

CHARLYNE GELT, PH.D.

Encouraging Self-Discovery and Empowerment



New Year's Resolutions Can Happen All Year 'Round

by Charlyne Gelt, Ph.D.



It's typical that people make New Year's Resolutions once a year! They wait until circumstance drags them kicking and screaming towards something new and different. This is called a crisis state! Why wait until your back is up against the wall, or you are on your knees, praying for a way out of the pain of old, destructive patterns? Whether extrinsic or intrinsically motivated, now is the time to begin the shift from "fixing others" to "fixing" the broken parts of the self? When should one begin the journey inward from a wasteland of an inner prison toward a search for meaning, emotional intimacy and a strong sense of identity? The answer is NOW!



decide to take action.

Most of us know that when it comes to the physical world around us, it often takes a crisis such as a tornado, earthquake, or flood, to make us grasp that something must be done. Undercurrents of disaster can stare us in the face for a long time before we finally

But What About Toxic *Emotional Environments*?

Unlike the external or even the political environment, toxic *emotional* environments are not due to bureaucratic bungling. Rather, they are unseen but *felt* emotionally. Repeated "slights" or a "cold shoulder" from someone you care about or a "heated argument" can be painful and can have a way of making us feel guilty about nothing. Often this occurs when *immature* warrior energy rules the roost, resulting in resentment and dependency that leaves little room for loving or affection. Even when angry outbursts are not physical, that energy is as toxic to the relationship as a methane gas leak! Communication styles that use shame, put-downs, or verbal abuse, mean everybody loses: self-esteem, intimacy, trust, security, autonomy, and independence. If you want support creating a change for yourself, please call:

Do you need a New Year's Resolution to create change? No. However, it is often an opportune time to assess unmet needs, to define your goals, and focus your attention on getting them met. But that can be done 365 days a year! Don't put it off. A healthy review of one's established patterns helps us work through life's emotional hurdles, assess strengths, develop new tools, explore options and set-up additional groundwork for a healthier, more enriched, balanced lifestyle.

What is your goal? What is your intention? The therapeutic goal is to bring awareness of unconscious belief systems that manifest as resistance, block change and create new tools for growth and individuation. Change your thinking; change your life!

Thank you for your support!

Charlyne Gelt, Ph.D.

www.drgelt.com