



WHY ME?

Do you remember when, as a child, you were promised something...whether literally or your interpretation...and it never came to pass? Remember how disappointed and perhaps very angry you were. And remember how the same thing happened over and over and how you began to think that there was something wrong with you...that *you weren't good enough*. And remember how you began to believe that same thing coming into your adulthood to one extent or another. *Your expectations of yourself and of others* began to take on a very problematic tone. It seemed that nothing ever worked out for you the way that you thought or wished it would. You may have come to believe that you just needed to try harder to please others and that would make everything ok but no matter how much harder you tried, it never seemed to change.

Much of what we believe and feel develop into patterns that determine how we end up leading our lives as well as casting a shadow over our expectations of ourselves and others. The real problem is that most of those beliefs and feelings were formed in our childhoods and grew into distortions about ourselves and others. We may have never really learned how to “check out” what was “real” and what wasn't. Of course life is filled with disappointments when things don't turn out the way we'd like. But that doesn't mean that we are the reason why that happens. I've said to people who suffer this problem “*you're good...but you're not that good*” meaning that their determination of what “goes wrong” has nothing to do with their being a “bad person” or that others don't really like them. They need to take some time to assess what really might have happened instead of assuming that their childhood fears are once again valid. Especially at this time of year of “giving and receiving”, it is important to keep those beliefs, feelings and expectations of ourselves and others in check.

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.