

3 Tips That Will Help You Stick With Your New Year's Resolutions.

The CBA Quarterly Newsletter



Research-Based **Psychotherapy** with Measurable Results



Making and Sticking to Your New Year's Resolutions

About Us

Like many of us, you took time to formulate goals for the the new year. But now, a week into the new year, you are starting to feel the pressure. The fact is 46% of us will keep our resolutions past six months, and only about 8% will actually reach the 12 month mark. CBA wants to help you and your goals make it to December 31st. Here are 3 tips that can help:

Cognitive Behavior Associates is one of the largest clinical practices in the Los Angeles area offering short-term, problem-focused therapy from a cognitive-behavioral perspective.

All of our treatments are based on scientific research, and we continually measure and quantify progress for each client so we know when therapy is working.

Each of our clinicians differs in areas of expertise and interest, and these factors are taken into account when matching a client with a clinician.

To learn more, [click here](#) to visit our website!

1) **Don't make goals too attainable**

Setting goals that are too easy may not set you up to succeed. Research has shown that easy goals do not motivate us. It is important to push yourself well beyond your status quo, but still keep success within reach. And while striving to set up these challenging yet realistic goals, avoid goals that involve doing something every single day. We don't want you to burn out!

For tips on effective goals setting:

https://www.mindtools.com/pages/article/newHTE_90.htm

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2) **Self-Compassion is key**

Be kind to yourself! Motivation and willpower only get you so far. Permanent change, a.k.a breaking bad habits, is a hard thing to do. Essentially you are trying to rewire the brain and "all or nothing" thinking can hinder progress when trying to keep new goals in sight. There will be times when you aren't able to make it to the gym, you eat pizza, smoke a cigarette, or maybe spend a little too much. Rewiring happens when you notice triggers or negative thoughts that cause set backs and you work to get back on track.

4) Take a SMART approach to goal setting

Try a SMART approach to goal setting. In other words, try setting goals that are: specific, measurable, attainable, relevant, and time-based. For example if your goal is to get out of credit card debt, detail exactly how much you want to pay off in 2017 (be specific), automate your balance/accounts so that you can check regularly (measurable), create a budget that includes all expenses and that is doable (achievable and realistic), and set up quarterly or semiannual deadlines (time-bound).

"SMART" goal setting is a concept that has been around since the '80s. It has been used to promote success and productivity in business, education, and individuals' lives. The basic idea is that the more carefully crafted the goal, the greater the likelihood of it being accomplished. An "R" was recently added to the end of SMART for R=Reevaluate & Reward. So, setting up an amazing reward when you reach December 31st sounds like good planning!

Here's a link to a SMART goal setting worksheet:

<https://www.uth.edu/dotAsset/9e70db2f-583f-4b82-b81a-92acf0ac3c3a.ukn>

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Upcoming Webinars

Biofeedback - An Adjunct Tool in Optimal Patient Care

Tuesday, January 24, 2017 12:00 PM - 1:30 PM PST

Sign up at: <https://attendee.gototraining.com/r/8767817260825081857>

March 2, 2017 - Introduction to CBT for Psychosis

April 27, 2017 - 15 Myths of Love & Partnership

June 12, 2017 - Transgender Competence in the Therapeutic Setting

September 22, 2017 - Strengths-Based Parenting Strategies that Work

November 2, 2017 - CBT for Irritable Bowel Syndrome (IBS)

Partnership & Parenthood Corner

Relationships and parenthood are hard work. Whether it is working on the building blocks of good communication, spending quality time or navigating differences, remembering to be present and just have fun can be a hard thing to do. Here are a few simple things you can incorporate to help create moments of connection.

Kissing Your Romantic Partner More will actually make you feel better.

Kissing on the lips causes our brain activity to spike and harmonize. Make time to give your partner a kiss. Yes, you read correctly, "make time." Waiting for a romantic moment does you and your partner a disservice. Boosting testosterone in a woman and oxytocin in a man helps us feel more connected and lowers our stress levels, says a 2014 study. In fact, the degree of synchronization between the brains of amorous partners correlates with the self-reported quality of a kiss and sense of euphoria after. For more information:

<http://journals.plos.org/plosone/article/fileid=10.1371/journal.pone.0112080&type>

Want a well behaved child? Spending one-on-one time with your child - even 5 minutes a day will make a major difference. It is quality over the quantity. Engaging in a few minutes of child-directed play every day will not only enhance your bond with your child, but also encourages your child to listen to you throughout the day. For more details on Child-Directed Play, see:

http://pcit.ucdavis.edu/wpcontent/uploads/2012/08/27_PRIDEskillsrevised10.111.pdf

CBA Recommended Reading:

How to Stubbornly Refuse to Make Yourself Miserable About Anything - Yes, Anything! by Albert Ellis

When dealing with difficult social phenomenon (e.g. the election of someone that one is happy with or not), CBA has been recommending Albert Ellis's book "How to Stubbornly Refuse to Make Yourself Miserable About Anything - YES Anything!" In this very stoic approach there is great wisdom and focus on the present moment experience. With whatever time we each have left on this planet, think about what and how you would like to be if these were your last days.