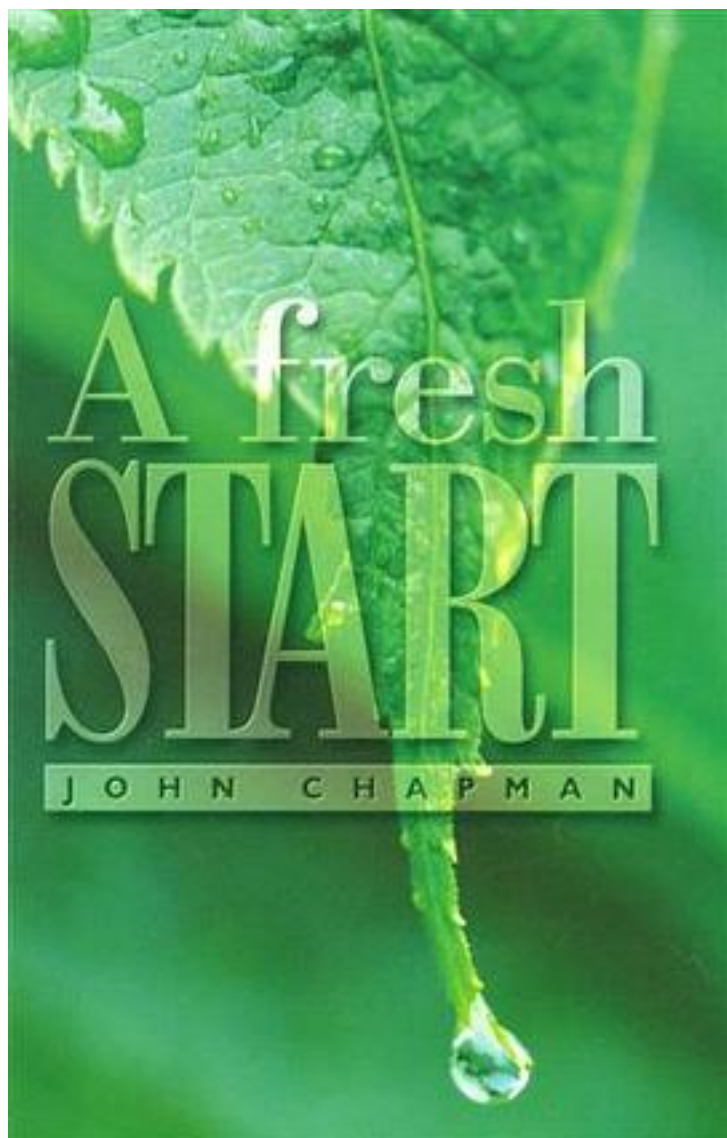


A Fresh Start



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What Does It Take to Break Out of a Rut? Slip sliding away
slip sliding away
You know the nearer your destination the more you re slip sliding away.
--Paul Simon
If you take a glass jar with air holes at the top and you put some flies inside the jar the flies will buzz around frantically trying to get out of the cramped container. However if you keep the ventilated jar closed a long time something fascinating happens. If the perforated lid has been on long enough when you finally take it off the flies don t escape. That s right even though the lid is off and the opening is clear the flies that are so used to circling in the cramped jar will continue to do so. Just when they get close to the opening they go right back to flying the same patterns that keep them imprisoned. Unfortunately human beings have the same problem. We often carry so much emotional baggage from long ago that our lives feel like a burden and we fall into painful ruts. Rather than learning and growing from our frustrating setbacks we have this strange habit of reenacting similar traumas over and over again. A fundamental insight of psychology is that whatever is unresolved from the past will find a way to keep disrupting your present and future. The best way to

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