

Think Tank January 2015

Focus: Real Change Starts with You

January offers us the hope and promise of a fresh start, an opportunity to make big plans for the year ahead. But many of us wait for a "better" or "perfect" time to make positive changes. In the meantime, we keep doing the same thing, day in and day out, even when it isn't working for us. Albert Einstein once said, "Insanity: Doing the same thing over and over again and expecting different results."

Isn't it time to do things differently?

Whether your goals are to stop engaging in addictive behavior (smoking, substance abuse, overeating, overspending, etc.), start eating better or exercising more or perhaps to live more purposefully, it's important that you start with a support team which could include a therapist, physician, teacher, friend or mentor. There are lots of people, websites and apps that will rally as your cheerleaders. By planning ahead, incorporating the help of experts, your goals won't seem so overwhelming. Small, positive changes can lead to burnout and frustration. Like so many things in life, real change comes about not as the result of the *intensity* of your actions but *consistency*. Switch out black-or-white thinking for something that is more realistic, and that allows for life to happen around you.

Instead of "making resolutions" for 2015, try "setting intentions." And remember, nothing changes around you until *you* change.

Happy New Year! And Happy New You.

Reconnect: Relationship Goals

Have you thought recently about your relationship goals? Now is the perfect time to do so. Sit down with your partner and plan together for the New Year. What do you want to do more of? How can you be more supportive of each other? Would you like to take a special vacation together? How can each of you help accomplish your goals as a couple? Write your goals down and keep them in a place where both of you will see them daily.

**Bibliotherapy: *Mastering My Mistakes in the Kitchen*
Learning to Cook with 65 Great Chefs and Over 100 Delicious Recipes
by Dana Cowin**

If the mere thought of spending time in a kitchen makes you think less of *bibliotherapy* and more like you *need* therapy, this is the cookbook for you. Written by longtime *Food and Wine* magazine



editor-in-chief Dana Cowin, it includes a surprising confession from someone you'd *think* would be a pretty darn good cook. Instead, Cowin admits that she was a spectacular culinary failure for most of her adult life. Her heartwarming story shares accounts of both hilarious cooking disasters and dazzling triumphs, the latter learned firsthand from many of the industry's best chefs. The book will inspire "anyone who loves a good meal but fears its preparation" and delight a wide range of readers from the culinary phobic to true foodies and everyone in between. Lots of great recipes and pictures, too.

Time-Out: What REALLY Makes a Better Parent?

It would be easy enough to convince ourselves that "good" parenting skills are somehow tied to the number of activities in which our kids participate. Yes, kids need both intellectual and physical challenges but they also need our physical presence and attention, not to mention good old-fashioned down time. Take a break this year from so-called "perfect" parenting and work instead toward "positive parenting." Here's an excellent example of a "Positive Parenting Pledge" from www.afineparent.com (a free and excellent resource, btw):



Positive Parenting Pledge

In 2015, I will parent with...
Less Yelling, More Understanding
Less Punishing, More Guiding
Less Intimidating, More Inspiring
Less Presents, More Presence
Less Stress, More Memories
Less Screen Time, More Face Time
Less Judgement, More Acceptance

For more insight on how these suggestions can relate specifically to your family, please contact [Laura Elpers](#) to schedule a parent coaching session.

Self Care Strategies: Let It Go

Yes, it may be the title and lyrics to the most overplayed song of 2014 but "Let it Go" is also an excellent strategy for dealing with life's challenges. Just as *Frozen's* Queen Elsa learned, we too can use our best abilities without fear or limit and release our past in order to move forward. In order to do these things, however, we must be willing to "let it go." Are you ready?

Take Two: *Big Eyes*

Remember the "Big Eyes" paintings of the 1950's and 60's? If so, you'll recall they hung in nearly every motel and gas station across America. You may also recall they were signed by the proclaimed artist, Walter Keane, who we've since learned wasn't the artist at all





-his wife, Margaret, was. This movie tells the story of the acrimonious divorce proceedings that ensued when wife accuses husband of stealing her work. Margaret is played by Oscar nominee favorite Amy Adams and Walter is played by Christopher Waltz. Director Tim Burton delivers a movie that "works both as a biopic and as a timelessly relevant piece of social commentary."

Insights Happenings:

Addiction Recovery Aftercare Group Insights has a mixed-gender group for recovering individuals. The group provides support and skills to help with relapse prevention, thus enhancing the odds of long-term recovery. For more information, call 214.706.0508 or email thinktank@insightstherapy.com

Inner Evolution Group Coaching Inner Evolution Group Coaching is an ongoing women's group designed to enhance a woman's fulfillment, harmony, and inner peace. Our mission is to empower women in their emotional and spiritual evolution through education, guidance, and support. The group will be facilitated by Amy Egan and Robin Knuutila. To read more about this supportive and healing women's group please visit the [Insights website](#). If you are looking for a deeper connection with yourself and other women call 214.356.7646 or email amy@innerevolutioncoaching.com to reserve your spot.

Our Time is Up: Stayed tuned for our February issue...