

AUGUST 2008 NEWSLETTER

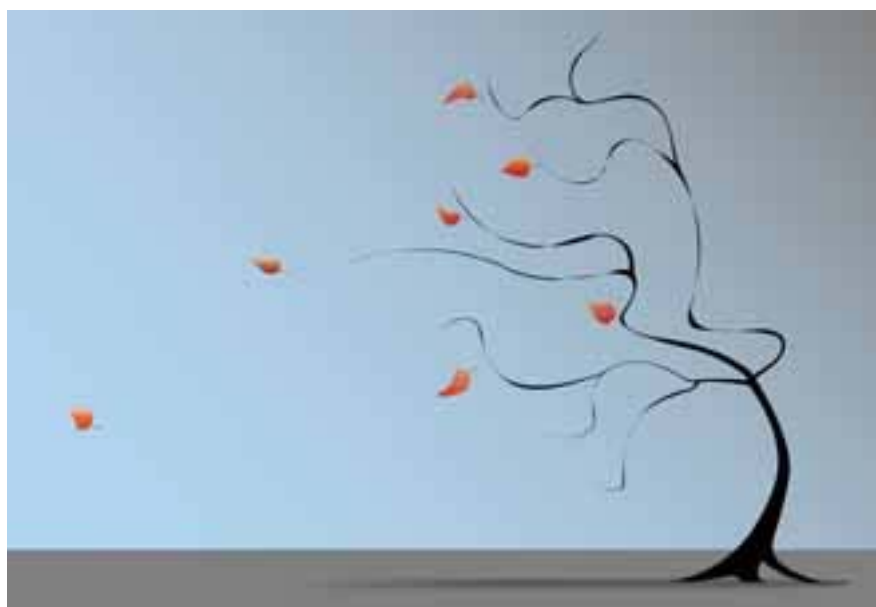
THEME: Flexibility to Weather Life's Storms

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Physiotherapist & Workshop Presenter



SELF TRANSFORMATION
THERAPY

'Thought of the Month': Flexibility to weather life's storms



True strength requires flexibility. That is why concrete structures are made with steel reinforcement inside. With steel, tall concrete buildings flex and withstand greater strain. Similarly, personal strength comes from trusting life and 'going with the flow' - flexing, rather than rigidly hanging on by your finger tips.

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Thought of the Month Article:

People often ask for counselling at a time of crisis or distress. Their issue has reached a point where their coping is near its limit. I describe this as 'hanging on by their fingernails'. This refers to rigidly holding on to control, trying to continue to function, when they are struggling to get through each day. There is no flexibility in this state. Therefore, a person will feel that if they let go, they will lose control of themselves or their emotions. This perception is a result of rigidly soldiering on through stress, running their resources down, and seeing no other way out.

True strength requires flexibility, from the ability to go with the flow. It is our fear which causes us to try and control our life events and the people around us. However, our only true sphere of control is of ourselves. If we accept this, we can foster an attitude that we need to work with life and with other people. We need to read what life is asking us to learn and in what direction we need to go, even if we are scared. With people,

we need to give and take, while being strong enough to look after our own needs.

This flexibility is what allows us to manage stress. This creates resilience to cope with the demands of our day. It also means we can better look after our own energy resources. This is based on true inner strength, which we can use to draw boundaries to remain true to ourselves, but with enough flexibility in our attitude to accommodate others.

Disclaimer: The content of this newsletter is for information purposes only. It does not represent advice for individuals. For individual advice, please see a suitably qualified mental health practitioner.

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