

Hello from Ishwari



August 2013

Sharing News, Inspiration, Events, Fun

Ishwari Sollohub, Licensed Mental Health Counselor, (505) 231-1697 www.ishwari.org

News

OPEN HOUSE

My Office Open House in July was lovely. A steady stream of friends and colleagues came by to visit and see my new office. “cozy” and “welcoming” are by far the most common words people use to describe the space. I love working there, and now that it has been blessed by some of my favorite people, I like it even more.

PRESENTATION

June’s Los Alamos presentation, Improving Your Relationship by Establishing Healthy Boundaries, was well received and enjoyable. The group was small, but we had some really great participation and positive feedback. See the handouts from this presentation below.

TWO RADIO INTERVIEWS

On July 10, I enjoyed being interviewed on KSFR’s Santa Fe Radio Café, talking mostly about my book, Rocks and Roses, and also about grief – my personal experience, as well as my work with clients who are traversing their own grief journey.

Later in the same week, I had the honor of being featured in a second radio interview - this one on Los Alamos’ KRSN. The conversation included a wide range of topics, including my website and private practice, and my work with both individuals and couples.

Events

After a flurry of activity in June and July, I have settled down this month and am primarily seeing clients. I am taking a break from presentations and have no events scheduled in the near future.

Inspiration

This human body, at peace with itself, is more precious than the rarest gold or gem.

Cherish this body you have been given. It is yours this one time only; this human form, won with difficulty, and easy to lose.

Worldly things are brief, like lightning in the sky, like a tiny splash of raindrop.

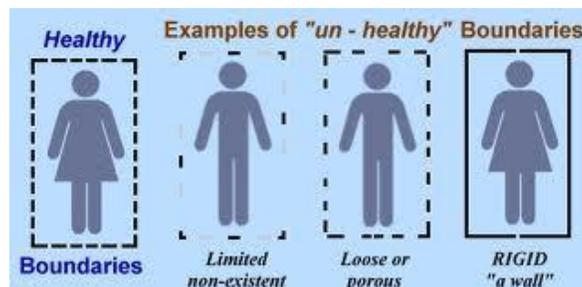
This thing of beauty: treasure the time you have been given with it.

-Tsong Khapa



**“Judging a person does not define who they are; it defines who you are.”
-Unknown**

HANDOUTS FROM BOUNDARIES PRESENTATION



Boundaries Are Too Loose

- You can't say no, because you are afraid of being criticized.
- You often change yourself to be what others think you should be.
- You feel constant guilt about others' problems.
- You share personal information before you have built a trusting relationship.
- You allow others to treat you disrespectfully.
- You are quick to offer help to others, but don't ask them to help you.
- You have difficulty identifying what you want, need, or feel.
- You don't have a sense of moral values and limits.

Boundaries Are Too Rigid

- You say no to any request that takes you out of your "comfort zone."
- You rarely share your feelings with anyone.
- You are scared that if people really knew you they would reject you.
- You have difficulty identifying what others want, need or feel.
- You rarely ask for or offer help.
- You hate to admit you are wrong.
- You usually blame others when problems arise.

Healthy Boundaries

- You enjoy helping others, but you can say no to others' requests when you need to.
- Your relationships are a mutual give and take.
- You respect and act on your values, even when others disagree.
- You know when a problem is your responsibility and when it is someone else's.
- You share personal information gradually, as you develop trust.
- You don't hang around with people who put you down or hurt you physically.
- You communicate your needs and feelings clearly in your relationships.
- You take responsibility for your own happiness and fulfillment. You allow others to be responsible for their own happiness and fulfillment.
- You value your opinions, feelings, and needs as much as others'.
- You are able to ask for help when you need it.

(Adapted from Loretta Sparks, LMFT www.energypsychotherapy.com)

Unhealthy Beliefs and Healthy Boundary Builders

Here are some examples of unhealthy thoughts or beliefs which allow boundaries to be ignored or violated. Following each unhealthy belief is a more healthy, reality-based affirmation for healthy boundary building.

Unhealthy: I cannot say "no" to others.

Healthy Boundary Builder: I have a right to say "no" to others when it is an invasion of my space or a violation of my rights. I'm able to say NO.

- *Unhealthy: I can never trust anyone again.*

Healthy Boundary Builder: I have a right to take the risk to grow in my relationships with others. If I find my space or rights are being violated or ignored, I can assertively protect myself to ensure I am not hurt.

- *Unhealthy: I would feel guilty if I did something on my own and left my partner out of it.*

Healthy Boundary Builder: I have the right and need to do things which are uniquely mine, so that I do not become so overly enmeshed with others that I lose my identity.

- *Unhealthy: I should spend as much time together with my partner as possible or else we won't be a healthy couple.*

Healthy Boundary Builder: I have a right and a need to explore my own interests, hobbies and outlets so that I can bring back to this relationship my unique personality to enrich our lives, rather than be lost in a closed and enmeshed system.

- *Unhealthy: It doesn't matter what someone is doing to me. As long as I keep quiet and don't complain, they will eventually leave me alone.*

Healthy Boundary Builder: I will not allow my space and rights to be violated. I will stand up for myself and assert my rights to be respected and not hurt or violated. If someone chooses to ignore me, then I have the right to leave them or ask them to leave.

- *Unhealthy: As long as I am not seen or heard, I won't be violated or hurt.*

Healthy Boundary Builder: I have a right to be visible and to be seen and heard. I will stand up for myself so that others can learn to respect my rights and my needs, and not violate my space.

- *Unhealthy: I'd rather not pay attention to what is happening to me in this relationship which is overly intrusive, smothering and violating my privacy. In this way I don't have to feel the pain and hurt that comes from such a violation.*

Healthy Boundary Builder: I choose to no longer disassociate from my feelings when I am being treated in a negatively painful way. I choose to be aware of what is happening to me, and assertively protect myself from further violation or hurt.

Inspiration

A Simple Daily Gratitude Practice

Each day, at the same time and in the same place, sit quietly and place your hand over your heart. Take a few moments to reflect on the day, or on your life, and become grateful for the following:

- One small thing you have (example – the pleasant taste of a favorite food or drink)
- One big thing you have (example – a safe home to live in)
- One small thing you don't have (example – a flat tire)
- One big thing you don't have (example – a terminal illness)

Do this each day for two weeks and see whether it has any impact on how you feel throughout the day.

Purpose Activity

Ask yourself these questions whenever you aren't sure what your purpose is. Notice whether your answers reflect what is true, or what you think SHOULD be true.

- What activities did you find most rewarding and meaningful in the past week? Month? Year?
- What are you good at and often unrecognized for?
- What experiences would you be willing to give up and what experiences do you crave more time for?
- What activities energize you?
- Which ones drain your energy?
- Is there anything you enjoy doing that does not seem to deplete your energy, even when you work hard at it?

If answering these questions brings you insight about something you want to do but aren't, answer the following two questions:

- What is one obstacle preventing you from doing this thing?
- What small step you can take toward removing that obstacle?

A Friend (poem)

A friend is not a fellow
Who is taken in by sham.
A friend is one who knows your faults
And doesn't give a damn.

(This sweet sentiment comes from a small poster that was made in the 1950's, depicting a boy and his dog. In an Internet search, I found it credited to J. P. McEvoy.)

Fun (Good for a Laugh - or at Least a Smile)

Sometimes, life is so-o-o-o-o good!

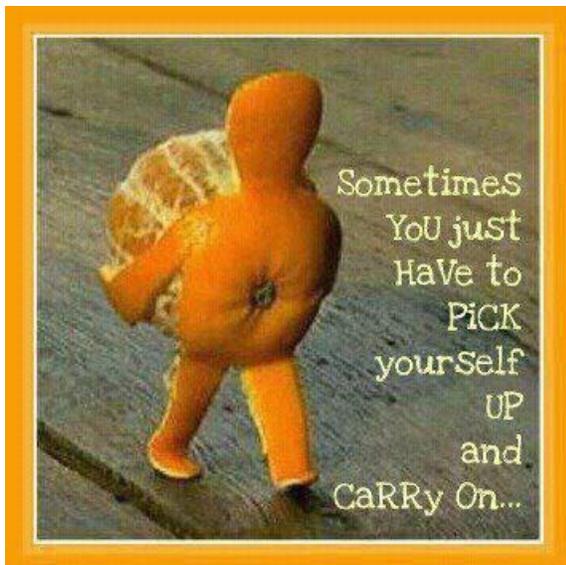


Whenever you feel like “doing the snoopy dance”, for goodness sake, show it.

I was in a local grocery store recently and saw a young girl excitedly peering into the freezer case. She seemed to be overjoyed, and was literally clapping her hands, jumping up and down, and whispering to herself: “YES!!” I lingered for a moment, taking in her exuberance, when her father walked up, pushing a cart. She looked at him and exclaimed, “Look, Daddy, they have it! You said if they have it, we can buy one!”

I couldn't see what the object of her excitement was, but as I walked away, I felt tears of joy coming into my eyes. I was so moved by the power of her unbridled happiness - and grateful to her, and her father, for the lovely fact that she felt so free to express it.

Then again, sometimes life is a little – or a lot – more difficult...



“In the middle of every difficulty lies opportunity.” - Albert Einstein

“When life is tough, don't worry, it'll pass.
When life is easy, don't worry, it'll pass.
- Unknown

REFRESHING BEVERAGES

As we all know, it's important to stay well hydrated, especially in New Mexico's arid climate. This summer, in a burst of creativity, I have been mixing up some super-refreshing and healthy beverages. The main ingredients are pure filtered water and ice. Since I have a sweet tooth, I like to use liquid stevia extract. If you prefer unsweetened drinks, just leave out the stevia. Here are some of my favorites. Adjust the amount of stevia or other ingredients to your own taste. Enjoy!

Iced Coffee or Tea

To one tall glass of ice, add:

One or two ounces brewed coffee (or strong tea)

Five drops liquid stevia extract

Splash of milk or half-and-half cream

Water to fill

Fruity Soda

To one tall glass of ice, add:

One or two ounces carbonated fruit-flavored soda (I love using Trader Joe's Italian Blood Orange soda)

Five drops liquid stevia extract

Water to fill

Vanilla Italian Ice

To one tall glass of ice, add:

One or two ounces half-and-half cream (or milk)

Five drops liquid stevia extract

One-half to one teaspoon vanilla extract

Water to fill

Wine Cooler

To one tall glass of ice, add:

One or two ounces of wine

Five drops liquid stevia extract

Water to fill

For a fun twist, add a wedge of lemon or lime, or a slice of cucumber

Sake Cooler

To one tall glass of ice, add:

One ounces of sake (Japanese rice wine)

Five drops liquid stevia extract

Several thin slices of cucumber

Water to fill

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I promise, I will not take offense. Thank you.