

# Clarke Counseling Center

Monthly Newsletter

AUGUST 2011



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## Coming Events

[Monthly Adult AD/HD Support Group.](#)

(Meets 4th Thursday of every month. but will not be held this month) Next one is scheduled for Thursday, September 22nd.

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.

## 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](#)

## Greetings!

There are few virtues in life that can transform us as thoroughly as the virtue of gratitude. When we look around us and truly appreciate our friends, relatives and acquaintances (despite their faults), we become free in countless ways.

Living a life of grace and gratitude can make us truly happy people. Should we not study this phenomenon a little more closely?

I am available to assist you in ways to "turn a corner" towards greater happiness. My specialties are:

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

Sincerely,

Sherry Clarke MA, LCMFT



## Who Is Your "Electricity?"

I was about to put a forkful of ravioli in my mouth when the power went out. The restaurant's air conditioner quit humming, and the sudden quiet seemed to subdue all conversation. Within a few minutes, everyone at our table began to feel the rising heat, and at that moment, someone made a rather telling comment - "Maybe we should ask the staff to bring out a fan." Someone else responded with what should have been an obvious fact - "Fans need electricity too!"



Everyone at the table laughed as they realized the effects of a power outage aren't immediately obvious, that it takes time to fully recognize the predicament when you lose something as pervasive and ubiquitous as electricity. Indeed, how often do we continue to flip light switches in our homes when we know full well there is no power?

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The same holds true for those in our lives who, like electricity, become so much a part of life that we take them for granted. City sanitation workers go on strike and we suddenly know what life would be like if we had to tote our own garbage to the landfill. An employee accepts a position with another company, leaving co-workers behind who suddenly gain an appreciation for the work she had done. A mother leaves town to visit a sick relative, and the remaining family members suddenly realize just how much mom did for them. Why don't we fully appreciate people in our lives?



Charles Plumb

The famous story of fighter pilot, Charles Plumb, is an excellent example. Plumb was shot down over Vietnam and spent six years as a POW. He survived and had the opportunity to speak to numerous audiences about his experiences. One day, a man came up to him at a restaurant and recited the heroics that had

made him famous. Surprised that the man knew so much about him, Plumb asked him how he knew. He replied, "I packed your parachute." This simple statement made such an impact on Plumb that he couldn't sleep. He suddenly realized that his very life had been dependent on a man he would never recognize on the street, a man who worked tirelessly and anonymously to ensure his safety. It was a sobering realization.

Who is your "electricity?" Who are you taking for granted? How much effort does it take to simply acknowledge people in your life? Taking time for small acts of appreciation will yield tremendous returns spiritually, mentally and emotionally for you and for others.

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## Counselor's Corner

3 Steps to HAPPIER in 30 Days or Less

Dear Readers:



Do you want to feel a spring in your step? Do you feel "down in the dumps" and want to feel your burdens become lighter?

Try this:

1. **Create a List.** On a large piece of paper, write your name in the center. Write small to give yourself lots of room. Surrounding your

name, list every person who supports you in some aspect of your life. Start with those closest to you - a spouse, daughter, son, mother, father, etc. As you write their names, take a moment to picture that person in your mind. Now, move on to people in your present and in your past who have contributed to your life, well-being and comfort. Don't forget anyone! The list might include, for instance, your dentist, lawyer, shoe shiner, plumber, realtor, church organist, etc. When you've thought of the names of everyone, finish up with those who are nameless to you; the department of transportation, assembly line workers at the plant where your car was made, farmers who produced the lettuce in your salad, etc. etc. See how complete you can make this list! Do this exercise with gratitude in your heart and it will change you.

**2. Take Action.** From the list you've created, pick four people who have seldom heard a "thank you" from you. Make sure you include at least one person or persons from the list of "nameless" people. Write them a thank you note and make your best effort to get it to them.

**3. Continue the Action.** Every week for the next 30 days, pick four more people who will receive a heartfelt thank-you from you. It doesn't always have to be a written note, but could be a sincere phone call or in-person contact. After 30 days, ask yourself, "How does this exercise make me feel?" You may find you want to continue the exercise beyond 30 days.

I would be willing to bet that after 30 days, you'll find yourself in a whole new positive world. You'll also begin to see the side benefits of being surrounded by positive people who have been inspired by . . . you.

Have a great day!

Sherry Clarke MA, LCMFT

## Interesting Quotes About Appreciation

"Silent gratitude isn't much use to anyone." - G.B. Stern

"The only people with whom you should try to get even are those who have helped you." - John E. Southard

"We can only be said to be alive in those moments when our hearts are conscious of our treasures." - Thornton Wilder

"There is no such thing as



gratitude unexpressed. If it is unexpressed, it is plain, old-fashioned ingratitude." - Robert Brault

"There is not a more pleasing exercise of the mind than gratitude. It is accompanied with such an inward satisfaction that the duty is sufficiently rewarded by the performance." - Joseph Addison

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