



C & H Counseling Solutions



Bottom Line Observations

- 1) If whatever I am doing is not working, I should feel free to try something else.
- 2) "Blame" is a luxury item; it does not lead to the productive or constructive resolution of a problem.
- 3) I have observed that I can't make anyone do anything they don't want to do!
- 4) I can only be responsible for and control my own emotions and reactions. I cannot control, or be responsible for the emotions and reactions of anyone else, no matter how hard I try!
- 5) My greatest strengths will at times be my greatest weaknesses; my greatest assets at times will be my greatest liabilities!
- 6) Every day I am alive, I become more and more like my parents. Refusing to see this dooms me to live it, without the possibility to change. Accepting this gives me the possibility to change my behavior, as I see it happening.
Corollary: Your children will grow up to be more like you than anything you ever tell them you want them to be, or anything they want to be. So, if you don't like what you see coming out of your children, the best use of your energy is: to focus more of your energy on working to become the kind of person you want them to be.
- 7) When I deny or avoid the negative emotions and experiences in life, I cut off an equal amount of the potential for positive emotions and experiences.
Corollary: The best way to smother the intimacy in a relationship is to avoid conflict and confrontation. If I don't know how to turn confrontation into resolution, I CAN LEARN!
- 8) What happens "to" me and around me in my life, is not nearly as important as how I choose to interpret and respond to those events and circumstances.
- 9) I will never be upset by anything anyone else ever says or does, or refuses to do or say that I think they should, UNLESS I am still judging myself negatively for doing the same or similar things. Maybe only in my thought, and maybe even decades ago, but ALWAYS if I am upset it will be because I am judging myself negatively for doing the same or similar things. The only way to truly eliminate my upset is to dismantle the negative judgments against myself and watch compassion take its place.
- 10) Whenever I have a negative thought about myself or someone else, or a negative emotion, I can instantly Know 3 things:
 - 1) It is false, and a lie
 - 2) It is an old tape playing. I am never upset about what is going on in the moment.
 - 3) If I act from it, I will make my situation worse!