



Newsletter February 2003

Sample Email by Eric Rutberg, M.A.

Dear Eric,

"I am very upset with my teenage daughter. She is impolite. Whether I have friends over to the house or we meet someone at the market, she refuses to say hello, and even starts to walk away before I'm finished with my conversation. Why does she do this?"

Your daughter's personality can be chalked up to the influence of the Nature/Nurture dynamic. We are all born with a genetic code that formulates a significant part of our personality. From birth, the environment (our home, our parents, teachers, experiences and so on) can nurture those personality traits. Too often though, parents impose their Nature onto their children. The prominent Psychologist and philosopher Carl G. Jung suggests, in his writings, the primary source of difficulties between children and their parents is the inability for parents to accept and support their children's innate personality (nature). Rather, they impose their own style of interacting upon the child as the "right way" to do things.

"We can't expect our kids to want the same things we want, or to behave the same way that we behave. By learning more about our children's personalities, we can help them develop their strengths, overcome their weaknesses, and become independent, happy adults." - Isabel Briggs Myers .

In this case, it sounds like you are trying to pass along some specific values to your child. Being respectful to others is a reasonable and commendable value to be teaching your daughter. I suggest that rather than asking, "Why my daughter is rude," I'd like you both to get together and figure out "how" to solve this problem.

When planning your outing, next time, discuss with your daughter the possibility that you may run into people you know. Talk about the expectations you have for each other if this happens. You might begin by saying something like; "I understand you get uncomfortable and impatient when I chat at the store with folks. Do you think we can figure out a way to address this issue so we both feel good about the outcome?" In Stephen Covey's book, *Seven Habits Of Highly Effective People*, he proposes one must "first, seek to understand, then be understood." With this approach, you are

modeling important skills as well as working to instill values. In addition to being polite to others, you are teaching effective communication techniques.

I believe that if she feels understood and respected by you, she will soon learn to respect and understand your values. Solicit your daughter's ideas. Would she appreciate your comments on the primal nature of her friends piercing, or would she rather you simply say hello? "You wouldn't," she might gasp. "You're right," you respond. "That is not the way members of our family treat one another's friends." Often it takes many such moments to initiate change or instill a value. Yet, if it is done with reason, passion and love, there's a good chance it will stick...eventually.

Featured Therapist: Michael Boarman, CPC, CSAC

Michael Boarman,
CPC, CSAC
Counseling



Mike has worked as a professional psychotherapist for 23 years. He is certified in the State of Arizona as a Certified Professional Counselor and Certified Substance Abuse Counselor. He specializes in the following areas: 1) Terminating abusive relationships both of a physical and emotional nature that occur in dysfunctional families. 2) Domestic violence prevention both in the workplace and home environment 3) Behavior modification plans for Oppositional/Defiance disorders and Attention Deficit disorders in children and adolescents. 4) Sexual disorders and sexual abuse recovery. 5) Veterans suffering from Post Traumatic Stress Disorder. 6) Sleep disorders and Lucid Dream Training, and 7) Dysfunctional Families. His practice is located in Arizona, which is on Mountain Standard Time. **Mike is available on Tuesday from 8:30 AM to 11:30 AM for e-mail and chat mediums.**

Upcoming Events

The **free online chat session** will be on February 2nd, 2003 and will be hosted by Dr. Judith Allen. The March chat session will be hosted by Jef Gazley, M.S., and will be held on March 2nd, 2003.

February Contest Winner

Congratulations to Clyde S. He is our February winner. Enjoy.

Featured Hypnosis Audiotape

Sleep Tape - Beach

Imagine yourself on a secluded white sand beach in total relaxation! Palm trees are swaying in a gentle breeze, and waves are rolling onto the beach in a hypnotic rhythm. Stop anxiety attacks. This hypnotic tape sleep aid uses beach guided imagery and background music from "Peaceful Pond" by Dean Evenson (BMI) (c) 1996 Soundings of The Planet, 1-800-93PEACE. By Jef Gazley, M.S. ©1998

Price: \$15.00 ea.

http://www.asktheinternettherapist.com/hypnosis_sleep_tape_beach.asp

Special Note

Be sure to utilize our **free** discussion boards. These chat rooms are formatted by the following special topics- Hypnosis, Chemical Dependence, Co-Dependence, Parenting, Post-Traumatic-Stress-Disorder, Medical Issues, Dysfunctional Families, Attention Deficit Disorder, Relationships, Veterinary Concerns, and Depression. As you are probably aware asktheinternettherapist offers online individual paid appointment times for in depth assistance with any of our professionals. Our discussion groups however are visited from time to time by our staff and their comments to discussions or questions are provided free of charge. This is an added benefit in addition to client self-help that makes up the bulk of the discussion group traffic. Visit soon.

Remove

If you would like to be removed from the asktheinternettherapist newsletter just reply to this e-mail and place remove in the subject.

*We believe better health
begins with better Mental Health.*

Jef Gazley M.S.

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