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## The 'Good Enougher'

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E-Newsletter

### ***Greetings!***

Having recently watched the Oscar's, I'm reminded of a scene from an old Woody Allen movie *Stardust Memories*. He's sitting on the dingy and dimly lit train car surrounded by other anguished and unhappy people. He peers out through the train window. Across the way on a parallel track he spies another train car. This one, however, is filled with beautiful, laughing people. The car is brightly lit and the champagne is overflowing. At first Woody is intrigued but then he becomes even more depressed.

**Haven't we ALL felt that comparison game at times?** Yes, that collective bully ego voice that says "YOU really MISSED the PARTY, the one where it's *REALLY HAPPENING!* Or another variation on this theme is the 'Not Good Enougher' voice. It moans like this...*I wasn't the good enough mother, I'm not the sexy enough wife, I'm not the prosperous enough business woman, I'm not smart or confident enough to do this...*you probably get my drift and perhaps, could fill in some more.

In my work with smart, feminine, creative, sexy & soulful women with or without the Versace gown, the '*not good enougher*' emerges. This month's e-newsletter offers solution focused tips on healing from the effects of 'not enough' and perfectionism.

Spring has started here in LA. No matter if your ground is now frozen and covered in snow, we know the promise of nature. Spring is coming! May we *all* allow ourselves the room to fully bloom. Remember, we already have everything we need to make it so.

~Marcia

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## Perfectionism

### & Finding the Healing Source



***Ring the bells that still can ring  
Forget your perfect offering.  
There is a crack in everything,  
That's how the light gets in.***

~Leonard Cohen

'Sally', a bright, 52 year old, art gallery owner worked so hard to fill in any cracks of imperfection. She struggled with a compulsive need for control and looking good. For example, when Sally was writing up an art order for a new customer, she realized she had made a mistake. The negative thoughts and verbal self-flagellation began. Sally had learned to punish herself *way before* anyone could get to her and *tons more* than any customer would.

Sally had a misguided quest for excellence which manifested as perfectionism. Her ongoing unrealistic expectations of self and others kept her lonely and in low self esteem. Often, what drives perfectionism is found in the rear view mirror of life. As with Sally, this external pushing which can turn into perfectionism lies in the seeds of childhood abandonment. Her mother was an active alcoholic until Sally was 10 yrs old.

When situations feel out of control, it is natural for a child to adopt some unique coping skills. One of those coping skills is the drive for perfectionism. **The other side of the coin is often procrastination.** These are common characteristics of those coming from a family history of an absent parent through addiction, other illness or death.

**Sally and I worked together to help her invoke the powers of gentleness and self acceptance. We**

Thank you so much for sharing my newsletter with others who may be interested.

## Ask Marcia - Q & A

Email your questions to: [Marcia@MarciaNewman.com](mailto:Marcia@MarciaNewman.com)

**Q. How can N.E.T. (Neuro Emotional Technique) help heal these aspects of myself that don't feel 'Good Enough'?**

**A.** First, I would like to ask what aspect or area in your life does not feel good? I think of N.E.T. is a gentle rotor-rooter when it comes to identifying and resolving outdated, negative beliefs and physical conditions. Since **N.E.T. is a *bodymind based method of healing***, it can locate the physiological root system of when that belief began and release unresolved (stuck) feelings, patterns and any physical symptoms associated with it. How is this done? N.E.T. is a simple process involving verbal statements (declaratives), light touch and meridian work as used in oriental medicine.

Let me share an example of a previous N.E.T. client;

'Rhoda' had been through years of talk therapy (not with me) and still found ongoing financial struggles when it came to growing her business as a therapist. She never felt 'good enough' about her clinician skills and often felt 'lost' in running her private practice.

We selected a statement (declarative) to muscle test based on three key aspects; **'I'm OK Being a Successful, Female Business Owner'**. Through the N.E.T. process we were able to locate and resolve her *lack of OK'ness* with success, being female and a business owner. At birth, her father wanted (expected) a boy who would one day carry on his roofing business. He never got that boy. 'Rhoda' had touched upon her father's long standing disappointment with her previous talk therapist. However, it wasn't until this N.E.T. session did she feel the impact of a release of these birth related emotions and sensations from her own body. **THE ISSUE IS IN THE TISSUE.** Today, Rhoda reports no longer feeling 'lost' and is busy developing a professional workshop that she'll be teaching around the U.S. with her new husband.

## Homeopathic of the Month - "PAIN RELIEF"

**NET Remedies® safely activate your body's defenses to naturally heal, strengthen and prevent further illness.**

I've researched many products using Arnica Montana and this is one of my favorites. It's recommended for the relief of acute or chronic pain including neck, back and joint pain. Some women have found it useful for menstrual pain, relief from dental work and lessening arthritic pain. This formula helps calm the nervous symptom which can lighten psychological pain associated with physical pain. It is available in cream or liquid. **For more info on NET Remedies® contact Marcia.** If you have ongoing pain, please consult your primary health care practitioner.

**focused less on her errors and more on her learning process.** She made mistakes but she no longer sensed that she herself was a mistake. Sally learned the difference between humiliation and humility. We outlined her personal and business goals in manageable action steps focusing on completion rather than perfection. **Sally now draws her strength and guidance from what she calls 'a higher power from within'. Most days she feels *the value of her life no matter what she does or doesn't do.*** Her support network and family outreach has grown which now includes others who love her no matter what. Congrats, Sally!



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