

Clarke Counseling Center

Monthly Newsletter

JUNE 2011



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Coming Events

Monthly Adult AD/HD Support Group.

(Meets 4th Thursday of every month) Next one is Thursday, June 23rd.

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.

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

Greetings!

How important is freedom in your life? Our next major holiday celebrates freedom in our country, but we often unknowingly give up our freedom in unhealthy relationships.

This issue of my monthly newsletter is about freedom within relationships. It's an important topic, so I hope you will take a few moments to read it.



I can help you experience freedom and joy in your important relationships. 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

Celebrate "Inter-Dependence Day"



Americans celebrate "Independence Day" each year to commemorate the day we won our freedom from British rule. Historians might wonder what would have happened to our country if we had not declared our independence. Would we have become a super power? Would we have

become the world's biggest economy and the source of massive humanitarian aid to the world's impoverished regions?

What about your personal relationships? Are you free to grow and progress? Are you free?

You may be in a relationship that does not allow freedom to pursue personal growth. On the other hand, you may be fortunate enough to have learned the principles of "inter-dependence" which allow each person in a relationship to feel supported and valued as they grow.

Kimberly, a divorced mother of two, was concerned that her next marriage might become much like her last -

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stifling and unbearable. The day she became divorced was truly an "Independence Day." She felt the excitement of new-found freedom, and for the first time in many years she knew "the sky was the limit" on who she could become. But Kimberly did not want to live her life alone and wondered if it would ever be possible to experience that kind of freedom while being married.

The answer to Kimberly's question is, "Yes!" Marriage can be an incredibly freeing experience, where both spouses are free to be who they can be. Truly successful marriages are not characterized by control and oppression, but by unselfish love and needed nourishment. How is it possible?

The key to a successful couple lies in being successful individuals. When one spouse has difficulty "self-nourishing," he or she will usually look to the other spouse to provide that love and support. Often, both people in a relationship are looking to each other to provide something that should come from within. This kind of "co-dependent relationship" results in jealousy, manipulation, control, unfulfillment and misery.

On the other hand, when both spouses are "self-nurturing" and independently happy individuals, they are free to offer love and support as "icing on the cake." Interdependence is essentially saying to your spouse, "I know you don't need my love to be happy, but because I love you I will offer it anyway. I want you to succeed, and your success truly feels like success to me too."

We are all designed to be free, self-aware beings. We are also designed to have close, intimate relationships. If you are single and dating, be a "conscious dater." Learn to take control of your own marital happiness by choosing a companion who has a willing and loving heart; who will encourage you to grow and develop. If you are married and struggling in a co-dependent relationship, there is hope. It is possible to learn principles of interdependence to transform your relationship. Often, it takes years of focus and effort in a marriage to reach the ideal, and it requires honesty with yourself and with your spouse.

Declare your own "Independence Day," or rather - "Interdependence Day." Then make it a priority to learn the principles that will make it a reality.

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Counselor's Corner

Freedom

While reading Chuck's article about Freedom in Relationships and interdependence on each other (above), it reminded me of the enlightening and provocative "poem" by Virginia Satir - an internationally known marriage and family therapist who practiced and taught in the 1960's to late 1980's. Here it is for you to think about and learn from:

The Five Freedoms

By Virginia Satir

1. To See and Hear

What is here,
Instead of what should be,
Was, or will be

2. To Say

What one feels and thinks,
Instead of what one should

3. To Feel

What one feels,
Instead of what one ought

4. To Ask

For what one wants,
Instead of always waiting
For permission

5. To Take Risks

In one's own behalf,
Instead of choosing to
Be only "secure,"
And not rocking the boat

As we celebrate the Fourth of July, remember the risks the Founding Fathers took for themselves as well as future generations - for our lives, liberties and pursuits of happiness. They were certainly thinking of individual, state and national freedoms being established for the "soon to be" United States of America.

The goal of therapy is to learn, heal and grow from any traumas or life experiences that hold us back from these freedoms and sometimes keep us stuck in unhealthy behaviors and patterns. Please give me a call, if you'd like to discuss how therapy can help you.

Happy Fourth!

Sherry Clarke MA, LCMFT

Interesting Quotes About Freedom

"Nothing is more difficult, and therefore more precious, than to be able to decide." - Napoleon Bonaparte



"Freedom is the oxygen of the soul." -
Moshe Dayan

"No one is free when others are
oppressed." - Author Unknown

"Liberty, when it begins to take root, is a plant of rapid growth." - George
Washington

"Freedom is nothing else but a chance to be better." - Albert Camus

"It is easy to take freedom for granted, when you've never had it taken
from you." - M. Grundler

"In the truest sense, freedom cannot be bestowed; it must be achieved." -
Franklin D. Roosevelt

"The people never give up their liberties but under some delusion." -
Edmund Burke



Newsletter Produced by

