

IPAC

NEWSLETTER

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Institute of Psychometric Assessment & Counselling

J8/77J- Nehru Market, Rajouri Garden, Delhi-110027, INDIA

+91-9911903358, +91-8860555898

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Expectation vs Acceptance

Relationships are an important and integral part of our life and help us to experience the most beautiful form of energy i.e., love. But people start developing expectations when they get closer in any relationship. They start looking at the other person with respect to their own expectations. This leads to the passing of the judgment which results in negative emotions like blame and guilt. Therefore, to enjoy the purest form of love in any relationship, it is important to accept the other person as it is unconditionally.

Ask Dr. KomalPreet Kaur

Q.1. How to break the pattern of negative thinking?

Ans. To break the pattern of negativity, practice doing a small positive activity everyday while making a point to acknowledge the good part (even if things are not perfect). Do not let minor problems ruin the mood.

Adding one or two activities daily will help up adding happiness in your life.

Q.2. I feel my partner does not take care of my needs and concerns. How to handle this?

Ans. Relationships are not only about getting what we need – they're also about the other person.

The acronym G.I.V.E. will help you achieve relationship effectiveness by fostering positive interactions.

G - Gentle: Don't attack, threaten or express judgment during your interactions. Accept the occasional "no" for your requests.

I - Interested: Show interest by listening to the other person without interrupting.

V - Validate: Validate and acknowledge the other person's wishes, feelings, and opinions.

E - Easy: Have an easy attitude. Try to smile and act lighthearted.

Q. 3. I know anger isn't good for me, but I just can't control it.

Ans. Anger usually comes because of the imperfection you see in others. This, in turn, comes from the lack of acceptance of things and people as they are. When the results are completely different from what you had expected, you are unable to accept it which results in anger. Accepting the situation as it is and then calmly assess the situation as to why it had happened will help you to control your anger.

Also, start practicing the following technique. It will help you to accept things and people as they are.

Half Smiling and Willing Hands:

Step 1) Relax your facial muscles from head to jaw and chin.

Step 2) Take your lip line to upward direction as if you are smiling.

Step 3) Maintain calm facial expressions.

Step 4) Keep your hands in upwards direction; palms facing up, fingers uncross and relax.

(You can do this technique in any position: sitting, standing or lying down)

Start practicing this technique 4-5 times in a day.

Power of Planing Breaks in Life By Dr Rakesh Chopra

Imagine driving a car which has no breaks. Rather it is impossible to even imagine. Feel the importance of breaks while driving a car. Breaks can help you avoid accidents. Breaks can help you stop wherever you want to, take the turn of your choice and also to rebuild your speed to reach your destination. Breaks increase productivity and creativity. Working for long stretches without breaks leads to stress and exhaustion. Taking a break rejuvenates the energy of your mind, and helps you become more creative. Unfortunately, a lot of people tend to ignore the necessity of taking a break because they feel like there's so much to achieve and that a break would just be a distraction.

To watch the video, click on the link below.

<https://www.youtube.com/watch?v=zDJexslAsgg>

Tip of the Week

**With SOLUTION Mindset,
Everything is FIGUREOUTABLE.**

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Laughter is the Best Medicine

पप्पू (गप्पू से) - यार मेरे पापा दिन-ब-दिन
केबीसी के अमिताभ बच्चन बनते जा रहे हैं...!

गप्पू - वो कैसे...?

पप्पू - उनसे जब भी पैसे मांगो,
कहते हैं 'क्या करोगे इतनी धनराशि का!

बीवी ने पति को मैसेज किया - आपको पढ़ोसन कैसी लगती है...?

बीवी को खुश करने के लिए पति ने रिप्लाई किया -
एकदम बंदरिया जैसी...!

बीवी - ठीक है तो आते समय मेरे लिए दो साड़ी लेते आना,
नहीं तो ये मैसेज पढ़ोसन को दिखा दूंगी



Our Upcoming Events

How to Divorce Anger?



www.MyMindDesigner.com

www.theStrategicPlanning.com

Join us on
24th July 2021 : 12 pm till 1 pm



Live Webinar With
Dr KomalPreet Kaur

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Starting From
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+91- 9911903358, +91-8860555898



ipacinfo1@gmail.com



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If you have any question or want to attend any of our webinar,
then email us at ipacinfo1@gmail.com or contact us at +91-
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Emotional Health : Covid First Aid

Counselling self and others – Professional Guidelines

Dr KomalPreet Kaur

Vasuli Kalsi

Click in the link below to claim your free copy:

<https://myminddesigner.com/>

If some problem is bothering you and you are unable to decide what to do then you are most welcome to book your One Free Stress Eradication Mentoring Session by visiting

<https://thestrategicplanning.com/stress-eradication/>

Feel free to reach us for any Emotional Health Support

Our Emotional Health Helpline No. +91-9911903358;+91-8860555898

We'd love to hear from You!

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