



WONDERING HOW TO REGAIN A SENSE OF CONTROL IN AN OUT-OF-CONTROL WORLD?

This guest reveals how to recognize the limits of your control and learn when to let go

CAROL CLIFTON, PH.D.,

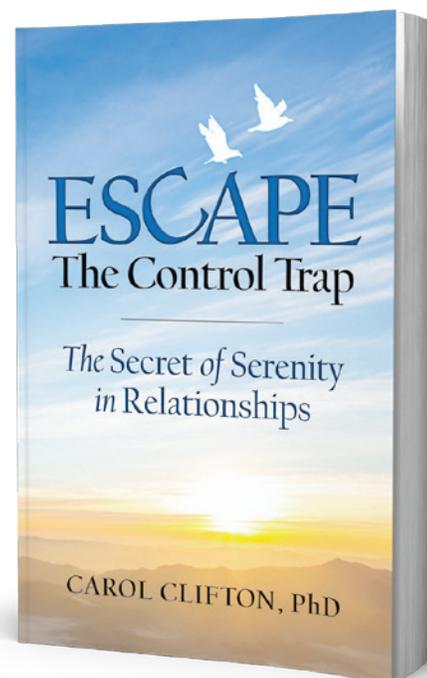
a licensed psychologist in the Portland, Oregon area, has been treating trauma, depression, anxiety and working with couples for 30 years. She is the author of two soon-to-be published books which will help readers evaluate choices and make better decisions. The first book, *Unstumped! Think Through and Solve Almost Any Problem*, is an easy reader for young children. The second book, *Escape the Control Trap: The Secret to Serenity in Relationships*, teaches adults how to think through their control issues and create happier relationships.

Prior to becoming a psychologist, Dr. Clifton worked in magazine publishing and public relations with the National Safety Council, and in book publishing and advertising with NavPress. While at NavPress, she began working at a half-way house for troubled teens as a volunteer and then as a staff person. When she moved to Oregon, she taught journalism and writing at Warner Pacific College. She found herself counseling again and went on to earn her doctorate in clinical psychology.

STORY IDEAS FOR A GENERAL AUDIENCE:

- ◆ **Feel like your life is out of control?**
Perhaps you need a change of focus. This control chart will help you think through boundaries and address controlling behaviors in healthy ways.
- ◆ **Have you ever been accused of being controlling?**
Find out if you are – and how to change.
- ◆ **Are you stressed out by the holidays?**
Try these strategies to regain your sense of control.
- ◆ **Do you feel controlled or in control of your relationship?**
6 strategies for developing realistic control and overcoming power struggles.
- ◆ **Wondering if he's the guy for you?**
Try this strategy for evaluating and solving the control issues in your relationship.
- ◆ **Worried about problems in your relationship?**
Here's how to change your relationship dance from struggle to serenity.
- ◆ **Are conflicts with your boss or coworkers keeping you up at night?**
How to use a control chart strategy to recognize where you're stuck and resolve common conflicts.

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Do your kids constantly badger you for ideas and things to do?

Here's a strategy for teaching them how to think things through for themselves.

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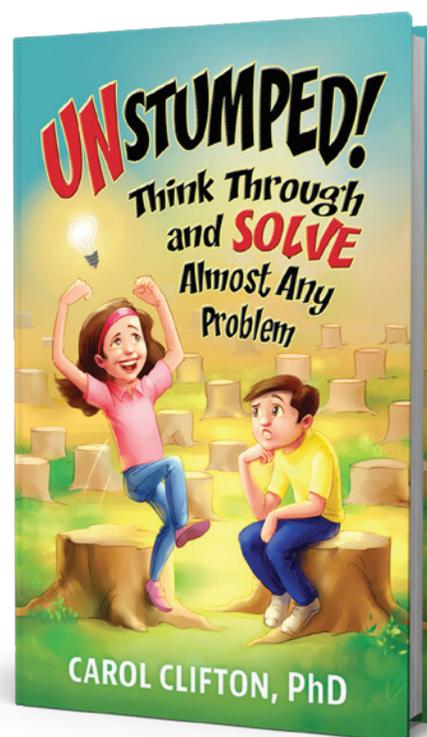
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STORY IDEAS FOR PARENTS, TEACHERS AND KIDS:

- ◆ **The cure for sibling rivalry.**
Use this tool to help your children develop more effective strategies for getting what they want.
- ◆ **How can you persuade your children to eat more healthy food?**
Use a decision tree to teach them to eat mindfully and see connections between foods, feelings and behavior.
- ◆ **Try this painless way to encourage your kids to clean their room.**
Brainstorm all the possible options with them, then use a decision tree to help them discover what works best for them.
- ◆ **The key to helping children learn to solve challenges at home or at school**
Show them how to use a simple decision tree to evaluate choices and make better decisions.
- ◆ **Empower your kids to think ahead and plan their summer activities**
Teach them this strategy that reinforces creativity and time management.

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