

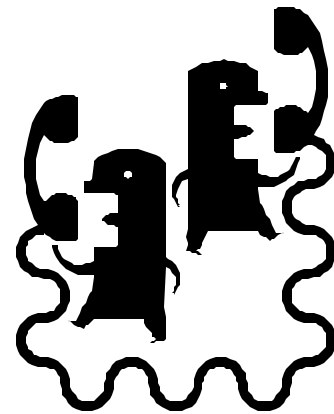
# CREATIVE CHANGE

*Better living through conscious choicemaking and self-expression*

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Howdy!  
Hey, there!!

*... An imaginary dialogue between you, the Reader, and me, Dana.*



Dana: I haven't seen you for a long time. How are **you** doing?

Reader: I've been great. Not even trying to be perfect any more! Those things we talked about in the past....? They're tamed for the most part. Although there was something I was going to ask you about....

Dana: That's the ticket! Glad to hear you doing so well. Makes all my studying and work worthwhile!

Reader: What happened to your **CREATIVE CHANGE** Newsletter? I gave one to my brother-in-law once. Did he ever call you?

Dana: You know I can't tell you that! But thanks for passing it on. Referrals get me the best clients.

Reader: Well, if you had kept sending them....

Dana: I'm sorry about that. I took time off from publicizing my practice for two reasons. First, I wanted to do more coaching and personal growth work with clients, so I was thinking about how to change direction a little. Second, I found out I had breast cancer.

Reader: Eew.

Dana: I'm 100% cancer free now. And you missed the months when I was 100% hairless-- You might not recognize me. Or the months when I was tired.

Everyone should be allowed to work half time when they are going through chemo. Naps were part of my treatment plan.

Reader: Are you still seeing clients like me?

Dana: Yes, indeed....

I do therapy with people who have problems deeply rooted in past events-- The events might be too much of the wrong kind of attention or neglect. The problems might be relational or emotional (depression,



*awareness*

anger, and/or anxiety). Coaching is for people who are aware of their creativity, resources and ability who want to expedite their successes.

Reader: Do you still do Marriage counseling?

Dana: Yes. And pre-marital counseling, living-together counseling, with straight as well as gay couples. And family counseling -- like when the relationships between parents and children, adults and elderly parents or even between workers and bosses have gotten ragged around the edges.



Reader: That's a lot!

Dana: Even though I think every relationship is unique the usual problem is applying the wrong "rules" to the particular relationship you are in.

Reader: Hmm.

Dana: And I've learned some new ways to approach those issues.

Reader: I'm glad to know that. I'm glad you've got **CREATIVE CHANGE up and** running again.

Dana: Thanks. Me too. And... I am going to be working with a long-time colleague named Keri Riggs. She and I both coach and do psychotherapy. We're going to pool our talents (which are diverse and amazing, actually) and write the future editions of CREATIVE CHANGE together. You may notice some format differences, too. We're still working on some of the details.

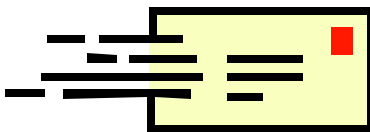


KERI RIGGS

Reader: Are you going to be in business together?

Dana: Not at this time. We're sharing the news duties.

Reader: How do I sign up?



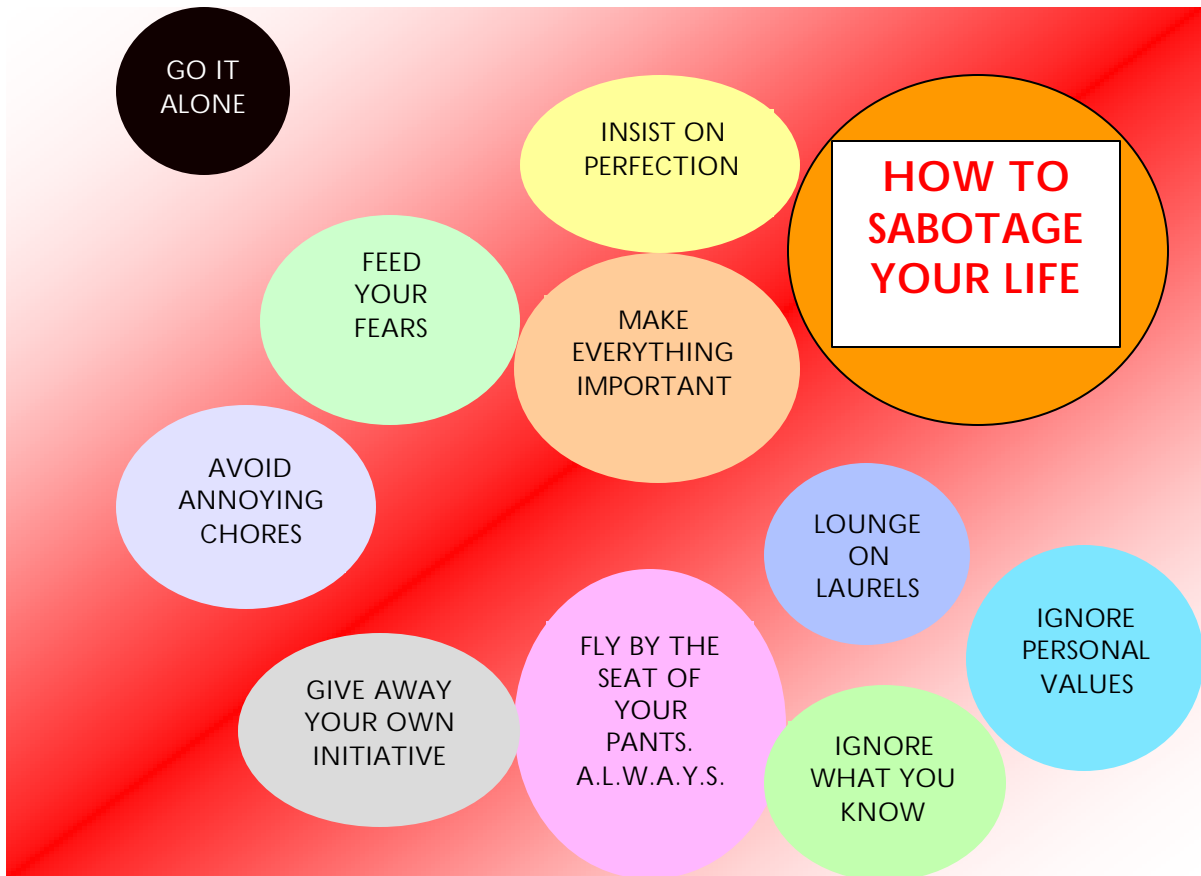
You are automatically signed up because you got the email telling you where to read this issue.

IF YOU DO NOT WANT TO GET FUTURE NOTICES OR NEWSLETTERS, send an email to [4dana@airmail.net](mailto:4dana@airmail.net) with "Unsubscribe CC" in the subject line. Look for our co-written newsletter in a week or so.

Feel free to forward the URL to your friends who might be interested in our articles, even if you don't think they'd want coaching or want anybody to know that sometimes they can use a little extra help.

Reader: That sounds good. I can't wait to read what you've got to say this time!





Don't you love lists? Lists can recognize, emphasize, categorize, organize, prioritize, and itemize ----- your accomplishments, your hopes, and your dreams.

Here's a list of ten ways people sabotage themselves. Some people only sabotage themselves at work; others only do it at home. More commonly, you do some self-sabotage wherever you go.

Which of the following behaviors feel, sound or look familiar?



- Insist on perfection.
- Give away your own initiative
- Always fly by the seat of your pants
- Ignore what you know
- Ignore personal values
- Lounge on your laurels
- Feed your fears
- Make everything important
- Avoid annoying chores
- Go it alone

## Imagine

- ✍ What would happen if you transformed these behaviors into self-support and self nurture?
- ✍ How is it costing you to ignore them? For another day? A week? A month? A year? Forever?
- ✍ What could you accomplish if you had a plan?
- ✍ How much easier will your life be if you act on your values?
- ✍ What is most important to you?
- ✍ How many MORE awards, compliments and laurels would you like to have?
- ✍ Would a compatible team make things easier?
- ✍ What risks are you willing to take?



## Imagine

You had ... ..

- Someone who would cheer you on. Not just for the big stuff, but for the little stuff that seems silly at first.
- Someone who really listened and paid attention to your hopes and dreams.
- Someone who stays with the program even when you are anxious or fearful.
- Someone who didn't tell you WHAT to do, but who helped you keep your promises to yourself.
- Who would help you utilize your strengths, talent and intuition to achieve authentic happiness?



## SPECIAL OFFER

Call to set up a complimentary 30 minute conversation about your challenges and dreams. 972 480 8897