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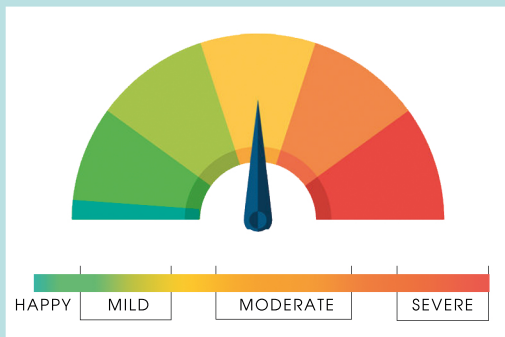
family child
together family
steps mom



Anxious? Unhappy in your relationship? Unappreciated?

It's essential to let go of the resentment and anger so that you don't ruin your marriage and destroy your stepfamily.

This stress-reduction tool will help you identify and manage your stress. It will help you let go of the negative emotions and reframe your thinking so you can find peace of mind in your family.



When something happens to you or someone says something to you that causes you distress, ask yourself, "How big a deal is this in the grand scheme of things?" When we are in the middle of stressful moments and being pushed to our limits, we tend to overdramatize the small things and hang on to the anger. Pause, then think "On a scale of 1-5, how much will this affect me 6 months from now?"

A low level event is something you'll barely even remember tomorrow or maybe in an hour (for example, your stepkid leaving the door open, a spill). A high level event, a 5, is something that you'd still be affected by six months from now (an accident that your stepchild caused, your jewelry is stolen by your stepchild, etc.)

This tool will help you keep things in perspective. You can realize how much of your negative thoughts are really just "small stuff" that we've gotten stuck on. If you create the awareness that almost all of the negative things are really just small things that you don't need to stress about, you can start to let go. When you are faced with a stressful situation, ask yourself, "Where Does This Rate on My Stress Scale?" If you see what a medium and low level event it truly is, you can consciously release it.

In addition to helping my clients reframe their situations and helping them to see others in a new perspective, I give them meditation tools and teach them to manage conflict in new ways that will bring harmony, even with high conflict people.

When both spouses have children from a previous marriage, the divorce rate is 70%! It's **ESSENTIAL** you take steps to prevent divorce.

For more tools and strategies for releasing your resentment so you can create a peaceful family, schedule your complimentary phone call, "Three Tips for Surviving Stepmotherhood" today.