

NEW CLASS

Conquering Eating Disorders

Thursdays

9:30 - 11 am

10 weeks beginning February 5th

Cost \$25/session (\$250 for entire class)

Class minimum 3

Class maximum 6

Location: 2011 Corona Road, Suite 315, Columbia, MO 65203

Is food something you use for nourishment, or use to gain release from emotional pain?

Conquering Eating Disorders; A Christ Centered 12-Step Process is an effective proven program for anyone who ever has experienced the debilitating disorders of anorexia, bulimia, or compulsive over-eating. Together we'll unpack what eating disorders are and are not, root causes, how to replace poor eating habits with responsible behaviors, and how to recover with God's help through openness and honesty.

If you are interested in being part of this group please contact Linda Fentress at linda@journeyscomo.com or call 573-355-0263



Assertiveness

A new way to communicate in the new year.....

By Linda Fentress, M.Ed., Licensed Professional Counselor



People of all ages struggle to communicate effectively. Often communication ends up in either the "passive" ditch, or the "aggressive" ditch, both destructive to relationships. Assertive communication is a way of speaking with others that clearly shares expectations, feelings, needs, and desires.

Communicating assertively can be challenging, and usually takes practice. Here are some positive steps to consider:

STATE THE SPECIFIC SITUATION to which you are referring. Stick to the facts. (*"You came home at 9 pm when you said you would be home at 5 pm."*)

STATE YOUR EMOTIONAL RESPONSE or feelings associated with the situation. (*"I feel scared when I do not know where you are."*) Nobody can argue with your feelings, because they are your own. It is helpful to use "I" statements so that the other person can absorb the information rather than feeling attacked.

STATE WHAT YOU NEED. Do not assume others know this. Be as specific as possible. (*"I would like for you to call when you will be late coming home."*) Consistency and staying firm are key. Do not apologize. You have the right to request something or refuse something. You may need to repeat yourself, but you are not required to elaborate or justify your assertive communication.

STATE WHAT THE BENEFIT WILL BE for both parties if your needs are met. (*"It is important to me that we communicate. We can both feel more secure in a relationship where we have consistent communication."*)

By using assertive communication, deeper understanding and love are fostered. The Bible encourages us to be "quick to hear, slow to speak, and slow to anger" (James 1:19). It also encourages us to "speak the truth in love" (Ephesians 4:15). Assertive communication promotes honesty, respectful language and trust. A new year is a time of new beginnings. Make assertive communication more a part of your relationships in 2015!