



# Family Connections Newsletter

Newsletter 6: Overcoming personal barriers

## OVERCOMING BARRIERS

Overcoming personal barriers is a process that takes time and effort. It involves recognizing your own strengths and weaknesses, and then using those to your advantage. This is a journey that is unique to each individual, and it is important to be patient and persistent. There are many resources available to help you on this journey, and it is important to seek out the support you need. Remember, you are not alone in this, and there is always a way forward.

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### In this Issue

In today's newsletter we will examine:

- ▶ Willingness or openness as a skill that can be developed to manage 'resistance' that is typically experienced when humans attempt to change and move forward with what is most important in their life
- ▶ Managing unpleasant emotions and critical thoughts that you may experience

### Recap of Newsletter 5

Recap of Newsletter 5 content, which is blurred in the image.

