

Life Matters in April

What is Life Matters?



For those in contact with us for the first time, Life Matters offers professional Life Coaching and Counselling to individuals and families; we also offer counselling for children. Life Matters has rooms in Greymouth, New Zealand. We also offer telephone consultations for international enquiries.

The power of HOW...

Often I talk with people who repeatedly ask the same questions – without getting a positive result.

‘Why can’t I get a job?’

‘When am I going to ever sell my house?’

‘What is wrong with me...I can’t get it together in a group of people?’

Let’s look at Ben’s situation (story used with permission). At sixteen years of age, he had always struggled with friends at school. In his second to last year he was having such a lonely time, he was considering dropping out.

Once we started talking, I noticed he was commonly using phrases like, ‘*Why can’t I make friends*’ and ‘*What is wrong with me*’. I explained how these types of questions are probably the most frustrating anybody can ask – they are like hitting a scratch on the CD, they go round and round without ever getting out of the loop.

People’s minds are always looking for answers, so when Ben asked himself the question ‘*Why can’t I make friends?*’ His mind was coming up with at least 3 reasons he couldn’t make friends such as ‘*I’m not an interesting person, no-one likes me anyway, I’m not good enough to be their friend*’.

For Ben, his question of ‘*why*’ was a self defeating question because all of a sudden his self esteem had plummeted – why would he even *try* to make friends with all of that going on in his head!



As I worked with Ben, we started to change his 'Why', 'When', and 'What' questions into 'How' questions. In just one session Ben started to see what he had been doing to himself by asking unsupportive questions. When he started to ask valuable questions – he began to get valuable answers!

Watch what happens here:

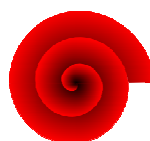
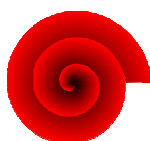
Rather than, 'Why can't I get a job?' try 'How can I get a job?'

Rather than, 'When am I ever going to sell my house?' try 'How can I do things differently to sell my house?'

Rather than, 'What is wrong with me...I can't get it together in a group of people?' try 'How can I get it together in a group of people?'

Even by reading the contrast in those questions, you may have noticed that even though the question might not have related to you – your mind wanted to find an answer.

This week, if you notice questions circling in your mind that have 'Why', 'When' or 'What' slipping into them – try for a moment, using the power of 'How'.



April Words of Wisdom

Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness, that most frightens us.

We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous?

Actually, who are you not to be?

You are a child of the Universe.

Your playing small doesn't serve the world.

There is nothing enlightened about shrinking so that other people won't feel insecure around you.

We were born to make manifest the glory that is within us.

It's not just in some of us; it's in everyone.

And as we let our own light shine, we unconsciously give other people permission to do the same.

As we are liberated from our own fear, our presence automatically liberates others.

Marianne Williamson



Humour for your Health

Government Health warning:

Do not swallow chewing gum!



I trust you enjoyed the April edition of Life Matters *What Matters*.

For appointments and enquiries please contact me on the details below.

Warm Regards,

Kristie