



Mix & Match Ezine Content Options (Therapy Related Articles)

INSTRUCTIONS: Each month, you'll be sent a reminder email that asks you to select your articles for the upcoming month's ezine. Using the titles below, **select TWO articles** and reply to our email with the two titles. You can choose a Top 10 and a Quiz, a Top 10 and a Feature Article, a Quiz and a Feature Article or two Feature Articles. (If you want to get a better feel for our article content and writing style, go to www.ArticlesForSale.net and peruse the excerpts.)

In addition, each month you will send us the following: 1) a short introductory paragraph or two of personal information that you'd like to share with your audience, and 2) your **personalized promotional section** material. Some suggestions of promotional material that works well here (but not all at the same time...don't overload your readers!) are: upcoming classes or speaking gigs, product promotions, case studies, links to videos or audio interviews, testimonials, special offers, etc.

For questions, contact Jacqueline Hayward at Claire Communications, 866-200-6945.

Each month, pick two from ANY of the below articles. Keep track of your selections month to month. Article choices will be updated once a year.

Top 10s

- Top 10 Ways to Heal through Creativity
- Top 10 Ways to Start (and Maintain) a Good New Year
- Top 10 Things to Say to Yourself
- Top 10 Stress Reducers
- Top 10 Ways to Move Through Depression
- Top 10 Actions of True Intimacy
- Top 10 Ways to Love Fearlessly
- Top 10 Barriers to Connection
- Top 10 Ways to Raise Self-Esteem
- Top 10 Ways to Handle Difficult Conversations
- Top 10 Addiction Clues
- Top 10 Actions That Say "I Love You"
- Top 10 Sources of Stress
- Top 10 Things to be Grateful for
- Top 10 Ways to Cope with Change
- Top 10 Lists to Create
- Top 10 Fears That Ruin Relationships

- Top 10 Ways to Get Through Tense Family Gatherings
- Top 10 Signs of Strength
- Top 10 Fears That Keep Us From What We Want
- Top 10 Things We Can Control
- Top 10 Daily Practices of Loving Relationships
- Top 10 Ways to Handle Adversity
- Top 10 Ways to Chase the Winter Blues
- Top 10 Ways to Get a Good Night's Sleep
- Top 10 Warning Signs of Stress
- Top 10 Ways to Have a Great Day
- Top 10 Ways to Build & Keep a Positive Attitude
- Top 10 Questions to Ask Yourself
- Top 10 Ways to Stay in Today
- Top 10 Things to Say to Your Partner
- Top 10 Ways to Keep Your New Year's Resolutions
- Top 10 Ways to Side-Step Holiday Stress
- Top 10 Tips for Talking with Your Children
- Top 10 Ways to Simplify Your Life
- Top 10 Ways to Start (and Maintain) a Good New Year

Quizzes

- Quiz: Are Your Assumptions Undermining You?
- Quiz: How Well Do You Communicate?
- Quiz: Are You a Good Listener?
- Quiz: How Well Do You Handle Conflict?
- Quiz: How Well Do You Listen to Your Children (or Others)?
- Quiz: How Controlling Are You?
- Quiz: How Defensive Are You?
- Quiz: Do You Have the People-Pleasing Syndrome?
- Quiz: How Well Do You Practice Empathy?
- Quiz: How Well Do You Handle Overwhelm?
- Quiz: How Well Do You Handle Failure?
- Quiz: Are You Playing the Blame Game?
- Quiz: Family Stress Test
- Quiz: Are You a Workaholic?
- Quiz: How Well Do You Part Ways?
- Quiz: How Well Do You Handle Fear?

- Quiz: How Healthy Is Your Relationship with Money?
- Quiz: How Much Joy Can You Stand?
- Quiz: Test Your Temper
- Quiz: How Well Do You Love Your Body?
- Quiz: Are You Taking Care or Caretaking?
- Quiz: How Well Do You Handle Worry?
- Quiz: How Well Do You Express Your Needs?
- Quiz: Are You Living With a “Victim” Mentality?
- Quiz: How Well Do You Fulfill Your Needs?
- Quiz: How Well Do You Take Responsibility for Yourself?
- Quiz: How Well Do You Stay in the Present?
- Quiz: How to Tell If You’re Too Busy
- Quiz: How Well Do You Manage Stress?
- Quiz: How Well Do You Cope with Change?
- Quiz: How Healthy is Your Self-Esteem?
- Quiz: How Well Do You Manage Anger?
- Quiz: How Good Are Your Relationship Communications Skills?
- Quiz: How Well Constructed Are Your Boundaries?
- Quiz: Are You a Perfectionist?
- Quiz: How Well Do You Handle Anxiety?
- Quiz: How Well Do You Communicate?

Feature Articles

- Making Medicine of Our Regrets
- Finding an Antidote to the Poison of Shame
- Life’s Choice Aren’t All Easy, But They Are All Yours
- How to Keep Your Cool in the Summertime
- Rewriting the Myth of Perfect Togetherness
- Why Therapy? Exploring the Strengths of Seeking Help
- Self-Talk’s Role in Addiction Relapse
- Living With Loss
- Respect for Others and Self
- Healing With Poetry
- The Rewards of Really Listening
- Embracing Conflict
- From Hopeless to Happy
- Self-Forgiveness

- Grace in Action
- Needed: Everyday Leaders. (Everyone is Eligible.)
- My Garden, My Teacher: Life Lessons from the Garden
- The Inner Virtue of “Selfishness”
- Claiming the Empty Spaces: The Importance of Idle Time in a Fast-Forward World
- Judgments—Criticism or Mirrors?
- To Make Time, Take Time
- Taking Stock of Your Life
- Reclaiming Our Lost Silence
- Taking Control of Your Life
- The Courage to be Authentic
- Take Time to Grieve
- Life Goes Better With Friends
- The Health of the Human Spirit
- Boredom: A Symptom of Stress that Doesn’t Feel Like One
- Fear: A Little Word with a Big Voice
- Lifestyle—Choice Not Chance
- When the Old Ways Aren’t Working—Communications
- Body Image—It’s Not What You See, But How You Feel
- Avoiding Means Never Having to Say “I’m Afraid”
- Self-Care: What Do I Need to Do to Take Care of Myself?
- Self-Acceptance is an Action
- Self-Responsibility Starts with an I
- Food Doesn’t Have to Be a Four-Letter Word
- Male Bashing: Is This Cultural Phenomenon Hurting Our Men & Boys?
- Holidays: Here They Come, Ready or Not
- Doing the Right Thing—Issues in Integrity / Summertime Drinking—When Is It a Problem?
- Living from Gratitude vs. Grievance
- What It Means to Be Vulnerable (and How That Can Be Empowering)
- Stopping Verbal Abuse
- Bounce Back: Developing Emotional Resilience
- Healing from Trauma
- Give Your Relationship a Tune-Up
- Understanding Anger
- Self-Acceptance
- Accepting the Gift of Criticism
- Working on Your Relationship Alone

- Taking Feedback to Heart
- Oh, the Tales We Tell: Getting Beyond Our Stories
- To Do or Not to Do? That Is the Commitment Question
- How to Succeed with Failure When All Else Fails
- When the Internet Becomes a Problem
- The Gifts of the Shadow
- Taking the “War” Out of Our Words With Nondefensive Communication
- When Envy Rears Its Ugly Head, Listen to What It Has to Say
- Overcoming Overwhelm by Coming Back to Ourselves
- Intimacy—Accept No Imitations
- Life Stages / Cycles of Changes, Choices and Challenges
- The Benefits of Exercise
- Conflict Can Be a Creative Force
- Keep a Journal to Write from the Heart
- The Road to Forgiveness is a Journey Toward Freedom
- Got A Hunch? Trust It. (Intuition) / Dreams: Messengers in the Night
- The Voice of the Inner Critic
- Procrastination—Everyone Talks About It, But Nobody Does Anything
- Holiday Drinking—When the Party’s Over But the Drinking Isn’t
- Experts Take the Benefits of Laughter Seriously
- What’s Self-Love Got to Do with It?
- Letting Go: Great Idea. How Do I Do It?
- A Journal Can Be Like a Best Friend and More
- Handling Adversity: You’re Stronger Than You Thought
- Journaling to Grow and Thrive
- Make Your Worrying Work for You
- Summer Vacations & Families
- “Normal” Is a Broad Spectrum
- Learning to Trust After Betrayal
- Saving Yourself from Self-Sabotage
- Paying Attention to Red Flags
- One-Liners to Avoid in an Argument
- The Power of Intention
- Making Sleep a Priority
- The Inner Work of Mindful Parenting
- What We Tolerate Takes a Toll
- Speaking Up (Assertiveness)

- Recognizing Victimhood
- Tending the Fences: Setting Healthy Boundaries
- Special Delivery: Talking to Kids About Divorce
- The Ultimate Act of Self-Care: Clearing Clutter
- Putting Childhood Play to Work for Us
- Move Your Body, Move Your Soul
- Enough With Not Being Enough!
- The Truth About Lies
- Gratitude: A Family Practice
- Listening to Our Bodies
- Best Way to Beat Burnout—Prevent It
- Creativity Belongs to Each of Us
- Are You as Good as Your Word? / Making and Keeping Agreements
- The Importance of Play in Our Lives
- When the Name of the Game is Blame, No One Wins
- Money Talks, But What's It Really Saying?
- How to Say Yes to Yourself and No to Others
- Maintaining Balance is an Inside and Outside Job
- How to Cope with the Post-Holiday Blues
- Resentments & What to Do with Them
- Blended Families
- When Depression is Mild
- New Year's Resolutions—How to Make Them So You Can Keep Them