

# Dare to Care E-zine

Designed for people who are Ripe for Change and want to shift into high gear so they can move forward.

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## Relationship Reassessment

It's Thanksgiving time and old Aunt May wanders toward you with that look in her eye. She's going to grab your rosy cheeks and stare intently into your frightened 10 year old eyes and say, "Why sonny, you have grown so much since the last time I saw you." Which by the way was only six months ago.

As the day goes on, Aunt May even comments on your new hair style, your use of grown up vocabulary, how well you ride your bike and those new freckles on your face. Yes, she is noticing all the little details about you and proceeds to share this with grumpy Grandpa and even your older sister, who no doubt will be using this to torment you in the coming days.

Sound familiar?

Well, that's how it was back then. Not so true now that you are an adult. An adult who is involved in a relationship.

Six months go by and your partner hasn't noticed that you have changed a little. Then another six months goes by, and another and another. In fact, YOU don't even notice that new thoughts and values and feelings have permeated the person you were.

Guess what?

You have grown again, but not as visibly as when old Aunt May talked about it. It was gradual and unassuming. Catching even you off guard.

Some changes take place suddenly however changes in people and relationships take place over longer periods of time. When you are 20 you don't want the same things in life that you did when you were 10 and by age 40 you certainly don't want what you did when you were 20. What partners want in their own lives and from a relationship often varies over the years. Subtly sometimes. Both partners will be shifting, wanting different things, having their own priorities, different goals and dreams. The more experience in life that you each have will only enhance the people that you have become.

Yes, things are definitely changing. As a matter of fact, you are changing as I write this, without even noticing. Over a period of one year, 95% of all the trillions of cells

that make up 'you' are changed. No effort on your part. However, changes to our thoughts, desires, emotions and goals make us uncomfortable. Acknowledging them pushes us outside that comfort zone we love to hang on in.

Rather than retreat to that zone, you need to embrace what is going on, look for the opportunities that growth and change will bring. And this is how you do it...

Reassessment!

Often times when couples do a reassessment, they base it on the 'way they were' when they first got together.

Wrong!

You aren't those people anymore. You are new and hopefully improved versions of yourselves.

Reassessments include making sure your needs are being met, that you are still feeling fulfilled in your life so far, what your goals are, if you still share the same values, what you have decided not to tolerate any longer, if you need to set up some boundaries and so forth.

Talk openly with your partner to discover new things about each other. Discuss what you find and begin to work through it together. Do this on a regular basis and it will be easier to become aware of new growth.

Remember that each of you is an individual, a very unique person who responds to the world in their own way. Share who you are, communicate about what your relationship means, what roles you each play and what you can expect from each other.

Change and growth are a for sure. Embrace this. The better you know each other, the better equipped you will handle being in a healthy, sane, flexible, kind, balanced relationship.

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## Motivation Quotation

"Don't smother eachother. No one can grow in the shade."  
- Leo Buscaglia

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## Tips on How to Stay Stressed

What is she talking about you ask... why would anyone want to stay stressed? Exactly!

### **Procrastinate**

Always put off to the last second anything that requires thought because it will produce a marvelous amount of stress.

### **Worry About All The Things You Can't Control**

Take on the worries of the world...earthquakes, politics, the approaching ice age, all those BIG issues.

### **Stop Exercising (Or Never Start)**

Why waste a lot of time exercising when you could spend that time worrying?

### **Make Sure You Become a Workaholic**

Put your work before family, friends and fun and don't leave the office without an armful of paperwork. Oh yes, vacations are for wuzzes.

### **Throw Away Any Sense of Humor**

Stress is not funny so don't be laughing about it.

and finally...

### **Get Rid of All Your Social Support System**

That's right, let all your friends know that you don't have time for friendships and if some of them persist in trying to be friendly, avoid them!

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## Book Recommendation

**Title:** Learning To Love Yourself

**Author:** Sharon Wegscheider-Cruse

**Publisher:** Health Communciations, Inc.

This book is a journey that will lead you to understanding your self-worth. We all need to relinquish those self-defeating messages and instead, choose positive changes. Sharon Wegscheider-Cruse guides you to a higher self-worth so that you can learn to love yourself.

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## I Have Learned That...

Appreciating differences in others is enhanced if I learn from them.

## On the Lighter Side

"It's always darkest before the dawn. So if you're going to steal your neighbors newspaper, that's the time to do it."

- Author Unknown

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## What Are Some of the Benefits of Forming a Coaching Relationship?

Here's a list of 10 most compelling benefits of working with a professional coach, you will:

- Gain clarity about your personal and career goals
- Re-design your life to make it the way you want it to be
- Create a greater balance between your work and home life
- Increase your confidence and your self-esteem
- Learn to see value in what you have to offer the world
- Be able to communicate your feelings more freely
- Strengthen your personal foundation
- Expand your awareness of your potential
- Access your personal empowerment system
- Enhance your health, energy level and your performance

Who benefits from personal coaching? Anyone who has decided that they want to improve their life.

It's all about creating the future, not about fixing the past! Discover what matters the most to you and bring it into being. Hire a coach.

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Your feedback and questions are always welcomed and are very important to me.

DARE TO CARE E-ZINE respects your privacy and 'does not' give out or sell our subscribers' names and/or email addresses.

Lois Galloway  
Business & Personal Development Coach

Discover Yourself Coaching  
lois@discoveryyourselfcoaching.com  
[www.discoveryyourselfcoaching.com](http://www.discoveryyourselfcoaching.com)  
(905) 713-1352

