



REPAIR MY HOUSE



29th Year

Mind-Body-Soul

**Skills for the
Journey**

Mondays

12:10-12:55 pm

St. Peter's Church

110 W. Madison St.

Chgo., IL 60602

St. Clare Auditorium

Lower Level

\$5 Donation

**Dr. Jerry Hiller,
Psychologist**

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



Duct Tape Psychology 3

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

- **May 20, 2019**

**Help Your *Inner Picture* of Yourself Catch Up to Your
*Actual Self***

Your bias against yourself hinders becoming your best self. Update your inner picture so that it corresponds to who you are already, but anxiety or depression made you forget.

- **June 3, 2019**

**When You Don't Have the *Luxury* of Pessimism and
Becoming an Optimist Seems Like Too Much Work**

Learn more ways to increase option-thinking that replaces negative thinking.

- **June 10, 2019**

Making Mistakes and Fear of Humiliation

Mistakes happen, but correcting them does not require fear of humiliation. Replace "What will people think/say?" with "What do I need to do...now?"

- **June 17, 2019**

9 Attitudes That Make Your Life More Miserable

Discover how to confront 9 attitudes that make life more difficult than it has to be.

- **July 1, 2019**

"I Can't vs. I Won't"

Catch yourself acting *as if* you are incapable when you are actually refusing to do what needs doing.