



Johanna Sparrow

Personal Prescription



Name: Jane D

From: J Sparrow

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- Stay focus and keep busy, you don't need anyone's validation.
- No stressing out over small things, if something is on your mind let your partner know without the attitude.
- Be willing to move on in life if you have to or if you aren't happy.
- Pick your battles and know when to talk about issues.
- Learn to be direct and say how you feel.

Loving a commitment phobe is not easy; it will take time and patience! Remember your goal is to fit into his world. At the end of the day it is up to him to be real with his feelings as well as letting you in!

If you need more one-on-one time with Johanna, don't hesitate to schedule an appointment!
www.johannasparrow.com