

Personal Growth Concepts™

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Q&A Forum - Review

Quitting Tobacco & Dealing With Family, 2006-05

Fellow Q&Aers,

Greetings! I'd like to formally say good-bye to Lisa Muller, one of our counselors, who has left to have a baby. At last report baby and mom were doing fine. I'd also like to welcome Irena Kandybowicz, MSW to our staff. Irena joined us on July 8th and will be with us in both our Naugatuck and Stratford locations. You can see her picture and read a bit more about her on our website, www.personalgrowthconcepts.com. Click on "About Our Team" and scroll down to the end. She is working on becoming licensed in Ct. as a Clinical Social Worker.

Also, congratulations to Gary Vertula, one of our part time counselors, on a recent transfer in his full time job to the State Dept. of Social Services. Gary had really wanted the job change and interviewed and prayed hard for it. We are happy for him and also want to congratulate him on recently having taken his Licensed Professional Counselor exam. It will be several weeks before we know the results. Gary is presently working with us in Stratford and, when he finishes a couple more courses, we hope he will also be expanding to our Naugatuck office.

A special thanks to Anne and Patty who contributed to our bonuses in this issue. We continue to grow our free Q&A service. Who do you know that would benefit from it and that you could ask if they wanted to join us?

Now to the Q&A.....

Peace, John

Q: I have decided to quit tobacco usage. I did so originally without notifying anyone else and then let my loved ones know a couple of days into the process. When I told my wife she started printing off tons of support information and urged me to seek additional support. When I told her that I was fine doing "my own thing" she got very angry and told me we were better off when I used tobacco. She now refuses to acknowledge my struggles and if I am irritable says "I told you what you should do so don't bitch at me". How do I handle this? FYI: this is how I handled it: I recognized this as a classic attempt to draw me back into her ring of co-dependency. I sat her down and told her that I do appreciate her efforts to help me but this is my addiction and my problem and I need to get free of it on my own terms. I recognized that we are both working toward the same goal and that my addiction had an impact on my family as well as myself. I asked her to be patient and to offer information and support when I ask for it. I told her that when I am pushed to seek help that I am not ready to receive, I feel "nagged" and that I need to be the one pushing myself to quit. Any attempts by another person to push me would most likely result in resentful feelings and could damage our relationship. I asked for compassion and understanding and, in return I would share my feelings so that the family would be prepared for any shifts in my behavior. We are over the issue (for now) and I thank you for

the guidance in the past that has allowed me not only to recognize the issue but to be able to handle it as well.

A: Wow! Some work we did together a couple of years back seems to have really paid off. I really like having a question that has already been answered! It is obvious that your wife was doing what she thought would be helpful (good intent) but actually was not what you wanted/needed. You were assertive and shared your appreciation of her efforts, yet also communicated clearly about what would be helpful to you. Whether she complied or not is immaterial. You were assertive - you identified what you needed and asked for it. You were willing to compromise/negotiate by offering to share your feelings in return. The nicotine withdrawal process usually involves periods of irritability (usually verbal or behavioral) which usually last no more than 7-10 days and periods of restlessness (more internal feelings of uneasiness), also rarely lasting more than 7-10 days. You handled them both well. I am glad that you have been able to see how others' issues (codependency) can effect a wide variety of life activities and, more importantly, you have learned to think you way through them, no longer reacting emotionally. You are welcome! Peace, John

QUOTE: "Consider the postage stamp... It secures success through its ability to stick to one thing till it gets there." - Josh Billings

Bonus 1

Murphy's Laws of Computing:

When computing, whatever happens, behave as though you meant it to happen.

When you get to the point where you really understand your computer, it's probably obsolete.

The first place to look for information is in the section of the manual where you least expect to find it.

When the going gets tough, upgrade.

For every action, there is an equal and opposite malfunction.

He who laughs last probably made a back-up.

A complex system that does not work is invariably found to have evolved from a simpler system that worked just fine.

The number one cause of computer problems is computer solutions.

A computer program will always do what you tell it to do, but rarely what you want to do.

Bonus 2

We have all learned to live with "voice mail" as a necessary part of modern life. But have you wondered, what if God decided to install voice mail?

Imagine praying and hearing this: "Thank you for calling My Father's House. Please select one of the following options: Press 1 for Requests, Press 2 for Thanks Giving, Press 3 for Complaints, Press 4 for All Other Inquiries.

"I'm sorry, all of our angels are busy helping other sinners right now. However, your prayer is

important to us and will be answered in the order it was received, so please stay on the line.

"If you would like to speak to:

God, Press 1.

For Jesus, Press 2.

For the Holy Spirit, Press 3.

If you would like to hear King David sing a Psalm while you are holding, please press 4.

"To find out if a loved one has been assigned to Heaven, Press 5, enter his or her Social Security Number, then press the pound key. If you get a negative response, try area code 666.

"For reservations at "My Father's House," please enter J-O-H-N followed by 316.

"For answers to nagging questions about dinosaurs, the age of the earth and where Noah's Ark is, please wait until you arrive here.

"Our computers show that you have already prayed once today. Please hang up and try again tomorrow.

"This office is closed for the weekend to observe a religious holiday. Please pray again Monday after 9:30 a.m. If you need emergency assistance when this office is closed, contact your local pastor."

THANK GOD, HE DOESN'T REALLY HAVE VOICEMAIL AND HE LISTENS WHEN WE PRAY!!!
Bonus 3

NEW MEDICATIONS AT YOUR LOCAL PHARMACY

1. S t. M o m ' s W o r t

Plant extract that treats mom's depression by rendering preschoolers quiet and calm for up to six hours.

2. E m p t y N e s t r o g e n

Highly effective daily pill that eliminates melancholy by enhancing the memory of how awful they were as teenagers and how you couldn't wait till they moved out.

3. D u m e r o l

When taken with Peptobimbo, can cause dangerously low IQ causing enjoyment of country western music.

4. F l i p i t o r

Increases life expectancy of commuters by controlling road rage and the urge to flip off other drivers.

5. A n t i b o y o t i c s

When administered to teenage girls, is highly effective in improving grades, freeing up phone lines, and reducing money spent on make-up.

6. M e n i c i l l i n

Potent antiboyotic for older women. Increases resistance to such lines as, "You make me want to be a better person ...

can we get naked now?"

7. B u y a g r a

Injectable stimulant taken prior to shopping. Increases potency and duration of spending spree.

8. Extra Strength Buy-One-all

When combined with Buyagra, can cause an indiscriminate buying frenzy so severe the victim may even come home with a Donnie Osmond CD or a book by Dr. Laura.

9. J a c k A s s p i r i n

Relieves the headache caused by a man who can't remember your birthday, anniversary, or phone number.

10. A n t i - t a l k s i d e n t

A spray, carried in a purse or wallet, to be used on anyone too eager to share their life stories with total strangers.

11. S e x c e d r i n

More effective than Excedrin in treating the, "Not now, dear, I have a headache," syndrome.

End of bonuses; end of bonuses; end of bonuses

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