

# Personal Growth Concepts™

[www.personalgrowthconcepts.com](http://www.personalgrowthconcepts.com)  
**Q&A Forum - Review**

## Persuading/Encouraging Someone to Get Counseling

[13-Aug-2003]

Fellow Q&Aers,

Today we welcome 4 new members to our list, Dee, Kevin, Linda and Larry.

Today we are also trying a different font size in the hopes that it will be easier on your eyes to read our Q&As. I would appreciate your feedback on the new font, size, readability and colors for the sections of our Q&A.

After today's Q&A, I only have one more question in the hopper so if you have questions, now would be a good time to send them in. Please remember to spread the word to your friends and have them sign up & send questions too.

Special thank yous to Allison and Barbara for contributing bonuses that we used today. The second bonus is a double header - be sure to read both of the stories to make it make sense.

Today's question was sent to me twice by the same person about a week apart, so I combined some of the wording and will answer them both together. Here we go:

**Q:** Hi, I would like your advice on how to persuade/encourage someone to get into counseling, if they are reluctant and when they feel they do not need any?? Thank You!! P.S. Great Forum

**A:** The easiest answer is, you don't. One can **ask** them to consider it, give two or three reasons and then, one must let it go. If you are in counseling, then I would suggest you work your program as best as you can for your self. By making changes in your self that you are happy with, the other person may see your increased happiness and begin to feel uncomfortable in their current situation and be **attracted** to change. At any rate, you will be doing better, whether they choose to go or not.

Another idea, if you are able to talk with them, using I statements, you might inquire about why they are unwilling to come to counseling. Listen, accept and try not to judge, criticize or eliminate their reasons. Dealing with reluctance, resistance and denial is part of the training of good clinicians. Finally, if you care about this person, ask if they would consider going to only one session with you - if they agree, then find the right counselor and give it a try. If not then, let go and let God. Progress can and often, is, made if only one person in a relationship/friendship is working on themselves. Sometimes, one person's growth leads to their greater acceptance of what is. Accepting one's powerlessness over someone else and a more "live and let live" attitude can and often does, create more harmony. I hope I have given you some things to think about. Peace, John

Quote: "Knowledge comes, but wisdom lingers." - Alfred, Lord Tennyson

---

### Bonus 1:

1. How Do You Catch A Unique bird? Unique Up On It.
2. How Do You Catch A Tame bird? Tame Way, Unique Up On It.
3. How Do Crazy People Go Through The Forest? They Take The Psycho Path
6. What Do Eskimos Get From Sitting On The Ice too Long? Polaroids
7. What Do You Call A Boomerang That Doesn't work? A Stick.
8. What Do You Call Cheese That Isn't Yours? Nacho Cheese.
9. What Do You Call Santa's Helpers? Subordinate Clauses.
10. What Do You Call Four Bullfighters In Quicksand? Quattro Sinko.
11. What Do You Get From A Pampered Cow? Spoiled milk
12. What Do You Get When You Cross A Snowman With A Vampire? Frostbite.

13. What Lies At The Bottom Of The Ocean And Twitches? A Nervous Wreck.
15. Where Do You Find A Dog With No Legs? Right Where You Left Him.
16. Why Don't Blind People Like To Sky Dive? Because It Scares The Dog.
17. What Kind Of Coffee Was Served On The Titanic? Sanka.
18. Why Did Pilgrims' Pants Always Fall Down? Because They Wore Their Belt Buckle On Their Hat.

Bonus 2:

### **STORY NUMBER ONE**

Many years ago, Al Capone virtually owned Chicago. Capone wasn't famous for anything heroic. He was notorious for enmeshing the windy city in everything from bootlegged booze and prostitution to murder.

Capone had a lawyer nicknamed "Easy Eddie." He was his lawyer for a good reason. Eddie was very good! In fact, Eddie's skill at legal maneuvering kept Big Al out of jail for a long time. To show his appreciation, Capone paid him very well. Not only was the money big, but also Eddie got special dividends. For instance, he and his family occupied a fenced-in mansion with live-in help and all of the conveniences of the day. The estate was so large that it filled an entire Chicago City block. Eddie lived the high life of the Chicago mob and gave little consideration to the atrocity that went on around him. Eddie did have one soft spot, however. He had a son that he loved dearly. Eddie saw to it that his young son had the best of everything: clothes, cars and a good education. Nothing was withheld. Price was no object. And, despite his involvement with organized crime, Eddie even tried to teach him right from wrong. Eddie wanted his son to be a better man than he was. yet, with all his wealth and influence, there were two things he couldn't give his son; he couldn't pass on a good name and a good example.

One day, Easy Eddie reached a difficult decision. Easy Eddie wanted to rectify wrongs he had done. He decided he would go to the authorities and tell the truth about Al "Scarface" Capone, clean up his tarnished name and offer his son some semblance of integrity.

To do this, he would have to testify against The Mob, and he knew that the cost would be great. So, he testified. Within the year, Easy Eddie's life ended in a blaze of gunfire on a lonely Chicago Street. But in his eyes, he had given his son the greatest gift he had to offer, at the greatest price he would ever pay.

bonus #3

### **STORY NUMBER TWO**

World War II produced many heroes. One such man was Lieutenant Commander Butch O'Hare. He was a fighter pilot assigned to the aircraft carrier Lexington in the South Pacific. One day his entire squadron was sent on a mission. After he was airborne, he looked at his fuel gauge and realized that someone had forgotten to top off his fuel tank. He would not have enough fuel to complete his mission and get back to his ship. His flight leader told him to return to the carrier.

Reluctantly, he dropped out of formation and headed back to the fleet. As he was returning to the mother ship he saw something that turned his blood cold. A squadron of Japanese aircraft were speeding their way toward the American fleet. The American fighters were gone on a sortie, and the fleet was all but defenseless. He couldn't reach his squadron and bring them back in time to save the fleet. Nor could he warn the fleet of the approaching danger. There was only one thing to do.

He must somehow divert them from the fleet. Laying aside all thoughts of personal safety, he dove into the formation of Japanese planes. Wing-mounted 50 caliber's blazed as he charged in, attacking one surprised enemy plane and then another. Butch wove in and out of the now broken formation and fired at as many planes as possible until all his ammunition was finally spent. Undaunted, he continued the assault.

He must somehow divert them from the fleet. Laying aside all thoughts of personal safety, he dove into the formation of Japanese planes. Wing-mounted 50 caliber's blazed as he charged in, attacking one surprised enemy plane and then another. Butch wove in and out of the now broken formation and fired at as many planes as possible until all his ammunition was finally spent. Undaunted, he continued the assault.

The film from the gun-camera mounted on his plane told the tale. It showed the extent of Butch's daring attempt to protect his fleet. He had in fact destroyed five enemy aircraft. This took place on February 20, 1942, and for that action Butch became the Navy's first Ace of W.W.II, and the first Naval Aviator to win the Congressional Medal of Honor.

A year later Butch was killed in aerial combat at the age of 29. His home town would not allow the memory of this WW II hero to fade, and today, O'Hare Airport in Chicago is named in tribute to the courage of this great man. So the next time you find yourself at O'Hare International, give some thought to visiting Butch's memorial displaying his statue and his Medal of Honor. It's located between Terminals 1 and 2.

### **SO WHAT DO THESE TWO STORIES HAVE TO DO WITH EACH OTHER?**

**Butch O'Hare was Easy Eddie's son.**

---

The information provided in this email is presented for educational purposes only. It is not a substitute for the advice and treatment of a licensed professional clinician, doctor, coach or pastoral counselor. To unsubscribe, type unsubscribe-Q&A in the subject line of an email back to me. [jpacheco@personalgrowthconcepts.com](mailto:jpacheco@personalgrowthconcepts.com)

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

© Copyright 2004 Personal Growth Concepts