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## *Happy End of Summer Everyone,*

I hope the heat isn't getting to you and you've been able to enjoy the lazy days of summer. Fall is just around the corner as August winds down and kids return to school.

I'm gearing up for another *Ready for Love and Marriage* group to begin September 15th and have so enjoyed teaching the groups this year. There are even more success stories.

It feels good to have found something I feel passionate about and people appreciate so much.

In addition to the groups I am enjoying working with individuals and couples wanting or needing help in moving beyond their limitations. It is very rewarding to be the coach in that "moving" process.

Until next time, have a productive fall.

Warmly,

## *Comments From Group Participants*

"The group helped me to get through my denial and truly evaluate and promote practices in self-esteem and worthiness."

"The whole process has been illuminating about my patterns in relationships."

"Excellent model for dating, viewing it as a task, like job hunting, made it more hopeful and practical."

## *Ready for Love and Marriage*

groups offered quarterly.

The fall group is now forming!!

## *The Art and Nature of Personal Responsibility (cont'd)*

To continue with where we left off last newsletter... you were practicing the technique of identifying your personal responsibility. "*What did I contribute,*" is the basic question and nature of personal responsibility.

The **art** of taking personal responsibility is just that. How we acknowledge and share our "*contribution*".

There are three parts to the **art** of taking personal responsibility. First we start with *describing the situation* as factual and non-blaming, using "I" statements. For example, "When we made plans to go out for the day, you wanted to go \_\_\_\_\_ and I wanted to go \_\_\_\_\_, and we ended up doing what you wanted to do, which I said was fine."

Second, we *acknowledge our part or contribution*. "Then I realized I wasn't happy doing \_\_\_\_\_ and I started acting mean instead of telling you directly that I wasn't happy."

Third, we *problem solve to find a better solution*, such as, "Next time I will try to tell you beforehand I wouldn't be happy doing \_\_\_\_\_ and we can come up with some other options."

For every conflict we are involved in, it would serve us and humanity better if we could acknowledge our *contribution* without blame, take personal responsibility for our part, and find a better solution.



