



The Champion

Volume 8

A Champions Christian Counseling Center Publication

January 2004

Kaplan SAT Test Prep Course

Monday, January 19 @ 4:30 p.m. – 7:00 p.m.

Call: 281-357-4111 for information

Space is Limited

Individual Instruction, Professionally Scored

The First Step in Organizing Your Life:

Letting Go of the Need to Control People

By Esther Bird, MA, LPC, LMFT, LCDC

Before you can organize your own life, you'll want to reduce the time and thought you put into organizing the lives of your family members and friends. Letting go of the need to control people in relationships is a skill, and a key to happiness and freedom. There are some choices you can make every day to improve the quality of your relationships with others and yourself.

Choice #1. Accept people as they are: Let go of your need to "fix" them. See, but do not evaluate. Unglue your opinions from the facts. Accept each moment. Acknowledge the helpful, the wholesome, but don't judge it. Acknowledge the harmful, the unwholesome, but don't judge it.

Choice #2. Let go of your "shoulds" for people. "She should be more..." "He should remember to..." These sentences actually begin with the statement "My expectations are that he/she should..." Your expectations are certainly yours and may be based on your judgment, not on the reality of the situation for the other person. You have not been inside their skin looking out through their eyes, so you don't know.

Choice #3. Let go of the "victim" role you play in relationships. Take more responsibility for meeting your own needs. Decide that you are the expert on you and use your personal power to get what you want in your life. Develop positive affirmations to practice saying again and again until you have grown to your potential.

Choice #4. See other people as having wounds, not faults. Instead of diagnosing the other person as selfish, self-centered, stingy, etc., examine the impact of their situation upon them. You will recognize the stress, challenges and blockages that have produced the behavior you see. Look for the talents and strengths the person has used to cope with their situation. Ask yourself this question: Do I want to be a fault-finder or a healer?

Choice #5. Realize that the only "failed" relationship is one you didn't learn from. See every relationship as providing you with helpful life lessons. The more painful the lessons,

the more likely you are to remember them. Ask yourself—what did I learn from this relationship?

Choice #6. Choose to see on the Love, the Light, and the Holy Spirit in people. When you find yourself focusing on the negative aspects of someone, remember God loves them and look for the lovable parts. When you thank God for helping you see them as He sees them, you'll recognize your own growth. Try to see everyone you meet as a teacher who can give you just what you need to grow in understanding and acceptance.

FREE WORKSHOP **Starting Over / Organization**

Tuesday, January 27th

6 p.m. – 7 p.m.

Call: 281-357-4111

Organizing Techniques for Inviting Serenity into Your Life

Four Key Principles for an Organized Home are (1) Start where you are; (2) Have what you need; (3) Use active storage (keeping things you use often easily accessible); (4) Get rid of clutter. There is no perfect time to get organized, so you can start right now using the skills and equipment you already possess. Having what you need helps you beat procrastination by making it easier for you to do the task you need to get done. Americans have too much stuff. The overabundance of stuff may be the biggest impediment to becoming more organized.

Your thoughts can sabotage your goal to become more organized. Wanting to do things "perfectly" can result in putting off organizing and never getting started. Waiting until the time or the situation is "just right" is a misjudgment that begins in your mind. Change your mind to realize that it is unlikely everything in your home will ever be perfect. All you can do is your best. Focus on that and you will certainly feel better than you do now.

Strategies to Bust Procrastination. (1) Give yourself a time limit. (2) Time yourself doing a job you don't want to do. (3) Make it easy to do by having the right tools. (4) Get some help. (5) Always have a "Plan B."

Organizing Routines. (1) Put similar things together. (2) Alphabetizing is a strategy that can save you time and frustration. (3) Labeling will save you aggravation and time. (4) Use containers to corral the mess. (5) Set up your entryway to be maximally functional. (6) Make a master schedule for your family.

(Excerpted from Kathleen Kendall-Tackett, Ph.D.)

FREE Christian Co-Dependency Support Group

Monday nights from 6:00 p.m. to 7:00 p.m.

Elements of Organization

Paula Whitaker, Counseling Director, M.Ed., MA, LPCI

It's likely that you have a history of trying to get organized but have found that no system works for long. There is no simple solution. And there is no simple solution. And there is no one right way to approach organizing time and tasks. You will need to experiment and to find your own style.

Structuring and directing your energy is a complex skill. It's made up of planning, organizing, and managing aspects of work and behavior. Awareness of your behavior style and alertness to possible obstacles also is needed. It can take time and practice to get all of these skills together. When you combine these skills with skills to maintain focus until the task is finished, you will have acquired the "master" skill of self-management.

1. **LISTS:** Putting a task on paper serves to heighten its importance and to increase your commitment. Keep a list of things to do at work and a separate one for tasks at home.
2. **DEADLINES:** Setting a deadline helps to clarify thinking. A bit of pressure nearing a deadline can be a good thing to help heighten attention and increase concentration.
3. **SCHEDULES:** When your lists are made and your deadline set, you have a clearer sense of what you want to do. To complete a schedule, first fill in all the standing, necessary tasks, then using the lists you have made, schedule time for those projects. Last, but definitely not least, fill in time for yourself. People with

ADD often need time each day just to let the mental wheels spin. Time for relaxation. Special projects, and just doing nothing is essential for mental rejuvenation.

(Excerpted from "Living with ADD" by M. Susan Roberts, Ph.D, and Gerard J Jansen, Ph.D)

ADHD Children's Group

Monday nights from 4:00 – 5:00 p.m.

New Web Site & Online Newsletter!

We have recently revamped our web site! **CHECK US OUT AT WWW.CCCCTOMBALL.COM!** Our new site has a friendly interface and more valuable information than ever before. This information now also includes our newsletter! If you have access to the Internet and want to access this valuable piece of information online rather than in paper form by fax or mail please let us know. You may email our webmaster at webmaster@cccctomball.com and we will change your mode of delivery to electronic. Doing this will enable you to access and search this information as well as saving our ministry the cost of faxing or mailing a printed copy to you.

Verse of the Month:

"Forget the former things; do not dwell on the past. See, I am doing a new thing in you!"

Isaiah 43:18-19a

January 2004 Calendar of Events

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|------------------------|--|----------------------------|--|
| 5th | 4:00 – 5:00 p.m. Weekly ADHD Children's Group Therapy
6:00 – 7:00 p.m. – Co-Dependency Group | 22nd | 5:30 – 8:00 p.m. SAT Prep Course Part 2 |
| 12th | 4:00 – 5:00 p.m. Weekly ADHD Children's Group Therapy
6:00 – 7:00 p.m. – Co-Dependency Group | 26th | 8:30 a.m. – 12:30 p.m. – "Get Clients Now" Workshop
<i>Susan May will present her monthly workshop. Included in the \$250 fee is a month of free coaching for February.</i> |
| 19th | 4:00 – 5:00 p.m. Weekly ADHD Children's Group Therapy
4:30 – 7:00 p.m. SAT Prep Course Orientation
<i>This class kicks off the start of the Kaplan SAT Prep Course. The fee is \$655 which includes workbooks, one-on-one attention, SAT Computer Software, and free refresher course.</i>
6:00 – 7:00 p.m. – Co-Dependency Group | | 4:00 – 5:00 p.m. Weekly ADHD Children's Group Therapy
5:30 – 8:00 p.m. SAT Prep Course Part 3
6:00 – 7:00 p.m. – Co-Dependency Group |
| | | 29th | 5:30 – 8:00 p.m. SAT Prep Course Part 4 |
| | | 31st | 9:00 a.m. – 12:00 p.m. SAT Prep Course Part 5 |
| | | Feb. 2nd | 5:30 – 8:00 p.m. SAT Prep Course Part 6 |
| | | Feb. 7th | 9:00 a.m. – 12:00 p.m. SAT Prep Course Part 7 |

