

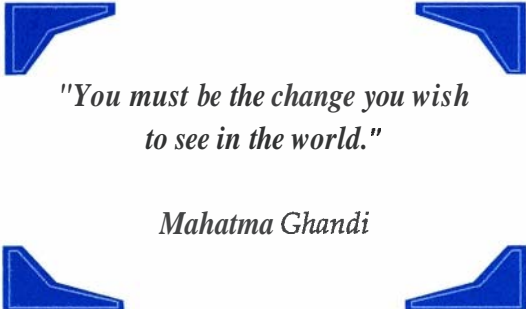
## NEW YEAR'S RESOLUTIONS

"The new year is here. This is the perfect time to take a look at yourself. Many people enter the new year by **making** New Year's resolutions. A new year is like a clean slate—the opportunity to forget the past and start fresh. Resolutions help you deal with the things that can be changed to improve behavior, **performance** and relationships.

As the saying goes, today is the first day of the rest of your life. Why not make the first day of the year the first day of an entirely new you. The number of resolutions is not important--the idea is to make real changes. If you're serious, less is more when it comes to making resolutions. If you have a larger goal, break it down into multiple steps and take one at a time. Envision it like a road trip through the year. You can't jump over states on your way to something ahead; take one stop at a time.

How long will you keep your resolutions--a week? A month? Three months? It's easy to make a New Year's resolution; it's hard to stick to it. To increase your odds, follow these tips:

- Make resolutions that you can attain. Instead of saying you want to lose 20 pounds, resolve to lose 10 pounds by Memorial Day--or two pounds per month. This approach gives you shorter steps to measure toward your ultimate goal.
- Give yourself a reward. A bonus--like permission to buy five new CDs if your grades improve--will keep you focused.
- Let others know. You may be surprised how many of your friends will support and help you in your quest to improve yourself.
- Keep trying. If you stumble along the way, just get back on track. Columbus didn't have smooth sailing to the New World in 1492, and neither will you. New habits and **new** heights that are difficult to attain bring a greater sense of satisfaction.
- Keep a sense of humor. A resolution is something that should make you a better person, not a grouch. A sense of humor and not **taking** yourself too seriously will help you maintain a cheerful disposition.



*"You must be the change you wish  
to see in the world."*

*Mahatma Gandhi*

## FAMILY COMMUNICATION

Sometimes getting a teenager to talk is harder than getting a cat to follow instructions. And when things aren't going well, talking sounds more like shouting. Nothing you say **seems** to register. But **it's** not always that way. Just when you least expect it, your kids share something **unexpected** and you rediscover the joy of glancing into the world of a maturing young adult.

Having positive conversations about the important things in life makes it a little easier to bring up the tough topics, such as alcohol and drug use or sexual activity.

### Stay connected

- Talk about the everyday stuff every day - If your kids learn they can trust you with the 'little stuff,' they're more likely to come to you about the 'big stuff.'
- Create times for talking - Expect everyone to have a family meal together. Turn off the music while you're driving around. Play a game instead of watching television.
- Be approachable - If kids think they'll get a lecture or be judged every time they bring up an idea or a personal **experience**, they'll shut down. Try to listen without judging and to ask questions without accusing. Show that you understand what your children are feeling by sharing similar experiences.
- Take concerns seriously - Sometimes **it's** easy to dismiss children's concerns or worries because, from an adult perspective, they're not important. Don't take them lightly, laugh at or tease them. If **it's** important to your children, empathize and learn. They'll learn that they can come to you about other things - some of which you'll think are really important.
- Don't wait - You don't have to wait for an 'important' conversation to have a good conversation. Find times to talk with your children every day about little stuff and big stuff and when you do talk, really listen to what they have to say.
- Wait - Whether they're tired or upset, sometimes your children aren't ready to talk. Give yourself and your children time and space, but don't make it an excuse to avoid conversation.
- Listen for more than words - What your children are 'saying' may not come out in words. It may show through body language, tone or other actions. Try to understand the feelings behind the words, not just the words themselves.
- Think through the tough conversations - Sometimes you need to have difficult conversations. When the time comes, think it through in advance. What do you want to say? What questions do you need to ask?

### Be creative

- Do something else - **Many** people don't like 'just talking.' They have better conversations when they're shooting hoops, putting together a **puzzle**, hiking, **etc.** Doing things together that both you and your children enjoy may be the best way to get a conversation going.
- Communicate without talking - There are lots of ways to communicate that you care besides talking. If your children **don't** want to talk, leave a caring note or just sit by their bed and give a **backrub**. You won't have to say anything to communicate a lot.

### Keep perspective

- Give time - Sometimes kids need space to work through things and figure out who they are. Give them time and space, but always let them know you're there, you are and you're ready to listen.

### Talk Together

Questions to discuss with your child:

- Whom do you enjoy talking with? Why?
- What opens the door for communication in our family? What closes the door?
- Which topics are easy to talk about in our family? Which are hard? Why?



A conversation starts. Your child's upset. You're tired. Pretty soon, the conversation heats into an argument. It ends when a door slams followed by silence. Arguments. We've all had them with our children. Sometimes it may feel like most conversations end with slammed doors.

Though it can be challenging to develop the skills, being available for frequent, in-depth conversations is an important role we play in our children's lives—from the time they learn to talk all the way into adulthood. What we have to do is create an atmosphere of communication - an open door.

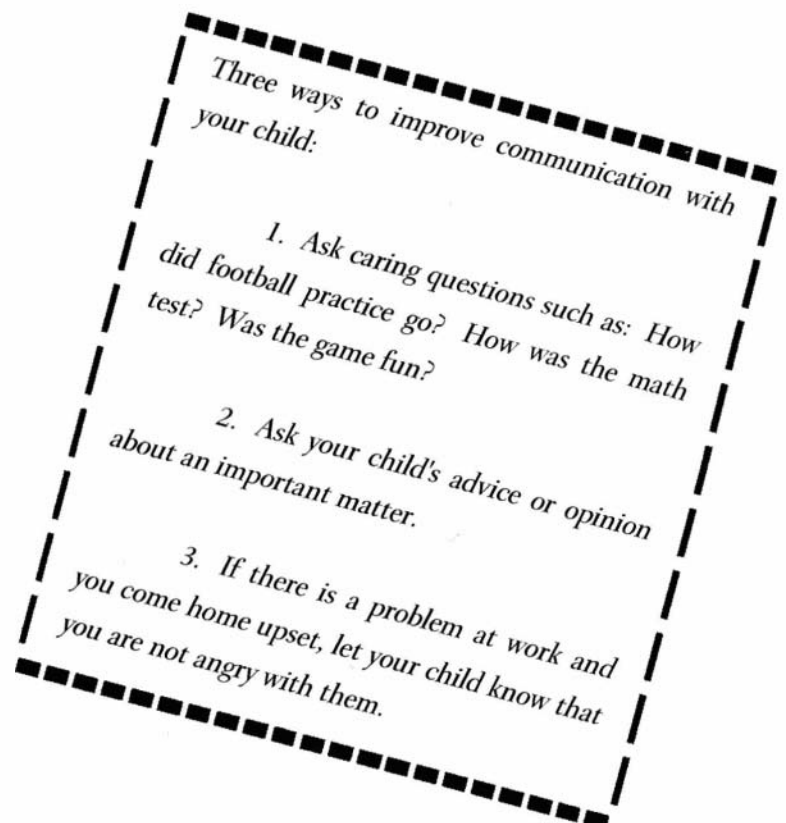
The trick with open-door communication is that we often don't realize we create invisible closed doors around us. We get preoccupied and don't pay enough attention. We're exhausted, and we nod off as our child is in midsentence. We jump to conclusions before our child says things. We assume the worst. We criticize our kids for what they tell us, so they close the door the next time out of fear or resentment.

Sometimes there is no communication to begin with and it's hard to get your child to say what's going on in their life. Having an open door means having an open mind, an open attitude. It means listening to understand, not to advocate our position. It means being available when our children need us - and when they don't. It means taking good care of ourselves so that when our children want to talk, we have open ears and an open heart."

## HELPFUL HINTS

Tips that make it easier to communicate positively with your child:

- Watch for hints: A child who hangs around usually wants to talk.
- Don't contradict what you say by doing the opposite.
- Be available, be open, be willing to drop what you're doing in order to talk.
- Talk in the car when you're side by side, rather than face to face.



## LISTENING TO FEELINGS

- Effective listening is reflective and nonjudgmental; its purpose is to help the listener understand what the speaker is saying.
- Effective listening includes respectful silence. Silence shows a willingness to hear the other person's views fully, without interruption.
- Effective listening shows that the listener genuinely wants to see the other person's point of view.
- Effective listening shows that the listener trusts the other person to solve his or her own problems--in other words, the other person is in charge.
- To rear a child who listens, parents can model good listening skills.
- Effective listening is basic to all other communication skills.
- Some keys to listening effectively include the following starter phrases:

*"You seem to be saying that..."*

*" Sounds like...."*

*"You're feeling..."*

---

*Child/Teenager Says:*

*Child/Teenager Feels:*

*Parent's Possible Response:*

---

*"I hate my math teacher."*

*upset, frustrated, angry, hurt*

*"You're really upset with Ms. Wilson."*

---

*"I can do it myself I  
don't need help."*

---

*"My brother stinks. I  
wish he'd never been  
born."*



## WHEN IT COMES TO CHANGE, I'M RESOLUTE

by *Dave Barry*

"Why make New Year's resolutions? Because you can be a better person. I bet you know somebody who seems to be perfect—somebody who always looks terrific, somebody who manages to devote plenty of time to both family and career, somebody whose house is spotless, and whose children are well-behaved. You wonder how that person 'does it all,' don't you? Well, stop wondering and do something! Start right now! Get up off the sofa, put on some active sportswear and hit that person with a crowbar!

No, seriously, you need to make some New Year's resolutions so that you can become a better you a more attractive you, an organized you, a you that is...well, less like you. At this point, you are saying, 'I would love nothing better than to be less like myself, but every year I make the same New Year's resolution, which is that I will lose weight, and currently my thighs are the diameter of the trans-Alaska pipeline.' Don't feel bad! Many people have trouble sticking to their resolutions, and there is a simple scientific explanation for this. In 1987, a team of psychologists conducted a study in which they monitored the New Year's resolutions of 275 people. After one week, the psychologists found that 92% of the people were keeping their resolutions. After two weeks, we have no idea what happened, because the psychologists had quit monitoring. 'We lost our motivation,' they reported. 'Also, we found ourselves eating Twinkies by the case.'

So we see that keeping resolutions can be **difficult**. But you CAN do it, if you follow these practical tips:

### *1. Be Realistic*

Many people give up because they set their sights too high. In making a resolution, pick a goal that you can reasonably expect to attain, as we see in these examples:

Unrealistic Goal: 'I will learn to speak Chinese.'

Realistic Goal: 'I will order some Chinese food.'

Unrealistic Goal: 'I will read a good book.'

Realistic Goal: 'I will examine the outsides of some good books, then waddle over to the part of the bookstore where they sell pastries.'

### *2. Think Positive*

To succeed, you must believe in yourself. Write this motivational statement in large letters on a piece of paper and tape it someplace where you will see it often, such as on the inside of your eyeglasses: 'I can do it, and I will do it! **Starting** next year!'"

## CBTS STAFF LIST

Main Office: 268-4044  
Fax: 263-0926  
www.cbtsutah.com

Lori Nadeau, C.F.O./Co-Owner  
Mobile: 634-5379  
cbts@xmission.com

Carlos Serna, C.O.O./Co-Owner  
Mobile: 558-4845  
cserna@xmission.com

Kim Ontiveros, Program Supervisor  
Mobile: 557-9023  
kontiver@xmission.com

Anna Lieber, Proctor Coordinator  
Mobile: 557-7814  
alieber@xmission.com

Nick Renfro, Group Coordinator I  
Proctor Specialist  
Mobile: 557-6327

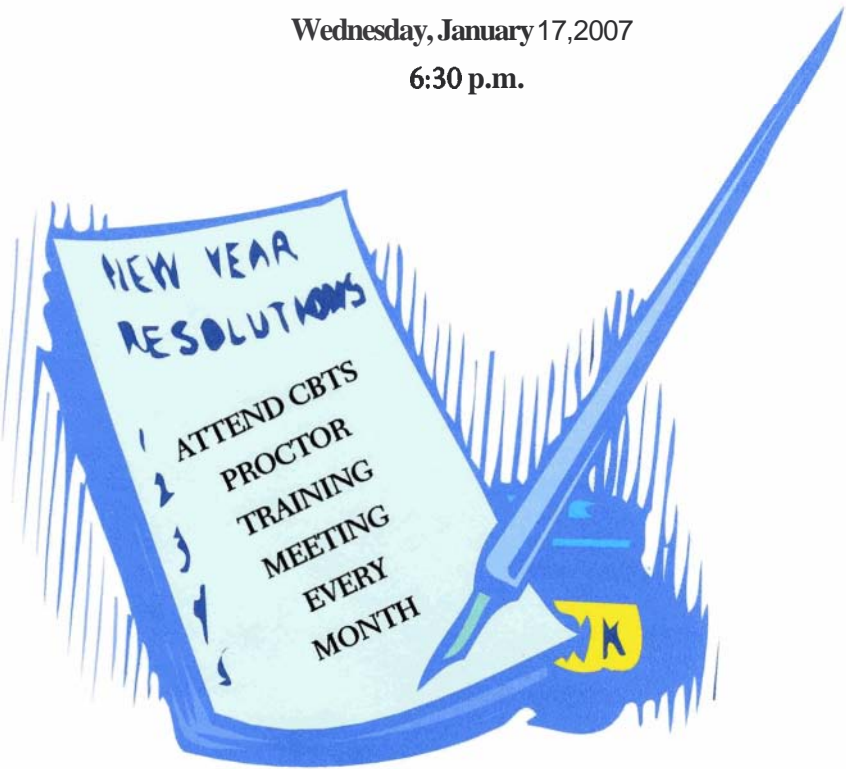
Sara Bannon, Proctor Specialist  
Mobile: 558-5668  
sbannon@xmission.com

Kris Phillips, Proctor Specialist  
Mobile: 502-5687  
kphillips@xmission.com

Kim Sorensen, L.C.S.W.  
Mobile: 949-8067  
ksorensen@xmission.com

## PROCTOR TRAINING

Wednesday, January 17, 2007  
6:30 p.m.



### New Year's Resolutions

- **2003:** I will read at least **20 good** books a year.
  - **2004:** I will read at least **10** books a year.
  - **2005:** I will read **5** books a year.
  - **2006:** I will read some articles in the newspaper this year.
  - **2007:** I will try and finish the comics section this year.
- 
- **2003:** I will get my weight down below **170**.
  - **2004:** I will watch my calories until my weight is below **200**.
  - **2005:** I will follow my new diet until I get below **220**.
  - **2006:** I will work out once a week.
  - **2007:** I will drive past a gym at least once a week.
- 
- **2003:** I will **pay** off my bank loan **promptly**.
  - **2004:** I will **pay** off my bank loans **promptly**.
  - **2005:** I will **be totally** out of debt **by** next year.
  - **2006:** I will try to pay off the debt interest by **next** year.
  - **2007:** I will try to be out of the country **by** next year.