

A Compilation of Insightful Articles

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Dear Readers:

Thank-you for downloading this e.booklet.

I am pleased to give you this compilation of insightful articles that I have written over the years as a result of my own experiences or experiences of particular clients.

I have been in a privileged position of helping many individuals improve their lives by helping them deal with challenges face on. I helped them through validation, clinical insight, counselling, coaching and encouragement toward pro-activity. Given this privileged position, I have been able to write numerous articles over the years to capture specific insights, experiences and of course lessons learned. I wish to share some of these articles with you.

These selected articles can fall into the category of self-help. My hope is that one or more of these articles will speak to you in a way that will trigger your own self reflection and forward motion toward positive change. These articles may force you to ask yourself specific questions. The answers to your questions may highlight the necessary steps for you to take and/or may lead you to seek the professional help that you need.

Life today is busy and it is about on-going learning as well as personal growth. Work-life balance need not be elusive and our emotions, if we will listen to them, speak volumes to us.

Life is precious. Take good care of yourself.

Kind Regards,

Claire

Claire Sutton, M.A., RCC, CEAP
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A Life Lesson in Self Love & Success

During orientation week at the University of British Columbia in September 1989, one of the professors asked the following question to the new graduate students in Counselling Psychology: "What do you think is your most important resource as you enter graduate school and continue on in your life?" I remember being the only one who answered "Your health". Not only do I remember answering it correctly, I remember having to state my case emphatically as most students in my group did not agree with me.

The variety of answers that my cohorts put forward were: their compassion, their interest in others, their families, their ability to pursue their profession, their intelligence, having enough money, their creativity, their willingness to give of themselves. Yes, all answers were valid but without good health the other goals in life could not be fully attained.

I remember vividly the fall of 1992 upon graduation, when I escaped for an off-season weekend get-away to a spa in rural BC. I saw it as a break from reality and a chance to rejuvenate before entering my new employment which was the launch of my counselling career. There were only 7 guests at the resort that weekend, four women and three men. We all met the first night in the dining room for dinner and conversation. We sat at one long table. Jane, a lawyer, was there because she just finished a major case and wanted some time to herself. Nancy had just ended a relationship and wanted some space; and, Cathy and her 20 year old daughter, Tina, were there for time together. The women engaged with each other quite well from the start. The three men were there individually too and ranged in age from late 30's to early 40's. Their talk revolved around business. Each took turns to describe the success that their hard work had brought them. Harry's company went public; Matt had two homes, both in prime real-estate areas. Randall sported a Rolex watch as if it was an Olympic gold medal. It was his gift to himself after having just closed a big business deal.

The women were there for a get-away weekend and to get in touch with themselves. We met for our morning runs and walks and some of us went on to an afternoon yoga class or a swim in the pool. We were scheduled in with a spa treatment before dinner. We had hours to read and just to be.

The men were there on doctors orders. Two of the resort's personal trainers were assigned to the three men. Two of the men were obese, and one was on a heart monitor. They were prescribed to be there by their doctors.

I remember that the men's food intake was monitored i.e. no alcohol, no sweets, and the portions seemed child sized. We, women, ate everything – the food was fresh, local and homemade with no preservatives and dinner for the women came with a

glass of wine and the deserts were decadent. We talked with the chef and recipe tips were duly noted.

The women did not have perfect lives, we all had our struggles but what we shared was a balanced health focus – mind and body connection and a keen sense to return to a state of equilibrium. We understood that we were human beings and not human doings.

I am not suggesting that this spa weekend of many years ago highlights differences between men and women. Rather, I am suggesting how people can view the meaning of a 'successful life' very differently.

These men tended to view success in terms of their business triumphs, their assets and their bank accounts. Clearly, they experienced a disconnect between mind and body. They were relatively young men whose lives were put at risk due to poor health habits as their focus was strictly on business and making lots of money.

Today, technology appears to control the lives of most of its users. The mantra for many is to do faster and faster. I have seen many men and women think like the men at the resort. However, the effects of on-going stress are breaking people down mentally and emotionally. Finding balance need not be elusive however each individual may need to be creative in finding it for themselves.

It is important to honour our body, mind, spirit, family, friends and our own rejuvenation time.

By Claire Sutton (2009)

Depression, what is it?

Depression is a mental health disorder that can affect the way one thinks about things, the way one feels about herself, the way one behaves and the way one relates to others i.e. social withdrawal or agitation. It can impact the way the individual eats and sleeps. It can also impact one's concentration and one's judgment and it can lead to thoughts of suicide of varying degrees. Depression can make life seem hopeless, overwhelming and unmanageable. It can begin gradually or come on suddenly.

Feeling sad from time to time is a normal part of life but when these sad feelings continue for weeks, months, years, a person is likely suffering from depression. A depressive disorder implicates the body, mood, thoughts and behaviour. Symptoms can last for months or years if treatment is not sought out. Depression impacts people differently. Although depression is becoming one of the most common and chronic illnesses, it is still very much misunderstood. There are two kinds of depression: endogenous and situational. People can suffer from a mild or major depression. Usually when a person first experiences depression it is mild but mild depression if left untreated, over time can become major depression.

An endogenous depression originates from within; a chemical imbalance has triggered the depression. Situational depression evolves from an inability to set personal and work-related boundaries; an inability to manage ones responsibilities including technology and an inability to say 'NO'. A situational depression can trigger a depressive state resulting in a chemical imbalance similar to an endogenous depression.

Treatment interventions for depression can vary with counselling or psychotherapy and medication may be needed as well. Medication alone is never a good option in my opinion. If medication is prescribed it should always accompany a referral to a mental health professional (e.g. a registered clinical counsellor or psychologist). Counselling treatment such as Cognitive Behavioural Therapy (CBT) needs to address ingrained beliefs and involve homework outlining reachable goals with step-by-step action plans.

By Claire Sutton (2009)

The Elastic Band, a Metaphor for Stress

Dr. Hans Selye who coined the word 'stress' in the early 20th century explained that excessive stress occurs when the demands made on an organism exceed that organism's reasonable capacities to fulfill them. The stress response can be set off by physical damage, either by infection or injury. And, it can also be triggered by emotional trauma or by the threat of such trauma. With many of my clients today I see that their emotional trauma can include persistent anxiety, a chronic sense of feeling overwhelmed and/or a constant or quick to anger state. Even too much good stress can tax the organism.

Using an example of an elastic band, Dr. Selye demonstrated his theory relating to excessive stress. He suggested that you hold elastic band between your two thumbs and when the band is left slack, it is symbolic of people being in a restful state such as sleep. When the band is pulled out to a comfortable stretch, it is comparable to people having a regular working/functioning day before returning to a relaxed state. However, when the elastic band is pulled out to an overstretched position then it is a warning to the individual to take note and get back to a comfortable position.

The overstretched position has two places to go. It can deplete completely and crumble or break if it continues to overstretch itself. The stress response for many people today – most of whom are knowledge workers - is triggered by the constant demands of technology as well as work and life expectations.

These excessive demands tax their mental capacities while also sending them into a false state of urgency. A state of urgency triggers the 'fight or flight response' – a survival reaction that is needed in true urgencies however if such reactions are triggered unnecessarily, they can eventually be damaging to the individual.

As a Registered Clinical Counsellor, I have a desk drawer full of elastic bands and often give one to a client. When I give clients this elastic band, many see themselves in the overstretched state ready to break. The work I have then with my client is to help them focus on what they need to do to get back to a healthy functioning level. This simple little metaphor speaks volumes for many of my depressed, anxious and angry clients.

Stress will hit our weakest area. Most people today are knowledge workers and they are being controlled by the technology in both their personal and work lives rather than having the control over the technology.

So, much of the depression that physicians and mental health professionals are currently seeing is really "situational depression". That is, a depression triggered by mismanagement of one's situation or one's life in general. That is to say, it is the situational environment or the manner or

expectations of operating within the particular environment that is triggering the depression and/or other mental health illnesses.

By Claire Sutton (2009)

WORK-LIFE BALANCE OR BUST

“It is the best of times. It is the worst of times”. Dickens’ quote tends to fit today’s business world. Work life for many people is both exciting and unsettled. This era of Information-Technology is highly competitive, global and 24/7.

It is the best of times because our society is better educated than ever before. Knowledge workers are using their mental and creative energy to move the world forward. Young people are charging into the business world seizing opportunities and good incomes. Entrepreneurs of all ages are forging ahead almost non-stop to reach their goals.

This non-stop mentality is the problem. It is the worst of times because many in society are operating from the “fight or flight” response, a normal human response in times of threat of physical danger. This type of on-guard state is reactionary. Such a reactionary state can often be manifested as anger, anxiety and/or depression and can be linked to illness, addictions, relationship breakdowns etc.

For many people work is getting every ounce of their best energy. Personal and family time are getting their tired energy and often the outward consequences of their stress. Eventually, the stressful symptoms ooze into their 24/7 life.

Success in your business life is truly rewarding if your personal life is also successful. Your health is your greatest resource – this is an absolute fact and cannot and should not be disputed. How can you make Work-Life Balance a top priority? First of all, accept that you are a ‘human being’ and not a ‘human doing’. You cannot ‘do’ all the time, there must be time to simply ‘be’ i.e. to relax, to think and to process. Embracing a work-life balance mindset is a commitment to health, self-responsibility and happiness.

Mastering work-life balance is the key to enjoying the successes of one’s entire life. Athletes cannot peak perform all the time. They train, compete and then rejuvenate before the next event. The same thinking needs to apply to knowledge workers.

Spring is the perfect season to move toward a work-life balanced lifestyle. Find something outside of work that you could enjoy doing on a regular basis. Swim, walk, garden, golf – choose an activity and commit to it. A break from work to rejuvenate does wonders for your self-confidence, your loved ones and your productivity levels. There is an excellent chance that your balanced-lifestyle will even make the company books look brighter.

By Claire Sutton (Published in Vancouver BS. Journal, April 2008)

Coaching Isn't Just for Athletes

No pain, no gain – this mantra has become ingrained into the mindset of professional athletes. There is much truth to that conviction. Athletes need to exert, to stretch, and to focus if they are to reach full potential and peak in their particular sport when necessary.

Too much pain and the athlete risks injury; too little pain and the athlete declines. If the athlete worries too much, confidence can be lost. Conversely, if the athlete is without butterflies, failure results from over-confidence.

Like the athletic coach, a good business coach helps you navigate the practical, emotional and relational minefields on the path to accomplishment. A coach helps you build resiliency, reach your potential, peak at key times and be at the ready for whatever challenges come your way.

Well-coached people in leadership, sales, or self-management positions have a positive outlook and a can-do attitude that can bring a strong synergy to their immediate team. This synergy impacts the organization as a whole with increased productivity, profitability and a healthy morale.

There are a variety of different coaches and coaching models. Finding a coach who understands the business world and who relates well to you is of great importance. In my practice, I use an approach called “vision-to-action thinking”. Once the vision is articulated, the detailed map is outlined to the desired target with the focus on immediate benchmarks.

Beyond the business plan, a business coach encourages you to address both the hard and soft skills of the plan's execution. Coaches help you to set everything in motion at a pace that fits you, your team and the organization as a whole. Too often, business plans are executed with such gusto that the needs of the team leaders and employees are overlooked and the implementation of the plan eventually derails, resulting in financial losses and star employees going to the competitors.

The information-technology age has everyone plugged in to something almost 24/7. The downside to technology is that it has created a false sense of urgency. We are responding to non-essential calls immediately (while making left hand turns in traffic). Many people have lost the ability to set priorities. The technological gadgets are in total control of their users. Work/life balance for many people appears to be elusive, resulting in high levels of stress.

A good business coach could help you navigate today's society a lot more effectively. A competent business coach will help you articulate the bigger picture and activate an achievable plan, motivate and instill confidence in you, and help you address

challenges and risks as they evolve. The idea is to minimize your stress levels and keep you on track within an achievable timeframe.

By Claire Sutton (Published in Vancouver Bs. Journal, January 2007)

Divorce – It Is All About Process

I see many clients in my office who are dealing with the pain of separation and divorce. Some are leaving their partners and others had been the ones left behind. Whether you are the 'dumper' or the 'dumpee' – The ending of a committed relationship can hurt so much.

Even when the decision to leave a committed relationship has been well thought through, the journey is a painful one. And, for the ones who have been left behind, it can be devastating. Denial of the signs has been unfortunately the coping mechanism of choice.

It is so important to take the time to navigate the divorce transition fully. Successfully navigating the divorce transition process can be a life transforming experience.

Both parties in the separation/divorce process are usually at different emotional stages of readiness to move on....practically, emotionally and often financially. There is no quick fix to separating or getting a divorce even if a new potential partner is sitting in the wings.

Simply put, divorce is pain. And, it highlights so many losses. Each and every loss has to be identified and grieved prior to accepting the gains and the opportunities. Divorce is a major life transition and it is one that needs to be navigated thoroughly. I use a 7-step process with my clients and I let them know that it can take a minimum of 2 years to fully navigate the process even though they may have the divorce decree in their hands.

Most clients describe the early stages of the transition process as being in a state of 'limbo' or 'no man's land'. "It sucks!" is how one male client described it to me recently. There is no quick fix as the transition is all about process.

A transition is different to a change of circumstance because it involves the psychological component. And, each transition is defined by the individual going through it.

Separation can put you on an emotional roller-coaster. The life that you had no longer exists in the same way. Feelings of hurt, failure, fear and anger may be just a few of the feelings that you experience. You may also feel feelings of relief and freedom especially if you are the one initiating the separation. However, the positives feelings are often experienced with the negative ones as well.

Seeking help from an experienced divorce counselor/therapist can help you establish stability again in your life, develop a new structured routine as well as work through the varied emotions that you are feeling so that you can move forward at your own pace while making clear decisions toward seeking immediate goals that are best for you and your children.

Much work can happen in the therapist's office prior to or at the initial stages of seeking legal advice. Lawyers need facts not emotions. If you deal with your heavy emotions first (anger, depression, anxiety) then it is easier to meet with the lawyer knowing you are clear with your facts while feeling emotionally stronger to deal with the legal process. Dealing with your emotions first with a counselor skilled in separation and divorce will help you to begin to successfully navigate this major life transition. It is also financially wiser.

If children are involved – they come first in all of this. It is paramount that their needs: love, safety, security come first in this transition process and beyond. And, Yes, there is life after divorce.

By Claire Sutton (Blog post 2010)

Let's Deal with Your Anger

Thanks to Charlie Sheen! Anger is no longer a dirty word nor is it a wrong emotion. Good old Charlie has made it acceptable for many people to seek help for their anger.

Prior to Charlie's public drama, what we experienced in the counselling/therapy field were clients who would often communicate their presenting issue as 'stress' 'anxiety' 'being overwhelmed' but rarely would they fess up to being angry. I would probe with "are you angry?" Clients would reply "well maybe a little frustrated", and when given more information from clients, I might say "sounds like you are pretty angry" and often clients responses would be an acknowledgement of anger while expressing feelings of shame. Shame, because the clients have admitted to a loss of control – they have embarrassed themselves in front of family, friends, co-workers or the general public. Shame would be the fallout from their inability to understand and manage their anger.

The truth is: anger is energy and the angrier we get, the least rational we become. The way most people express their anger is rarely that healthy.

Look what Aristotle said in 300 BC:

"Anybody can become angry – that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way – that is not within everybody's power and is not easy."

Anger is a healthy emotion and it is a signal that something is not working in your life. Sometimes what is not working has not been working for years resulting in patterns of impatience, sarcasm and on-going stress. For example, road rage is not really about people cutting you off in traffic. And, your anger at a 4 year old for spilling his chocolate milk is not really about the spilt milk. The traffic and the 4 year old may just have triggered your pent up anger. In other words, they got in the way of your anger.

Anger management is about having tips at your ready to defuse your anger before it is triggered. Yes, we all need these tips. However, what is more important is getting to the root cause of your anger. The tips and tools alone for anger management will wear out if you do not come to understand the root cause of your anger.

Understanding the root cause of your anger can allow you to step into your confidence and transform yourself into the person that you would like to be. So instead of road rage, you take a few deep breaths and move into the right hand lane while being calm, enjoying the music in your car as you have learned to allow yourself extra time to get to your destination. And, when the 4 year old spills his

milk – you might be able to say “ OOPs big guy, let’s get that cleaned up and let’s sit down and stay put while we each have a fresh glass of chocolate milk.”

When I work with clients dealing with issues of anger, I will give them the tools that will work best for them to defuse their anger before it is triggered. Yet, more importantly, I help them uncover and deal with the root causes of their anger so that they can begin to transform their life and move confidently toward their desired goals – this is living authentically.

By Claire Sutton (2012)

It's Empty Nest Time – Ready or Not!!!

The boomers are the cohort group that has revolutionized every stage of life. Many from this generation are doing the empty nest stage very differently too. They are joyfully embracing this life stage while reassessing their priorities and time commitments. Many from the “ME” generation are celebrating “ME” again when entering the empty nest stage.

Life moves forward, change is imminent and people do have choices. You can choose to accept change, adjust to the new stage of life and begin to see breakthrough possibilities that will propel you to action and then fulfillment. Or, you can resist change; remain stuck in a depressive mood while longing for what was which could allow you to tumble toward a breakdown.

Choosing to accept change is not always that easy. Before accepting the change, one must acknowledge the losses. In other words, entering the empty nest stage launches many people, especially women, into a significant life transition - i.e. a stage of life that is very different from what they have known for the last 18 years or more. Empty Nest often occurs when a child (or the last child) leaves home either for university, to live on their own or to get married. It is normal at this time for the parent to have feelings of sadness or feelings of not being needed in their children's lives anymore. For many women, this stage of life coincides with menopause and more pressing elder care requirements.

Empty Nest Syndrome refers to the psychological and emotional condition that can affect many women (and some men) when their last child leaves home. They can be overwhelmed with feelings of loss and sadness and therefore stuck in this grief mode. Navigating such a transition process means that we do take time to acknowledge the losses and grieve them i.e. children in the house; our household routines as they were; PTA meetings; our own youth; etc...We need to also take time to acknowledge the work and care that we did provide to our family. Once we get to a place that we can accept the fact that our family has changed, we can re-define who we are and get in touch with those parts of ourselves that may have been kept dormant over the years while we gave to our families. Take time to reflect about you and how you would like to spend your time, maybe more free time than you ever thought possible... So, rather than having to buy the new pair of hockey skates or dancing shoes, we can think of enrolling in an art history course or sign-up for golf lessons. Rather than carpooling 3 other young teens in addition to our own for soccer practice, we can meet a few friends for a game of tennis and dinner afterwards. Perhaps you could volunteer at a charity or cause of your choice now that you do not have to go to PTA meetings.

As you settle into the empty nest period of your life, know that your time as a parent is not over; you are simply re-structuring your relationship with your young adult children. Have a regular pattern of connection that is doable for both you and your

child (dren). Perhaps Plan a telephone call once or twice a week at certain times on certain days. Email and text messages also should be agreed to. Your kids may have difficulty adjusting to life outside of home so they need to know that you trust them to deal and this can happen if they know you are doing well i.e. hearing supportive words not your suffering statements.

The empty nest stage may also make you re-connect with your partner in romantic and companionship ways. Or, it may highlight the fact that your marriage has not been working – seek counselling help if need be. If you're single, this empty nest stage may give you the spark that you need to pursue new relationships in your own life. If you are dealing with elderly parents, get help and advice so that you are doing what you can as are the other siblings in your family as well as the support services available. You have a right to enjoy your life...imagine what that would be like. Empty Nest time Ready or Not - here it comes...

By Claire Sutton (2006)

Getting On With It

Have you ever noticed that when you make a positive change (or changes) in your life, no one really wants to hear too much about it from you?

I had a client in my office the other day – a male in his late 20's. He had been my client for the last couple of months and he had made huge changes in his personal life. He really transformed himself from an angry young man to one more confident and comfortable in his own skin.

Yet, this past week he said to me he felt really “bummed out”. He told me he literally ran into an old high school friend while crossing a street corner after lunch in the downtown area. He hadn't seen this friend in years. They stopped and spoke for several minutes and agreed to meet later for a quick drink after work. Apparently his old friend noticed his new physique, his upbeat attitude and his well groomed look. Rather than simply saying ‘ Thank-you, my client, who was delighted at receiving the compliment around his improved physique, elaborated on what he had been doing: at the gym 3 – 4 times a week, cutting back on the partying, rowing on weekends and taking a night course to move forward in his career. My client gave all that info while still at the crosswalk and he gave it without being asked for it. Needless to say, later in the afternoon my client picked up a text from his old friend cancelling their meet-up after work.

Well, my client is guilty of TMI, too much info, he shared way too much. Upon reflection, my client felt that he wanted to share his success story and help others to take the same direction as he did. However, his old friend was not ready to hear it. He was fine congratulating my client on looking great ...he was not fine with being preached to.

Changes we make, people will notice. Some will want more information and many will not. Advice must be asked for and not given freely. Yes, taking care of ourselves means to get on with life even when we know our path is right for us while others may question or be envious of our decision making.

By Claire Sutton (Blog post 2011)

Think Butterfly Effect to Regain Your Mojo

Spring is a sign for many people to step out of their rut and regain their mojo. Many people feel they need a complete overhaul to become happier. This feeling of having to change too much too soon is quite daunting and sadly many give up without initiating any positive change for very long.

Let me introduce you to the 'Butterfly Effect'. The phrase refers to the idea that a butterfly's wings might create tiny changes in the atmosphere that may ultimately alter the path of a tornado or delay, accelerate or even prevent the occurrence of a tornado in another location.

The notion being that a small change in one area of our life could have a domino effect and impact for the better changes in other areas of our lives. (Wikipedia / Edward Lorenz).

For instance, if you commit to becoming healthier and decide to go to the gym two mornings a week, then that one commitment will impact other areas of your life. Going to the gym could mean that you will begin to feel stronger, which usually makes one want to eat healthy. The gym commitment could help you set a better bedtime routine that could make you sleep soundly, wake earlier, feel more alert and work more productively. As this happens then you will feel more confident, dress more stylishly, socialize more and thoroughly enjoy life as you smile more throughout your day. Even though you are in the process of achieving your longer term goal, the one small change has activated so many other positive changes that you have found your mojo while moving fully toward your desired goal.

Once we decide to make a change for the better (whether in the area of health, fitness, career, relationship etc.) then it is important to commit to the process of change by first identifying the initial small steps toward the desired goal.

So yes, this is the time to commit to positive changes in your life. We can never stop evolving. If your change seems too big, just know that activating the smallest step towards your greater change will have a domino effect. It is a system's approach; one change in the system will activate other positive changes at almost the same time.

And you thought that a butterfly was just a pretty little thing. Enjoy your day.

By Claire Sutton (Blog post 2014)

Patience is Prayer

I was in Whistler for a couple of days recently with my youngest son. What a treat! I was taking a few days off and my son was in that confusing part of a life transition. We, therapists, call it the 'neutral zone' or 'limbo' i.e. 'the nowhere between two somewheres'. Chris had recently graduated from university (the old somewhere) and was currently job-hunting for creative and meaningful work (the new somewhere).

Chris is realistic – Thank Goodness. He wants his career path to eventually give him a comfortable lifestyle. His frustration was mounting as the leads were not materializing and people were not getting back to him as fast as he thought they would. He does have an opportunity to get into a business situation which he would be good at. But, he wanted something on the creative side.

In any event, I could see him struggling and I offered that 'he get out of Dodge" for a few days and play a little golf with his Mom. Surprised and happy that he said 'yes' I searched the internet for deals.

My goal for our couple of days together was to listen to him, not to ask questions. (This is hard for me as I listen for a living and when with my adult kids, I want to know what's happening).

When I picked him up en route to Whistler, the rap music went on and 20 minutes into the drive the rain started. Oh Geez...

We were booked to play at the Squamish golf course. It was pouring rain when we arrived. I suggested an early lunch. The rain stopped and we had a sunny afternoon of golf. If we talked during the 4.25 hour round it was about golf shots: 'good shot' 'tough luck' 'bunker on the left'.

On the drive from Squamish to Whistler, the rap music went on and I stayed quiet (hard for me...).

We checked into our hotel, changed and went for dinner. At dinner, he started sharing and he continued to do so at mealtimes.

When my son shared his struggles, I let him articulate his thought processes without judgment. My questions were few and open ended so that he could explore deeper. He outlined his options; he articulated that he could be creative in the business opportunity (default position). He felt that he would need to make a decision soon. I validated the transition he was in and that it was a difficult place to be. I said that I know he would make a decision that was right for him. We headed home, rap music went on....

Two days later he called me, a good opportunity came through, and he will be going east. It is an early first step toward his career dream.

Patience is prayer and it is also the answer to your prayer.

By Claire Sutton (Blog post 2011)

Two Wolves

An elder Apache was teaching his grandchildren about life.

He said to them, "A fight is going on inside me, it is a terrible fight and it is between two wolves.

One wolf represents fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, competition, superiority, and ego.

"The other stands for joy, peace, love, hope, sharing, serenity, humility, kindness, friendship, empathy, generosity, truth, compassion, and faith.

This same fight is going on inside you, and inside every other person, too."

They thought about it for a minute and then one child asked his grandfather, "Which wolf will win?"

The old Grandpa simply replied, "THE ONE YOU FEED."

Author unknown

About Claire

Claire Sutton is a Registered Clinical Counsellor (#0941) and a solution focused therapist. She works with functioning individuals who for whatever reasons are having difficulty managing their lives. Her practical no nonsense approach along with her warm and professional demeanor make her a much sought after therapist. Claire worked in business and marketing prior to receiving a graduate degree in Counselling Psychology from the University of British Columbia in 1992. She received her undergraduate degree from Concordia University in Montreal and pursued business courses at McGill University. This blend of careers, business and counselling, has given Claire a deeper understanding of the impact of our pro-active business community and our evolving society on individuals, families, organizations and communities. Many clients today are faced with a complexity of work-life issues. Many of Claire's clients are professionals, executives and entrepreneurs. Claire's understanding and overall well roundedness has contributed greatly to her clinical professionalism i.e. she is real, intelligent, insightful, energetic and effective. Claire works hard at maintaining her own work-life balance as she believes that clinical counsellors/therapists and coaches are role models for their clients. Claire lives and works in Vancouver, BC. She has two adult sons. She practices yoga, loves to read & write, skate skis and is an avid golfer.

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