

Stress Bytes Newsletter

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"WHEN STRESS BITES, BITE BACK!"

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

Power Struggle No More!

To paraphrase Albert Einstein, a problem cannot be solved within the same framework that created it. This applies to stressful situations as well, especially interpersonal ones. If there is some dynamic between you and another person that is driving you crazy, pushing your buttons, or stressing you out and all you know to do about it is more of the same, instead of resolving the problem, you may be unconsciously creating, maintaining, or making it worse by your actions or perceptions. This is when it is helpful to take a different approach and/or look at it from a different perspective. It helps to think outside the box and just do something, anything differently to break the pattern you're stuck in.

For example, say what's stressing you is that you're in a power struggle in a work or love relationship. You're sure you are right or have the best way to do something. You're stressed out because the other person doesn't see or agree with the brilliant solution you have in mind. They insist instead

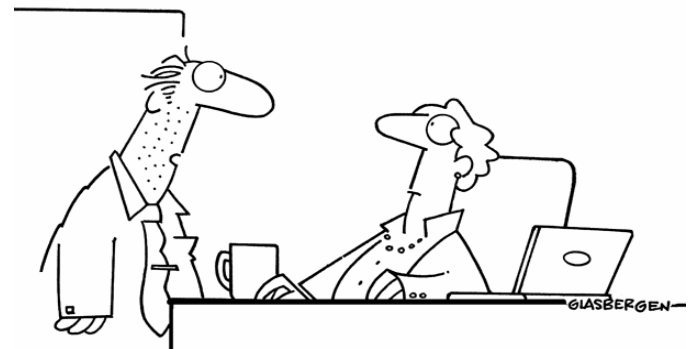
on having it their way and their way is WRONG! So, you're thinking they must be an idiot, a monster, an insensitive dolt or a stubborn cuss. In other words, you think THEY are the problem and if only THEY would change, see the error of their ways, take your advice, and do what you want, things would be fine.

Good luck and don't hold your breath. If this standoff has been going on awhile, they are probably thinking the same thing about you! When what you're doing is not getting you where you want to go, it is clearly time for YOU to take a different approach. All you really have control of, and can therefore change, is your actions and responses to a situation.

One option is to do nothing or back off temporarily. Setting aside a struggle or pulling back can sometimes give you a new perspective and fresh energy to handle things differently. A Beatles song lyric comes to mind: "When I find myself in times of trouble, mother

Mary comes to me, speaking words of wisdom, let it be." Yes, sometimes it is wise to just let things be. Just breaking the pattern of responding to a problem the same way each time it comes up will give you the opportunity to have new solutions arise. Instead of the full court press to prove that your way is the "right" way, try pulling back and listening more than

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Annette Vaillancourt, Ph.D.

Licensed Clinical Professional Counselor

231 W. Main, 2W

Carbondale, IL 62901

Phone: 618-549-5935

www.GotStressGetHelp.com

E-mail: DrAnnette@Hughes.net

Power Struggle No More! —cont'd

talking. If you stop, listen, and considering the problem from the other person's perspective, a new perspective and solution may arise. Try asking yourself, "what's the merit in their solution/position?" In this way you start to move toward understanding of and empathy for their side of things. Instead of making them wrong for holding to a perspective, ask yourself, "what is right about them that they do, believe or want this?"

Especially in love relationships, I encourage you to consider seeking an alternative to proving that you're RIGHT and they are WRONG., Try to seek compassion and understanding first, then trust and accept that you are both doing the best you can at the time with the information that you have.

I like what David Richo, Ph.D., author of *When Love Meets Fear: How to Become Defense-Less and Resource-Full*, writes and suggest this set of affirmations would be a good place to start:

I am paying close attention to you now.

I accept you as you are in the moment.

I allow you to be yourself.

I appreciate you for what you have been and are.

I have real affection for you, no matter what.

NEW: Participate in an online discussion of this and other articles at my blog at <http://www.stressbytes.blogspot.com/>



"I've developed a stress management program based on the Shut Up And Stop Whining Principle."

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Affirmations for Fearlessness

1. Pain is nature's way of telling me I'm off course.
2. I am flexible and creative.
3. I now see every problem as opportunity.
4. Every problem is an opportunity for me to be creative, grow and expand myself.
5. It's not what happens, but how I respond what happens that determines the quality of my life.
6. I live happily in the present moment.
7. I release all judgments of myself and others.
8. I ask for what I want and need.
9. I am taking more risks and having fewer fears everyday.
10. I give myself permission to make mistakes and learn from them.
11. I recover quickly and easily from disappointments.
12. I recover quickly and easily from temporary setbacks.
13. I seek and embrace new challenges in my life.
14. Every barrier is a new threshold for me.
15. I accept my limits and I transcend my limits.
16. My present fear is where my growth lies.
17. I let go of the belief that I am a victim in any way.
18. I trust what happens without having to know why.
19. I let go of control and in doing so become powerful.
20. I am strong *and* vulnerable in my relationships.
21. I trust myself to receive love and handle hurt.

I've learned that a powerful way to make affirmations sink in and manifest themselves more quickly is to pair them with the EFT taping that I've talked about in earlier newsletters. Go to www.EmoFree.com to learn more about Emotional Freedom Technique.

NEW: PARTICIPATE IN AN ONLINE DISCUSSION OF THIS AND OTHER NEWSLETTERS AT DR. VAILLANCOURT'S BLOG AT [HTTP://WWW.STRESSBYTES.BLOGSPOT.COM/](http://WWW.STRESSBYTES.BLOGSPOT.COM/)

Annette Vaillancourt, Ph.D.
Licensed Clinical Professional Counselor

Schwartz Building
231 W. Main, 2W
Carbondale, IL 62901

Phone: 618-549-5935
E-mail: DrAnnette@hughes.net



The Stress Doctor is IN!!!

“GROWTH DEMANDS A
TEMPORARY SURRENDER OF
SECURITY.”

GAIL SHEEHY

“PEOPLE HAVE A HARD
TIME LETTING GO OF THEIR
SUFFERING. OUT OF A FEAR
OF THE UNKNOWN, THEY
PREFER SUFFERING THAT IS
FAMILIAR.”

THICH NHAT HANH

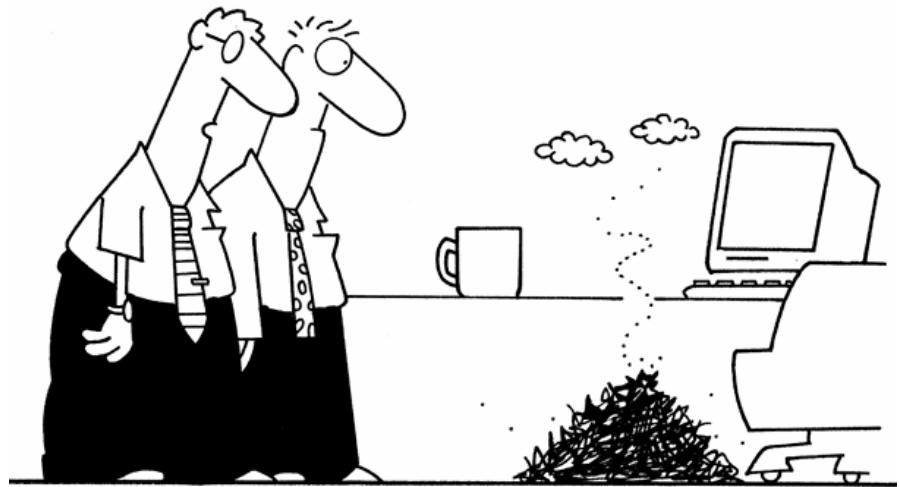
“SOME THINK IT'S HOLDING
ON THAT MAKES ONE
STRONG; SOMETIMES IT'S
LETTING GO.”

SYLVIA ROBINSON

“NEVER TO SUFFER WOULD
NEVER TO HAVE BEEN
BLESSED.”

EDGAR ALLAN POE

“PAIN IS INEVITABLE;
SUFFERING IS OPTIONAL.”



“She was on vacation for three weeks, but burned up on re-entry.”

ANNETTE VAILLANCOURT, PH.D.

LICENSED CLINICAL PROFESSIONAL COUNSELOR

- 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 to Reduce Fear and Suffering

Call (618) 549-5935 to set up an appointment

**BOOK EXCERPTS FROM WHEN LOVE MEETS FEAR:
HOW TO BECOME DEFENSE-LESS AND RESOURCE-
FULL BY DAVID RICHIO, PH.D.**

“Relationships provide the most powerful tools for the dismantling of the illusions of our controlling and entitled egos! Intimacy and love release us from the ego-bound world. A mutuality makes us whole. Love is reciprocal individuation. To let someone love us and to love someone in return is to enter the world where the ego is divested of its arrogance and its fear of losing itself in the embrace of another.”

“Could it be that all those people and events that scare us are thereby actually working in the service of our inner wholeness, making us confront our core fears? Is this how wholeness presents its bill? Can this be the ultimate and most terrifying and most liberating synchronicity of all: everything happening to me is aimed at exposing and healing my core fears? I have attracted this person to my life to show me my hidden fears. We keep meeting the very people who make us confront our disowned selves.”

“The functional ego has made a commitment to go through everything: to take chances, to seek no refuge, no salve, no easy remedy, no crutches.”

AFFIRMATION: I open myself to all that awaits me: I am defenseless and resourceful in the face of all that may come my way.