

News Release

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Going in Circles?

Tampa, Florida (January, 2011). Have you ever said to yourself “I feel like all I’m doing is going in circles”? Or, have you noticed that you or others keep repeating the same patterns despite New Year’s resolutions, “wake up calls” from your health etc. While it may appear that going in circles is a negative process, there is also a significant positive dimension to it. If we go in a circle, we gain the opportunity of revisiting a particular aspect of our life and may then be able to see it differently, make different choices and then perhaps make life changing decisions. There is a famous quote in the famous poet T. S. Eliot’s “Four Quartets” (Little Gidding 4 part 5) that says:

**“We shall not cease from exploration
And the end to all our exploring
Will be to arrive where we started
And know the place for the first time.”**

That is the key to developing optimism and placing what we may perceive as failure in a more positive light. We all experience times when we say we want to make a change and then have self-imposed obstacles placed in our way. We decide, for example, to have a healthier nutrition plan in order to lose weight and then find ourselves eating a cookie. If we think, “Oh well, I’ve failed again so I might as well eat the whole bag”, we will move toward a negative choice. On the other hand, we can learn from the “circle” or repeated pattern by saying, “I’ve been in this place before and if I make the same decision, I will repeat the same pattern that gets me nowhere along my journey to better health.” I “know this place and it has not led to

happiness.” We can then decide that we will either step into or step out of this place in which we find ourselves.

Habits are difficult to break. We often do not understand the impact that our thinking has on the places in which we find ourselves or our ability to recognize the signs of our journey that have led us in the wrong direction. If you need help in developing a specific plan to address what you see is a continued pattern of ignoring your own journey’s road signs or an inability to turn the repeated pattern into a positive life choice, remember that the Employee Assistance Program (EAP) is a benefit available to all employees and dependents of companies contracted with Wood & Associates for providing confidential free professional assistance 24-hours a day, 7 days a week.

Remember that you or a dependent may contact your EAP regarding any concern that you might have – you don’t have to wait until a problem becomes big to seek help. Above all, keep in mind that concerns develop over time but the way you address them can be changed. If you need help in developing a specific plan to address what you see is a continued pattern of doing things you really don’t want to do, help is available 24-hours a day, 7 days a week. Just call your EAP and you will be directed to our experienced team of counselors. It is that simple. We will help you cope, find assistance, and guide you down the path to effectively dealing with whatever might be impacting your life.