



## Collaborate Counseling: February Newsletter

Hello,

It is hard to believe it is the second month of 2018, and I have filled this month with emotion, podcasts and emotional content for all to consider! I hope you enjoy the variety of information and research that I pull together every month from many sources, telecasts, seminars and books that I find fascinating, informative and touching. Please call me with any questions or comments, I love to hear from each and every one of you.

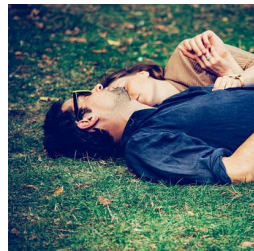
Carolyn



### [PODCAST: Warriors for the Human Spirit: Margaret Wheatley: Sound true productions.](#)

"Margaret Wheatley is a writer and management consultant who draws upon systems analysis, chaos theory, and other diverse fields of study to inform her work. She is the author of Leadership and the New Science and Who Do We Choose to Be? among others. "

In this Podcast, the speakers discuss, progress, our thinking ability and its impact on our ability to live in the moment and its impact on our overall health, spirituality and human development and history. Is there a place that each individual can make a



### **Ester Perel speaks :**

#### [Note the Positive Even if the Bickering is Killing you!](#)

Ester discusses how bickering can kill a relationship in those small, continuous moments. However, just making positive shifts can make monumental differences!

When we get caught up in what "bothers" us on a day to day basis, it is very easy to "Miss" the great things our partners DO DO right! Ester suggests creating a log every day of those small day to day things we do positive for each other. They will make a difference even after 10 days of noting how we effect each other.. take a listen!



Why do angry couples fight? Dr. Ellyn Bader, Founder of The Couple Institute, brings her insight

difference in this seemingly chaotic world, with violence, "myths of progress" per the author, and have the ability to create islands of sanity for each person and family? The podcast will present a very different perspective, could be taken somewhat depressive however, offers hope in an interesting, intellectual way if you are up for this very challenging conversation!



[How Do we Change our Brain For more Happiness and what we want and desire? Rick Hanson discusses.](#)

Every week I get a short mindfulness email reminder from Dr. Rick Hanson. They are wonderful and keep me in balance and attuned with daily insight to myself and hopefully my clients. Here is a great youtube video on his webpage (halfway down) on the brain, and neuroplasticity which I talk about a lot in session.



[Is your Partner or Spouse working TOO Hard?](#)

Read How Shawn

Achor's wife (*In the January 9th, Harvard Business Review*) discusses the Happiness Researcher's struggle with family balance and an issue that we all probably face at one point or another.

Stress, burnout, overwhelmed in your day to day job, family, trying to juggle demands can play havoc in every area of our personal and business or career.

Both Shawn and Michelle uncover, internationally what makes people and organizations healthy and "happy". This article and her amazing insight and years of in-depth research has put together some simple but thorough steps that we all could implement on a day to day basis to help

about angry couples from her practice and experience as a therapist below in her blog regarding differentiation.

### **"What is Differentiation?"**

Self-differentiation is the active and ongoing process by which a person defines himself or herself, their own thoughts, feelings, wishes and desires.

This can be very tough, because it takes internal self-awareness. Expressing desires openly also carries risk of seeing differences and facing conflict especially when a partner also expresses their desires.

Differentiation also evolves when a partner is able to listen and learn from the other's wishes and desires.

This requires tolerating anxiety and being able to hold two realities: "mine" and "yours." This allows each partner to become better known to the other.

### **What Differentiation Isn't**

It isn't pseudo-independence. Some partners think they are highly developed because they never rely much or even engage much with their spouse. When triggered, partners who stress independence will often retort, "I don't need you," or "I'll do it myself. I am better off when I do things on my own."

They have an overdetermined and over-developed emphasis on their own independence. In that process they often shut their partners out and inhibit any evolving differentiation.

### **Why Differentiation Matters**

It matters a lot because it is the route to sustained intimacy.

I like to think of it this way: partners actually feel intimate with each other in two ways.

1. First, they feel intimate when they connect sexually or emotionally.
2. Second, intimacy is also experienced in moments of clear differentiation. The kind of clarity that occurs when one partner exposes themselves in a deeper way can be, in fact, quite intimate. It's a kind of intimacy that is rarely written about and rarely talked about."

Let go of your need to have a

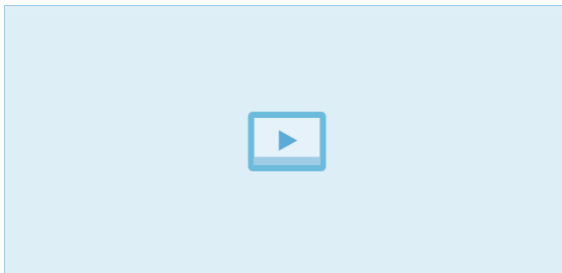
put the balance and "happiness" factor potentially back into pockets of our life.

## How do You handle Life's Uncertainties?

"It's hard to live with uncertainties, with all the question marks," says Rick Hanson, psychologist and bestselling author of *Hardwiring Happiness*. "But if we fight the fact of not knowing for sure," he adds, "we just make things worse."

In the following video clip from Rick's unforgettable 2016 Networker Symposium address, "How Hard Times Can Open the Heart," Rick shares how becoming more mindful of our body, our thoughts, and the linkage between the two can make us happier, more appreciative, and less fearful of the uncertainties in our lives.

Over 80 percent of the information processed in the brain comes from the body, says Rick. And often, he adds, like a night watchman, it calls out to the brain, saying, "In this moment, everything's alright."



certain outcome.  
This is a tough one.  
I like to know where I'm headed.  
I like to predict my outcome.  
I like certainty.  
I like the control.  
But that's the problem I realized,

I can't live an amazing life  
if I am always trying to predict the outcome.  
I found I lived small,  
controlled,  
and calculating.  
Life could not surprise me.  
I wouldn't let it  
So I let go.  
I stumbled a bit,  
I got comfortable without knowing.  
It's weird at first  
but the more I stayed in a place of uncertainty  
the more comfortable I got.  
I began not "needing"  
a certain outcome.  
It definitely is different  
but then I realized I allowed  
the world to surprise me  
in some amazing new ways.

(Janice Earhart, Izoar)

Thank you for being a client of Collaborate Counseling and providing your referrals! I hope the information, links and videos you 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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