

ARE YOU HAPPY?

Read the following underlying perceptions that get in the way of satisfaction. Check the statements that apply to you. Bring your checklist to your counseling session

1. ___ You suffer today because of a problem with one or many disappointments or losses. Your unrecognized or unacknowledged hurt and/or anger has become your armor. You face the day with reluctance to give another person a chance to be close to you.
2. ___ You suffer because you gave up on yourself. Life's disappointments overwhelmed you. You have avoided working through your grief. You may glaze it over with alcohol or drugs, overeating, or being so busy that you have no time to reflect on your life and make some necessary changes.
3. ___ You have a great need to control others or the situation. You spend a great amount of time angry, anxious, or depressed, when others don't agree with you and/or want to do things "your way" most of the time.
4. ___ You can't accept what has gone wrong in personal or work relationships.
5. ___ When you have been wronged, you can't seem to forgive, and let go of your hurt and anger.
6. ___ You feel jinxed. Life has been unfair to you. You have withdrawn from most interactions as a protection.
8. ___ You only want the good parts of a relationship and become bored with day to day life.
9. ___ You over-use the need to "look good." Looking good to the outside world has become more important than being a good person. You have created a false identity for yourself and now that identity is crumbling because you lost your job, made bad investments, or got in trouble with the law.
10. ___ You need your expectations to be met nearly all the time and you are unhappy when you expectations are not met.
11. ___ You are impatient more often than not. Your impatience causes chronic irritability.
12. ___ You have become numb. You have lost your sensitivity and feeling toward others from chronic hurt and disappointment.

These are just a few of the issues that can influence your level of happiness. If you checked one or more you **CAN** change your perspective.

Happiness is within your reach!

Call Ellen Berk 303.796.7908 or email ellen.berk@earthlink.net to begin resolving your problems.

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