

April 2019 Thoughts for the Day

4/30/19

End of the month. Which means it is about time to do all my monthly paperwork. Ugh. Paperwork. My least favorite part of the job.

4/29/19

I did cap my weekend last night by going to Jazz Alley to see The Spinners. One of my favorite bands from childhood.

4/28/19

Another weekend coming to a close. I love Sundays because it is my day to do the New York Times' Sunday puzzle and relax. Other than the puzzle and walking it was a pretty lazy day compared to last weekend in Portland when it was go, go, go....

4/27/19

After a crane collapsed in Seattle yesterday, a friend of a friend posted that this is what God wanted for liberal Seattle. Really? God wanted to punish random people because of the liberal attitudes of Seattle. That's a pretty harsh and not very rational way of looking at things. I refuse to believe in a God that would act in that way. I chose to believe in a loving and benevolent God.

4/26/19

It's coming around to my favorite time of year. It's more consistently sunny but not too hot. Sunny and 70 is my ideal weather.

4/25/19

There is a person in my life who struggles to let go of a grievance they have toward me. The person does not seem to want things to improve. They just want to continue to let me know how much I let them down. Certainly it is this person's prerogative to hold onto the negative feelings they have toward me. But if I had such a strong negative feeling towards someone I would either try and resolve the issue or let it go. I feel for this person being so stuck. I have a lot of space in their head and heart that could be filled with other more positive thoughts and feelings. It's not something I want, but I am sadly powerless to help the person improve the situation.

4/24/19

Sometimes when feeling down it's nice to build something and feel that sense of mastery. It doesn't have to be something huge and fancy. I have a new desk chair at home, and I assembled it. Tada!

4/23/19

Today was a somewhat messed up day due to timing. I didn't get into work on time due to something coming up. I hate being inconsistent when it comes to keeping appointments.

4/22/19

I have a favorite restaurant while in Portland. They use ingredients they grow on their roof. It doesn't get much fresher than that.

4/21/19

I saw a tribute to Prince on the 3rd anniversary of his death tonight. It was a fun mixture of some well known songs with some more obscure. Is there a famous person you would want to pay homage to by attending a public event? Would you go to a reading of an author, gallery showing of an artist, or a concert of a musician who has passed away? I liked being around people who had a strong appreciation for the artist I also liked.

4/20/19

Next weekend one of my favorite bands from childhood, The Spinners, are playing multiple shows in

Seattle. I am planning on going to two of them. I am very excited to experience The Spinners live for the first time.

4/19/19

There is a funny thing about therapy and supervising people providing therapy. There tend to be parallel themes that arise. It shouldn't come as a surprise that what is occurring in supervision of therapists and issues their clients are addressing have similarities. However, those moments when the parallels become clear in the therapist's conscious mind are priceless.

4/18/19

I had a client do a beautiful job recently presenting an assignment to his treatment group. My definition of them doing a great job is telling their story in a way that helps their fellow group members understand both their story as well as where they struggle(d) along the way. I love a well told story. People fascinate me.

4/17/19

Boundaries in therapy are an interesting issue. I remember being so rigid when I first started, which makes sense when you are less experienced. With time and wisdom it's easier to decide when boundaries have to be super rigid and the times when they can be more relaxed. Obviously there are certain boundaries never crossed in therapy. But within the gray areas, allowing for a little fuzziness can be very therapeutic for the client.

4/16/19

One exercise I like to have people do in group is to talk for as close to one minute as possible. The content of their "monologue" is irrelevant. The key is talking in front of a group while paying attention to one's internal clock regarding time. I used to have them try to get as close to two minutes as possible, but one minute has turned out to be more manageable.

4/15/19

Funny thing happened recently. A client demanded a copy of his records. First of all, he didn't need to demand them, they are his for the asking. I may charge a fee to copy them, but they are readily available to him whenever he wants. Although I only keep records for seven years after the last contact. Anyway, he was planning on using them to prove something to a third party. Ironically the records he demanded actually will support the third party's position about his situation, rather than his. Sometimes we are our own worst enemies.

4/14/19

There have been some annoying things going on in my life lately. I have to say that the "me" of 2019 is much better at tolerating and accepting life's annoyances than I was in the past. While some of it is age, another part of it is practice. It may sound funny to say I am practicing tolerance. But it involves reminding myself that life is short and it isn't worth getting worked up over the little things. Another thing I do is ask myself whether it's really my issue or problem to deal with. How many problems do we take on as our own when they aren't ours to worry about in the first place?

4/13/19

One of the final thoughts I have about Wednesday's performance was Benny Golson's comparing classical music and jazz. With classical music there is a focus on playing the notes as written vs. jazz where improvisation is a significant focus. Another comparison would be baking vs. cooking. Baking generally has to be done with a degree of precision while cooking allows some improvisation. Are you a baker or someone who cooks? Would you prefer to listen or play classical or jazz? There is no wrong answer. The world needs rule followers and people who appreciate structure. It prevents chaos. At the same time the world also needs the imaginative types who stretch the limits and boundaries. It keeps life exciting and leads to new discoveries.

4/12/19

The jazz musician I saw on Wednesday was Benny Golson. He composed a song called "I Remember Clifford" about a fellow musician who he admired and respected. Clifford died in a car accident and this was his way of honoring the memory of his friend and fellow musician. He reported that at this

point there have been over 500 covers of his song. Imagine composing something that inspired that many musicians to perform it. That's impressive.

4/11/19

Last night I went to hear a jazz musician perform. He is 90 years old and still very active. One of his favorite expressions is "The horizon is always ahead." He mulled over the idea that you never really can say you have "arrived" at the horizon. It's a version of the idea that it's about the journey more than the destination. And to continue looking forward. When it comes to a person who has devoted 70+ years to performing jazz, it makes sense why the journey is more the focus than the destination for him.

4/10/19

Today is my younger brother's birthday. I remember the day he was born. At home with grandma and my older brother, with no power, and the phone call came that he had arrived. I can't believe how much time has passed since then.

4/9/19

Tuesday tend to be a mellow day at work. I have a light schedule to get paperwork done and catch up on phone calls. It's strategically a good move for me.

4/8/19

April will be a month full of concerts to see. Tomorrow I will be seeing an 90 year old man who has been playing longer than I have been alive. I am excited. Later in the month I will attend a tribute to Prince in Portland. A couple people have played with him at various points in his career.

4/7/19

This week I will be taking the on-line Jeopardy test to try and be a contestant. I only once got far enough to be asked to show up in person in the past. Maybe this year is the year I will get farther along in the process.

4/6/19

A colleague was just nominated to fill the remaining term for a judge who retired before the end of his term. What I like about the colleague who is going to finish the term is that she is curious. I love being around people who have a thirst for knowledge and information.

4/5/19

Today was a weird day. 20 power poles went down and most of Burien lost power. What a freak accident. One pole went down and there was a domino effect.

4/4/19

This week I was caught in a traffic jam that wasn't easing up. I was meeting someone for lunch and finally had to cancel. Things were just not moving. I ended up hanging a U-turn and heading home. There are certain places in Seattle that create choke points that are hard to get around when traffic is bad. I don't know how people who have those issues during their daily commute do it. It would be a deal breaker for a job for me.

4/3/19

After a break from giving presentations or leading workshops, I am leading one soon. I am looking forward to doing it.

4/2/19

Normally in Washington State we haven't had to worry about someone who holds office running for president. This time around our governor is running for president. I am not sure how far it will go and how much traction he will get. One thing that bothers me is that he is holding onto his governorship while running. Where else can you get paid for one job while actively spending a lot of time applying for another? I believe politicians should go "all-in" if they are serious and resign from their current job to run for another. In Washington State's case we deserve a full time governor. Why

should we pay him to be governor when much of his time will be consumed trying to become president?

4/1/19

My office is currently well organized. There was some deep cleaning, decluttering and organizing. It's amazing how good it feels after it is done.