



# NEWSLETTER

December 2008



CALFAM is closed until Jan. 5, 2009. I won't be able to retrieve my phone messages until Jan. 5!



## Parents' Patch

You are your children's most important teacher. They learn so much just by watching you, so think about the way you treat them, your partner and other people you encounter. If they see respect, they'll mimic that and earn respect themselves.



Too much to do? Some folks say they feel like they're faced with a big ocean wave. If you think about that, you'll remember that waves come in different sizes; the towering ones, those that are waist-high, and the ankle-slappers. What they have in common is, they all go back to sea.

Every time.

Try breaking down your to-do list and take on those waves one at a time.

## Couples' Corner

We've talked about Repair being more important than the Rupture in your relationship. You may be able to tone down that squabble by the way you start it. Before you say anything, think about the words and tone you want to use. You can make your point more gently and begin to create the kind of relationship you want.

## TERMINATION

Therapy isn't supposed to go on forever. If you feel that we've met your goals, I invite you to come in for a last session. We can chat about your progress and how to manage your feelings in the future. You're always welcome to return!



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