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## Getting your first place

Here are some tips from H. May Spitz's L.A. Times article:

- Before you call about an apartment, read the ad carefully and have it in front of you for reference.
- Call when it's quiet and you can concentrate.
- Unless otherwise specified, call during business hours, 9a-5p.
- Verify the rental amount. Ask about appliances and laundry facilities. Find out if pets are allowed.
- Before you take a look, consider putting together a packet with a recent credit report, a letter of recommendation from a previous landlord or employer, and proof of employment or your student status.

Acceptance is simply seeing something the way it is and saying, "That's the way it is."

-Peter McWilliams



## GOALS

When you have something in mind, it's easier to plan on how to get it. Try this:

- Visualize your goal.
- Use the kind of language that will get you there.
- Draw it, listen to music that promotes it.
- Act as if you've already done it.
- Challenge your negative thoughts. Just because you have a thought doesn't make it valid.



## COUPLES CORNER

John Gottman Ph.D. is an expert in the field of marital counseling, and it is his experience that couples who work to reconnect after an argument are more successful couples. In other words, the repair is more important than the rupture. The more you work on healing the rift, the better your chance of surviving it.

Dr. Gottman claims he can predict with 90% percent accuracy which newlywed couples will remain married and which will divorce four to six years later. A therapist can help you interrupt damaging patterns and avoid divorce.

Take Care  
Monica