

Clarke Counseling Center

Monthly Newsletter

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Greetings!

Connection. Many of us wander through life realizing we're missing something we need - a fulfilling connection with others. As human beings, we are made to connect with others. When we are not, life can be lonely and miserable. So often, however, the factors that keep us feeling disconnected are actually under our own control.

By learning to become more aware of ourselves and others, we can take control of our lives; turning loneliness into joy and happiness. I would love to help you have a more fulfilling life. You deserve it!



My areas of specialty are:

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

If any of these areas relate to your life's situation, I would love to talk about what I can do to assist you in your needs.

Sincerely,

Sherry Clarke MA, LCMFT

The Road Shared

Finding "Kinship" In the World Around Us



(As fellow "travelers," we share this planet and its beauty as well as its many challenges. Becoming aware of others on our path can bring us richer experiences in life.)

The trek home had been long enough now to see the first fingers of darkness clutch permanently to the valleys and recesses of the countryside, covering it like a

stubborn fog. Tommy had already asked many times, in his 5-year-old way, how much longer before he would see the lights of our suburban home and feel the familiar bump of the station wagon's rear wheels clearing the curb on its ascent up our driveway.

Keeping the frustration out of my voice, I repeated again and again - "A long, long time from now." But apparently "a long, long time" to a five-year-old is approximately three minutes because in that amount of time he was ready to ask again.

"Dad, how long . . .," then he paused. Tommy had obviously discovered something else to obsess about; something very intriguing. He stared thoughtfully at the stream of headlights behind us and at the ribbon of red in front of us. He then looked over at the wall of speeding steel in the lane to our right and to our left. Suddenly his voice lifted with excitement, "Are they all coming to our house?"

"Who?" I asked.

"All these cars!" "They're coming to OUR house, aren't they?" He was thrilled at the thought of so much company.

For a brief second I pictured our quiet cul-de-sac flooded with cars. "No, Tommy. They all have homes of their own to go to." He seemed disappointed but remained puzzled. "But they're on the same road with us. They HAVE to be coming to our house!"

"Tommy, these people are sharing a road with us right now, but will soon take a different road to get to their own homes." I chuckled at the simplicity and innocence of his five-year-old perspective. But I noticed my own perspective shifting slightly as I saw the cars around us in a new light. No, they were not coming home with us - but I felt a sudden kinship with them just the same. For the first time in all my years of driving I recognized a relationship with the cars, drivers and passengers around me and felt something rather hard to describe.

Literally and metaphorically, our paths are crowded with strangers with whom we seem to have so little in common. We encounter them, knowing they lead such different lives. They might be of another religion, race or political persuasion. They might have piercings or tattoos. They might be different because they have no piercings or tattoos. They might be disabled or able-bodied. They might be sensitive and caring or bent on destruction. They might be adorned in wealth or stooped in poverty.

We know they will end their day at some odd destination; that eventually they will steer themselves into a foreign space they will call home. But for the moment, they share the road with us. For the moment, they are fellow travelers on the same path. Of all places they could be, they happen to be alongside us, traveling in the same direction at the same time, and at the same speed. For one miraculous moment, they experience the same bumps and turns, detours and distractions we experience. For a moment we are one. We share the road.

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Counselor's Corner

Hello: We just completed another Conscious Dating workshop at Briarley Hill Retreat. Participants were excited about what they learned and who they met. I am often out at activities and people say "what is Conscious Dating?" I, of course, say "the

opposite of unconscious dating, which most of us do!" So thought I would include the ten principles. Pls let me know, if I can answer your questions.

We will be having another workshop in August. Stay tuned for details-

Warmly,

Sherry



10 Principles of Conscious Dating

1. Know who you are and what you want by having a clear vision, life purpose and written non-negotiable requirements list.
2. Learn how to get what you want by acquiring information, tools and skills. Develop an effective relationship plan.
3. Be the "chooser" and take personal responsibility for your life and relationships.
4. Balance your heart with your head - it's still exciting!
5. Be ready and available for commitment.
6. Use the "Law of Attraction." "If you build it, they will come."
7. Gain relationship knowledge and skills.
8. Create a support community.
9. Increase your personal power by being authentic, assertive, exercising boundaries, saying "no" to what you don't want and taking responsibility for getting what you do want.
10. Be a "successful single." You are your vision! Don't put your life on hold waiting for a relationship.

Material licensed to [Sherry Clarke](#), MA, LCMFT - 301-515-1321

Interesting Marriage Quotes

"In every marriage more than a week old, there are grounds for divorce. The trick is to find, and continue to find, grounds for marriage." - *Robert Anderson*

"There is no such cozy combination as as man and wife." - *Menander*

"A wedding anniversary is the celebration of love, trust, partnership, tolerance and tenacity. The order varies for any given year." - *Paul Sweeney*

"Love is a flower which turns into fruit at marriage." - *Finnish Proverb*

"I figure that the degree of difficulty in combining two lives ranks



somewhere between rerouting a hurricane and finding a parking place in downtown Manhattan." - *Claire Cloninger*

"Don't smother each other. No one can grow in shade." - *Leo Buscaglia*

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