

Stress Bytes Newsletter

VOLUME 8, ISSUE 1

JANUARY 2009

"WHEN STRESS BITES, BITE BACK!"

THE NEWSLETTER OF ANNETTE VAILLANCOURT, PH.D.
LICENSED CLINICAL PROFESSIONAL COUNSELOR.

Another New Year's Resolution...Sigh!

The New Year is the time when many people make resolutions to change something about their lives - lose weight, stop smoking, or make more money. It's almost a joke how difficult it is to keep New Year's Resolutions. Why is that? Why do our good intentions fail us too often?

I suspect part of it is that we're not ready to make the changes because we are unaware of our negative, blocking beliefs about our goals. As much as we consciously might want to change, there's usually something subconscious that blocks us from making the exact change we want. Those subconscious beliefs are what keep us stuck and make change so difficult. Even that last statement is a blocking belief, "change is difficult." So that might be a place to start and change that to "change happens quickly and easily in my life."

For example, if you want to lose weight, you may have subconscious beliefs that make being skinny undesirable. Do any of the following ring true?

Skinny people are obsessed with themselves.

Skinny people are vain.

Skinny people have to starve themselves.

Skinny people aren't like the rest of us.

To be skinny, I'd have to exercise constantly.

Skinny people are unhappy.

So if you believe that skinny people are vain, obsessed with themselves, starving, unhappy, constantly exercising and aren't like the rest of us, who would want that? Can you see how these beliefs would block your progress?

Similarly, if your goal is to earn more money, examine your negative beliefs about rich people.

Rich people aren't spiritual.

Rich people are greedy.

Rich people are workaholics.

Rich people don't appreciate the simple pleasures in life.

If I had more money, then people would only like

me because of that.

If I had more money, all my poor relations would come looking for a handout. If I had more money, it would change me, make me into someone I wouldn't recognize or like.

Again, who would want to that? Subconsciously you may be blocking the flow of financial abundance because you believe that you would have to turn into a
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"Maybe you could get someone to steal just the parts of your identity that annoy me."

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Another New Year's Resolution...Sigh! - cont'd

miserable, greedy, workaholic who has no spirituality and doesn't appreciate the simple pleasures of life. On top of that no one would like you for who you really are, including yourself, and everyone would be looking for a handout. If that comes with the package, at least in your mind, then you will naturally resist bringing more wealth into your life.

I'm startled that people have a fear of success, but I understand it too if what they fear isn't success, but how they think it would negatively affect their lives. So, you cannot become successful until you become aware of and change the negative beliefs you hold about that.

If I become successful, I will have to move from my home that I love.

If I become successful, I will not be myself.

If I become successful, I will have to change my political beliefs.

If I become successful, people will try to take me down because of jealousy.

If I become successful, I will lose my current friends.

Out of loyalty to my parents, I cannot allow myself to be more successful than they were.

Once you've identified the negative, blocking beliefs about your goals, the next step is to change them into positive belief statements and replace the negative ones with the positive, supporting beliefs. This step can be challenging because we tend to assume that what we think is true. What we think becomes our truth. It shapes our experience of the world and the choices we make. Henry Ford said it best, "If you think you can do a thing or think you can't do a thing, you're right. "

So let's practice rewriting some of these negative beliefs.

Skinny people are at peace with themselves.

Skinny people are secure in themselves.

Skinny people eat when they are hungry and stop when they are satisfied.

Skinny people are like the rest of us.

To stay skinny, I choose to exercise because I love myself.

Skinny people are happy or unhappy depending on how they view their lives.

Because I have more money, I'm more relaxed and fun to be around.

Because I have more money, I choose how I wanted to extend my generosity

Because I have more money, I have the opportunity to change my life in any way I choose.

Because I am successful, I can pay off and keep my home that I love.

Because I am successful, I am be free to be myself.

Because I am successful, I am be able to donate to my political party.

Because I am successful, people celebrate and congratulate me.

Because I am successful, I enjoy my current friends more because I'll have time to be with them.

Out of loyalty to my parents, I happily fulfill their dream for me of becoming more successful than they were.

Good! The final step is finding a tool that will allow you to quickly and easily substitute the positive, supportive beliefs for the old negative beliefs. Most of us are familiar with affirmations, but don't use them because they take a lot of time and effort. Just repeating affirmations activates your subconscious counter-belief too, so you don't get anywhere unless you can erase or bypass the subconscious belief. The two tools that I've found and teach to help people change beliefs quickly and easily are EFT (Emotional Freedom Technique) and PSYCH-K (Psychological Kinesiology). Both of these can be self-administered.

To learn more about them, visit www.emofree.com, www.psych-k.com, or my website at www.GotStressGetHelp.com.



**“If you lose weight, you’ll have more energy.
Why do you think they call it FATigue?”**

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The Stress Doctor is IN!!!

"NOW THERE ARE MORE OVERWEIGHT PEOPLE IN AMERICA THAN AVERAGE-WEIGHT PEOPLE. SO OVERWEIGHT PEOPLE ARE NOW AVERAGE. WHICH MEANS YOU'VE MET YOUR NEW YEAR'S RESOLUTION."
- JAY LENO

"NEVER TELL ANYONE THAT YOU'RE WRITING A BOOK, GOING ON A DIET, EXERCISING, TAKING A COURSE, OR QUITTING SMOKING. THEY'LL ENCOURAGE YOU TO DEATH."
- LYNN JOHNSTON

"FOOD IS AN IMPORTANT PART OF A BALANCED DIET."
- FRAN LEBOWITZ

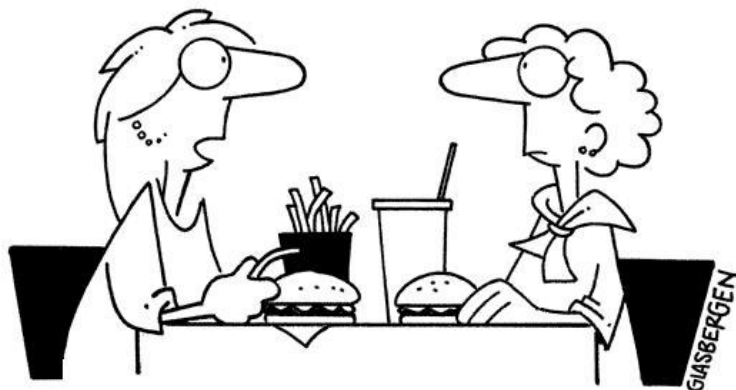


"I have a confession. I bought the treadmill to cover a stain on the carpet."

ANNETTE VAILLANCOURT, PH.D.

- Gently helping individuals, couples and groups resolve personal problems, manage stress, and reach their full potential since 1990.
- Specializing in Women's Issues and Stress Management
- Emotional Freedom Technique & PSYCH-K™
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"Every time I go on a diet, I lose my mind. Unfortunately, it doesn't weigh very much."