members and are looking to grow our list to 150 by July 1st. Can you help by recommending the list to email colleagues/buddies/relatives whom you think might enjoy either the questions and answers, or the bonuses?

Things have been busy here at Personal Growth Concepts, Inc. I am pleased to welcome a friend from 20 years ago, Roseann Moore to our staff. Roseann has extensive experience in the Domestic Violence realm and in operating Community Service and Volunteer programs. Roseann is currently being trained in running our Quit Smart Smoking Cessation Program and will soon lift most of that responsibility from me. She will also be working with me on learning how to conduct Family Forums for those affected by someone else's substance abuse/addiction problem, and Personal Growth Groups. She is already researching Anger Management and Rebuilding When Your Relationship Ends programs for us. I will also be training Roseann in my unique style of counseling and she will join us soon in that capacity. She will be accepting fee for service only clients (i.e. no insurance), probably at the beginning of April. Roseann can be reached through our voicemail system - she is in box 104 if you would like to welcome her.

We are pleased with the progress Lisa Vieira, our new office manager, is making in learning our systems; I am particularly grateful for her pitching in and helping lift some of the administrative burdens off of me (not to mention her helping me get my desk organized!).

Today, Saturday, we will be having a staff meeting to talk about streamlining our intake procedures and to review our goals for 2002. We are already making great strides toward achieving all of them. We will also be attempting to get digital camera pictures of other members of our staff and soon hope to have them on our web site. If you haven't visited our website recently, I encourage you to do so. We are continuously upgrading -- all of the q&as are now there and you should be able to move around more freely.

I welcome any and all suggestions about any aspect of our organization and will attempt to incorporate them into our mission and delivery of services.

Now... how about filling up my box with questions for me to work on? Peace, John

Q: Dear John, I have recently met someone special, but I am sure I am ready for a relationship. How does one know when they are ready? I know this seems like a "Heloise" question, but can you offer any broad guidelines? Thanks

A: I don't know if you meant what you said ("I am sure I am ready for a relationship") or if you meant to say, "I am not sure I am ready for a relationship." Be that as it may, I do have some questions for you to ponder as you examine your readiness for a relationship. Have you critiqued the shortcoming of each previous relationship; what plans have you developed to insure these do not reoccur in future relationships? Has this assessment led to a healthy awareness of self? The tendency in relationships is to focus on the other person and lose your self focus in the process. Are you unwilling to give your self away in a relationship? I tell people that relationships are a laboratory where you can learn greater things about yourself. Hopefully, you won't blow up the lab! Relationships that are healthy are "value added;" neither person has to lose or change so that the other one can succeed. Think: win-win and know that it is possible. Are you seeking a synergistic relationship - where you are enhanced and the other person is enhanced by the relationship? Is the sum greater than the total of each of you individually? Are you willing to run your part of the relationship (yes, there needs to be active involvement on your part) based on your thoughts and not based on feelings, the need to feel good, the need to avoid feeling lonely or other impulses? Do you understand boundaries and are you able to set them for your self and respect those that others set? What issues are you likely to experience around the issues of time, communication, compromise, negotiation, trust, commitment and intimacy? Remember, giving in to keep the peace is not compromise! What are your game plans for these issues, should they arise?

Please know that you don't need all of these answers at once. Having a healthy relationship requires high degrees of mindfulness and assertiveness.

I wish you well when you decide to enter the relationship realm. Please let me know if these musings are helpful. I wish you all the best with your self and your "someone special." Peace, John

Quote: To give less than one hundred percent is to sacrifice the gift. - Steve Prefontaine

Inner Peace

My therapist told me a way to achieve inner peace was to finish things I had started.
Today I finished 2 bags of potato chips and a chocolate cake.
I feel better already.

I asked God to take away my pain.

God said, No.
It is not for me to take away, but for you to give it up.

I asked God to make my handicapped child whole.
God said, No.
Her spirit was whole, her body was only temporary.

I asked God to grant me patience.
God said, No.
Patience is a byproduct of tribulations; it isn't granted, it is earned.

I asked God to give me happiness.
God said, No.
I give you blessings. Happiness is up to you.

I asked God to spare me pain.
God said, No.
Suffering draws you apart from worldly cares and brings you closer to me.

I asked God to make my spirit grow.
God said, No.
You must grow on your own, but I will prune you to make you fruitful.

I asked for all things that I might enjoy life.
God said, No.
I will give you life so that you may enjoy all things.

I asked God to help me LOVE others, as much as he loves me.
God said... Ahhhh, finally you have the idea.

-Author Unknown

A Piece of Cake

A little boy is telling his Grandma how everything in his life is going wrong... school, family problems, severe health problems, etc.

Meanwhile, Grandma is baking a cake. She asks her grandson if he would like a snack, which, of course, he does. "Here, have some cooking oil," she offers. "Yuck" says the boy. "How about a couple of raw eggs?" she asks. "Gross, Grandma!" "Would you like some flour then? Or maybe baking soda?" "Grandma, those are all yucks!"

To which Grandma replies: "Yes, all those things seem bad all by themselves. But when they are put together in the right way, they make a wonderfully delicious cake! God works the same way. Many times we wonder why He would let us go through such bad and difficult times. But God knows that when He puts these things all in His order, they always work for good! We just have to trust Him and, eventually, they will all make something wonderful!" "God is crazy about you. He sends you flowers every spring and a sunrise every morning. Whenever you want to talk, He'll listen. He can live anywhere in the universe, and He chose your heart".

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We wish you peace in who you are and in all that you do!

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