

# Personal Growth Concepts™

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**Q&A Forum - Review**

## [Finding Winners To Date, 2009-06](#)

Greetings,

As I write this, my staff and I are wishing Joyce Evon, our part time counselor in Naugatuck, a speedy recovery. This past weekend she fell down and broke her leg. She has had surgery and will be starting rehab soon.

A short article on bullying that includes tips for parents and kids, can now be found on our website – [www.personalgrowthconcepts.com](http://www.personalgrowthconcepts.com) , click on “Waiting Room.” You will also find there several other short articles, including a recent one on being a shopaholic.

Our coupon swop basket is still working pretty well in our Stratford waiting room. Thank you to all who add coupons to it and a special thank you to the few of our clients that come in and sift through the coupons and remove the expired ones. I truly appreciate your help.

Barbara, Maryann and Beth contributed the materials in our bonuses today. Thank you, too.

I am now on Facebook and Twitter. If any of you are, and want to be a “friend,” please let me know and remind me that you are on the Q&A and I will be happy to add you so you can stay tuned in. If any of you want to get on Facebook or Twitter and don’t know how to start, let me know and I’ll be happy to share with you the little bit I know about it.

Finally, if you have any creative ideas about how I might be able to use, or focus, Facebook and/or Twitter to spread the word about personal growth and the work we do helping folks, let me know.

Look for another issue of our newsletter next month.

Now, onto the Q&A and bonuses.... Peace, John

**Q:** [Hi John! I was wondering if you would take a couple minutes and help me try to figure something out. My very good girlfriend, who is also my child’s godmother, has pointed out to me something that I have already suspected. I attempt to take a break from dating and not look for a relationship, but that fails, and I end up wasting my time and energy on men that are just not right for me. What am I missing and why do I continue to follow the same path to losers? I want to be a better person and set a good example for my daughter. Any thoughts?](#)

**A:** [Please, reread your email to me first and then tell me: Why does that fail?](#)

[I remember that recently you told me that you were told by a friend not to date for the summer, and that you were going to honor it. What stopped you from doing it? That may be key.](#)

[The wasting time and energy on men that are not right for you --- perhaps you are not “letting go” soon enough – what is, is and waiting for it to change is not a very valid option since you cannot change it. Perhaps you need to bow out of what you don’t want sooner.](#)

[Perhaps there’s a part of you that likes living on the edge – if so, you will need to find a way to deal with that, at least in this area, since living on the edge in a relationship is not working for you.](#)

[You do not need to be a better person – you are already a good person and a great mom – you will need to become a more effective person.](#)

[You might want to try this: Make a written list of what you want in a relationship? -- at least 40 characteristics. Once you have it and begin dating, do not set up a second date with someone on the first date. If you had a good time, ask to be called in a week or so – use that to see if your request is respected and to give your self a chance to sleep on it and get some perspective. After 2 days, look at your list. If you don’t have at least 75%, don’t go out with that person again! Do not settle into a regular relationship with someone unless you have at least 90% of what you want ..... and never try to get that other 10%! If you do, you will be controlling and that will significantly diminish your chances](#)

of having a healthy relationship.

Three elements that must exist in a relationship for it to be healthy: 1) acceptance; 2) respect; 3) trust. Trust is consistency over time.

Finally, I don't know if you are into online matching but I hear that eharmony.com may be one of the better ones. I have had several clients and both of my adult sons who found healthier relationships than they had been finding by other means. I am told it is uncanny how similar they are to their matches. I think it has something to do with the questionnaire you fill out at the start (extensive), the scientific matching process they use, and the fact that they manage the start of the relationship by limiting the questions you can ask and answer --- this prevents the codependency or emotional over-investing that most people get in trouble with very early in a relationship. Eharmony.com is a bit pricey compared to others but, I've been told, it may be worth it.

Also, I am attaching a handout on "saying no" for you – use what you can, leave the rest, ok? [if any Q&A readers would like this handout, please request it from me via email.]

I hope my ideas help a bit. Let me know if they shed some light on it for you, or if they raise more concerns or questions.

Peace, John

**Quote: Love is the ability and willingness to allow those that you care for to be what they choose for themselves, without any insistence that they satisfy you. --Dr. Wayne Dyer**

#### Bonus 1

1. Money isn't made out of paper, it's made out of cotton.
2. The Declaration of Independence was written on hemp (marijuana) paper.
3. The dot over the letter I is called a "tittle."
4. A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top.
5. Susan Lucci is the daughter of Phyllis Diller.
6. 40% of McDonald's profits come from the sales of Happy Meals.
7. 315 entries in Webster's 1996 Dictionary were misspelled.
8. The 'spot' on 7UP comes from its inventor, who had red eyes. He was albino.
9. On average, 12 newborns will be given to the wrong parents, daily.
10. Warren Beatty and Shirley MacLaine are brother and sister.
11. Chocolate affects a dog's heart and nervous system; a few ounces will kill a small sized dog.
12. Orcas (killer whales) kill sharks by torpedoing up into the shark's stomach from underneath, causing the shark to explode.
13. Most lipstick contains fish scales (eeww).
14. Donald Duck comics were banned from Finland because he doesn't wear pants.
15. Ketchup was sold in the 1830s as medicine.
16. Upper and lower case letters are named 'upper' and 'lower' because in the time when all original

print had to be set in individual letters, the upper case' letters were stored in the case on top of the case that stored the smaller, 'lower case' letters.

17. Leonardo DaVinci could write with one hand and draw with the other at the same time. (Hence, multitasking was invented.)

18. Because metal was scarce, the Oscars given out during World War II were made of wood.

19. There are no clocks in Las Vegas gambling casinos.

20. The name Wendy was made up for the book Peter Pan; there was never a recorded Wendy before!

21. There are no words in the dictionary that rhyme with: orange, purple, and silver!

22. Leonardo Da Vinci invented scissors. Also, it took him 10 years to paint Mona Lisa's lips.

23. A tiny amount of liquor on a scorpion will make it instantly go mad and sting itself to death.

24. The mask used by Michael Myers in the original "Halloween" was a Captain Kirk's mask painted white.

25. If you have three quarters, four dimes, and four pennies, you have \$1.19, you also have the largest amount of money in coins without being able to make change for a dollar (good to know).

26. By raising your legs slowly and lying on your back, you can't sink in quicksand (and you thought this list was completely useless).

27. The phrase "rule of thumb" is derived from an old English law, which stated that you couldn't beat your wife with anything wider than your thumb.

28. The first product Motorola started to develop was a record player for automobiles. At that time, the most known player on the market was the Victrola, so they called themselves Motorola.

29. Celery has negative calories! It takes more calories to eat a piece of celery than the celery has in it to begin with. It's the same with apples!

30. Chewing gum while peeling onions will keep you from crying!

31. The glue on Israeli postage stamps is certified kosher.

32. Guinness Book of Records holds the record for being the Book most often stolen from Public Libraries.

33. George Carlin said it best about Martha Stewart . "Boy, I feel a lot safer now that she's behind bars. O. J. Simpson and Kobe Bryant are still walking around; Osama Bin Laden too, but they take the ONE woman in America willing to cook, clean, and work in the yard, and they haul her tail off to jail."

## Bonus 2

### Prescribed by the Great Physician

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The next time you feel like GOD can't use you, just remember...

Noah was a drunk  
Abraham was too old  
Isaac was a daydreamer  
Jacob was a liar  
Leah was ugly  
Joseph was abused  
Moses had a stuttering problem  
Gideon was afraid  
Samson had long hair and was a womanizer  
Rahab was a prostitute  
Jeremiah and Timothy were too young  
David had an affair and was a murderer  
Elijah was suicidal  
Isaiah preached naked  
Jonah ran from God  
Naomi was a widow  
Job went bankrupt  
Peter denied Christ  
The Disciples fell asleep while praying  
Martha worried about everything  
Mary Magdalene was...  
The Samaritan woman was divorced, more than once  
Zaccheus was too small  
Paul was too religious  
Timothy had an ulcer...AND  
Lazarus was dead!

Now! No more excuses!  
God can use you to your full potential.  
Besides you aren't the message,  
you are just the messenger.  
And one more thing...Share this with a friend or two...  
In the Circle of God's love,

God's waiting to use your full potential.

1. God wants spiritual fruit, not religious nuts.
2. Dear God, I have a problem, it's Me.
3. Growing old is inevitable ... growing UP is optional.
4. There is no key to happiness. The door is always open.
5. Silence is often misinterpreted but never misquoted.
6. Do the math .. count your blessings.
7. Faith is the ability to not panic.
8. Laugh every day, it's like inner jogging.
9. If you worry, you didn't pray . If you pray, don't worry.

10. As a child of God, prayer is kind of like calling home every day.

11. Blessed are the flexible for they shall not be bent out of shape.

12. The most important things in your house are the people.

13 When we get tangled up in our problems, be still. God wants us to be still so He can untangle the knot.

14. A grudge is a heavy thing to carry.

15 He who dies with the most toys is still dead.

Have a great day!!! The SON is shining and he can certainly use you!

### Bonus 3

There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head.

Well," she said, "I think I'll braid my hair today?"

So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head.

"H-M-M," she said, "I think I'll part my hair down the middle today?"

So she did and she had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head.

"Well," she said, "today I'm going to wear my hair in a pony tail."

So she did and she had a fun, fun day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head.

"YEA!" she exclaimed, "I don't have to fix my hair today!"

Attitude is everything.

End of bonuses End of bonuses End of bonuses End of bonuses End of bonuses End of bonuses End of bonuses End of bonuses

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