

Personal Growth Concepts™

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Q&A Forum - Review

Difficulty with "I" Statements

[9-Sep-2002]

Fellow Q&Aers,

Greetings after a long absence. The list is alive and well. Before we get to the q&a for today, a few updates. Today we welcome Mike, Elaine and Linda to the list.

We are also pleased to announce that Personal Growth Concepts has added a new part time counselor in our Naugatuck office. Linda Zeman, a Licensed Professional Counselor, (LPC) has agreed to join our team. She will be working some weekdays and weekday evenings, as well as Saturday mornings, when needed. Linda recently relocated back to Connecticut after having been in Virginia for several years. We welcome her to our team and hope to have her picture and brief narrative on our web site soon.

Also, several weeks ago, we welcomed Shirley Gette to our staff. Shirley is a volunteer and will be helping Lisa in our business office a few hours on Thursdays. She has already been a big assistance in answering phones and holding the fort down while Lisa has to run errands.

Two more announcements: This Wednesday, Sept 11th, a couple of the counselors and I will be at Christ Episcopal Church, 2000 Main St. in Stratford, right around the corner from our Stratford office, from 6-10pm and available for anyone who wants to "drop in" and chat about 9-11 and the impact it had on them personally, on their family or in their workplace. No appts needed - just drop in. We will be in the parish center, to the right of the main church and in the library, first door on the left as you enter. Please help us spread the word about our availability. We have worked with Christ Episcopal on some press releases and are discussing it with our clients but, since time is of the essence, I would appreciate your support in passing this information on to those who could use it.

Finally, starting next Wed, Sept 18th, I will be conducting a Family Forum on Wednesday evenings. Family Forum is a program for those affected by a drinking/drug problem in their family, either growing up or presently. It is a good program, even if recovery is underway. I have [attached a flyer to this email](#). If you have problems downloading it, please let me know and I will try to get you a copy. The deadline for registration is this Friday. There is a discount if you register with a friend. Please help us spread the word.

Special thanks to Nancy, Allison, Patty and Mike for their contributions to the quote and the bonuses in this q&a.

Now..... on to the q&a:

Q: When does some one else's issue become mine? I have been diligently attempting to practice the credo of "Not My Issue" (NMI). When dealing with a spouse who cannot converse with I statements and leads most every statement off with a "you", the art of practicing my own I statements get very difficult or severely strains the relationship. Is it feasible to stick to the "I" statements and the NMI philosophy without creating an atmosphere of arrogance and "me-ness"?

A: Yes it is. Boundaries tell you what is yours and what is not yours. The boundary divides. What is yours is delineated by the I statements and includes: your thoughts, feelings, behaviors, opinions, attitudes. There is a lot more that is "not yours" than is yours. Please do not allow another person's attitude or "you" statements to sway you. I understand it can get strained. Persist anyway. I have had some clients tell me that their persistence has paid off and that now, their partner is beginning to come around. Remember, you are not creating an atmosphere of arrogance and "me-ness" with I statements. What is happening, I suspect, is that your spouse is reacting and subtly blaming you for the atmosphere that s/he has created. Do not buy it; continue to use your I statements and NMI philosophy to help you stay in touch with you. Be sensitive but do not capitulate - that would only give the other a sense of winning. You are winning for you - they won't like it. If you persist, they may get used to it. Persist anyway. Finally, to answer your first question, someone else's issue can only become yours when you take it on. Peace, John

Quote:

"The man who removes a mountain begins by carrying away small stones" - Chinese proverb

Her hair was up in a ponytail
 Her favorite dress tied with a bow.
 Today was Daddy's Day at school,
 And she couldn't wait to go.
 But her Mummy tried to tell her,
 That she probably should stay home.
 Why the kids might not understand,
 If she went to school alone.
 But she was not afraid;
 She knew just what to say.
 What to tell her classmates
 Of why he wasn't there today.
 But still her mother worried,

For her to face this day alone.
And that was why once again,
She tried to keep her daughter home.
But the little girl went to school,
Eager to tell them all.
About a dad she never sees
A dad who never calls.
There were daddies along the wall in back,
For everyone to meet.
Children squirming impatiently,
Anxious in their seats.
One by one the teacher called,
A student from the class.
To introduce their daddy,
As seconds slowly passed.
At last the teacher called her name,
Every child turned to stare.
Each of them was searching,
For a man who wasn't there.
"Where's her daddy at?"
She heard a boy call out.
"She probably doesn't have one,"
Another student dared to shout.
And from somewhere near the back,
She heard a daddy say,
"Looks like another deadbeat dad,
Too busy to waste his day."
The words did not offend her,
As she smiled up at her Mom.
And looked back at her teacher,
Who told her to go on.
And with hands behind her back,
Slowly she began to speak.
And out from the mouth of a child,
Came words incredibly unique.
"My Daddy couldn't be here,
Because he lives so far away.
But I know he wishes he could be,
Since this is such a special day.
And though you cannot meet him,
I wanted you to know.
All about my daddy,
And how much he loves me so.
He loved to tell me stories
He taught me to ride my bike.
He surprised me with pink roses,
And taught me to fly a kite.
We used to share fudge sundaes,
And ice cream in a cone.
And though you cannot see him,
I'm not standing here alone.
"Cause my daddy's always with me,
Even though we are apart
I know because he told me,
He'll forever be in my heart"
With that, her little hand reached up,
And lay across her chest.
Feeling her own heartbeat,
Beneath her favourite dress.
And from somewhere in the crowd of dads,
Her mother stood in tears.
Proudly watching her daughter,
Who was wise beyond her years.
For she stood up for the love
Of a man not in her life.
Doing what was best for her,
Doing what was right.
And when she dropped her hand back down,
Staring straight into the crowd.
She finished with a voice so soft,

But its message clear and loud.
 "I love my daddy very much,
 He's my shining star.
 And if he could, he'd be here,
 But heaven's just too far.
 You see he was a fireman
 And died just this past year
 When airplanes hit the towers
 And taught Americans to fear.
 But sometimes when I close my eyes,
 It's like he never went away."
 And then she closed her eyes,
 And saw him there that day.
 And to her mother's amazement,
 She witnessed with surprise.
 A room full of daddies and children,
 All starting to close their eyes.
 Who knows what they saw before them,
 Who knows what they felt inside.
 Perhaps for merely a second,
 They saw him at her side.
 "I know you're with me Daddy,"
 To the silence she called out.
 And what happened next made believers,
 Of those once filled with doubt.
 Not one in that room could explain it,
 For each of their eyes had been closed.
 But there on the desk beside her,
 Was a fragrant long-stemmed pink rose.
 And a child was blessed, if only for a moment,
 By the love of her shining bright star.
 And given the gift of believing,
 That heaven is never too far

Our Favorite Norwegians

Vun day, Sven vas valking down da street ven who did he see driving a brand new Chevrolet? It vas Ole.
 Ole pulled up to him vit a vide smile.

"Ole, vere did you get dat car?" Sven asked

"Lena gave it to me"

"She gave it to you? I knew she vas sveet on you, but dis?"

"Vell, let me tell you vat happened. Ve vere driving out on county road 6, in da middle of novere. Lena pulled off da road into da woods.
 She parked, got out of da car, trew off all of her clothes and said, "Ole take vatever you vant."...So I took da car"

"Ole, your a smart man, dem clothes never voulda fit ya."

7 UPS

1. Wake Up

Decide to have a good day.
 "Today is the day the Lord hath made; let us rejoice
 and be glad in it." Psalms 118:24

2. Dress Up!!

The best way to dress up is to put on a smile. A
 smile is an inexpensive way to improve your looks.
 "The Lord does not look at the things man looks
 at. Man looks at outward appearance; but the Lord
 looks at the heart." I Samuel 16:7

3. Shut Up!!

Say nice things and learn to listen. God gave us two ears and one mouth, so He must have meant for us to do twice as much listening as talking.
 "He who guards his lips guards his soul." Proverbs 13:3.
 Gossip betrays confidence. Avoid men who talk too much." Proverbs 20:19
 "Listen to advice, accept instruction and in the end, you will be wise." Proverbs 19:20

4. Stand Up!!...

For what you believe in.
 Stand for something or you will fall for anything.
 "Let us not be weary in doing good; for at the proper time, we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good..." Galatians 6:9-10

5. Look Up!!... To the Lord.

"I can do everything through Christ who strengthens me". Philippians 4:13

6. Reach Up!!...For something higher.

"Trust in the Lord with all your heart, and lean not unto your own understanding. In all your ways, acknowledge Him, and He will direct your path."
 Proverbs 3:5-6

7. Lift Up!!...Your Prayers.

"Do not worry about anything; instead PRAY ABOUT EVERYTHING." Philippians 4:6

A POSITIVE THOUGHT

If God had a refrigerator, your picture would be on it. If He had a wallet, your photo would be in it. He sends you flowers every spring and a sunrise every morning. Whenever you want to talk, He'll listen. He could live anywhere in the universe, and He chose your heart. What about the Christmas gift He sent you in Bethlehem; not to mention that Friday at Calvary. Face it, He's crazy about you!!

I thought this was mighty special, just like YOU. Pass this on and brighten someone's day, and remember: God answers Knee-Mail. :)

Have a great day today and every day!! God loves you sooo much. God bless. Enjoy His Sonshine!!!

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

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