

## **Gaining 20/20 vision for your family**

Having 20/20 vision indicates a sharpness or clarity of vision. Since we'll soon be living in 2020, how can we see clearer to help our family?

Our vision becomes unclear when we live 'externally'. That is, being concerned about others' opinions of us, how we appear to others, how many likes and followers we have. This leads to a life of anxiety, depression and emptiness.

What would living internally with a clearer vision for our life look like?

### **A Reset to Being Real**

To pursue an authentic life that aligns our external lives with the values of our inner selves, I believe the best way is to do a reset with ourselves. We need to find a place, alone and get a pad of paper and write down our reflections.

What is most important in my life?

Who is most important in my life?

What do I care the most about?

Who do I care the most about?

Who do I trust the most to share my thoughts with?

The goal is to connect with ourselves, a deeper part of our heart. The next goal is to find a trustworthy person to share our lives with each other.

This reset will provide an opportunity for us to be real with ourselves and with someone trustworthy, such as a spouse/partner or friend.

Being real will ground us. Here is what a local teen wrote when asked: What does it mean to be real?

'Being real is being authentic and true to your inner self. Staying in touch with your morals and motives at all costs, separates the real from the fake. Being true to you no matter who is around or who is watching is real.

Being real in a relationship and in life means honesty in all cases, whether the truth is good or bad. Being real means letting others see success and being authentically happy for someone else. Being real is often hard because some may feel that when they are completely real they are their most vulnerable. It is important to know that being real is not a sign of weakness but truly a sign of strength.'

### **Listening**

Listening is one of our greatest gifts. This mean listening to ourselves, too - our thoughts, our heart impressions - and truthfully journaling what we hear from our innermost self.

Listening can deeply benefit the relationships in our families, too. Listening to our spouse or partner and being supportive without offering solutions goes a long way in showing we

genuinely care. Our kids are also often desperate to talk to us, but we're too often too stressed or busy. They need a supportive place to sort out their thoughts and feelings and hear themselves think.

Can we be this person in **2020**, who clearly sees the need to reset, be real with ourselves and with those dear to us and listen openly to those we care the most about?

Yes, we can! As a writer once wrote; 'Stop! Cease striving and know there's a better way'

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