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# **FAMILY LAW RIPPLES**

"A pebble drops, transforming the lake"

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## **About Family Law Ripples**

"Ripples" is a bi-monthly publication focused on legal matters affecting families. It promotes responding to family change with an eye to cooperation, connection and positive values.

## **Use Self-Talk for Effective Change**

Change your negative food statements (I can't lose weight) to positive ones (I can be healthy), says the book, **The Mayo Clinic Diet**. Fitness experts often recommend similar changes to health statements. I don't have time to exercise is turned into Exercise is what I do first thing in the morning. This type of self-talk can be sustaining for any type of life change and especially those changes that are stressful, disappointing and disorienting such as a major change in your family life.

Psychologists have long encouraged people who want or need change to use self-affirmations, short statements which express the goals or hopes for the future. Such self-affirmations are not only reminders of hopes but also tools for calming and reassuring one's self and meditations for moments of reflection.

One way to do them is to create a three line mantra. Here are some that could be helpful in a difficult parenting situation, a trying divorce or a challenging job:

This could be an opportunity to rise to the occasion.  
Things could work out.  
I can work with this situation.

Relax – refresh.  
There is time to enjoy things along the way.  
There is time to take care of myself.

I want to make a difference.  
Things can change.  
I can change.

Mantras can be written down on sticky notes and attached to places you will see them frequently, such as the bathroom mirror. They can be written out on small

cards and carried around in your wallet. They can be recited silently whenever needed. Their simplicity belies the power of the hope, or vision, they express.

Stephen R. Covey says, "The wonderful thing is that vision is greater than baggage. This means that a sense of what you can envision for the future – a better situation, a better state of being -- is more powerful than whatever ugliness has accumulated in the past or whatever situation you are confronting in the past." He sums this up: "Vision is greater than baggage."

## **In the Media:**

Just as hope is powerful for adults, it is also powerful for children and is one of the family characteristics that is especially important for children with disabilities. Minnesota is fortunate to have many groups to provide information and support to children with disabilities, among them: PACER [www.pacer.org](http://www.pacer.org), Learning Disabilities of Minnesota [www.ldaminnesota.org](http://www.ldaminnesota.org), the ARC [www.arcmn.org](http://www.arcmn.org), the Autism Society of Minnesota [www.ausm.org](http://www.ausm.org), and United Cerebral Palsy of Minnesota [www.ucp.org](http://www.ucp.org).

### QUOTE OF THE MONTH

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Ya can't roller skate in a buffalo herd  
But you can be happy if you've a mind to.

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All ya gotta do is put your mind to it  
Knuckle down, buckle down, do it, do it, do it

*ROGER MILLER*

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