

JULY 2008 NEWSLETTER

THEME: Standing Out From the Crowd

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SELF TRANSFORMATION
THERAPY

‘Thought of the Month’: [Standing Out From the Crowd](#)



When you change your behaviour, those around you cannot stand still - they will feel a difference. Even resisting your change is a reaction. So allow those around you the time to see that change can be a good thing. Keep showing them you care for them, even though you may be making difficult decisions. Do not apologise for thinking big - for wanting to love big!

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Thought of the Month Article:

You have probably heard of the sentiment that you cannot change others, but can only change yourself. Most people would agree with this. It is funny then, that when most people commence counselling, they have a significant focus on how their partner needs to change. In time, people begin to understand the reality that you really cannot change others. At this point it can be a bit scary, because when you begin to make changes in the way you relate to those close to you, you will begin to see if they are capable of changing their patterns of behaviour. And what if they are not able to change?

The reality is that while we cannot change others, we can create the conditions to invite them to change. If we no longer respond in the old patterns, we invite others to respond differently. However, they will need time to recognise that you are doing things differently. A typical response from others is to try and re-

establish the status quo, which is easier and feels safer, more predictable. This is when you need to stick to your guns in your new found behaviours. The others may use all variety of tricks to bring the old ways back.

Changing your behaviour can induce others to change. This strategy will work if you make changes with empathy, from understanding that you have control of the change, and that it can be scary for others. Also, reinforce that you are doing this to improve yourself and strengthen who you are. Continue to emphasise that you want change for your relationship, to reassure them that the relationship is a focus for you. This creates an atmosphere of safety for them, while they comprehend the change, and begin to realise that it actually feels better.

Of course, there are times when your changes may lead to the end of a relationship. However, use the same guidelines above so that change is carried out with respect and empathy, which minimizes any negative deterioration in the relationship.

Disclaimer: The content of this newsletter is for information purposes only. It does not represent advice for individuals. For individual advice, please see a suitably qualified mental health practitioner.

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