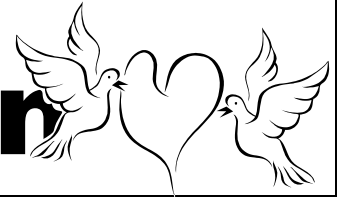




The Champion



Volume 9

A Champions Christian Counseling Center Publication

February 2004

Kaplan SAT Test Prep Course

Next Classes are beginning SOON
Call: 281-357-4111 for information
Space is Limited

**\$655 for Individual Instruction, Professionally
Scored, Anxiety Reducing Techniques, and a
Free Refresher Course**

What Is Love?

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

When Mother Teresa ministered to people, it didn't matter if it was a dying man in Calcutta or a spastic child in Lebanon – something fascinating happened. At the moment when they looked into her eyes, and felt the great love coming through them, they then no longer looked away. They became calmer and their countenance softened. Did they think, "Hmmm ... let's see, is this agape, eros, or filial love?" No. They simply recognized love and responded to it. They felt it, by the way she looked at them, spoke to them, and touched them (Petrie and Petrie 1986).

Basic Principles

1. Each person has been created to love and be loved, as Mother Teresa observed (Petrie and Petrie 1986).
2. Each person needs affirming (i.e., love) to *feel* like somebody of worth. That is, everybody needs a source to affirm that they are loved, accepted, and worthwhile. As the psychologist Abraham Maslow (1968) said, "The need for love characterizes every human being that is born No psychological health is possible unless the essential core ... is ... accepted, loved and respected." Thus, love is important. If you have not received it from others, it is good to provide it yourself.

What Is Love?

It helps to have a clear understanding of the nature of love, which is the second factor of self-esteem and an important building block. Love is:

1. A *feeling* that you *experience*. One recognizes it when one sees it.
2. An *attitude*. Love wants what's best for the loved one at each moment. (Please note: Love for others and love for self are not mutually exclusive. Ideally, the attitude of loving encircles both.)
3. A *decision* and a commitment that you make every day. Sometimes you "will it," even though this may be difficult at times.

4. A *skill* that is cultivated.

Some mistakenly assume that love – and related feelings like appreciation, acceptance, and affection – are only feelings that we either have or we don't. Although anyone can recognize and respond to love, loving is something that we learn to do. – If you need counseling concerning love and relationship issues, call Champions Christian Counseling Center for more information.

(Excerpted from "The Self-Esteem Workbook" by Glenn R. Schiraldi, Ph.D)

FREE

WORKSHOPS

Love and Self-Esteem

Thursday, February 19th, 6 p.m. – 7 p.m.



ADULT ADHD/ADD Workshop

Thursday, February 12, 6:00 p.m. to 7:00 p.m.

Call: 281-357-4111

Sure – Fire Strategies for Increasing Your Self-Esteem

By Esther Bird, MA, LPC, LMFT, LCDC

1. Accept yourself by being realistic about your strengths and limits.
2. Honestly look at the things you believe are holding you back.
3. Trust yourself to be the best judge of what you need and then assume you are capable of meeting your needs.
4. Clearly communicate your needs and wants instead of using vagueness.
5. Define a clear set of core values that are personally yours and guiding your behavior.
6. Take ownership of your successes and failures by letting go of perfectionism or pessimism.
7. Understand the emotional side of your thinking and make decisions using rational thinking.
8. Set clear, measurable goals and decide on the positive steps that you'll take to achieve them.
9. Be flexible.
10. Recognize the importance of hard work.
11. Avoid blaming, complaining, or gossiping because they are negative behaviors that lower self-esteem

Verse of the Month:

“And now these three remain: faith, hope and love. But the greatest of these is love.”

I Corinthians 13:13

Parenting with Love and Limits

A six-week parenting class for parents & children.

\$295.00 for 15 hours of class

6:00 – 8:30 p.m.

February 17

February 24

March 2

March 4

March 23

March 30

Self-Esteem

By Lillian Priest, LPC-1

What is self-esteem? How do we get it? Some people seem to know what it is when they have it. Others feel its lack when they don't. Self-esteem may be defined as a sense of well-being, or contentment, in who we are. It is also the most profound psychological need we have. We have to know that we matter.

Self-esteem is built into us when we're still little - usually by the age of 5 or 6. Our parents, our circumstances, and the opinions of others contribute to how we think about ourselves.

God designed us to be in relationship with Him and with other people. Genesis talks about how those relationships were good and healthy. But since Satan deceived Adam and Eve, all relationships have suffered. Most importantly, our relationship with God has been severed. Man's focus shifted from God to each other.

Since that time humankind has been looking for ways to feel significant - that they matter. We get input from the world, our flesh, and Satan - all enemies of our spirit. These tell us that we must be perfect, we can't make mistakes, and that we deserve to be punished. In time, this leads to a feeling of shame, otherwise known as "low self-esteem". We either try very hard to help ourselves feel that we matter or we just

give up because we feel overwhelmed by the standards that have been set.

The whole purpose of God's plan of salvation is to restore that severed relationship with Him. It is through God's Word that we can know what HE thinks of us. We can choose to whom we will listen. Our personal level of self-esteem depends on who we listen to. We can listen to what God says about us. Or, we can listen to what the world and Satan say about us.

So, self-esteem is not a matter of WHO you are, but of WHOSE you are.



ADHD Social Skills Kids Group

Ages 6 – 10: Monday nights from 4:00 – 5:00 p.m.

Ages 11-15: Tuesday nights from 4:00 – 5:00 p.m.

\$45 per class (minimum 6 classes)

Help Us To Better Serve You!

WWW.CCCCTOMBALL.COM

Now that our website is complete we are offering you the opportunity to receive our newsletter by email rather than fax or mail. Please visit our site and email our webmaster at webmaster@cccctomball.com to be added to our electronic distribution!!!

FREE

Christian Co-Dependency Support Group

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

February 2004 Calendar of Events

- 2nd** 4:00 – 5:00 p.m. – Weekly ADHD Children's Group Therapy (6-10 year olds)
5:30 – 8:00 p.m. – SAT Prep Course Part 6
6:00 – 7:00 p.m. – FREE Co-Dependency Group
- 3rd** 4:00 – 5:00 p.m. – Weekly ADHD Children's Group Therapy (11-15 year olds)
- 7th** 9:00 a.m. – 12:00 p.m. – SAT Prep Course Part 7
- 9th** 4:00 – 5:00 p.m. – Weekly ADHD Children's Group Therapy (6-10 year olds)
6:00 – 7:00 p.m. – FREE Co-Dependency Group
- 10th** 4:00 – 5:00 p.m. – Weekly ADHD Children's Group Therapy (11-15 year olds)
- 12th** 6:00 – 7:00 p.m. - FREE Adult ADHD Workshop
- 16th** 4:00 – 5:00 p.m. – Weekly ADHD Children's Group Therapy (6-10 year olds)
6:00 – 7:00 p.m. – FREE Co-Dependency Group

- 17th** 4:00 – 5:00 p.m. – Weekly ADHD Children's Group Therapy (11-15 year olds)
6:00 – 7:00 p.m. – Parenting with Love and Limits Workshop
- 19th** 6:00 – 7:00 p.m. Love and Self-Esteem Workshop
- 23rd** 8:30 a.m. – 12:30 p.m. – Get Clients Now Workshop
4:00 – 5:00 p.m. – Weekly ADHD Children's Group Therapy (6-10 year olds)
6:00 – 7:00 p.m. – FREE Co-Dependency Group
- 24th** 4:00 – 5:00 p.m. – Weekly ADHD Children's Group Therapy (11-15 year olds)
6:00 – 7:00 p.m. Parenting with Love and Limits Workshop

