

# Psychological Health

## Being Satisfied

By Irene Hansen Savarese, M.S., L.M.H.C.

### How Satisfied Are You?

By rating your level of current satisfaction in each essential life area on a scale from 0-10, and show your ratings in a bar graph, you get a clear visual representation of your life and how satisfied you are (\*).

	0	1	2	3	4	5	6	7	8	9	10
Career/Job Development											
Health											
Significant Other & Intimacy											
Extended Family & Friends											
Physical Environment											
Fun/Joy											
Personal Growth											
Money/ Wealth											
Parenthood											
Spirituality											

### Being able to Dream

Now, imagine the highest vision you can hold for yourself at this time. Imagine that you are going to make all your life areas in your bar graph a 10 for most satisfied, and also

imagine that there is absolutely no reason for you to hold back. It is okay for you to want satisfaction in all your important areas in life. To have your life as a whole rated as a 10 would be the same as you living your dream. The question you have to answer for each area is how you are going to get the number up? View the pillars in the bar graph as a road; the further you get to the right, the closer you are to living your dream.

### Being Free of The Critic

Keep the negative critic (your negative thoughts and beliefs about yourself) on hold for now. Ask the critic to keep quite. If “he” still can’t keep quite, you will have to ask “him” again, until “he” understands that you need to do this with a positive frame of mind. Remember the critic is not created to hurt you. You originally created “him” for protection. You can think of “him” as an over-protective parent that is afraid of you not being ready to grow up and take charge of your own life.

### Being Joyful

Let’s take a few examples. You may have rated fun/joy at a 5. You have some fun and enjoyment in your life, but you would like more. Ask yourself what you can do to get the number higher. What do you love to do? What always makes you smile? Can you enroll in a dance class? Have lunch with friends more often? Ask your partner on a date without the cell phone? What would create more fun and enjoyment in *your* life?

### Being Financial Free

Let’s say that you have rated money/wealth on a 3 because you often worry about not having enough money. Perhaps you have credit card debt. You will need to make a budget to pay it off before you can start dreaming. In other words, you need to look at what you have done in the past to create debt and stop doing that in your present life by making a budget. When you start paying off your debt you can probably raise the number to a 4 or a 5 just by knowing that you are taking care of things. When you have gotten rid of debt, you can start saving for the future, which is the same as creating space for dreams of a better future.

*(\*) Inspired by Lynne M. Hornyak, the money coach*

*Irene Hansen Savarese has a Master Degree in Psychology from Denmark. She is a Licensed Mental Health Counselor in Private Practice in Fort Lauderdale. Please direct questions regarding this article to her office at 954-776-0406, Ext 3, or email her at irenesavarese@yahoo.com*