



Collaborate Counseling: March Newsletter: Courage and Strength

Hello,

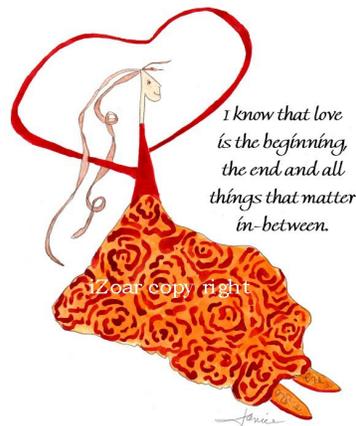
I cannot believe it is March 2017 already? As a couples therapist and also working with individuals, I spend a great deal of time helping clients gain insight and appreciation for their partners emotional needs, attuning to their own unique perspectives, longings and struggling to balance these often times, seemingly difficult tasks! If you work with me at Collaborate Counseling, you hear me talk Emotionally Focused therapy, and Sue Johnson, our founder. I wanted to start off this news letter with a quote from her that I believe, summarizes perfectly why many of us go to a couples therapist at one time or another in our partnerships:

"A long-term relationship is about missing each others steps, stepping on each others toes and hurting each other, and then turning back towards each other and falling back in love again and again for a lifetime.?"

Dr. Susan Johnson

[36 Relationship Questions to bring you Closer! To any relationship...](#)

Here are some fun and casual questions to ask your partner, whether it has been a

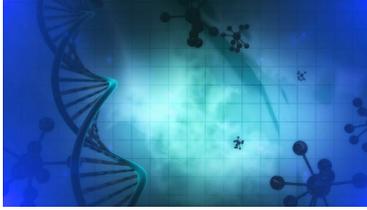


[Your Sexual Authentic Well being!](#)

For most of us, sex/intimacy is a major component for successful relationships. Whether we are having sex and experiencing intimacy; or it is something we had and now lost, many months or even years ago, it is key to being human! Therapists and clients struggle with this most personal and heart felt biological, emotional and social need that humans are born with. We are wired for connection at all levels, yet some come lose this connection and find it difficult to reconnect.

Emily Nagoski presents the research evidence for the two keys to sexual well-being: confidence and joy. Emily explains that confidence is knowing what it true; joy is loving what is true even when it is not

short or even a long term relationship. It might surprise each of you the details you may or may not know about each other! These could be used on a fun date night, or an ice breaker at a party. But, quiz each other and see how you might answer whether you just recently met your love or have been together for 15 plus years.



[Brain Molecule May be linked to antisocial behavior...](#)

Neuro-Science is beginning to explain so much more of our intricate day to day behavior than ever before. From hormones, to neuro-transmitters that control our breathing and help regulate our daily emotions as this article points out, seem to be at the center of our functioning. I firmly believe in the cycle of mind-body-emotions. How we interact, understand, treat, or ignore this cycle, impacts ourselves, our families and the results that we achieve on a daily basis. Psychologist, scientists and researchers are just beginning to uncover the depths of these molecules, the power behind the chemistry that circulates in our brains and how it controls or aids in our emotional and overall functioning or dysfunction. The article and author gives some interesting insight of one molecule and its impact on antisocial behavior and its effect.

[How to Not Be Miserable at Work Success Magazine, Shawn Achor March 2, 2017](#)

Do you have a job or a career? There is a difference. Shawn Achor is the author of the Happiness Factor, not a pop psychology happiness therapist, but a researcher from Harvard who links true human development with successful life changes and deep changes in depression

what you were taught should be true. Listen to this interesting TedTalk and her latest research on sex, biology and the brain for what might be "normal" for you!



[Single and Dating? How to be Certain about a Potential Mate?](#)

Many of the client's that come into my office are asking this question as they work thru their healing process and are beginning to start dating after a divorce or difficult relationship. Ester explains in a very uplifting and positive way that you may never be certain until exploring and giving your potential partner/date the time needed if that person has a long term future place in your life. We sometimes want, need, desire these answers quickly, perhaps to settle our own internal dynamics, stress, emotional pain, but until we give these new beginning relationships the space and energy needed to blossom, grow and even fail, we cannot answer if they will be a potential mate for life or just a few months! See what Ester explains is the key to answering these important questions in her article and years of dating experience.

"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do." -- Eleanor Roosevelt

and anxiety with small life changes. This article is connected to our work place and how we experience jobs versus careers. His work has been life changing for corporations, peoples and families across the world! You can sign up on his websites for daily inspirations.

Thank you for being a client of Collaborate Counseling and your referrals! I hope the information, links and videos you will find helpful and a resource when needed. As always, if there is anything I can do please reach out, send me an email or call!

Sincerely,

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