



HOW IN THE HELL DID THIS HAPPEN TO ME?

Actually, the title of this anecdote is the title of the book that I'm in the process of writing. It has to do with patterns that we develop in our lives from childhood on. In fact, that's what the main purpose of my show "Welcome To Life Happens" on 96.5, WSRL Sarasota was all about.

We don't consciously or purposefully choose to develop these patterns...they develop unconsciously. We pick them up by watching how our parents deal with their lives. We learn them as a result of experiences that we encountered growing up. We may have had a "bent" in the direction of developing those patterns because of our personality types or because of circumstances in our early development that demanded a certain adjustment on our part. Perhaps something traumatic occurred that resulted in a certain type reaction.

The problem with these early developmental patterns is that although they may have been effective at one point in our lives, they're still being practiced and they don't work anymore. Many of these patterns may have grown out of a child's not having any choices because of their dependence on parents or parental figures. When we don't have choices, we tend to compensate by developing patterns that might or even usually go to extremes. If there's one rule that I've learned from working with thousands of people it is this: extremes never work! Essentially, when we go to extremes, we believe that the opposite of whatever the problem is for which we're trying to compensate will take us to the answers that we need to find. Instead, it usually takes us to another set of problems.

The answer to life is balance. However, we cannot attain a sense of balance that lasts indefinitely. We can only strive to attain balance in our lives and realize that striving is a necessary constant in life if we want to become healthy and happy. It means that we need to be aware and willing to work at gaining balance. I liken this process to exercising and the effort it takes to "stay in shape". So, when our patterns of dealing with life coming into our adult years become problematic...even though they worked for us previously...we need to consciously change them. Because these patterns were part of our learned behaviors, we can learn to change them a little at a time.

A Brief Biographical History

After an over 40 year career as a professional psychotherapist and Director of The Sports Stress Clinic in Amherst, NY, Charles Bonasera came to Florida and decided to use the benefits of his previous professional experiences in his new roles of Consultant in Life Management and Business Coaching as well as his expertise as a Motivational Speaker. He once again became involved with athletes in different sports training them with his techniques to help them develop and maintain focus as well as staying in their zone. Much of his training methods are derived from the CD collection he developed under the heading of WIN-WIN SECRETS as the President of Personal Identity Controls. This collection consists of thirty-six programs dealing with vital issues in the management of stress.

Another role that he adopted to add to his professional career was that of Author. Early in the 1980's he wrote Guide to a Life Management Process which he has re-written as a workbook to successfully help people manage their stress which includes his own Working Model. As a result in his interest in golf and realizing that it was essentially a "mind game", he wrote The Mental Side of Golf which can benefit the beginner as well as professionals playing the game of golf.

He then compiled over five-hundred sayings that he had developed in the course of his professional career as stimuli to help people change patterns in their lives entitled How to Stay Well and Live Life to the Fullest. This was followed by a book documenting case studies around disruptive life patterns including ways to change them under the name of How in the Hell Did This Happen to Me? Both his personal involvement in sports as a participant, coach, manager and in his role in officiating, inspired him to write a primer for parents and coaches entitled The Legend of Little League.

Charles invites you to view his website at www.charlesmbonasera.com as well as to write with your comments and questions to his e-mail address (charles@charlesmbonasera.com). He would also be very happy to communicate with his readers by telephone should they desire. His professional motto is "seeking alternative methods to happiness" and wishes those touched by his words to practice the three secrets to a happy life: "enjoy life and enjoy it thoroughly ... develop and maintain a sense of humor ... bring as much love into your life as possible.