

# Clarke Counseling Center

Monthly Newsletter

APRIL 2011



## In This Issue

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## Coming Events

Monthly Adult AD/HD Support Group.

(Meets 4th Thursday of every month) Next one is Thursday, April 28th.

Cost:

\$50 at the door  
\$45 in advance, or  
pay for 4 sessions up front  
and pay only \$175 (save \$25)

To reserve your seat, call  
or e-mail Sherry Clarke at  
301-515-1321.

Next Conscious Dating Workshop

Dates: Fri., Jun. 17: 7  
PM - 9:30 PM and including  
Sat., Jun. 18: 9:30 AM - 5  
PM

Where: 13827 Bronco  
Place, Germantown, MD  
20974

Cost: \$99 - Early Bird  
Special 'til Jun 10; \$109  
after that; \$89 per person if  
3 or more sign up together.  
Pay by Check, Credit  
Card or PayPal.

Includes: 9 hour workshop;  
workbook and supplies;  
Friday night refreshments

## Greetings!

If you're going through difficult challenges right now, I hope you'll take some time to read this issue of the newsletter. There is hope! You have more strength than you realize. If life is moving along nicely for you, but you know someone who could use some encouragement, forward this issue to them.

There are a number of activities and events planned for the next few months. I would love to see you attend one or more.

I can help you with the issues you are facing. It is ok (and even courageous) to accept help. My areas of expertise are:

- [Life Coaching](#)
- [Adult AD/HD](#)
- [Marriage and Family Therapy](#)
- [Conscious Dating Workshop Facilitator](#)
- [Individual and Pre-Marital Counseling](#)



Sincerely,

Sherry Clarke MA, LCMFT

## Finding the Miracle



The exhausted soldier shifted his focus to yet another pile of rubble. As he had done so many times in the last three days, he started to pull pieces of wood, glass and metal out of the heap in front of him. This time, however, he heard a faint sound, like a child's cry.

"No," he thought to himself, "It isn't possible that I'm hearing a small child in this rubble. I must be too tired." Then he heard the sound again. This time it was louder. He called over another rescue worker. They both heard the unmistakable sound of a baby crying from deep inside the twisted, mud-caked heap of debris.

And so it was: three days after the devastating tsunami destroyed their Japanese village, rescuers found a four-month-old girl, wrapped in a cozy pink blanket, unhurt and ready to be reunited with her parents. Mom and Dad had survived the devastation and were heartsick over the "loss" of their daughter. The joy over the soldiers'

and Saturday lunch; and \$15 value CD

To reserve your seat, call or [e-mail](#) Sherry Clarke at 301-515-1321.

#### Speaking Engagements:

**June 25** - LDS Singles Conference in Annapolis, MD. Topic - "Embrace Principles of Conscious Dating"

**July 28** - Jewish "Over 50" Singles Group in Rockville, MD. Topic - "How Can You Consciously Date?"

#### Quick Links

[Clarke Counseling Ctr. Sherry's Coaching Is ... About Your Coach](#)

[Relationship Coaching for Singles](#)  
[Free E-Program Signup](#)  
[Relationship Resources](#)

[AD/HD Life Coaching](#)

[Marriage and Family Therapy](#)  
[Getting the Most From Couples Therapy](#)

[Testimonials](#)  
[Client Forms](#)

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miraculous discovery was even more poignant amidst the grim backdrop of destruction and death. Here was a pink, smiling glimmer of hope!

Just as this Japanese family found a miracle in the ruins of their village, so can we find the miracles in our "ruined" lives. As human beings, we have the incredible capacity to see life, death and suffering from a larger perspective. We are able to sense that life is "bigger than it appears." This unique capacity is so ingrained in us, in fact, that there is no challenge too big or adversity too great that we cannot find at least one miracle in the rubble.

We know, from the experiences of survivors, that we are all blessed with this great potential. In practice, however, some are more blessed than others. Why is it that someone who has experienced devastating loss can go on living a happy life while his adversity-free neighbor sits at home depressed? What is it that separates those of us who "suck lemons" from those who make lemonade?

There are a number of reasons that make us different in this regard, ie: the way we were brought up, our life's experiences, our emotional well-being, etc. But in studying survivors of Nazi death camps, POW camps and other atrocities, it seems that all explanations can eventually be reduced to a common factor: meaning. Those who can find meaning in even the most difficult and destructive challenges of life are the same people who survive and thrive in the roughest of circumstances.

These are the people who say, "I am MEANT to get through this." "I have a purpose in life, and this challenge will help me accomplish my purpose." They might also admit, "I honestly don't know why I'm going through this. With my limited view I see no purpose or meaning, but I am confident that there is meaning in it. One day I'll know."

So if you are in the middle of trying times, even THE most trying times - take a moment each day to re-discover the meaning in your life of trouble. And if you simply can't see it, be patient. It is there, waiting for you to dig through the rubble. With patience, you'll find the miracle.

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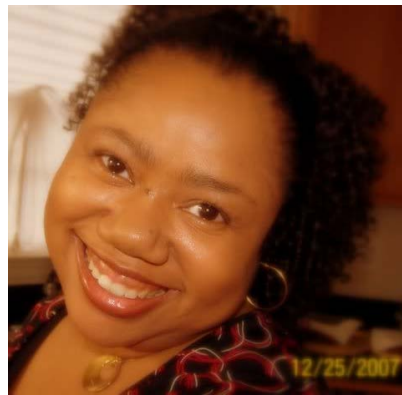
## Counselor's Corner

### Resilience

To segue from the above article - let's talk about resilience.

Resiliency is what gets many people through difficult times.

They cry, have pain, discouragement, anger and other emotions like other people. However, they



bounce back from tragedy, trauma, risks and stress more readily. Why is that?

Psychologists' research has found that some people successfully overcome life difficulties by drawing upon internal qualities when encountering a crisis, major stressor or trauma. Let's look at what those are: supportive relationships; service to others (humans, animals, organizations); sense of humor; an inner sense of life purpose and motivation; independence (distancing from unhealthy situations); being successful in a particular area; clear and defined personal boundaries; optimism; flexibility; self worth; spirituality; perseverance; and creativity.

How many of these qualities do you have? How would you rate your resiliency? Which characteristics are missing in your life? Which are you willing to add, so you can handle present and future stressors more easily?

Suggestions for implementation into your "life skills toolbox" are:

- Focus on strengths you already have and build upon them.
- Promote positive self talk.
- Explore self-limiting beliefs that prevent you from reaching your goals and vision and reframe them into positive beliefs.
- Have patience as you learn, heal and grow.
- Expand spirituality in your life by connecting with a Higher Power to gain strength and wisdom.

Therapy and coaching can assist you in working on these.

Spring is a wonderful time to go through this process - all around us in nature we see rebirth and growth after the long, cold winter. What can you do to encourage new life for yourself? As we see the leaves on the trees burst forth and flowers bloom, how can we encourage similar activity in our individual lives? Watch the awesome miracle of Spring and encourage that place in yourself that wants to bloom. Give your body, mind and spirit a Spring cleaning. Take advantage of this season in your life - to build your resiliency. Pay attention to your life's potential blooming.

Embrace the possibilities of Spring!

Warmly,

Sherry Clarke MA, LCMFT

Interesting Quotes About Adversity



"If you're going through hell, keep going." - Winston Churchill

"We have no right to ask when sorrow comes, 'Why did this happen to me?' unless we ask the same question for every moment of happiness that comes our way." - Author

Unknown

"The robbed that smiles, steals something from the thief." - William Shakespeare, Othello

"I know God will not give me anything I can't handle. I just wish that He didn't trust me so much." - Mother Teresa

"We acquire the strength we have overcome." - Ralph Waldo Emerson

"If I had a formula for bypassing trouble, I would not pass it round. Trouble creates a capacity to handle it. I don't embrace trouble; that's as bad as treating it as an enemy. But I do say meet it as a friend, for you'll see a lot of it and had better be on speaking terms with it." - Oliver Wendell Holmes

"Turn your wounds into wisdom." - Oprah Winfrey

"If you can find a path with no obstacles, it probably doesn't lead anywhere." - Frank A. Clark



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