

# *The North Fulton Marriage Newsletter*

Volume 2 - March 2009

## **Choose to be a Fighter**

One of my deeply held core beliefs is that ultimately, we are all responsible for our own well-being. There was a time in my life, long before I became a counselor, that I frequently viewed myself as a victim. Not anymore. I don't want to hand over that kind of control to anyone. Inherently, I believe that we are all responsible for our own health, including our emotional health, our physical health, our spiritual health and our financial health. Granted there are some things that are out of our control such as mental health disorders, life-threatening illnesses, and economic downturns. But what we can control is our perception of how we will handle these challenges. Would you rather be the victim or a fighter? I choose to be a fighter!

There is a book out there called "Survivors Club" by Ben Sherwood. I have not yet read this book, but I have watched an interview with the author and visited the website ([www.survivorprofiler.org](http://www.survivorprofiler.org)). The book is a collection of stories from folks who have survived a variety of life threatening situations. The website has a short "Survivor IQ Quiz" which will identify your survivor type. I took the quiz and found out my survivor type was "fighter." After I completed the quiz, "fighter" popped up on the screen along with a picture of Lance Armstrong (cancer survivor), apparently he fits the "fighter" profile as well. I will humbly go on record and say that I am absolutely no Lance Armstrong. But, I do have the attitude that I am never going to give up—on anything. I also believe that if things go wrong, I have no one to blame but myself. It reminds me of the words of the great Robert Plant (lead singer, Led Zeppelin): "It's Nobody's Fault but Mine." For example, the current economic climate has had a trickle down effect on everyone, but I refuse to use this as an excuse for any downturn within my business. I won't tolerate it. If things aren't going well around here, then there is really no one left to blame but myself—not the economy, not the government, not anyone. As the economy has degraded, my instinct has been to get up every morning and look for a way to make things better. I will not make excuses, and I will not give up. I will choose to fight.

Today I am going to challenge you to take responsibility for your own marriage problems. Choose to be a fighter. If you are miserable, then choose to no longer be miserable. If you have an unmet emotional, physical or sexual need, then choose to let your spouse know. Choose to ask for what you want. If you or your spouse have been stricken by an illness, then choose to enjoy every day, choose to enjoy each other, not just in health but also in sickness. Look inward, explore your own faults, take responsibility, make changes and accept blame. If you enjoy feeling sorry for yourself, fine. But if you are going to throw a pity party, choose to invite someone else. In other words, choose to not isolate yourself, choose to talk, choose to open up and choose to not let your feelings fester. Decide today that your marriage is going to survive. Fight for your marriage, fight for your family, and fight for your God given right to pursue happiness.

I would like to thank my pastor, Todd Leonard, for inspiring us all to fight for what we believe in, take responsibility for our lives and stand by our convictions. Todd, I am not sure how your survivor profile will come out, but in my mind you are a fighter.

John H. Pruett, Jr., MS, EdS, NCC, LPC  
Founder & Owner  
Georgia Professional Counseling Center, Inc.



*Georgia Professional Counseling Center, Inc.*

602 Abbey Court, Alpharetta, GA 30004

[www.licensedtherapy.com](http://www.licensedtherapy.com)

Phone: 770-656-9711