

Welcome to the July issue of the Synergetic Enhancement News! It is here you will be able to read up on how to enhance your self, your relationships, and learn to live a happy, healthy, fulfilling life.

If you are new to learning about our philosophy and services at Synergetic Marriage & Family Therapy, [Click Here](#) so you can read more about how we focus on incorporating and strengthening health, a defined self, and effective communication, so people develop their "Synergized Relationships" and enhance their overall happiness.

The July issue focuses on how to **Unmask Your Identity**. If you don't know who you are, how will you know what your needs are and what makes you happy? How will your partner know how to fulfill your needs? How can communication ever be clear and effective? How can you ever be fully present and visible in your life?

If you are feeling like you are on an emotional rollercoaster with a lot of highs and lows and can't get your feet on the ground, don't worry, your Synergetic Enhancement can start today!

## **Unmask Your Identity**

Are you feeling helpless, stuck, and frustrated with the reoccurring issues in your life? To gain control over your happiness, takes reflection on the relationship you have with yourself. It's time to Unmask Your Identity! Don't you think its about time?

We worry all the time if our relationships with others are ok and if our parents, partner, kids, boss are happy. Why is it people don't worry if the relationship with themselves is ok and if they are happy? Why is that relationship so easy to minimize and put off?

Well it could be for a lot of reasons. Maybe you grew up watching your parents do that and that's all you knew, or maybe your life is hectic with a lot of responsibility; where focusing on others was your solution to staying sane. Maybe you didn't even realize you were/are doing it and now have this serious migraine that wont go away, or you have anxiety, depression, anger, resentment that is hard to control. What ever the reason is, these symptoms are your body screaming at you saying, "Hey stop forgetting about me!" Your body wont let you disappear and you will be visible in one way or another, so don't you want it to be a positive, healthy visibility?

As much as some people would like it, we aren't robots, we are human beings. We all have needs that will help care for our wellbeing and allow us to live happy. When is the last time you thought about your care needs? Can you identify them? If you can't or your care needs aren't clear or if you haven't thought about your care needs in awhile, take a minute and grab a pad and start writing a current list. You can't possibly think your needs are always the same do you? You will always have to update your list from time to time. Now you may be thinking, What is a need? A need is something that would make you life easier, to survive and be happy. It is different then a want. A want is a gift, something you don't need, but would like. Make sure you distinguish between the two. This isn't the time to be minimal in what your care needs are, you deserve to think and make a nice list of needs that will allow you to be happy.

This may not be easy. Some of you may have grown up where having needs were bad, minimizing was the main thing to do, or having needs was selfish. Let's take that story and press the delete button. That story does not help "Synergize Your Life."

Once you make your list, take a minute and see what things on that list you could start doing for yourself. What could your partner do for you? What could your family do for you that will allow you to function better? Knowing what we need is the first step in becoming visible in our life and caring for our body. Explain this with your partner, friends, and family and allow them to know the things that will help you "Unmask Your Identity." Forward this Newsletter to them so it can help clarify what you are explaining.

If you're thinking right now that your partner and family would never understand you, give them a chance, maybe they would like to strengthen who they are as well. Regardless, you aren't communicating about your needs for anyone but yourself. It's time to stop worrying what others think and start caring what we feel and think inside our body. They don't have to agree or understand, they just have to respect the care needs and feelings you have. Open up positive communication and allow your body to feel heard. Remember to press the delete button on your old, self-defeating story. You will start to realize how much you missed yourself and how much you have grown and changed.

Don't forget to take time and update your list every now and then. Remember our goal is to always be open to grow and strengthen our relationship with yourself; where we then filter our positive energy in all other relationships in our life!

This section is where you can learn new tips to start synergizing your life. If we can't learn to stretch and grow, then we will never fully be using all our life energy to its benefit and purpose. Being open to challenge yourself is a great way to continue strengthening your identity. Becoming more open and understanding more about yourselves will allow you to tackle issues and disagreements in a new light. This will bring about new solutions and new positive outcomes.

**July Tip: Learn something new this month. Strengthen yourself and put yourself out there!**

Is there a hobby, class, skill you would like to pick up, but have been putting it off? Are you afraid you won't be good at it or will embarrass yourself? Is it hard for you to ask for help? Is there an old friend you lost touch with and would like to contact? Is putting yourself out there scaring you?

Well, it's time to enhance the relationship you have with yourself. Like the featured article states "UnMask Your Identity" and allow for yourself to always be growing.

I am not here to preach without putting my own advice to use. Now how did I challenge myself this month? I was at a car dealership looking at some cars and I saw this car that was perfect. It was in my price range, was the color I wanted, it had everything I wanted in it...except it was standard. Hmm...well I stepped up to the plate. I bought that car and learned to drive

standard. I may have embarrassed myself around town, stalling (in of course the worst possible intersections) and bucking all over the place, but I learned. And you know what?? Standard is a lot of fun! It is also a much cheaper rental when you travel.

So I am right there with you learning and challenging myself.

### **Relationship Enhancement July Tip**

Form a couple ritual this month that can be quality time for you and your partner to enjoy each others company. It is so easy to get caught up in the daily pressures and stressors; where we forget to enjoy and appreciate our partner.

Some ideas are:

Go to a new restaurant each week where you alternate who picks

Have a stay in movie night each week and cook together

Sit outside together or go for a walk together

Pick up a new hobby together that you both can enjoy

You are invited to contact me to learn more about our services and to discuss how I may be of service to you. Contact me today!!

**Best Wishes,**

**Jessica**

Jessica L. Fraioli, CFT, LMFT  
Relationship Enhancement Specialist  
Synergetize Your Life Today  
516-780-2905, 866-377-7614  
[Jessica@SynergeticMFT.com](mailto:Jessica@SynergeticMFT.com)

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