



The Unsung Human Element

“Let me think about it for a minute” is something that I’m sure you’ve heard yourself say when confronted with a difficult decision. Of course this is a very important method of in order to evaluate as many of the possible consequences in order to safeguard a correct decision. If the stakes are unusually high, you might discuss the issue with others who are close to you and even those who aren’t who might be able to offer a more objective outlook.

An objective decision would seem like something that is very important to achieve and some of us might exclude those who are too emotionally involved for fear that they will taint the outcome. I know that I was taught by my teachers to THINK and not to FEEL in order that that sense of objectivity might be assured. In fact, the message seemed to be that feelings should be avoided at all costs in order to live a reasonable and productive lifestyle.

I remember the cliché that an adult might shake someone’s hand and say “it’s a pleasure to meet you” while a child might utter the adult-embarrassing words “I don’t like you”. I can recall the newborn infant who while quietly asleep in a parent’s arms began screaming as if a pin were pricking when handed over to Aunt Millie for no apparent reason. I also happen to know first hand how important feelings are because I made a good living as a psychotherapist who helped people deal with those feelings that they have avoided in living their lives. I guess this adds meaning to the old adage “what goes around, comes around.”

The mistake that many make is to assume that feelings are only important in a personal or intimate relationship. Nothing is further from the truth. When I consult with a business or corporation around some of the problems that they have with communication that affects their productivity, profitability and efficiency, a good portion of my work with those being interviewed ... whether on an administrative level or front line personnel ... is spent helping them to understand and learn how to deal with feelings whether their own or those of others. As a result of this training, within a relatively short period of time, it is usually the case that the problems become resolved. Stress levels are reduced, there is more ease in cooperative efforts between departments, administration and staff tends to develop more of a common purpose instead of being at loggerheads with one another and the overall operation levels run more smoothly.

Certainly, on a personal level, feelings are extremely important in dealing with the day-to-day aspects of a relationship. As an example, if a couple experiences conflict in their relationship, to be able to talk about and deal with the feelings as well as the facts that may surround that conflict usually leads to resolution. In my role as a marital therapist, that is essentially what I helped people to do in my office and trained them to do when they left. Relationships between parents and children take on a similar lesson which allows parenting techniques to work much more effectively. Even in my work with athletes, I help them to realize that the “*carryover effect*” of feelings that may be unresolved in their personal lives have a bearing in their athletic performance.

And so, feelings do have a place in our lives which I believe to be a very important place indeed. I do not mean to say that facts, logic and thinking should assume a secondary role in our dealing with life. My message is simply that feelings deserve as serious an amount of consideration as well. In this way, you will have the whole package that enables us to live a happy, healthy lifestyle. It’s like adding another tool to the “mix.”

A Brief Biographical Sketch

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.