

**I struggle with the same problems, year after year. How can I get past them?**

We all have “blind spots,” based on painful experiences in our past. In an effort to find relief, we formed beliefs and behaviors that seemed to work at the time; and they helped us survive. The problem is, not only do these strategies not work for us now; they actually cause new problems, like low self-esteem, depression, anxiety and relationship problems. When we try to “fix” these problems, it can stir up old, unconscious wounds. Unless we face and heal these wounds, we often find ourselves, once again, caught up in the same old beliefs and behaviors, trying to get some measure of relief from the pain. The good news is that we can break through these old, stuck patterns. We do this by 1) bringing conscious awareness to the issues; 2) acknowledging the feelings, beliefs and strategies that we have been using so far - instead of beating ourselves up for them; and 3) utilizing all our resources (and developing new ones) in order to move forward. To be effective, we need resources and tools at all levels: physical, mental, emotional and spiritual. Counseling helps us learn new tools, as well as supporting us in using the ones we already have, to break through old patterns and make real and lasting progress.

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