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Self-Healing

For People Who Enjoy Helping Themselves

January 2006

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**IN THIS ISSUE**

— WHAT HELPS?

HI EVERYBODY!

After recently reading a research study which found that expressing gratitude is strongly associated with happiness, I thought I would mention something that happened to me last week. I was looking at my appointment book at the beginning of the day, and as I looked at the names of my clients, I realized that I was looking forward to seeing each and every person that I was about to see. Since I was at my Downers Grove office at the time, I decided to take a look at my Naperville schedule for the following day. It was the same result: I was glad to be seeing everyone I was scheduled to see.

When I mentioned this to my first client of the day, she said, "That's because you also learn things from talking to us." I told her that was true. I learn a tremendous amount from talking with people all day long - more than you might be able to imagine. I am very thankful to be involved with work that I love, and am grateful to my clients for choosing me to accompany them on their journeys. If I write a book in the future, it will have to be titled, Everything I Learned, I Learned From My Clients.

The newsletter topic for this month, written by my colleague, Tony, is **What Helps?** It describes the ways we can be helpful to friends who are having problems, as well as pitfalls to avoid in friendships. Since researchers have also found that relationships with other people are what make us the happiest, we can all benefit from strategies to strengthen our bonds with others. In the meantime, **remember to take care of yourself!** If you or someone you know would like to experience happiness on a more regular basis, please give me a call.

**WHAT HELPS?**

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**WHAT HELPS?**

Sometimes we want to be helpful to an adult friend who is feeling bad.

**How can we offer such personal help to a friend?**

How can we guard against damaging our relationship with them in the process?

THREE GUIDING PRINCIPLES:

- 1) Do you really *want* to help?**
- 2) Are you willing to *only listen* unless they specifically ask for more?**
- 3) Can you pay attention to their emotions instead of their problem?**



Don't Think For Them

Giving advice or offering explanations and interpretations without being asked is insulting. (It implies that you think your friend can't think for themselves.)

Don't Invite More Emotion Than You Can Handle

Even if it is clearly asked for, don't invite emotional release unless you can stay with your friend while they experience their feelings. (Don't say "maybe you need a good cry" unless you are willing to sit through the tears!)





Wishing you much happiness,  
Dan Lippmann

P.S. I want to thank all of you who have recently referred friends and family to me. If your friends would like more information on my services, have them visit my web site at [www.wellness-innovations.com](http://www.wellness-innovations.com). Please forward this newsletter to your friends and associates who are experiencing stress.

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Dan Lippmann has more than 25 years of individual and marital counseling experience. After facilitating his own recovery from a chronic pain condition in 1987, Mr. Lippmann began collaborating with experts in the field of mind-body health to develop innovative stress reduction and wellness techniques. He has been cited as a "Master Practitioner" in the book, *Light Years Ahead*, and in July 1999 his work on stress reduction was featured in the *Chicago Tribune*. He has also been interviewed about his work on radio and television. To receive this free monthly email newsletter, visit [www.wellness-innovations.com](http://www.wellness-innovations.com).