

CHARLYNE GELT, PH.D.

Encouraging Self-Discovery and Empowerment



New Year, New Thinking

Transform your resolutions into reality!

Templates help keep people's attention and provide a secure base from which to move out. So, I question what templates play a key role in defining your behavior and /or your actions. What do you want to break free from and what do you want to hang on to?



Turning Points

A turning point, either an external event or internal life crisis can create opportunity to transform "fate" into a deep life change. For many individuals, a "last straw," a separation or divorce, a trauma, an illness, a death – pushes one's back up against the wall—beyond the comfort zone – and there is turning back. It leads to an acute awareness of something missing within, an emptiness inside, and a felt need for change that sent one searching . . . along the yellow brick road . . . into the unknown.

The lack of awareness of essential, emotional boundaries, and the resulting emotional and mental mergers, exists in the general population of women involved in destructive relationship patterns. Growing up, Danielle says she was never allowed to think for herself. "I was always told that I couldn't do or say whatever it was I wanted to do. All that changed after my mother got sick with cancer and I learned the importance of speaking up and asking questions." Her mother's illness and

death caused an internal shift away from the family's emotionally enmeshed "my way or the highway thinking" to having "a right" to her own thinking identity. "Until then, I was always afraid somebody might get mad at me. I never used to stick up for myself," she says.

History Repeats

Women involved in destructive relationships unconsciously seek a resolution of that early wounding through a revolving door of destructive relationships. Learned behavior patterns evolved from fear of abandonment, aloneness and lack of boundaries; the upshot is further danger and abuse in relationships that replicate early emotional environments.

What fears hold them? What brings insight into self-destructive relationship patterns? Awareness alone about a painful or emotionally unfulfilling or destructive situation does not always translate to needed change. Oftentimes, it only brings more being stuck and depressed. An internalized protector-critic,

often a nurturer/pleaser part of the self, is an adaptive childhood survival tool. Unfortunately, it often remains in adulthood, preventing the fundamental emotional intimacy so essential in healthy relationships. Is it your time to create the change you want? Alone, it's hard to recapture that sense of possibility.

Are you interested in participating in a New Women's Empowerment Group? We are forming now. Please call me at 818.501.4123 to schedule an interview.