

### July Intention

To take a break.

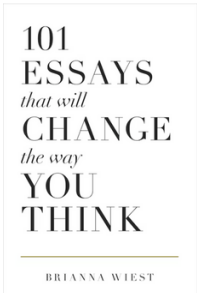
Take a break from anything that is not causing me peace - people, work, social media. Whatever.

I give myself permission to honour my own needs.

### Book Recommendation

This month's book recommendation comes from one of my clients. 101 Essays to Change the Way You Think.

It's not to say the way we think is necessarily wrong, but we have to keep in mind that just because we think its true, it does not mean that is. Our core beliefs that we learn at a young age, may turn to coping mechanisms, but they are not always coming from a healthy place - more so a functioning place.



You can find it here:

[Amazon](#)  
[Chapters](#)



MEASURING WHAT MATTERS  
MENTAL HEALTH SERVICES



### A Message from Your Therapist

Happy Anniversary to Measuring What Matters.

Today marks the 1st anniversary when I took the courageous step outside my comfort zone and launched my own business. Now I was someone who always told everyone that I could never be my own boss. That I thrive when I am given instructions. That I would be okay in my cozy little cubicle, working the 9-5. That was the dream. So, to be standing here with immense pride, shock and gratefulness, I am truly in disbelief that the clinic has come as far as it has.



After receiving my master's, I set on to develop my own practice in hopes of creating a space where we do not place judgment on our worst mistakes. Instead, we focus on healing and celebrating the strengths that come with the process. And that is why my philosophy will always be centred around my clients – to help them overcome and appreciate the different nuances of life and measure genuinely what makes us happy.

I was never a shy girl. I was never the one to doubt myself and my ability to be there for clients. However, I won't say I have not surprised myself with my resilience this past year.

And I would like to ask you to do the same.

It is okay, even in the worst of times – especially in the worst of times – to remember why we are who we are. It is not those mistakes that make us, but how we bounce back, rise again, and readapt and change our cognitive thoughts. And there is no better time to reflect than a momentous occasion such as an anniversary.

I genuinely want to thank all of you – for reading, for supporting and most of all, for showing up for yourself.

*Together we will focus on what matters and eliminate the rest.*



## Check Out These Articles



[Click here to read more](#)

### **Gaslighting, Narcissist, and More Psychology Terms You're Misusing**

Angela Haupt, Reading time: 10 minutes

you spend any amount of time online, you've probably picked up a few psychology terms without realizing it. If we misuse them, we can dilute the meaning of the words themselves.



[Click here to read more](#)

### **The Secret to Less Burnout and Higher Productivity**

Jessica Rendell, Reading time: 3 minutes

Hint: It's sleeping more



[Click here to read more](#)

### **How to Make Friends as an Adult**

Mark Manson, Reading time: 5 minutes

Why it's so difficult to make friends as an adult, and four counterintuitive principles that will help you make lasting adult friendships.



# What the F\*\*\* Does Locus of Control Actually Mean?

If you have ever booked a session with me, you know I have brought up locus of control once or twice – or even more.

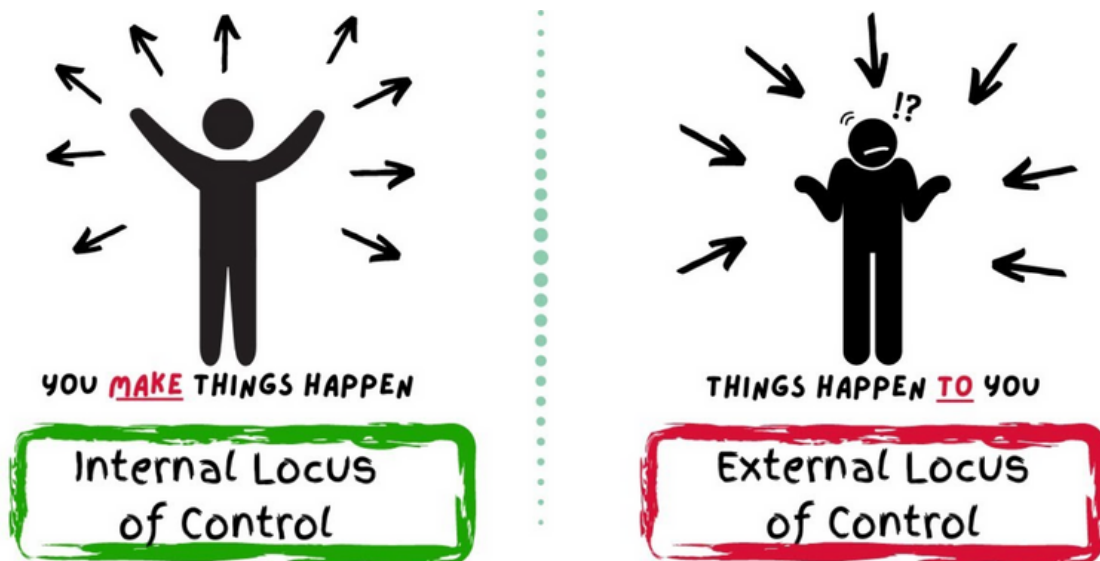
The concept was created by Julian B. Rotter in 1954, and it quickly became a central concept in the field of personality psychology.

An individual's locus is conceptualized as either internal or external. Meaning if one has an internal locus of control, that individual has more of a conviction to handle one's own will of their life. External locus of control refers to the exact opposite. If one has an external locus of control, that individual has a conviction that life is constrained by outside factors that they cannot impact, hence losing control of their life.

People who develop an internal locus of control believe they are responsible for their success. Those with an external locus of control believe that external forces, like luck, determine their outcomes.

Now why is this important? Oftentimes, when we feel like we are doing our best to make changes to better ourselves or find ourselves giving up when things get tough, that is a sign that we are not playing an active role in our life but more of a passive one.

If your locus of control is within you, and you play an active role, then making decisions, regulating emotions, restructuring your thoughts, and adapting behaviour is not a hassle. It may be an inconvenience, but nothing good is ever easy. Now with that being said, if your locus of control is not within you but placed in the environment, for example, within your strict and traditional family, or a work environment that has no work/life balance, or just toxic people, then whatever they do within that environment will have a direct impact on you.





We see the effects; we know it is not right, but we have no control over how it impacts us. We shut down, cave in, tolerate the excuses, and push ourselves, saying "one more time." This is because we do not have control over those same decisions, emotions, thoughts, and behaviours as an internal locus. In this case, that hard work becomes a little more challenging.

It is easier to make a change if our locus is within us.

To understand your locus of control, I highly suggest clicking the link below to find which category you fall under: <https://www.mindtools.com/am8v6ux/locus-of-control>.

Now that you know what category you fall under, it is essential to understand that influence of other people and their perceptions, along with our perceptions, will always exist. That is natural. We need the opinions of others, and we need the idea of ourselves. But if, at any point, the influence of others or our ego becomes too big, there will be a voice in our mind warning us that this is not who we are. That it is time to take a step back.

If, at that time, we cannot listen, that is okay. But keep in mind that when we don't follow that voice, more questions will follow:

- Why is this happening to me?
- Life is unfair.
- I can't do anything right!
- Will this ever stop?
- Why can't I be happy?

Now these questions, as hurtful as they are, do not have direct answers. At least not at that moment. So, emotions will begin to fill the gap, and usually, they are not favourable. This is the time to regain our locus of control. How? By asking ourselves, the decision I am about to make, is this the best decision based on my understanding of what I think is right?

Your understanding can change in 30 minutes, ten days, or even a couple of weeks. That is okay. We are always going to be learning. But in that moment, based on what you think is right, are you making the right decision for what is needed?

If your answer is yes, then you have showcased self-trust. You listened to your mind and body. You aligned yourself with your values and emotions. You did not betray yourself to satisfy others. You played an active role in your destiny. And by doing, you took back a small piece of the power you once had given to the environment and people around you.

So, keep going until you are the only active agent in your life.





Follow our Instagram if you do not already. We post daily. [Click here](#)



## Upcoming Changes

- Newsletter will now be released biweekly instead of monthly - there are so many more stories to tell



## Keep an Eye Out

- Our instagram [Measuring What Matters](#) has some new and exciting reels that are worth checking out
- Summer schedule will have limited availability
- New clients will be on waitlist



## Next Month

- July Newsletter Part 2
- End of Summer Journal Challenge

*See you next time...*



**Focus on what matters. Eliminate the rest.**

Subscribe to Monthly Newsletter [HERE](#)