

Personal Growth Concepts™

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Q&A Forum - Review

Understanding Compromise, 2005-05

Fellow Q&Aers,

I have been remiss in sending out a Q&A lately but hope to get back on track.

We welcome Alicia and Lisa to our list this go round.

We thank Lew, Kathy and Tracey for their contributions to this Q&A's bonuses.

A bit of news from PGC before we get to our Q&A:

Our staff is saying goodbye to Maureen Cuda, LCSW, one of our part time clinicians. We wish her well in all her future endeavors and want to let her know we will miss her.

We are also saying good-bye to Lisa Poppa, our office manager, who will be leaving August 24th when she moves to North Carolina. We will also miss her and wish her the very best in her future.

I am actively recruiting an office manager to replace Lisa. If you know of someone who fits the bill, please have them fax (203-375-3048) or email their resume to me on or before this Friday, August 19th. I will be interviewing and hope to announce a new office manager by Labor Day. The position is part-time, 30 hr/wk, M-F 9 am - 3 pm and is excellent for a working mom. I am willing to work around occasional children's illness and cancelled or delayed school due to weather. Our next office manager must have good office skills and experience. I will be able to train her on our Therapist Helper billing system.

Next, we welcome Lisa Muller, LCSW to our staff. Lisa comes to us with a Masters Degree in Social Work and experience in medical and geriatric social work. We are looking forward to teaching her the ropes of private practice and dealing with managed care idiosyncrasies! She is already onboard and looking to grow her caseload in both our Stratford and Naugatuck offices. Her picture and brief bio is on our website - from the home page, click on "Our Team."

Finally, in September, I will be starting a 10 session educational seminar for those who are going through or who have recently been through a divorce or a major love separation in their life. The seminar is entitled: "Rebuilding Your Self When Your Relationship Ends." The seminar integrates key concepts from Dr. Steven Fischer's program along with my own ideas. I hope that those attending will be assisted in the healing process and learn how to rebuild their lives and avoid some of the pitfalls in future relationships. I am excited and ask that you refer to me anyone you know who you believe could benefit. I am also looking for names and addresses of family/divorce attorneys to add to my mailing list. I am hoping for a group of 12-20 individuals when we start in mid-September. I am finalizing a brochure this week and will be happy to mail it or email it to anyone you suggest. In advance, I thank you for your assistance in this matter. Now, and without further ado, to our Q&A, quote and bonuses.....

Q: As someone who lives their life at 90 miles an hour, and usually is trying to please everyone else, do you have any suggestions as to how to better understand compromise in life situations?

A: I believe there really are three issues here.

First, living life at 90 miles an hour does not leave one much time to enjoy the scenery. After all, life is not so much the destination as much as the journey. I encourage you to find ways to limit your speed. Perhaps you feel externally pressured or have over-committed yourself. There are ways coaching can help you to slow down a bit, mostly by setting and focusing on your priorities.

Second, if you are "usually trying to please everyone else," then your focus is not on pleasing yourself and your sense of self can tend to get lost. This is a phenomenon called "codependency" where what others want, think and feel, becomes more important than what you want, think and feel. I encourage you to be very aware of who you are, what you desire, think and feel and then, in relationships, negotiate for a balance. In this way you prevent yourself from becoming self absorbed (a real fear for many codependents) and remaining other focused to your own detriment.

Third, is the issue of compromise. In order to understand the concept of compromise one must know their starting position and be clear as to the other's starting position. Often times people will think they are compromising when in fact they are conceding, either to keep the peace or to move the issue along. In order to have a fair chance at compromise, both parties need to be mature and approach the situation with a healthy self-other balance. Both need to be dedicated to finding a resolution that will work for both. The idea behind compromise is not a win-lose situation but to develop a habit of creating win-win situations.

To sum up, slow down, know who you are and what you want, and come to the table with positive expectations and a willingness of give and take. A mature partner will help the process of compromise immeasurably.

Thank you for taking the time to send your question. Please feel free to contact me again for additional information.

I wish you peace in who you are and in all that you do. Coach John

Quote: "Surviving is important. Thriving is elegant." -- Maya Angelou

Bonus One

" Life Explained "

On the first day, God created the dog. God said, "Sit all day by the door of your house and bark at anyone who comes in or walks past. I will give you a life span of twenty years."

The dog said, "That's too long to be barking. Give me ten years and I'll give you back the other ten."

So God agreed.

On the second day, God created the monkey. God said, "Entertain people, do monkey tricks, make them laugh. I'll give you a twenty-year life span."

The monkey said, "How boring. Monkey tricks for twenty years? I don't think so. Dog gave you back ten, so that's what I'll do too, OK?"

And, God agreed.

On the third day, God created the cow. God said, "You must go to the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer. I will give you a life span of sixty years."

The cow said, "That's kind of a tough life you want me to live for sixty years. Let me have twenty and I'll give back the other forty."

And, God agreed again.

On the fourth day, God created man. God said, "Eat, sleep, play, marry and enjoy your life. I'll give you twenty years."

Man said, "What? Only twenty years?! Tell you what, I'll take my twenty, and the forty the cow gave back and the ten the monkey gave back and the ten the dog gave back ... that makes eighty, OK?"

"Okay", said God, "You've got a deal."

So.....that's why the first twenty years we eat, sleep, play, and enjoy ourselves; for the next forty years we slave in the sun to support our family; for the next ten years we do monkey tricks to entertain the grandchildren; and for the last ten years we sit on the front porch and bark at everyone.

Life has now been explained to you!

Bonus Two

If God brings you to it, He will bring you through it.

Happy moments, praise God.

Difficult moments, seek God.

Quiet moments, worship God.

Painful moments, trust God.

Every moment, thank God.

Bonus Three

~~~21 Truths ~~~

ONE. Give people more than they expect and do it cheerfully.

TWO. Marry a man/woman you love to talk to. As you get older, their conversational skills will be as important as any other.

THREE. Don't believe all you hear, spend all you have or sleep all you want.

FOUR. When you say, "I love you," mean it.

FIVE. When you say, "I'm sorry," look the person in the eye.

SIX. Be engaged at least six months before you get married.

SEVEN. Believe in love at first sight.

EIGHT. Never laugh at anyone's dreams. People who don't have dreams don't have much.

NINE. Love deeply and passionately. You might get hurt but it's the only way to live life

completely.

TEN.. In disagreements, fight fairly. No name calling.

ELEVEN. Don't judge people by their relatives.

TWELVE. Talk slowly but think quickly.

THIRTEEN. When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"

FOURTEEN. Remember that great love and great achievements involve great risk.

FIFTEEN. Say "bless you" when you hear someone sneeze.

SIXTEEN. When you lose, don't lose the lesson

SEVENTEEN. Remember the three R's: Respect for self; Respect for others; and Responsibility for all your actions.

EIGHTEEN. Don't let a little dispute injure a great friendship.

NINETEEN. When you realize you've made a mistake, take immediate steps to correct it.

TWENTY. Smile when picking up the phone. The caller will hear it in your voice.

TWENTY-ONE. Spend some time alone.

End of bonuses

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