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POWER AND PASSION



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Dr Janet Hall's newsletter

Don't forget Dr Jan's other newsletter - Passion News - subscribe at the bottom of this email.

Dr Jan's Hot Tip

Do you Want a Fight-free Family?

Join Dr Jan on Tuesday 18th November at her office for a Fight-free Family Workshop.

Time 7.15pm - 9.00pm

Cost \$30 and you get a free copy of Dr Jan's book:

The Super-Parent Survival Guide (RRP \$16.95)

Bookings essential: Phone 9419 3010

(Why not get your school to book a talk for parents too!)

[Click here to download a copy of the flyer](#)

Feature Article

How the Warm Fuzzy Story can Save Your Time and Help Your Heart

Isn't it wonderful when you buy just one book that changes your life over and over again and you want to share it with everyone you meet? This is what happened for me when I was given the Warm Fuzzy Story when I was at university - a simple story that changed the communication in my marriage from a prolonged and painful battle of who is right and who is wrong, to a simple check of intention and apology where due. A story which I use over and over in my therapy - with adults (life-partners and business partners and teams, families and with children).

Here's how easy it is:

Someone hurts your feelings? You tell them: "That hurt my feelings. Did you mean to do that?"

They have two options:

1. Say: "No, I am sorry that's how you felt. That was not my intention."
2. Admit to it and open up to battle.

If they do 1, let it go. Don't go into a "deep and meaningful discussion".

If they do 2, you have 2 options:

1. Walk away until you both calm down. Then ask them to negotiate about the issue and if it still doesn't get resolved, get a mediator (counsellor).
2. Fight them back and you both get hurt.

Why would either of you want to do a 2?????

Here's how I described how it works in my Fight-free Families book.

Fiona and Freddy are fighting...

'Fiona ate the last apple.'

'I did not.'

'You did so.'

'I did not.'

'You did, you big fat ape.'

'Don't call me that Freddy, you're a big fat elephant.'

At this point the fight can get even bigger with counterattack, criticism, and name calling. These are called Cold Pricklies, just like in the Fuzzy Land Fairy Story.

When somebody says 'What you just said to me is a cold prickly', you have the opportunity to take responsibility for what you have just said.

Saying 'That's a cold prickly', is a very simple way of saying 'That hurts my feelings.'

From now on, I suggest that the child on the receiving end of being called 'a big fat ape' can simply look the other child in the eye and say, 'That's a cold prickly to me when you say that.'

The person who said the prickly has to think twice. Do they really want to hurt your feelings? Do they really want to start a cold prickly war?

When counter attack happens, no one ends up happy.

It is much easier if everyone learns the rules of apologising and making up.

It's amazing what a heart felt 'sorry' can do to stop a fight.

'I admit that it is not always easy for anyone to be heart felt in their apology.

It hurts to have to say (gulp) . . . sorry, sometimes.'

It goes like this:

'You're a big fat ape', said Johnny.

'That's a cold prickly and it hurts my feelings', said Mary.

'Well, I'm sorry', said Johnny (in a 'nar nar' voice).

'You're not saying sorry from the heart', said Mary.

'Well, I really am sorry', said Johnny quietly and calmly.

'That's OK', said Mary.

And now they can start to play together again.

Fuzzy Fiona said: 'I don't understand,'

'What if Freddy meant to give me a cold prickly on purpose? Sometimes he teases me by poking me or not giving me back my pencils if I ask. If I tell him that's a cold prickly he just laughs!'

'Well', said Mum. 'We'll have to teach him the lesson then! If the person deliberately does a cold prickly and doesn't want to say sorry, then the hurt person has a choice a fight back or walk away. What will happen if you fight back?' Mum asked.

Fiona replied, 'Well, sometimes I get my way but usually somebody gets hurt.'

'So what will happen if you walk away?'

Fiona claimed, 'Well, he'll just have won, won't he?'

'Will he though?' asked Mum. 'What about five minutes later, when he wants to play with you. Will you let him?'

'No, I certainly would not,' said Fiona.

'And now what will he learn?'

'Oh, I get it', said Fiona. 'He'll learn that he might win his way at first but then he won't get anything his way again!'

Here's The Warm Fuzzy Family List:

Warm Fuzzy Things that are said Kind: Good job Thank you You look nice	Cold Prickly Things that are said Hurtful: You're dumb Are you blind? You look fat in that
Warm Fuzzy Touching Gentle: A cuddle A Kiss A Pat	Cold Prickly Touching Painful: A shove A punch A trip
Warm Fuzzy Cooperation Doing what you are told or expected to do	Cold Prickly Non-cooperation Refusing or accidentally (on purpose) forgetting
Warm Fuzzy Doing Offering to help Giving Mum and Dad a surprise breakfast in bed	Cold Prickly Doing Never doing anything which you are meant to
Warm Fuzzy Giving Giving something: A bunch of flowers A painting A gift	Cold Prickly Not giving Not offering to share Stealing

Dr Jan's Gem

Beautifully Stated - As we grow up, we learn that even the one person that wasn't supposed to ever let you down, probably will. You will have your heart broken probably more than once and it's harder every time. You'll break hearts too, so remember how it felt when yours was broken. You'll fight with your best friend. You'll blame a new love for things an old one

did. You'll cry because time is passing too fast, and you'll eventually lose someone you love. So take too many pictures, laugh too much, and love like you've never been hurt because every sixty seconds you spend upset is a minute of happiness you'll never get back.

[Email Dr Jan with any comments about this article](#)

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