

MONTHLY TIP

GERRY FISHER, LICSW

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20 Academy Street, Suite 201-D
Arlington, MA 02476

Phone: (781) 929-6341
E-mail: gfisher-LICSW@rcn.com
Internet: <http://www.gerryfisher.com/>

When you grow impatient or irritated (for example, in traffic jams): say to yourself, “play nicely with the world.”

It is important to keep your thinking 100% honest and finely tuned to reality. (To read more about this tricky cognitive technique, see the Soapbox essay for March, 2004.)



Tips in 2004 will focus on how to do cognitive-behavioral work in a more dynamic and satisfying way than offered with traditional cognitive-behavioral counseling. For more information on this series of tips, see the January, 2004 soapbox essay.