

Public speaking, private consultations, self-help books & CDs covering sex therapy, parenting and self-development

DR JANET HALL
CLINICAL PSYCHOLOGIST & HYPNOTHERAPIST
POWER AND PASSION



DR JAN'S
ONLINE SHOP



drjanethall.com.au



bedwetting.com.au



sex-therapy.com.au

Dr Janet Hall's newsletter

May 2008

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 20 May at her office for a Fight-free Family Workshop.

Time 7.15 - 9 pm

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!)

Download a workshop flyer from the website

The following story is from Dr Janet Hall's book FIGHT-FREE FAMILIES (Finch Publishing, Sydney 2001) This story is a piece that is very close to my heart - and may save your marriage or dissolve your family feuds. The next 2 newsletters will expand on how to use it!

Dr Jan's Warm Fuzzy Story

Once upon a time there was a family who lived in a far away land called Warm Fuzzy Land. They were a family of fuzzy bears and they were very happy because everybody who was born, was born with a very special little fuzzy bag that went around their neck.

This fuzzy bag had their name on it and whenever they wanted to they would put in their hand and pull out this beautiful little Warm Fuzzy creature who would smile and say, 'Hello'. When the Warm Fuzzy was put on the fuzzy bear's heart, it melted in and made the warm fuzzy bear feel all warm and fuzzy all over.

(NOW CAN YOU TELL WHY THEY WERE CALLED WARM FUZZIES?)

And whenever you wanted to feel good, all you would need to do was to ask your friendly warm fuzzy friend, 'Could I please have a WARM FUZZY?'

Friends always gave them and everybody was happy giving and receiving WARM FUZZIES.

The only person who wasn't happy was a very wicked bear called Grumpy Fuzzy who lived on the other side of town. Grumpy Fuzzy was not a happy fellow. He wanted to be a chemist and made lots and lots of tablets and medicines to drink, but noone ever needed to go to the chemist because they were all happy and well, because they were giving and receiving WARM FUZZIES.

Grumpy Fuzzy got grumpier and grumpier and more and more frustrated.

Then one day he had a wicked idea. He sneaked up to the Fuzzy Bear Mayor, and told him, 'You had better watch out because if your wife keeps giving WARM FUZZIES then there won't be any left for you.'

The Fuzzy Mayor was terrified his WARM FUZZIES would run out, so he asked his wife to tell the children and everybody else in the town to stop giving WARM FUZZIES.

Well, because people didn't want to break the rules the Mayor had set and get into trouble with "the

law", they all decided they had better stop giving WARM FUZZIES and . . . they did.

Now in this land if you didn't get WARM FUZZIES you shrivelled up and died!

Pretty soon everybody was going to Grumpy Fuzzy's chemist shop to get medicines and tablets. They didn't really believe the chemist could help, but they were willing to do anything that they thought might save them from dying.

Grumpy Fuzzy at first was really happy . . . But he wasn't stupid. He realised that people would really, really die . . . because his medicines and tablets didn't work. So he stayed up late one night making everybody a very special bag which he gave out for free. Now in this bag there were creatures . . . but they weren't WARM FUZZIES . . . they were called COLD PRICKLIES.

COLD PRICKLIES had big sharp ends and when you put them into your bear's fur they would stick in like pussy cat's claws. One minute you would think you had a nice pussy cat who was purring on your lap . . . and the next minute the COLD PRICKLY would stick his cold pricklies in just like a pussy cat's claws sometimes stick into you when you least expect it.

Now the Fuzzy Bears didn't like this but it was better to get a COLD PRICKLY than no WARM FUZZIES at all because at least you didn't die.

Very soon WARM FUZZIES became scarcer and scarcer. People were just holding onto them and not giving them away freely. Lots and lots of COLD PRICKLIES went around but no WARM FUZZIES.

People started to sell WARM FUZZIES in shops and cut them up into tiny portions. But worst of all they made "pretend or counterfeit" WARM FUZZIES.

Some people would sit up late at night getting COLD PRICKLIES

- dipping them in glue
- rubbing them in white fluff
- and then painting happy smiling faces on them.

But of course, you guessed it! When you put it on your shoulder, thinking that it was a WARM FUZZY . . . Eeeeeeeek!

Suddenly it would stick its cold prickly claws into you and you would feel cold and prickly again.

Soon everyone in Warm Fuzzy Land was sad and not feeling warm and fuzzy at all.

Luckily, the FeelGoodFairy came to visit from a far off land. She was a beautiful fairy with wings of gossamer. She flew around with her wand, and waved it over everybody and said,

'I'm sorry my magic can't make WARM FUZZIES for you but please take the Magic of Love and the Magic of Knowing.' The Magic of Love and the Magic of Knowing is that your WARM FUZZIES will never run out.

'Please give WARM FUZZIES freely. If you just trust in knowing that WARM FUZZIES are given with Love, they will never run out and you will feel good again.'

And so the FeelGoodFairy taught the Fuzzy bears not to hold on and save their WARM FUZZIES any more but to give them freely.

Grumpy Fuzzy was not happy. He wanted to stop the Feel-GoodFairy.

Grumpy Fuzzy collected a whole lot of unkind bears around him who tried to spread bad news and gossip. They said that the FeelGoodFairy was lying!

Pretty soon there was quite a struggle throughout the town and even throughout the country. The struggle is still going on.

Whose side do you want to be on?

Grumpy Fuzzy's or the FeelGoodFairy's?

Every day you might have to make a choice WHICH ONE WILL YOU CHOOSE?

To give Cold Pricklies

(AND be like the GRUMPY FUZZY)

OR

GIVE WARM FUZZIES

(AND be like the FEELGOODFAIRY)

IT'S UP TO YOU!

*Dr Jan's Warm Fuzzy Story was adapted from:

'The Original Warm Fuzzy Tale', Claude Steiner. Jalmer Press, USA.

Dr Jan's Gem

Voldemort knows about the power of Cold Pricklies in Harry Potter and the Order of the Phoenix: You will find yourself easy prey for the Dark Lord. Fools who wear their hearts proudly on their sleeves, who cannot control their emotions, who wallow in sad memories and allow themselves to be provoked so easily, stand no chance against his powers.

Dr Jan says: Don't get sucked in by Voldemort: Just give everyone Warm Fuzzies!
