

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



DR JAN'S
ONLINE SHOP

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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

Dr Jan asks her clients that challenging question: **Do you want to be right or happy?** Don't make your loved ones wrong just because you are right! Let them save face.

Feature Article

Hot Idea From Dr Jan's book- *Fight-free Families*

The Sweet Treats Jar

Here is a reward strategy to warm the heart of anyone parents, children and also love partners. It's the Sweet Treats Jar!

What you need to do:

- 1 Find a large glass jar.
 - 2 Give everyone large squares of coloured paper a different colour for each participant/family member.
 - 3 Each person makes a list of all the rewarding or positive things they would like to do or have.
 - 4 Each person cuts out small squares of coloured paper and writes one item from their list per square.
 - 5 The paper is then rolled up to look as though it's a coloured sweet and put in the jar. Everybody mixes their colours in the jar so it looks enticingly like a jar of sweets.
 - 6 Each day, one person chooses a coloured sweet (any colour except their own), reads the treat and puts it back in the jar. They then do their utmost to make sure that it actually comes true for that person.
 - 7 Participants are not to ask who gave them a Sweet Treat or what it was.
- The jar works best if the element of mystery is maintained. This way a halo effect spreads over the family because you never know who has given you a special treat, so you might as well be nice to everyone!

Dr Jan's Gem

The painter Franz Kline said:

To be right is the most terrific personal state that no-one is interested in.

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

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