



REPAIR MY HOUSE



29th Year

**Mind-Body-Soul
Skills for the
Journey**

Mondays

12:10-12:55 pm

St. Peter's Church

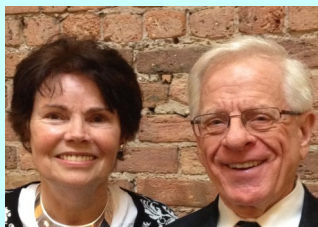
St. Clare Auditorium

Lower Level

\$5 Donation

**Dr. Jerry Hiller,
Psychologist**

**Marilyn Rochon,
M.A., LCPC**



Duct Tape Psychology

**It Isn't Pretty, But It Sure Does Hold
Your Stuff Together**

- **January 28, 2019**

6 Skills of Duct Tape Psychology

There are many more, but learn 6 that can help you become your best self.

- **February 4, 2019**

Keeping Routines

Reboot good intentions by doing the routines you promised yourself. A sense of integrity returns.

- **February 11, 2019**

Taming the Chaos Monster

Identify how you allow the craziness of daily living and other people make your life harder, and less effective and satisfying. What *purposes* do you have in *arranging* self-sabotage?

- **February 25, 2019**

Over-Come Feelings of Inferiority

Distinguish *actual inferiority* from *perceived inferiority feelings*, and develop strategies for working with them.

- **March 4, 2019**

Encouragement is a Required Skill

Encouragement of ourselves and others differs from praise. It modulates high expectations and evaluations/appraisals. It keeps us grounded, whole, sane, and at peace.