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Self-Healing

For People Who Enjoy Helping Themselves

October 2005  
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IN THIS ISSUE

— FEELING LIKE YOU BELONG

HI EVERYBODY!

I am excited to tell you about new techniques I learned at the Emotional Transformation Therapy Conference in Los Angeles last month. I have been doing ETT (Emotional Transformation Therapy) for twelve years, and many of you have experienced the power of colored light technology to rapidly relieve anxiety, depression, and post-traumatic stress. At the conference, I learned to use specially designed eyeglasses in conjunction with talk therapy to rapidly alleviate anxiety and post-traumatic stress. The eye- glasses help to access a calming center of the brain, and the tranquility of the experience neutralizes the person's upset about their experiences. I can determine whether the eyeglasses or colored light technology will be more beneficial depending upon the person's particular issues.

Since returning from the conference, I've used the glasses with many clients, and the results have been remarkable. What's also exciting is that clients can purchase the eyeglasses for a reasonable price (I don't benefit in any way from the purchase of the glasses) and use them at home to reinforce the emotional transformation experienced during the session. Please call me at (630) 960-2887 to discuss whether the glasses would be of benefit to you during counseling sessions or at home for ongoing stress reduction.

In the wake of recent world events, from wars to hurricanes and earthquakes, many people are experiencing anxiety and post-traumatic stress. If you or someone you know is experiencing acute stress or the after-effects of trauma, I'll make arrangements to see you or them as quickly as possible.

The newsletter topic for this month, written by my colleague, Tony, is ***Feeling Like You Belong***. It describes how experiences and beliefs influence our sense of belonging and steps we can take to increase our connections with others.

In the meantime, **remember to take care of yourself**. In the words of Loretta Laroche, "Life if not a stress rehearsal." You do not need to suffer from anxiety and stress. I have remarkable, effective tools that can improve your life.

FEELING LIKE YOU BELONG
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We all want to have the sense that we belong among people we know.  
Where do we really belong?  
What makes us feel less like we belong?  
What makes us feel more like we belong?

**WHERE DO YOU BELONG?**

You belong where YOU say you belong!

The decision about whether you belong with others is your decision, not theirs.

In the adult world, we are seldom “kicked out” or excluded from groups. People from a certain group might mistreat us, and this might help us decide to leave. But, even then, it is OUR decision. It is not theirs.

The question of whether we feel like we belong should be based on how we are treated while we are actually WITH the group.

**But people who fear that they don't belong usually feel excluded BEFORE they've spent any time at all with the group!**

“I'd never be good enough for them.”

“They'd never let anyone like me in.”

“People like them don't care what people like me have to say.”

“They're just too (dumb, wise, fat, skinny, sick, healthy, young, old, ETC...) for me.”

Look back on your life and ask yourself:

“Who have I decided that I belong with?”

**“Who have I accepted into my world?”**

Then look back again and ask:

“Who have I decided I don't belong with?”

“Who have I excluded from my world?”

### **WHAT MAKES YOU FEEL LESS LIKE YOU BELONG?**

We decide whether we belong based on our EXPERIENCES or on our BELIEFS.

#### FROM OUR EXPERIENCES

If some people in a group mistreat you, deciding to exclude them can be a good decision.

This is especially true if you objected to the mistreatment but nothing changed.

#### FROM OUR BELIEFS

But if you haven't been mistreated by people in a certain group and you only think you'll be mistreated, it is your beliefs that are keeping you from the feeling of belonging.

Such beliefs are both bigoted against them and terribly restrictive for you!

It's bad enough to restrict yourself because of your own beliefs.

It's even worse to exclude yourself because of someone else's beliefs.

When it comes to a decision as important as whether to cut a whole group of human beings out of your life, I don't care at all what your parents, or your culture, or even your priests/rabbis/ministers think.

I care what YOU have experienced.

And whether YOU have spoken up for yourself about being treated well.

And what YOU have decided - and whether these decisions are working for you or not.

### **WHAT CAN YOU DO TO FEEL MORE LIKE YOU BELONG?**

If you are actually mistreated by some people in a certain group:

**Don't judge the group. Judge the individuals.** Tell the people who are mistreating you that it has to stop.

If they stop for long while, stay with them.

If they stop for a short while, consider leaving.

If they don't stop, leave. Join a better group. And congratulate yourself for trying!

Whether you stay or leave, **remember that some of these people did treat you well.**

If you are only thinking that some group won't accept you, **ask yourself where your opinion came from:**

- Is it only something you heard from someone else?
- Is it based on your experience with a few people you think are similar?
- Is it based on your experience with many people you think are similar?

Admit that you FEAR being mistreated by the people in this group. Then ask yourself:

- What kind of mistreatment do you fear? If it did happen, how bad would it actually be?
- Are you so afraid that it's not even worth trying to accept the new group?
- Most importantly: **How would you treat yourself after you got home?**

Would you treat yourself even worse than the people in the group treated you?  
Is the biggest problem what they think of you, or what you think of you?

Where will you get the feeling of belonging you need if you exclude this group?

- Do you just need to find better groups? If so, which group will you try next?
- Can you think in terms of individuals instead of whole groups? Will this help?
- Is there some way you stir up the very mistreatment you try to avoid? How can you change this?

**YOU BELONG WHERE YOU SAY YOU BELONG!**

Give people a chance to treat you well.  
Accept them and spend your time with them.  
You belong with good people.  
You belong wherever **you** say you belong!

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If your experiences or beliefs have led you to feel that you don't belong, I can help you understand and come to terms with whatever experiences, feelings, or beliefs are keeping you from moving forward in your life.

Wishing you a sense of peace and belonging this fall,

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 website at www.wellness-innovations.com. Please forward this newsletter to anyone who is 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.