

# THERAPY THOUGHTS

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## Transitions can be so challenging!

We all go through numerous transitions in our lives, whether we want to or not. Sometimes they are wanted transitions (such as going to college, changing jobs, getting married) and sometimes they are unwanted transitions (such as divorce, illness or injury, or a death in the family). Transitions are those weeks or months or longer of awkward emotional spaces where we have cut ties with what we know and have not quite settled into what is new. Eventually, the change will morph into a new normal. But until it does, here are some tips to handle those challenging transition times.



Expect to feel depressed and anxious at times. Know that even if it's a wanted change, such as the birth of a baby, you will still feel the emotional swings of losing life as you had known it. You are out of your comfort zone, so your anxieties are more prone to run wild!

Have realistic expectations. You will not feel confident in your new job right away, and it may take you months, even years, to get accustomed to life without a loved one. Transitions are transitions because the new is not comfortable yet, so don't expect it to be!

Be gentle with yourself. Transitions can be very emotional, from extreme excitement and happiness to extreme doubts and worries. Remember that emotions always pass, and it's best to just try to ride the wave of them.

Get support and take care of yourself! Rely on your support network of friends or family to help you adjust to the changes. Maybe your husband can make dinner each night while you get used to working a new job?

## Don't forget I moved offices!

Last October I moved into a new office in midtown. I've settled in, and in addition to enjoying more space, clients are consistently telling me that my new office is more comfortable and feels more

warm and inviting. Swing by and see it if you haven't! You can enjoy coffee or water, and even some candy, as you wait in the comfortable and colorful waiting room.



## Who is Stacy?

I am a Licensed Marriage and Family Therapist in Tallahassee, Florida. I graduated from John F Kennedy University with a Masters in Counseling Psychology, and I also hold a Masters degree from Yale University.

I work in a private practice in midtown Tallahassee and am passionate about my work with individuals, couples, and adolescents. I specialize in loss and trauma, and am a Certified EMDR Therapist.

You can visit my website to learn more about me and my practice: [www.stacystoddard.com](http://www.stacystoddard.com)



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## “Why can’t I lose weight?”

I hear this from about 90% of my clients. The desire to lose weight is something that many, many people struggle with at some point in their lives. Many of these people also tell me that they could basically write a book on the “how-to”s of weight loss—good carbs vs. bad carbs, calories in must be less than calories out, exercise is essential, etc. However, even knowing all these things, it is so, so hard to actually follow a healthy plan to lose weight. Why is it that we can know how to do something, and know that it would be helpful to us if we did it, and yet we still can’t do it?!?

What most people fail to do in their weight loss plans is consider the emotional aspects of what may be blocking their weight loss. The reality is that the reasons people have difficulty losing weight is so myriad that I couldn’t even begin to list all the possibilities. What I can do, though, is suggest a few books.

All these books have exercises and activities that will help you explore the emotional side of your eating, and will help you dig deeply into why losing weight is such a struggle for you.

*The Beck Diet Solution: Train Your Brain to Think Like a Thin Person* by Judith Beck.

*The Writing Diet: Write Yourself Right-Size* by Julia Cameron

*Why Weight? A Guide to Ending Compulsive Eating* by Geneen Roth

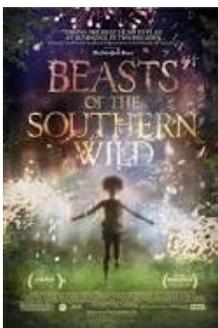
*The Food and Feelings Workbook: A Full Course Meal on Emotional Health* by Karen Koenig

Pick one and dive in...you’ll not only have a much better understanding of yourself and your relationship to food, you just may start to see the numbers on the scale go down!

*“Why is it that we can know how to do something, and know that it would be helpful to us if we did it, and yet we still can’t do it!?!”*



## Movie Recommendation - Beasts of the Southern Wild



Best Actress.

This highly-acclaimed movie, released in 2012, has won multiple awards and was nominated for 4 Academy Awards including Best Picture and

The movie follows a little girl—Hushpuppy—as she struggles with an alcoholic single father and the threat of losing her Louisiana bayou community.

This movie got a lot of attention in Tallahassee because the screenwriter is from just outside of Tallahassee in Monticello, but it also got a lot of attention because it’s just phenomenal!

What really struck me was the little girl’s innocence, almost as if she

didn’t even know the chaos that surrounded her. Her mother has died, her father is an alcoholic and may also be dying, her community is about to be flooded, and at one point her house even catches on fire! Yet, with extreme resilience, she just keeps playing and laughing.

I think we could all learn a little from 6-year-old Hushpuppy! Or, at the very least, we could at least be very entertained for a few hours while we watch this moving story