



# NEWSLETTER

DECEMBER 2022

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# 4 Tips to Avoid *Holiday Arguments*

## 4 TIPS TO AVOID *Holiday Arguments*



The Holidays are wonderful, however as some of us may have experienced, they can also be stressful. Spending time with extended family can often lead to arguments if someone wants to bring up contentious issues. These conversations can strain relationships. Here are some tips that will help you handle those off-the-table topics.

### **1. WILL THIS HELP OR HURT MY RELATIONSHIP?**

When you are tempted to argue with a family member ask yourself, is what I have to say going to get them to say, "Oh wow, you are so smart. You are absolutely right. Tell me more!" If the answer is probably not, than is it worth having a fight with a relative you only see two or three times a year? What is it going to do to your relationship? It will likely only encourage your relative to have negative feelings towards you. Having a relationship with someone is all about knowing the person, understanding the person, and truly caring

about their lives. Ask yourself, is today the day to get my point across, as we come together to celebrate?

### **2. CHOOSE EMPATHY OVER ARGUING.**

To not feel seen, known, or understood can be very hurtful. The experience of being heard, seen, known, understood, and accepted is part of the great joy of being loved. When a relative chooses to bring up contentious issue and you have decided (from Tip #1), this is not the time and place to argue, you can respond in charity by showing empathy. Empathy just says I see you. I understand you. I hear you. Most people think, they have to argue to let the other person know they do not agree. But think about it. It is not often advice of what we should do differently that does much to help, but rather unwanted advice typically makes things worse. These contentious issues will tempt you to fight back, but let grace prevail. Recognize your relatives need to feel heard and then move on. Choose empathy. "Sounds like you had a bad experience in that situation."

### 3. FIND TRUTH.

Finding the truth in what they are saying instead of waiting for them to be quiet so you can talk. If the truth is they love and agree 100% with their political party whom you are against you can say, "You are really passionate about your party and it is obvious you share their views." What can someone say to that? Finding the truth, disarms a person and lets the person know you are listening.

### 4. RE-DIRECT.

Make it clear these hot topics are not up for debate today. Say, "Listen, this isn't really the time to hash all of this out, but if you're genuinely interested in discussing this with me, I'd really love to discuss this with you over lunch sometime."

These tips can be a challenge to follow. Especially when you want to argue your point. But, remember: **People don't care how much you know until they know how much you care!**

For more information about how Therapy Solutions can help you, visit our website at [therapy-solutions.net](http://therapy-solutions.net).

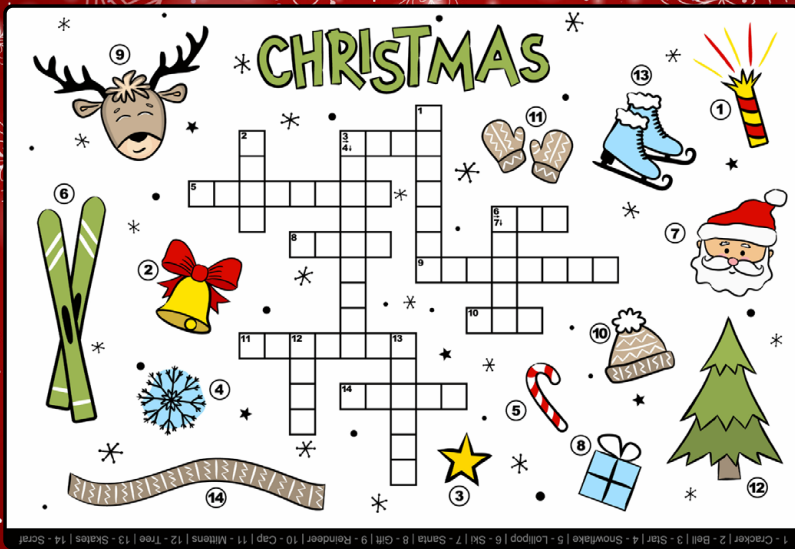
## HOLIDAY RECIPE: PISTACHIO COOKIES

- ▶ 4 2/3 c. roasted, lightly salted pistachios
- ▶ 3 3/4 c. confectioners' sugar
- ▶ 1/2 tsp. ground cinnamon
- ▶ 2 large egg whites
- ▶ 1 large egg white
- ▶ 1 c. confectioners' sugar



**Directions:** In a food processor, grind the pistachios until fine. Add 2 3/4 c of the confectioners' sugar and the cinnamon. Continue pulsing to make a fine powder. Add the egg whites and process until the dough comes together. Preheat the oven to 300°. Line 2 baking sheets with parchment paper. Sprinkle a work surface with the remaining 1 c of confectioners' sugar. Knead the dough on the surface to create a cohesive dough. Roll out the dough until 1/4 in thick. Cut out cookies with a 2-in star cookie cutter. Place the cookies about 1/2 in apart on the pans. Gather the dough scraps, then re-roll and cut out more stars. Whisk the egg white in a metal bowl until medium-stiff peaks form. Whisk in the confectioners' sugar, 1 tbsp at a time, until thick and smooth. Transfer the meringue to a piping bag or a zip-top bag. Pipe the meringue on top of the cookies. Bake the cookies for 15 to 17 min. Let cool for 5 minutes on the baking sheets, then transfer to a rack to cool completely.

## HOLIDAY FUN & GAMES



# BOSS'S CORNER



Greetings! As I take a look back on 2022, I am reminded how much our community has overcome in just two short years from lockdowns and isolation to now attending sporting events, church activities, and social outings. We are strong and resilient individuals in the great state of North Dakota. Along the way, the entire staff at Therapy Solutions has been here just in case you would need our services. I want to say thank you for trusting us in 2022! And if a need or situation arises in 2023, rest assured we will be here for you and your family.

Merry Christmas and Happy New Year! — *Jared*



## OFFICE UPDATE

The snow brought some special visitors to our clinic! We are wishing a very Merry Christmas to all of our furry friends as well!



## WRITE YOUR OWN SUCCESS STORY!

The best way to help others in our community is by leaving a Google review.

### INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Google Review Page)
3. Tell us how we did!



## CLIENT SUCCESS STORY

"Therapy is really frustrating and slow. I've been seeing Jessie and Adrienne for around 7 months for two separate injuries. I have wanted to just give up and live with the pain because I did not feel even a little better for months, and I would have if both of these amazing ladies had not been so encouraging and kept telling me to do the work and my body will heal. I'm finally starting to feel improvement and I'm so grateful for the support and encouragement. Thank you both, so much, for your dedication and support!" — *Kristin R.*