

CHARLYNE GELT, PH.D.

Encouraging Self-Discovery and Empowerment



Change in Turbulent Times by Charlyne Gelt, Ph.D.

“It is the single small step that begins the journey of a thousand miles.”

— The Tao Te Ching (Chapter 64)

Like my own grandparents, our country is a nation of immigrants. They were driven by persecution and poverty toward hope and opportunity. I am grateful for their determination and stamina and for the opportunities our country has offered. Thank you!



History repeats! So much of *America the Beautiful* is reeling from the most polarized election in memory. The emotional storms are strong, the fears deep, and the tensions high. We are torn by politics, religion, race, and class. Furthermore, we are unconsciously polarized by positions of dominance and a reactive submission. There is an option, a third position, to move away from either or positions and develop our own best potential. That is an emotionally conscious, educated position of responsibility and assertiveness that has a voice. Develop your own agenda: find your own voice, build up a drive, a strength from within to better understand yourself. From a position of dignity and wholeness, not submission or control, build bridges to cross the divide (within). That dormant strength is being called to step forward to fulfill your highest potential — as individuals, as a nation and as one global family. Charlyne Gelt, Ph.D.

Change is in the air and in the seasons. What about in you? Many clients begin therapy feeling empty inside, seeking change, asking, “Why am I here? What is the meaning of my life?” Following, I offer a few tools to help find the way.

Psychologists have spent a lot of time researching what motivates change in human behavior. I see change as two-fold: external and internal. External life crises can provide opportunities that lead to turning points but, without a change in mind-set, remains a life style that perpetuates “stuck.” I believe that gratitude is the most important tool when shifting our negative inner tapes, our perceptions then transform the patterns from “I’m not enough” to living life in an enthusiastic mode. Turning lead into gold is trivial by comparison!

How does one feel gratitude when basic physiological needs remain unmet? Take a look at Abraham Maslow’s Hierarchy of needs. Find yourself on this chart and ask what **unmet need still drives you: a basic outer survival need or an inner need for self-actualization?**

What are your primary needs and how do you get them met? Primary basic physiological needs for food, water, and warmth must first get met for our survival (Abraham Maslow). Maslow’s second level consists of long term safety needs: shelter, security, order and stability. Next, the soul’s need for “love and belonging” is intrinsic starting with the need for baby to bond with its mother. “Touched” with love, awakened psychologically, baby experiences the world as a safe place. This “felt” knowing seen in the eyes of the baby, is internal. It is the foundation of relationship building without which one lives from a sense of deficiency.

As we mature and become more aware of ourselves, we are increasingly driven to recognize and meet our inner needs for personal meaning, and purpose. How do we feel gratitude when these basic needs remain unmet? A hunger to satisfy what is lacking remains the motivating force that drives all relationships. Though career satisfaction and acquisition needs are met, many people remain stuck at a deficiency level: searching for identity, emotionally empty, depressed, addicted, and sad. They feel no gratitude or satisfaction because the deepest need for love, belonging, and approval remain unmet. Emotionally healthy, stable relationships have little to do with education, wealth or achievement of external goals. They come from soulful sense of gratitude and confidence in knowing you are “okay” and that you feel comfortable in your own skin. From this perspective, we are driven to seek meaning and purpose. We get inspired and our days are lived from an enthusiastic mode of gratitude.



You can generate more goodness for yourself when you're aware of all you have to feel grateful about. Tap into a sense of gratitude. Gratitude makes every day one of Thanksgiving. "Thank you for your support!"

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