

## Mix & Match Content Options Therapy Print Newsletter

**INSTRUCTIONS:** Every quarter, you'll be sent a reminder email that asks you to select your articles for the upcoming Mix & Match print newsletter issue. Using the titles below, **select one article from each section** and reply to our email with the five titles. (If you want to get a better feel for our article content and writing style, go to [www.ArticlesForSale.net](http://www.ArticlesForSale.net) and peruse the excerpts.) Each section corresponds to a section in the newsletter, so don't double-dip! Only one article per section!

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

**For each issue, pick one article from each of the five sections below. Only one article per section! Keep track of your selections issue to issue. Article choices will be updated once a year.**

### SECTION 1: Page 1 Feature Articles

- Page 1: Making Medicine of Our Regrets
- Page 1: Finding an Antidote to the Poison of Shame
- Page 1: Life's Choice Aren't All Easy, But They Are All Yours
- Page 1: How to Keep Your Cool in the Summertime
- Page 1: Rewriting the Myth of Perfect Togetherness
- Page 1: Why Therapy? Exploring the Strengths of Seeking Help
- Page 1: Self-Talk's Role in Addiction Relapse
- Page 1: Living With Loss
- Page 1: Respect for Others and Self
- Page 1: Healing With Poetry
- Page 1: The Rewards of Really Listening
- Page 1: Embracing Conflict
- Page 1: From Hopeless to Happy
- Page 1: Self-Forgiveness
- Page 1: Grace in Action
- Page 1: Needed: Everyday Leaders. (Everyone is Eligible.)
- Page 1: My Garden, My Teacher: Life Lessons from the Garden
- Page 1: The Inner Virtue of "Selfishness"
- Page 1: Claiming the Empty Spaces: The Importance of Idle Time in a Fast-Forward World
- Page 1: Judgments—Criticism or Mirrors?

- Page 1: To Make Time, Take Time
- Page 1: Taking Stock of Your Life
- Page 1: Reclaiming Our Lost Silence
- Page 1: Taking Control of Your Life
- Page 1: The Courage to be Authentic
- Page 1: Take Time to Grieve
- Page 1: Life Goes Better With Friends
- Page 1: The Health of the Human Spirit
- Page 1: Boredom: A Symptom of Stress that Doesn't Feel Like One
- Page 1: Fear: A Little Word with a Big Voice
- Page 1: Lifestyle—Choice Not Chance
- Page 1: When the Old Ways Aren't Working—Communications
- Page 1: Body Image—It's Not What You See, But How You Feel
- Page 1: Avoiding Means Never Having to Say "I'm Afraid"
- Page 1: Self-Care: What Do I Need to Do to Take Care of Myself?
- Page 1: Self-Acceptance is an Action
- Page 1: Self-Responsibility Starts with an I

## **SECTION 2: 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

## **SECTION 3: 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?

## **SECTION 4: Page 3 Feature Articles**

- Page 3: Food Doesn’t Have to Be a Four-Letter Word
- Page 3: Male Bashing: Is This Cultural Phenomenon Hurting Our Men & Boys?
- Page 3: Holidays: Here They Come, Ready or Not
- Page 3: Doing the Right Thing—Issues in Integrity / Summertime Drinking—When Is It a Problem?
- Page 3: Living from Gratitude vs. Grievance
- Page 3: What It Means to Be Vulnerable (and How That Can Be Empowering)
- Page 3: Stopping Verbal Abuse
- Page 3: Bounce Back: Developing Emotional Resilience
- Page 3: Healing from Trauma
- Page 3: Give Your Relationship a Tune-Up
- Page 3: Understanding Anger
- Page 3: Self-Acceptance
- Page 3: Accepting the Gift of Criticism
- Page 3: Working on Your Relationship Alone
- Page 3: Taking Feedback to Heart

- Page 3: Oh, the Tales We Tell: Getting Beyond Our Stories
- Page 3: To Do or Not to Do? That Is the Commitment Question
- Page 3: How to Succeed with Failure When All Else Fails
- Page 3: When the Internet Becomes a Problem
- Page 3: The Gifts of the Shadow
- Page 3: Taking the “War” Out of Our Words With Nondefensive Communication
- Page 3: When Envy Rears Its Ugly Head, Listen to What It Has to Say
- Page 3: Overcoming Overwhelm by Coming Back to Ourselves
- Page 3: Intimacy—Accept No Imitations
- Page 3: Life Stages / Cycles of Changes, Choices and Challenges
- Page 3: The Benefits of Exercise
- Page 3: Conflict Can Be a Creative Force
- Page 3: Keep a Journal to Write from the Heart
- Page 3: The Road to Forgiveness is a Journey Toward Freedom
- Page 3: Got A Hunch? Trust It. (Intuition) / Dreams: Messengers in the Night
- Page 3: The Voice of the Inner Critic
- Page 3: Procrastination—Everyone Talks About It, But Nobody Does Anything
- Page 3: Holiday Drinking—When the Party’s Over But the Drinking Isn’t
- Page 3: Experts Take the Benefits of Laughter Seriously
- Page 3: What’s Self-Love Got to Do with It?
- Page 3: Letting Go: Great Idea. How Do I Do It?
- Page 3: A Journal Can Be Like a Best Friend and More

## **SECTION 5: Page 4 Feature Articles**

- Page 4: Handling Adversity: You’re Stronger Than You Thought
- Page 4: Journaling to Grow and Thrive
- Page 4: Make Your Worrying Work for You
- Page 4: Summer Vacations & Families
- Page 4: “Normal” Is a Broad Spectrum
- Page 4: Learning to Trust After Betrayal
- Page 4: Saving Yourself from Self-Sabotage
- Page 4: Paying Attention to Red Flags
- Page 4: One-Liners to Avoid in an Argument
- Page 4: The Power of Intention
- Page 4: Making Sleep a Priority
- Page 4: The Inner Work of Mindful Parenting
- Page 4: What We Tolerate Takes a Toll

- Page 4: Speaking Up (Assertiveness)
- Page 4: Recognizing Victimhood
- Page 4: Tending the Fences: Setting Healthy Boundaries
- Page 4: Special Delivery: Talking to Kids About Divorce
- Page 4: The Ultimate Act of Self-Care: Clearing Clutter
- Page 4: Putting Childhood Play to Work for Us
- Page 4: Move Your Body, Move Your Soul
- Page 4: Enough With Not Being Enough!
- Page 4: The Truth About Lies
- Page 4: Gratitude: A Family Practice
- Page 4: Listening to Our Bodies
- Page 4: Best Way to Beat Burnout—Prevent It
- Page 4: Creativity Belongs to Each of Us
- Page 4: Are You as Good as Your Word? / Making and Keeping Agreements
- Page 4: The Importance of Play in Our Lives
- Page 4: When the Name of the Game is Blame, No One Wins
- Page 4: Money Talks, But What's It Really Saying?
- Page 4: How to Say Yes to Yourself and No to Others
- Page 4: Maintaining Balance is an Inside and Outside Job
- Page 4: How to Cope with the Post-Holiday Blues
- Page 4: Resentments & What to Do with Them
- Page 4: Blended Families
- Page 4: When Depression is Mild
- Page 4: New Year's Resolutions—How to Make Them So You Can Keep Them