

[<Back](#) [Print](#)

May 2007

News You Can Use... ***...To Make New Decisions***

Greetings!

Thank you for your welcoming response to the first edition of this newsletter. I was taken back by your kind words and by how many of you sent me a personal note. I enjoyed hearing from you.

This month I'm sharing with you one of my most repeated phrases. My clients can recite it by heart and usually know when it's coming. I've seen how the lessons learned from this phrase changes lives. So if your life needs some changing, this one's for you! Enjoy...

Don't forget to drop by my website. You will find articles about guilt, stress, fear, and relationships there. I've also started a blog. The website keeps evolving. You never know what you might find there.

[Visit My Site Now](#)

*Worry never robs tomorrow of its sorrow,
but only saps today of its strength. - A. J. Cronin*

Until next time, take good care of you!

Warmly,

Gayle

It's Not Bigger Than You ***(Lesson 1)***



I don't have one particular approach I use in my therapy sessions. I'm flexible and draw from my years of experience to find what will work. I do, however, hear myself saying certain things over and over again. These "magic words" are worth sharing. *"It's not bigger than you."* I say these words to the client who:

- fears they will never stop grieving
- wonders if the depression and anxiety will ever lift
- is suddenly laid off with little money in savings
- has lost a child

- discovers her partner's long- standing affair
- I say them to myself

I relate to all these people. Many times my life's situations have seemed bigger than me. When my mother was diagnosed with Alzheimer's, I felt like I was under an avalanche. I hoped someone would find me and dig me out. Before the visit to her doctor I knew without a doubt what was coming. Still, hearing the actual words caused my breath to catch. I wanted to run, but I felt trapped. No one was coming to dig me out. I had to find my own way out from under the fear.

When life seems bigger than you, the first thing to do is *just breathe*.

Breathing is highly underrated. We can't go for more than a few minutes without oxygen. While we don't actually stop breathing for very long when we get scared, there is comfort in knowing we can breathe. It's simple. You inhale oxygen and then you blow out carbon dioxide. That's all there is to it. You don't have to understand the biological process to use it!

Lindsey found herself in a terrifying situation. Her sixteen year old daughter died quietly in the middle of the night. Lindsey found her in bed. She later told me in the moments and days that followed she would hear my voice saying "Lindsey, *all you have to do is breathe*." Those words gave her a place to start. *Just breathing* helped her through the worst time of her life. Lindsey survived. Today she even smiles.

You don't have to wait until tragedy hits to practice this lesson. Use it the next time fear bites at your ankles. It can be big fear or little fear. Knowing what to do about the situation comes later. Forget making a to-do list. You don't need a plan! Actually, it is not time to make a plan when you are buried in the avalanche. Remind yourself it's not bigger than you. All you have to do in any given second is take the next breath. As your deepest emotions rise out of your breath, you'll find a way out - I promise.

*Hope is the feeling you have
that the feeling you have isn't permanent.
- Jean Kerr*

- [Download This Article](#)

What's On My Nightstand?

A glimpse at the things that are helping me walk the walk.



A little shudder runs through me when I think about my nightstand. It is piled high with stuff right now. There are books, CDs, and my journals. Lately the fiction hasn't gotten much air time, but I have a novel waiting at my fingertips when I am ready. Here are some of the things you will find on my nightstand.

- [The Call](#) by Oriah
- [YOU The Owners Manual](#) by Roizen and Oz
- [Cross](#) by James Patterson
- The Current Issue of Prevention Magazine
- A Yoga Nida CD
- A Chris Daughtry CD
- My journals and pens
- A French Dictionary

Yes that is right - a French dictionary. Ron and I are taking a French class. Knowing the language

will help us when we travel to France, but we also enjoy the mental workout we are getting. I'm glad to know my memory still works! With my 50th birthday right around the corner, there are times when I question it. This class is reinforcing what I've taught for years. Your brain operates on a use it or lose it basis.

There is more to mental health than just digging into the past and reading self-help books. Finding activities that I enjoy is me actually "walking my talk". They help me feel alive and more connected to my spirit.

If you are not having fun or learning something new, it is time to ask yourself why. If fear is part of your answer, remember the fear isn't bigger than you. Take a breath, feel the life force inside you, and make a new decision. Don't let fear win.

*If we don't change, we don't grow.
If we don't grow, we are not really living.
Growth demands a temporary surrender of security.
- Gail Sheehy*

email: gayle.luster@verizon.net
phone: 972-313-2235
website: <http://www.gayleluster.com>

"Everything in life is a choice and every choice has a consequence."

[Forward email](#)

✉ **SafeUnsubscribe**®

This email was sent to gayle.luster@verizon.net, by gayle.luster@verizon.net
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe](#)™ | [Privacy Policy](#).

Email Marketing by



B. Gayle Luster, MA, LPC | 972-313-2235 | Irving | TX | 75061