
The exCHANGE

Vol. 51, Issue #8

NEWSLETTER

August 2007

SPOTLIGHT



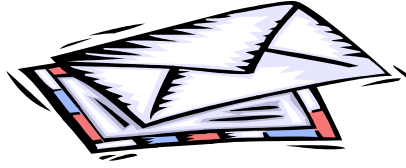
GARY MENDOZA, M. A.

Gary Mendoza, M.A.
5212 Katella Avenue, Suite 101
Los Alamitos, CA 90720
Ph: (714)679-1635

Gary Mendoza, M.A. graduated in 1996 from National University with the degree in Masters in Counseling Psychology. He is a Licensed Marriage and Family Therapist with his private practice in Los Alamitos, California. While getting his Masters, Gary have been collecting experiences in many counseling settings .His emphasis is in Anxiety disorders. He works with families, couples, adolescents and children. He has received many awards for his dedication of excellence in counseling. He is a member of the California Association for Marriage and Family Therapists and The National Association of Cognitive Behavioral Therapy. We are very proud of having Gary as one of our Affiliates.



Your corner



YOUR CORNER...

-Dear CHAANGE,

“...I have come a long way in the two years since completing the program. It is hard for me to believe I was that desperate, frightened gal who sent for your program grasping for the last straw! If I hadn’t have been a program by mail, I would of never gone through with it. Going to a class would have been impossible for me at that time.

Before the first year was up, I was back to doing everything on my list of “scared to’s” and now I am an old pro – nothing is impossible...Yes, rather than frightened, I’m proud! Hugs to you all.

-L.D. of Nevada

-To all of you at CHAANGE---

“...Reviewing my tapes and materials is very helpful. How quickly I have forgotten so many important resources the tapes provide. I am also glad to have found CHAANGE. It has altered my life. What I’m focusing on doing is enjoying/learning from each day – that’s what’s important, and how important you’ve been to me!

With Affection,

B.N. of New Jersey

AFFIRMATIONS FOR U

We are not creatures of circumstance, we are creators of circumstance.

Benjamin Disraeli



FROM DR PULLEN

Is This You?

One of the types of negative thinking CHAANGERS often become aware of in themselves when we are working together via phone consultations is the expectation of problems, sometimes called Anticipatory Anxiety. “What if I made a fool of myself?” “What if I panic?” “What ifs” are some examples of the negative thinking. When Panic is the issue, anticipation is the phase of the Panic Cycle that involves future thinking---looking forward to the next panic attack---wondering how it will be handled, if it will be handled---imagining the extreme consequences of the panic and the dreaded reaction of others. Strangely, anticipation can also involve past thinking, remembering the prior panic—the prior failures -- --the pain and frustration. And, of course, the struggling person wonders how stage life so that if possible, these feelings will not have to be experienced again. How satisfying it is to see those who do this shift from negative to positive in their outlook, step-by-step, as they move through the CHAANGE Program and our sessions.

CD of the month.
Sleeping Better Relaxing More
John R Pullen, Ph.D.
\$14.50 + 4.95 S/H

HAVE A QUESTION OR COMMENT? **Send it to:** Ask Dr. John Pullen at 1360 Rosecrans St. Suite I, San Diego, CA 92103-2639. Or e-mail info@chaange.com. Or you can contact CHAANGE for information on regularly scheduled phone coaching with Dr. John Pullen or Dolores S. Pullen at PHONE: (619) 224-2216 or FAX: (619) 224-2215.

