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Happy Spring Everyone,

I hope you all are well, beginning to dry out and getting that much needed sunshine we all need to feel optimum.

I'm **celebrating** the beginning of my 3rd year of leading **Ready for Love and Marriage** groups. They continue to be a source of inspiration, education, and support for those looking for a healthy relationship/marriage and wanting to learn how to find and develop one.

For me the groups are a wonderful addition to my practice. I am passionate about people being healthy and loved and to facilitate that end is very fulfilling and meaningful to me, besides being fun.

Thank you for all your support and referrals, making **Ready for Love and Marriage** such a success.

I hope things are blooming for you.

Warmly,

Ready for Love and Marriage
groups offered quarterly.
Summer groups are forming now!!

*The Art and Nature of
Personal Responsibility*

I find that most people don't know the term or concept of taking personal responsibility. We like to look to others to point our fingers at or blame for our unhappiness. "**You did such and such, they did such and such**" is a common complaint I hear, and often that is accurate, someone has done something to upset us.

The **nature** of taking personal responsibility is to look at ourselves and the situation as objectively as possible. To acknowledge and own up to ourselves (honestly) what we might have done to provoke the situation or person to respond as they did.

You do that by standing back in your mind observing, watching, and replaying the incident to see what you might have contributed to things going awry. "**What did you contribute?**" is the basic question and concept.

This is an important skill to develop and will make a big difference in your life.

Next newsletter, I will continue with how to improve your relationships (the **art** of taking personal responsibility), once you've identified your contribution.

Until then, good luck practicing the technique of identifying your personal responsibility.



Spring 1998



