

# Clarke Counseling Center

Monthly Newsletter

MARCH 2011



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## Coming Events

### Conscious Dating Workshop:

Dates: Fri., Apr. 8: 7 PM - 9:30 PM and including Sat., Apr. 9: 9:30 AM - 5 PM

Where: 13827 Bronco Place, Germantown, MD 20974

Cost: \$99 - Early Bird Special 'til April 1; \$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 and Saturday lunch; and \$15 value CD

### Monthly Adult AD/HD Support Group.

(Meets 4th Thursday of every month) Next one is Thursday, March 24th.

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 at either event, call or [e-](#)

## Greetings!

If you haven't been to one of my events, please consider joining the learning and comraderie. Remember:

Monthly Adult AD/HD Support Group - Next one is tomorrow (Thurs., March 24) at 7 PM.

We are still taking reservations for: Conscious Dating Workshop - Friday & Saturday (April 8-9). [See what to expect](#) below.



See pricing and other details about these events in left column of this newsletter or [contact me via e-mail](#) or call at 301-515-1321 for information or to register.

As a life coach, I can help you with the issues you face as a parent or as child of imperfect parents. My areas of expertise are:

- [Life Coaching](#)
- [Adult AD/HD](#)
- [Marriage and Family Therapy](#)

Sincerely,

Sherry Clarke MA, LCMFT

## Relationship Accounts

Relationship experts often liken relationships to bank accounts. In our encounters with each other we are either making deposits in or withdrawals from the other's "relationship account." Just like a bank account, we can be "overdrawn" and face some difficult challenges, even bankruptcy, or we can have a robust account and enjoy the freedoms associated with it.



So, how do you know if you're depositing or withdrawing from the other person's relationship account? Does your speech and behavior leave that person energized and uplifted, or exhausted and depleted? And it's not just about speech and behavior; there is an intangible energy around people that tends to either radiate outward or draw energy from others. Have you ever been around someone for a while and realized you felt drained by the experience? Conversely, have you ever been around someone who inexplicably seemed to brighten your day?

[mail](#) Sherry Clarke at 301-515-1321.

### Quick Links

[Clarke Counseling Ctr.](#)  
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While it is important to recognize the energies involved, it is difficult to make conscious changes in those areas. We would not easily say, "I think I'm going to exude a more positive energy around my loved ones today." But we could readily say, "I'm going to smile and look for the good in others today." Giving ourselves tasks involving our thoughts and behaviors can help us make deposits wherever we go.

One young girl made a conscious decision to smile more. She worked on this simple task until it became a habit. Today, she is a grandmother and known for her infectious laugh and upbeat personality. You cannot be in her presence without feeling your "account" filling up.

A young man simply decided to be grateful. He started by genuinely thanking his mother for meals she prepared. After he left home, he sent an interesting gift to his mother: a bottle containing 365 tiny slips of paper. Each paper contained something about her for which he was grateful. She was to open a slip each day and read it. Not only was it a life-changing exercise for the young man (think of yourself sitting down and coming up with 365 things about a person that make you grateful), but it became a touching daily "deposit" into this mother's "account."

Deposits in relationship accounts are matching contributions. When you deposit in someone else's account, an equal deposit shows up in your own. Why not decide to be an abundant depositor in your relationships?

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## Counselor's Corner

### What's "Conscious Dating?"



This question I am asked again and again. My short answer is: "it is the opposite of dating unconsciously!" Many Americans see a cute guy or pretty gal and say, "I want to date her/him." They go out a few times and quickly enter into a serious relationship. Not much time or energy is used to find out whether it is a "good fit." Do your values, goals, life vision or non-negotiable requirements match? This is essential for making a relationship successful and lasting.

The back story is: about ten years ago a marriage therapist from California, David Steele, was feeling discouraged and frustrated by his lack of helping couples in significant ways. Well aware of our dismal divorce rate, he researched what creates lasting marriages and decided to go back to the beginning; he felt helping people get into better relationships at the beginning was the answer to reducing the American divorce rate. Thus, *Conscious Dating for Relationship Success* was developed.

The upcoming workshop is held Friday evening (7-9:30 PM) and all

day Saturday, (9:30 AM to 5 PM.) It is experiential, not a lecture. Participants gain clarity about their values, goals, visions and learn to identify their non-negotiable requirements for a successful relationship. This is accomplished through diads, group discussion, individual introspection and engaging activities. A chance to meet with other growth-minded single adults makes a fun weekend! I am also able to draw upon my many years of working with couples - what works and what doesn't.

Over the several workshops I have facilitated, there have been 11 people who have become engaged or married and a couple of engagements which have been called off - due to those participants recognizing their non-negotiable requirements were missing in the relationship. It is much better to break an engagement than a marriage!

Participants comments include:

- "Excellent!"
- "Sherry's humor, compassion and hopeful dialogue make for an exciting experience."
- "Learned about myself, gained self confidence."
- "Learned how to be really ready to date - my eyes are open."
- "Fun to meet other singles wanting to be more conscious in their dating."
- Highly recommend for others to come and learn."
- "It's dating insurance for singles."
- "Well worth the time and money, if you are serious about being in a successful relationship."

Please join this April's class and learn about yourself, participate in discussion with other single adults and have an enlightening weekend experience. Please also pass this newsletter on to others you think might be interested.

Happy Spring!

Warmly,

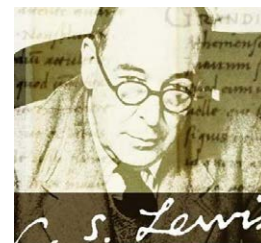
Sherry Clarke MA, LCMFT

## Interesting Quotes About Relationships

"You can't stop loving or wanting to love because when its right, it's

the best thing in the world. When you're in a relationship and it's good, even if nothing else in your life is right, you feel like your whole world is complete." - Keith Sweat

"True love is like a pair of socks. You gotta have two and they've got to match." - unknown



"You learn to like someone when you find out what makes them laugh, but you can never truly love someone until you find out what makes them cry." - unknown

C S Lewis

"Sometimes I wish that I was the weather. You'd bring me up in conversation forever. And when it rained, I'd be the talk of the day." - John Mayer

Friendship is born at the moment when one person says to another, "What! You too? I thought I was the only one." - C.S. Lewis

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