

# The High Point k

*HPC strives to guide, educate, encourage, and support their clients*

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## The Best Valentine Ever

I don't know about all you boys out there, but I think I can safely speak for the majority of us girls and growing up we had very specific ideas about love and Valentine's Day. Love meant never having to be alone, always having someone there to tell you how wonderful you are. Lovers were tall, dark, handsome, swashbuckling, mysterious, mustachioed and besotted. Being in love was a picture of a Victorian couple all dressed up waltzing around a ballroom—the lady all glamour and jewels and the gentleman holding her close and whispering naughty nothings into her ear. Valentine's Day was even better—it was the one day when everything was perfect. There was candlelight, chocolates, champagne, laughter, warm cuddles and hot sex. No fighting, arguing, bullying, abuse, tears, heartache, or loneliness. Yet as we grew up and learned to be adults in our harsh world—that's really what love is most of the time and Valentine's Day is often just a painful reminder of how not ideal our love is, or of how lonely we really are.

Part of the problem is that we put such high expectations on ourselves and our partners as to what love should be like. Then we spend so much time and energy stressing over the fact that our love isn't perfect, instead of relaxing and just enjoying ourselves and whomever we are with at the moment seeing the flaws, mistakes, and errors as part of a uniquely beautiful picture.

The other part of the problem is we always pick the wrong person to love. Our Valentines are always some other fallible human who, no matter how wonderful they may be, is going to let us down and not live up to our expectations. What we really need to do is choose ourselves and learn to self-love before expecting someone else to love us. So this year, instead of building up huge expectations and hoping some other person is going to make you feel special, or instead of focusing on the fact that you don't have anyone to make you feel special—take the time to be your own Valentine and appreciate just how special, awesome, unique and amazing you, yourself, are. It's only when we learn to like ourselves that we realize we won't be lonely anymore. We might miss other people, we might enjoy having other people in our lives, but we also are always able to appreciate and enjoy the simple state of being. Hopefully this newsletter will help you find some creative ways to start learning to love yourself and have the best Valentine ever—you.

Larae Thompson



## The 5 Love Languages



There are five basic love languages that we as humans use to give and receive love. Sometimes, how we receive love best may be different than how we give love to those around us. Love comes in many shapes and sizes, but the important thing is understanding how those around us receive and interpret the love we give. This deepens relationships, builds trust, and is powerful in growing closer to our partners, families, and friends. It's also a wonderful way to learn more about yourself and to begin to love yourself in a healthy way. You can build out from there and use this knowledge to enrich many areas of your life.

1. **Words of affirmation** are the nice and meaningful things we say to those we love that confirm the strength and importance of that person in our lives. "I really appreciate how well you care for our family, it means a lot." Often times, a simple "it means a lot to me when you \_\_\_\_\_" can do wonders!
2. **Acts of service** are the things we do for those we love. Making dinner. Cleaning the house. Planning a date night are all acts of service that some people feel the most loved when receiving.
3. **Gifts** are often a piece of affection people share with one another. Whether it's simple gestures like flowers when it's not your anniversary, or small trinkets that remind us of our loved ones, gifts are great reminders that say, "I've been thinking of you."
4. **Quality time** is when phones and computers are off, and you can actually connect with your loved one. Maybe it's after the kids are put to bed and you two can watch your favorite show, recognizing and creating opportunities through the week is important to growing love. Just because you're physically together, doesn't make it quality time!
5. **Physical touch** doesn't always mean sex. Sometimes, it's just being close with someone, cuddling on the couch, or holding hands on the way into the grocery store that can make someone feel loved.

Hopefully this has been helpful. Think about the way that you best like to receive love. See how you can show yourself that you are loved. Then think about those you love the most. How do they like to receive love? Then go make some deposits in your love bank!

Dr. Josh Wienczkowski

## HPC Welcomes Jae



My name is Jae Thornton and I graduated in 2017 from The University of the South—which is a modern-day Hogwarts (I'm talking black robes and everything). I am a huge nerd and when I am not making science puns and putting up Harry Potter decorations I work as the receptionist at this wonderful clinic. At home, I have 6 cats and enjoy reading a good book with a hot cup of tea. When not working I enjoy painting, video games, and naps.

## The Sharing Branches

February is all about Valentine's Day, hearts, love, and candy. We are going to use the Sharing Branches to try and make it obvious that we all have a lot of things about us that are pretty amazing and we deserve to love ourselves and to be loved. So each time you are here at the clinic, please take one of the black hearts in the lobby and use a silver marker to write one or two words on it that are something positive about yourself. Example: Pretty Eyes, Loyal, Honest, Humor, Feet (maybe you have pretty ones?!?), etc. Then Jessica will take those small black hearts and use them to fill the large heart on the Sharing Branches board. Hopefully as we look at it, we will all be reminded that even though love often seems non-existent or hard to find and the world can seem dark around us, there are lots of bright spots and things we can and should enjoy. Each black heart and the word written on it is something we can value, appreciate and celebrate.

