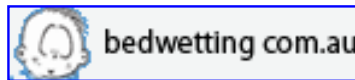


Public speaking, private consultations, self-help books & CDs covering sex therapy, parenting and self-development

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POWER AND PASSION



The following story is from Dr Janet Hall's book FIGHT-FREE FAMILIES (Finch Publishing, Sydney 2001) This story is a piece that is very close to my heart - and may save your marriage or dissolve your family feuds.

Dr Jan's Warm Fuzzy Story

Once upon a time there was a family who lived in a far away land called Warm Fuzzy Land. They were a family of fuzzy bears and they were very happy because everybody who was born, was born with a very special little fuzzy bag that went around their neck.

This fuzzy bag had their name on it and whenever they wanted to they would put in their hand and pull out this beautiful little Warm Fuzzy creature who would smile and say, 'Hello'. When the Warm Fuzzy was put on the fuzzy bear's heart, it melted in and made the warm fuzzy bear feel all warm and fuzzy all over.

(NOW CAN YOU TELL WHY THEY WERE CALLED WARM FUZZIES?)

And whenever you wanted to feel good, all you would need to do was to ask your friendly warm fuzzy friend, 'Could I please have a WARM FUZZY?'

Friends always gave them and everybody was happy giving and receiving WARM FUZZIES.

The only person who wasn't happy was a very wicked bear called Grumpy Fuzzy who lived on the other side of town. Grumpy Fuzzy was not a happy fellow. He wanted to be a chemist and made lots and lots of tablets and medicines to drink, but noone ever needed to go to the chemist because they were all happy and well, because they were giving and receiving WARM FUZZIES.

Grumpy Fuzzy got grumpier and grumpier and more and more frustrated.

Then one day he had a wicked idea. He sneaked up to the Fuzzy Bear Mayor, and told him, 'You had better watch out because if your wife keeps giving WARM FUZZIES then there won't be any left for you.'

The Fuzzy Mayor was terrified his WARM FUZZIES would run out, so he asked his wife to tell the children and everybody else in the town to stop giving WARM FUZZIES.

Well, because people didn't want to break the rules the Mayor had set and get into trouble with "the law", they all decided they had better stop giving WARM FUZZIES and . . . they did.

Now in this land if you didn't get WARM FUZZIES you shrivelled up and died!

Pretty soon everybody was going to Grumpy Fuzzy's chemist shop to get medicines and tablets. They didn't really believe the chemist could help, but they were willing to do anything that they thought might save them from dying.

Grumpy Fuzzy at first was really happy . . . But he wasn't stupid. He realised that people would really, really die . . . because his medicines and tablets didn't work. So he stayed up late one night making everybody a very special bag which he gave out for free. Now in this bag there were creatures . . . but they weren't WARM FUZZIES . . . they were called COLD PRICKLIES.

COLD PRICKLIES had big sharp ends and when you put them into your bear's fur they would stick in like pussy cat's claws. One minute you would think you had a nice pussy cat who was purring on your lap . . .and the next minute the COLD PRICKLY would stick his cold pricklies in just like a pussy cat's claws sometimes stick into you when you least expect it.

Now the Fuzzy Bears didn't like this but it was better to get a COLD PRICKLY than no WARM FUZZIES at all because at least you didn't die.

Very soon WARM FUZZIES became scarcer and scarcer. People were just holding onto them and not giving them away freely. Lots and lots of COLD PRICKLIES went around but no WARM FUZZIES.

People started to sell WARM FUZZIES in shops and cut them up into tiny portions. But worst of all they made "pretend or counterfeit" WARM FUZZIES.

Some people would sit up late at night getting COLD PRICKLIES

- dipping them in glue
- rubbing them in white fluff
- and then painting happy smiling faces on them.

But of course, you guessed it! When you put it on your shoulder, thinking that it was a WARM FUZZY . . .Eeeeeeeek!

Suddenly it would stick its cold prickly claws into you and you would feel cold and prickly again.

Soon everyone in Warm Fuzzy Land was sad and not feeling warm and fuzzy at all.

Luckily, the FeelGoodFairy came to visit from a far off land. She was a beautiful fairy with wings of gossamer. She flew around with her wand, and waved it over everybody and said,

'I'm sorry my magic can't make WARM FUZZIES for you but please take the Magic of Love and the Magic of Knowing.'The Magic of Love and the Magic of Knowing is that your WARM FUZZIES will never run out.

'Please give WARM FUZZIES freely. If you just trust in knowing that WARM FUZZIES are given with Love, they will never run out and you will feel good again.'

And so the FeelGoodFairy taught the Fuzzy bears not to hold on and save their WARM FUZZIES any more but to give them freely.

Grumpy Fuzzy was not happy. He wanted to stop the Feel-GoodFairy.

Grumpy Fuzzy collected a whole lot of unkind bears around him who tried to spread bad news and gossip. They said that the FeelGoodFairy was lying!

Pretty soon there was quite a struggle throughout the town and even throughout the country. The struggle is still going on.

Whose side do you want to be on?

Grumpy Fuzzy's or the FeelGoodFairy's?

Every day you might have to make a choice WHICH ONE WILL YOU CHOOSE?

To give Cold Pricklies

(AND be like the GRUMPY FUZZY)

OR

GIVE WARM FUZZIES

(AND be like the FEELGOODFAIRY)

IT'S UP TO YOU!

*Dr Jan's Warm Fuzzy Story was adapted from:

'The Original Warm Fuzzy Tale', Claude Steiner. Jalmer Press, USA.

Dr Jan's Gem

Voldemort knows about the power of Cold Pricklies in Harry Potter and the Order of the Phoenix: You will find yourself easy prey for the Dark Lord. Fools who wear their hearts proudly on their sleeves, who cannot control their emotions, who wallow in sad memories and allow themselves to be provoked so easily, stand no chance against his powers.

Dr Jan says: Don't get sucked in by Voldemort: Just give everyone Warm Fuzzies!

Warm Fuzzy Story Part II

How the Warm Fuzzy Story can Save Your Time and Help Your Heart

Isn't it wonderful when you buy just one book that changes your life over and over again and you want to share it with everyone you meet? This is what happened for me when I was given the Warm Fuzzy Story when I was at university -a simple story that changed the communication in my marriage from a prolonged and painful battle of who is right and who is wrong, to a simple check of intention and apology where due. A story which I use over and over in my therapy - with adults (life-partners and business partners and teams, families and with children).

Here's how easy it is:

Someone hurts your feelings? You tell them: "That hurt my feelings. Did you mean to do that?"

They have two options:

1. Say: "No, I am sorry that's how you felt. That was not my intention."
2. Admit to it and open up to battle.

If they do 1, let it go. Don't go into a "deep and meaningful discussion".

If they do 2, you have 2 options:

1. Walk away until you both calm down. Then ask them to negotiate about the issue and if it still doesn't get resolved, get a mediator

(counsellor).

2. Fight them back and you both get hurt.

Why would either of you want to do a 2?????

Here's how I described how it works in my Fight-free Families book.

Fiona and Freddy are fighting...

'Fiona ate the last apple.'

'I did not.'

'You did so.'

'I did not.'

'You did, you big fat ape.'

'Don't call me that Freddy, you're a big fat elephant.'

At this point the fight can get even bigger with counterattack, criticism, and name calling. These are called Cold Pricklies, just like in the Fuzzy Land Fairy Story.

When somebody says 'What you just said to me is a cold prickly', you have the opportunity to take responsibility for what you have just said.

Saying 'That's a cold prickly', is a very simple way of saying 'That hurts my feelings.'

From now on, I suggest that the child on the receiving end of being called 'a big fat ape' can simply look the other child in the eye and say, 'That's a cold prickly to me when you say that.'

The person who said the prickly has to think twice. Do they really want to hurt your feelings? Do they really want to start a cold prickly war?

When counter attack happens, no one ends up happy.

It is much easier if everyone learns the rules of apologising and making up.

It's amazing what a heart felt 'sorry' can do to stop a fight.

'I admit that it is not always easy for anyone to be heart felt in their apology.

It hurts to have to say (gulp) . . . sorry, sometimes.'

It goes like this:

'You're a big fat ape', said Johnny.

'That's a cold prickly and it hurts my feelings', said Mary.

'Well, I'm sorry', said Johnny (in a 'nar nar' voice).

'You're not saying sorry from the heart', said Mary.

'Well, I really am sorry', said Johnny quietly and calmly.

'That's OK', said Mary.

And now they can start to play together again.

Fuzzy Fiona said: 'I don't understand,'

'What if Freddy meant to give me a cold prickly on purpose? Sometimes he teases me by poking me or not giving me back my pencils if I ask. If I tell him that's a cold prickly he just laughs!'

'Well', said Mum. 'We'll have to teach him the lesson then! If the person deliberately does a cold prickly and doesn't want to say sorry, then the hurt person has a choice a fight back or walk away. What will happen if you fight back?' Mum asked.

Fiona replied, 'Well, sometimes I get my way but usually somebody gets hurt.'

'So what will happen if you walk away?'

Fiona claimed, 'Well, he'll just have won, won't he?'

'Will he though?' asked Mum. 'What about five minutes later, when he wants to play with you. Will you let him?'

'No, I certainly would not,' said Fiona.

'And now what will he learn?'

'Oh, I get it', said Fiona. 'He'll learn that he might win his way at first but then he won't get anything his way again!'

Here's The Warm Fuzzy Family List:

<p>Warm Fuzzy Things that are said Kind: Good job Thank you You look nice</p>	<p>Cold Prickly Things that are said Hurtful: You're dumb Are you blind? You look fat in that</p>
<p>Warm Fuzzy Touching Gentle: A cuddle A Kiss A Pat</p>	<p>Cold Prickly Touching Painful: A shove A punch A trip</p>
<p>Warm Fuzzy Cooperation Doing what you are told or expected to do</p>	<p>Cold Prickly Non-cooperation Refusing or accidentally (on purpose) forgetting</p>
<p>Warm Fuzzy Doing Offering to help Giving Mum and Dad a surprise breakfast in bed</p>	<p>Cold Prickly Doing Never doing anything which you are meant to</p>
<p>Warm Fuzzy Giving Giving something: A bunch of flowers A painting A gift</p>	<p>Cold Prickly Not giving Not offering to share Stealing</p>

Dr Jan's Gem

Beautifully Stated - As we grow up, we learn that even the one person that wasn't supposed to ever let you down, probably will. You will have your heart broken probably more than once and it's harder every time. You'll break hearts too, so remember how it felt when yours was broken. You'll fight with your best friend. You'll blame a new love for things an old one did. You'll cry because time is passing too fast, and you'll eventually lose someone you love. So take too many pictures, laugh too much, and love like you've never been hurt because every sixty seconds you spend upset is a minute of happiness you'll never get back.

Email Dr Jan with any comments about this article

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