



REPAIR MY HOUSE



29th Year

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

Mondays

12:10-12:55 pm

St. Peter's Church

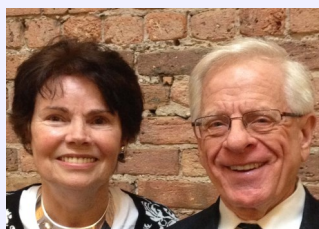
St. Clare Auditorium

Lower Level

\$5 Donation

**Dr. Jerry Hiller,
Psychologist**

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



Duct Tape Psychology 2

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

- **March 25, 2019**

Giving Up Bad Habits: The Challenge

Broken promises; denial; triggers; guilt; shame, depression, etc. Are you willing to do something different?

- **April 1, 2019**

Self-Sabotage

How do you arrange it? What's your purpose in doing so? Learn some options.

- **April 8, 2019**

Stop Allowing Other People's *Stuff* to Get to You

Incompetence (stupid, lazy, unqualified) and *injustice* (selfish, unfair, immoral) prevail. How can you inoculate yourself so it doesn't trigger *your stuff*?

- **April 29, 2019**

Re-Claiming Lost/Forgotten Parts of Yourself

"I use to be _____. I wish I could be/do that again." "I forgot I once did that!" Recycle your gifts/abilities!

- **May 6, 2019**

Self-Forgiveness: The Challenge

What would you do with all of your time when you learn to forgive your mistakes, and stop beating yourself up?