



Collaborate Counseling
December/January 2022
Newsletter

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(Photo by Jill Wellington: <https://www.pexels.com/photo/happy-new-year-text-3334355/>)

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Happy Holidays!

I wish for each of you, that whatever your

The Soul Journey with Sarah
Moussa

experience was this season, it was filled with growth, joy, perhaps Peace. And if not, 2023 is almost here, a Fresh Start is offered to all of us! Thank Goodness!!

For some of us, this time of year and season can be difficult. Memories, loss, grief and the potential for growth and inspiration.

I have over the last few years in this news letter, suggested finding your new year words to focus on, meditate on, and move forward and begin discussing and processing their meaning in your life.

New Year's resolutions are fine, however, how long do we keep them? I have thought of my word or words from the beginning of 2022 and actually have seen pieces of them being implemented in my life! Which is exciting.

My words for 2023 are Simplicity and Joy. I met someone recently who discussed the etymology of words, which is fascinating. Here is one definition of JOY:

"joy (n.)

c. 1200, "feeling of pleasure and delight;" c. 1300, "source of pleasure or happiness," from Old French *joie* "pleasure, delight, erotic pleasure, bliss, joyfulness" (11c.), from Latin *gaudia* "expressions of pleasure; sensual delight," plural of *gaudium* "joy, inward joy, gladness, delight; source of pleasure or delight," from *gaudere* "rejoice," from PIE root **gau-* "to rejoice" (cognates: Greek *gaio* "I rejoice," Middle Irish *quaire* "noble").

As a term of endearment from 1580s. *Joy-riding* is American English, 1908; *joy-ride* (n.) is from 1909.
(<https://www.etymonline.com/word/joy>)

If you come up with your 2023 word or words, let me know, study them perhaps and let them sink deep into your soul and being. Who knows what could happen in this New Year?

(A wonderful Poem!)

'She sat at the back and they said she was shy,
She led from the front and they hated her pride,
They asked her advice and then questioned her guidance,
They branded her loud, then were shocked by her silence,
When she shared no ambition they said it was sad,
So she told them her dreams and they said she was mad,
They told her they'd listen, then covered their ears,
And gave her a hug while they laughed at her fears,
And she listened to all of it thinking she should,
Be the girl they told her to be best as she could,
But one day she asked what was best for herself,
Instead of trying to please everyone else,
So she walked to the forest and stood with the trees,
She heard the wind whisper and dance with the leaves,
She spoke to the willow, the elm and the pine,
And she told them what she'd been told time after time,
She told them she felt she was never enough,
She was either too little or far far too much,
Too loud or too quiet, too fierce or too weak,
Too wise or too foolish, too bold or too meek,
Then she found a small clearing surrounded by firs,
And she stopped...and she heard what the trees said to her,
And she sat there for hours not wanting to leave,
For the forest said nothing, it just let her breathe.'

Author: @Becky Helmsley.

THE BOOK CORNER:

[Generation Me](#)

Just completed a training on Millennials, love and relationship.

Carolyn

Joyfulness or an Attitude of Gratitude? Which comes first?

In January, I ask or suggest a word or two for the new year. Mine in 2022 were Joy and Peace. Brene Brown is based on solid research and expertise. An Attitude of Gratitude a Practice of Gratitude, daily leads to a more Joyful life.

I believe this, practice it everyday and even in the most difficult of circumstances, there is Joy and Peace that can be found.



The
Gottman's offer a multitude of resources for you and your partner.

emotionally focused therapy often discusses as well as the Gottman's, the behavior of "reaching towards each other in relationship". Do we reach enough, in the right way our partner can accept or do we just reach in the way that makes us feel good? Are we accepting of our

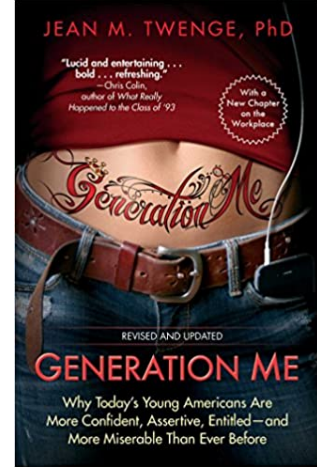
The trainer, discussed this book and Helen Fischer, whom I have done several trainings on trauma, love, and relationship.

Understanding yourself, your 20-30 something adult is key to engaging in a healthy, loving, and understanding relationship. Two things the author discusses that set this generation apart is the leading mental health struggle this generation is facing and their relationship details.

Anxiety is the number one issue for this population group. We have raised them with so many choices, possibilities, talents, that there is a fear, or anxiety of missing out, or there might be a better choice for them.

Secondly, they are predicated to have better marriages than MY GENERATION. They have watched their parents, in some cases, struggle with divorce, remarriage, etc. The Generation ME is waiting to get married and have children, are very conscious of their decisions regarding money, family, and their futures.

Every generation must live with their own angst based on the world they are born into, the parental and family structure, and the surrounding world., This author does a great job understanding, perhaps the misunderstood,. ME GENERATION!



2022 Word of the Year: GASLIGHTING

partners "Reaches" and attempts for bonding, and expressing love. Take a look at this article that describes this behavior.

[Are you REACHING for your partner everyday or Missing their Reaches towards you?](#)



(Photo by Andrea Piacquadio from Pexels)

Depressed? Struggling with Anxiety for most of your life? Tried several Medication's with no results?

[WHAT IS TMS Technology: TMS/Brainsway?](#)(click here for more information)

Call the TMS Center Centennial or Rodney at 719-232 8556. We look forward to the consults!



One of the

most emotionally abusive, tactic that partners, abusers, use is called Gaslighting. What is it and where did the term come from.

Here is another article, besides Hannah's that gives more insight, from a Domestic Violence article (domesticshelters.org)

*"In yet another tactic of **power and control**, abusive partners can use gaslighting to confuse and manipulate a survivor. This type of psychological abuse involves an abuser denying a survivor's memories of an event, questioning their perception of reality and accusing the survivor of "going crazy."*

What Is the Definition of Gaslighting? Gaslighting in intimate partner relationships is a manipulative abuse tactic where a survivor begins to question their own reality. This is done by the abuser questioning facts, denying memories the survivor has, undermining their judgment and bullying them into believing the abuser's reality.

Where Does the Term Gaslighting Come From?

"Gaslighting" stems from a 1930's play called Gas Light. In it, the main character is ultimately trying to convince his wife that she's going insane by dimming the gas lights in their home ever so slowly while convincing her the darkening house is all in her imagination. Later, the play was adapted into a movie starring Ingrid Bergman as the woman questioning her sanity.

(An Article By Hannah Kolodner:<https://www.belongly.com/gaslighting-the-2022-word-of-the-year/>)

25% off your next session when your referral comes in for a session!! I appreciate 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,

Carolyn Riviere

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