

Collaborate Counseling January 2025 Newsletter

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Happy New Year!

Letting go of 2024 and moving forward in 2025 can be a challenge but can be life changing and healing for ourselves and the people around us. For the new year, is there something, somebody, some feeling, some experience that is holding you back, creating chaos and anxiety in your day to day engagements?

"Letting GO" is a theme that I see in my office everyday and I think an appropriate topic for a New Year.

The actions necessary to let go, can be difficult, overwhelming and for some feel life threatening.

I have been listening and reading new research and speakers on this very concept. I have included a link to a new researcher, therapist, regarding a theory called, "let THEM!" "take a few minutes to listen.

What would be your "word" or words for 2025? Instead of a New Years resolution. Carrying a word of impact with you every day for the New Year is an idea I came up with a few years back. Is it calmness, peace, resolution, new love or successful relationship? Let me know!

Thanks!!
Carolyn



["LETTING go Podcast" we can do hard things., Mel Robbins: Your life changing "let them..."](#)

How do we do Let things go and move past the pain, suffering, resentment? And do this with peace, forgiveness, and growth? It is one of the most difficult skills to produce and work thru. But the good news is Mel Robbins has a simple method that makes sense, and you can start today.

I am going to start practicing, next time I am in a busy line at King soopers!

The book on amazon,(I am not connected to any sales on this site)

[LET THEM GO](#)



(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!

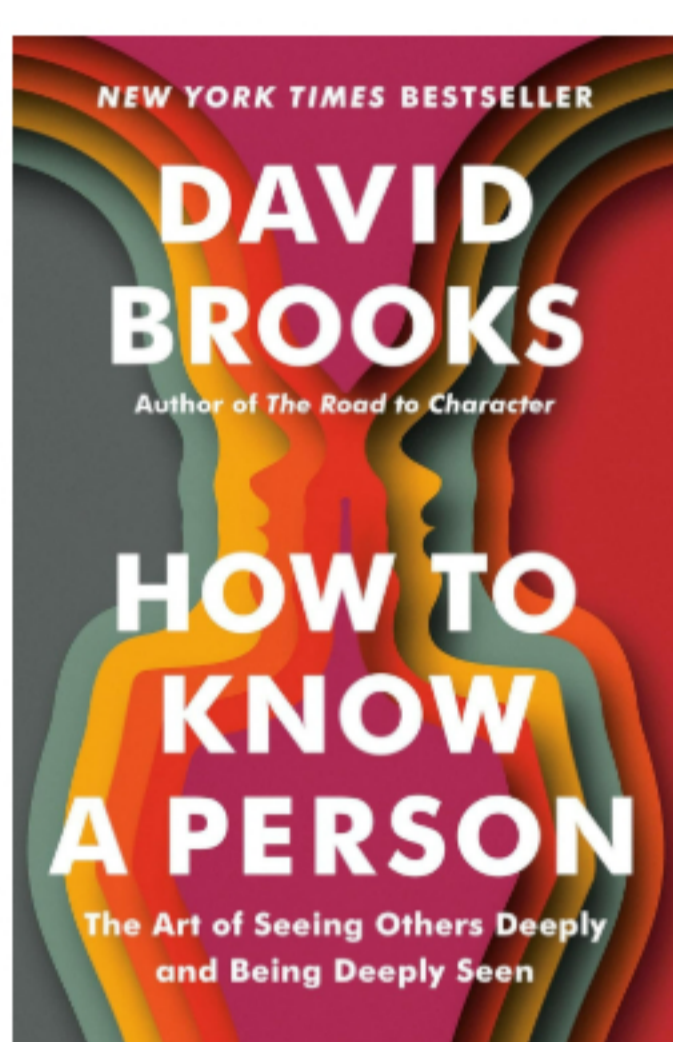
Thank you for being a client of Collaborate Counseling and providing your referrals! **25% off your next session when your referral comes in for a session!!** I appreciate your referrals!!

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
www.collaboratecounseling.com

THE BOOK CORNER:



How good do you believe you are in really knowing someone? Do you get a "good sense" from someone you just met or is your intuition shaking? David Brooks has many podcasts and I listened to him speak about this book and had to get it.

There is some impactful words regarding individual attunement and relationship. Not your typical coupling book on how too's.

[How to know a Person](#)

[How to say you are "Sorry"](#)

IS there a difference between expressing being sorry for an action or asking for Forgiveness? One is more of a statement and the other, forgiveness is more of an ask. There are steps to truly engage and offer to your partner the understanding of their pain by your words or actions.


The gottman's explain some key steps to asking for forgiveness and being truly sorry for your words or actions that my have caused pain or heartache.




Definition of "Letting GO"

"Letting go" in the context of emotional health refers to the act of releasing negative emotions, thoughts, or experiences that are holding you back, allowing you to move forward with a clearer mind and improved well-being; it essentially means accepting that you cannot control certain situations and choosing to not dwell on them, promoting a sense of peace and personal growth"

[Positive Psychology: Letting go for your Well Being](#)

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