



## **Newsletter November 2003**

### **Featured E-mail by Jef Gazley, M.S.**

#### ***Never been kissed!***

*Dear Carly,*

I think you really said it yourself in the last part of your paragraph. I really do believe that the way the world is set up everyone eventually couples up and I do believe that this is just one of those really bad stages in childhood and early adulthood that will pass. Your message brought back those painful early years for me as well. Everyone was looking at everyone else and judging everything. Heights, weight, clothes, losing virginity, the type of music, are all examined for uniformity. Normal is looked at as an incredibly small range of behavior and if you aren't seen as in that area, then you are looked at as odd.

Luckily, the older people get the less they care about how others are and normal is looked at as extremely broad. It sounds as if you know the true range of normal because of not bowing to peer pressure. However, during the early years this could actually make life more difficult for you. Others could see you as odd or different and your social life could suffer. The last couple of years of college should prove to be easier. Often peoples' tolerance grows during those years.

If you were the only Asian girl at your school and didn't feel that you fit in it is very possible that you have internalized the idea that you are somehow too different to be accepted. This belief could be coloring your world view at the present time. Just as positive thinking works so does negative thinking. What we believe and what we visualize has a tendency to come about.

Knowing this and doing something about it are two different things however. Certainly practicing positive visualizations and self statements help and need to be practiced on a regular basis. However, I fully believe that the best way to change negative thoughts and behavior is to treat it in a paradoxical fashion.

What I mean by this is that often the more we care about something and the more we worry that we aren't good enough to achieve it the more difficult it is to attain. It seems to elude us in proportion to how much we seem to need it to feel OK about ourselves. Be assured that other people are able to sense this on some deep level and they react accordingly by moving away. This is probably what happened with the young man who was interested. It sounds like you knew this as well, but the need to connect felt too great to stop for you at that moment.

Practice not caring so much and put as much energy into self-love as you can. The less important you make things and the more you care about yourself regardless of your performance on THINGS or who likes or approves of you, the better you will do and the more attractive you will seem.

I wish you the best.

Jef Gazley, M.S.  
www.asktheinternettherapist.com

## **Featured Therapist: Jef Gazley, M.S.**

### **Jef Gazley, M.S.** *Psychotherapy*



Jef Gazley has practiced psychotherapy for twenty-six years, specializing in Love Addiction, Hypnotherapy, Relationship Management, Dysfunctional Families, Co-Dependency, Professional Coaching, and Trauma Issues. He is a trained counselor in EMDR, NET, TFT, and Applied Kinesiology. Jef received his B.A. in Psychology, History, and Teaching from the University of Washington, and his Masters in Counseling from the University of Oregon. Jef is State Certified in General Counseling, Marriage/Family, and Chemical Dependency. He is dedicated to guiding individuals to achieving a life long commitment to mental health and relationship mastery. His private practice locations are

Scottsdale and Tempe, Arizona. Jef's hobbies include music, and a love for all sports (he's an expert fencer). His favorite readings are history, biographies, and Russian authors. Jef resides in Scottsdale, Arizona with his partner, Jan, three cats and a dog. **He is available from 1PM to 5PM on Sunday. He accepts audiovisual, telephone, chat, and e-mail modalities.**

## **Upcoming Events**

Holidays are coming and there's nothing better than to be prepared!! Give someone one of our Hypnosis CDs or Tapes that you can find at

[http://www.asktheinternettherapist.com/hypnosis\\_hypnotic\\_audiotapes.asp](http://www.asktheinternettherapist.com/hypnosis_hypnotic_audiotapes.asp)

You can get 15% off your purchase when you enter HOLX03 as the coupon code while shopping at our site!

## **November Contest Winner**

Congratulations to Krista B. She is our November winner. Enjoy Krista.

## **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](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.

[www.asktheinternettherapist.com](http://www.asktheinternettherapist.com)