

The Dream Roundup Newsletter

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Let's Save America National

DREAM ROUND-UP

TO GIVE AND TO RECEIVE

How many of you are taking care of aging parents? There's greater than a 50% chance that eldercare is, or will be, a major part of your life this decade.

Psychologist and board member Daniel S. Hayes knows all about it, not only from a professional point of view but also because he's my husband, helping me take care of my own parents who are 81 and 82. We've made financial, personal, career, and relational sacrifices to do it, because it's the right thing to do.

In theory, that should be reward enough. But let's be completely honest. This work is hard, sad, and often thankless. What makes it even more difficult is the fact that most of us never learned how to receive graciously



Karen Hayes, DVM, MS
Dream Newsletter editor

and gratefully. We learned "it is better to give than to receive," and took it too literally. We are so intent on being independent and in control, we deprive our caregivers of the pleasure they might get from caring for us.

As you pursue your dreams, do yourselves a favor. Practice the art of receiving with grace and gratitude. You know how wonderful it feels to do something nice for somebody else. The next time somebody does something for you, don't say "You shouldn't have." Say "Thank you," and mean it.

Sweet dreams~

~Karen

FROM THE BOARDROOM

How's your balance?

Would you characterize yourself as a person who is good at meeting other people's needs, wants, and desires?

How adept are you when it comes to meeting your own needs, wants, and desires?



Daniel S. Hayes, Ph.D.
Dream Round-Up Board
Member

And what about successfully getting others to meet your needs, wants, and desires?

It's the rare individual who is well balanced with respect to all three. That's not to say it's particularly difficult to have that kind of balance. It's just that in most cases, your balance depends on your origins. In other words, your family.

You emerged from your family of origin with certain strengths and certain weaknesses. That's to be expected. It isn't a problem as long as you'll allow someone to identify where your upbringing fell short, as all do in one way or another, then get help boning up in those areas. Unfortunately, most people aren't even aware of their deficiencies, so they don't seek that much-needed assistance.

So what? Well, let me give you an example. Let's say you're very good at taking care of other people's needs, but time and again you're in the habit of ignoring your own needs, and you're uncomfortable with the idea of asking for, or accepting, anything

from anybody else. Over time, people stop offering help -- they know you'll refuse it. If you have children, they get into the habit of getting you to meet their needs, and they learn that they don't even need to consider yours.

There's a strong chance your kids will go out into the world pretty self centered, and they may have some difficulties to overcome in that regard. And, the script you're writing for your own future is full of anger and resentment, thanks to all your needs, wants, and desires that never saw the light of day. You've denied your own dreams, and eventually something will blow.

On the other side of the coin, what if you're one of those people who are very good at meeting your own needs and getting others to meet them, but when it comes to being sensitive to the needs of others, you're clueless? It's not that you're a bad person, you're just in need of a little remedial education. You're likely to have difficulties of a slightly different flavor, but suffice to say your interpersonal and business relationships could be in for some rough sailing.

Let's fast-forward now to your "golden" years, and say that even though you've always been one of those people who likes

TELL-A-FRIEND

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to forward this newsletter to one or more friends, and encourage them to plant their dreams!

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to be in control and do all the giving, now you're suffering from some age-related problems that make it absolutely necessary for you to have help. But you never learned how to accept it graciously, so you're constantly fighting it, denying it, and heaven forbid if you should actually accept and (horrors!) acknowledge it! Can you imagine how this can interfere with your care, and how it can result in hurt feelings and resentment on the part of family members who have made sacrifices so they can take care of you?

These sorts of imbalance are among the root causes for many divorces, family rifts, ruined friendships, and failed business relationships. The good news is, they can be corrected, if you're willing to do a little work.

~DSH

Watch for Dr. Hayes' CDs and upcoming book on this and other topics for having a dream life. ~ed.

DREAM REPORT

Thus far our running total of dreams since the beginning of the Round-up shows that the 4th-ranked "state" isn't a state at all, it's a collection of dreams from outside the US! That's pretty impressive, folks -- we're having a global impact, which ultimately is our goal. Remember last week's chart: if every dreamer convinces just 4 more people to submit dreams, and those 4 convince another 4, and so on, in just 5 cycles we'll have over one-and-a-third million dreams!

NEVER LET YOUR DREAMS DIE!