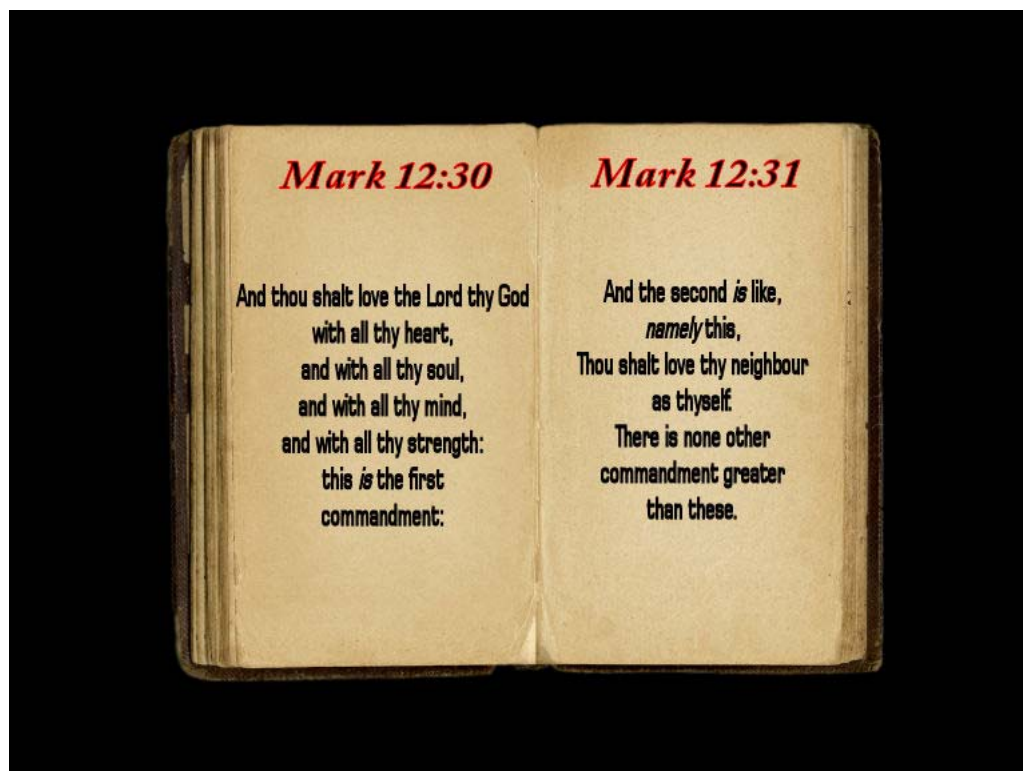


# The Second Great Commandment: Love Thy Neighbor as Thyself



By Dean R. Bender

# Introduction

Each year, for five or six years, my wife and I would take her 95+-year-old Aunt Sarah from the Sacramento airport and drive her 40 miles to Oroville to visit with her sister, who was three years older. The year Aunt Sarah flew in for her sister's 100<sup>th</sup> birthday, Linda was recovering in the hospital from major surgery. I drove Aunt Sarah myself. The three of us were alone in the home together for about 30 minutes. During this time, these two sisters talked about 40 relatives, catching each other up on events, trials, growth experiences, and tribulations. After 30 minutes, I realized that not one harsh word was said, and if all of those relatives had heard a recording of that conversation, none would have been offended. That was when I realized I was in the company of two angels. Aside from the Savior Himself, this was the best example, for me, of "love thy neighbor as thyself."

How do you learn to love your neighbor as yourself? The following pages will help one to love and care for themselves. You will also find concrete strategies and techniques that can help you treat your neighbor better and to love your neighbor more than you do now.

## Acknowledgments

A big thank you to several clients who have inspired me and encouraged me to write this. Their names cannot be listed. I do take full responsibility for all errors. However, a special thanks to the following for reducing errors and keeping things real and helpful: Genella Cipar and Sari Pogue.

## *The First and Great Commandment*

Matthew 22:36-40 "Master, which is the great commandment in the law? Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbor as thyself. *On these two commandments hang all the law and the prophets.*" (Italic added)

Dean R. Bender is a California licensed Marriage and Family Therapist. He began his career in 2001 at LDS Family Services in Sacramento, California. He opened his private practice in January 2012. Dean holds a master's degree in counseling psychology from National University. He married the former Linda Plumb 48 years ago. They have five children and eight grandchildren. Dean's first career was as a CPA. He has retired that license.

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# Part 1: Love Thyself

## One who loves him or herself:

- Understands the worth of the souls of all people including their own,
- Takes care of one’s self, including good sleep, nutrition, and exercise,
- Works towards living a rich, full and meaningful life,
- Learns to cope and manage their emotional responses,
- May enjoy hearing, singing or playing comforting hymns,
- Will ponder spiritual things or spiritually meditate,
- Will cultivate Christlike attributes,
- Will change negative self-talk to healthy, truthful self-talk,
- Will strive to enter into the “Rest of the Lord,”
- And they will be resilient.



# You Are Special

A well-known speaker started a seminar by holding up a \$20 bill. In the room of 200, he asked, “Who would like this \$20 bill?” Hands started going up. He said, “I am going to give this \$20 to one of you, but first, let me do this.” He proceeded to crumple the dollar bill up. He then asked, “Who still wants it?” Still, the hands were up in the air. “Well, he replied, what if I do this?” And he dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now all crumpled and dirty. “Now who still wants it?” Still, the hands went into the air, “My friends, you have all learned a valuable lesson. No matter what I did to the money, you still want it because it did not decrease in value. It was still worth \$20. Many times in our lives, we are dropped, crumbled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your value in God’s eyes. To Him, dirty or clean, crumbled or finely creased, you are still priceless to Him. YOU ARE SPECIAL. DON’T FORGET IT!

By (Elder) Hugh B. Brown

## *EXPANDED*

The worth was inherent in the \$20 bill. Our worth is inherent in us. Our worth was fixed in the Premortal Council in Heaven when Jesus Christ said he would suffer, bleed, and die for everyone’s resurrection and for those who qualify, Eternal Life or Exaltation. This payment was proscribed by our Heavenly Father and has been prepaid by Jesus Christ Himself in the Garden of Gethsemane and on the cross. Isaiah recounts the Lord’s sacrifice, in Isaiah 49:16, “I have graven thee upon the palms of my hands.” Paul stated in 1 Corinthians 6:20, “For ye are bought with a price.”

Our Savior would not pay more for something than it was worth – neither would we. And since the price has been predetermined, is prepaid, nothing in heaven or earth can change that price. **Therefore, nothing can change your worth.**

## *CONFUSION*

Some people confuse personal worth with worthiness. They may believe because they are not as worthy as they want to be, that they are of less worth. Worthiness is a variable condition because at some point in our life we may not be worthy to enter the temple or partake of the Sacrament and at other times are appropriately moral. Our worth was predetermined and fixed; therefore, it does not correspond to worthiness.

Therefore, these two concepts, worth, and worthiness, are different as they have different characteristics.

## *MORE CONFUSION*

More people seem to confuse efficiency with worth. For years we have heard people say that a particular person is a worthless no-good because they \_\_\_\_\_. Just fill in the blank here - [can’t hold a job, won’t clean their house or they are addicted to something, or whatever].

There are many things that some people are efficient in, and others are not: work, home, raising children, leading, studying, reading, etc. The list goes on forever. We are not efficient in all things and should not expect to be so. Therefore, like worthiness, efficiency is a variable. And similarly, to worthiness, efficiency cannot equal worth for the same reasons.

## *BELONGING AND SIGNIFICANCE*

People want to belong and feel they are significant. Men tend to feel significant if they are productive, providing for themselves and their families. Women tend to feel significant when they are in healthy

relationships. Women also feel significant with accomplishment, but often to a lesser extent than relationships. These are not the only cases but are the most common.

When a breadwinner loses their job and has a hard time finding another, depressive feelings abound. Those same feelings abound when sensitive people are “stuck” in unhealthy relationships. Add self-blame to these situations, and you may get people who feel much less than good about themselves. That conclusion is not helpful at all, and as stated above, technically, it is incorrect. Providing financially and maintaining good relationships are efficiencies. With more knowledge, skills, mentoring, a change of heart, or heavenly guidance, these inefficiencies can improve.

The warm feelings of belonging should come from immediate family, extended family, friends, classmates, colleagues, your ward family, and Heavenly Father through the Holy Ghost. If those feelings are not warm and cuddly and you have tried long and hard to make them warm and cuddly, then you need to talk to those in your life who are wise and honest with you. If nobody is available or none of that works, please speak to a therapist. “Adam fell that men might be and men are that they might have joy. (2 Nephi 2:25).”

## *CONCLUSION*

The conclusion of the matter is this. Our worth was established in the premortal existence, and the price has been prepaid by our Savior. How grateful we are to our Heavenly Father and Jesus Christ for a beautiful Plan of Happiness and the Atonement. We need to work on our worthiness, to maintain all the gains we have made and to improve where we fall short. Also, some of us need to work to improve some of our inefficiencies.

***Worthiness and efficiencies do not define us: our God has defined us, established our worth, and that worth cannot be changed.***

## **Scriptures That highlight how much God loves us and wants to bless us.**

D & C 41:1; 76:5	He delights ...
1 Nephi 17:35	The righteous are favored of God
1 Nephi 17:40	He loves those who will have Him be their God
3 Nephi 24:16-18	You are a jewel of the Lord
Moroni 7:26	What you need to do to receive His blessings

# Self-Care

## Body

Eat well: vegetables, whole grains, fruits, nuts, legumes, small amounts of meat, and dairy.

Stop the destructive consumption: e.g., drugs, highly processed, or sugared foods, etc.

Get proper sleep for your needs (Google “sleep hygiene” if you have issues.)

Exercise: walking, running, swimming, dancing, lifting weights, etc.

Address health issues promptly and thoroughly.

## Mind

Understand your infinite worth.

Love, accept, and forgive yourself.

Use kind, supportive, and compassionate self-talk.

Develop self-compassion.

Identify your values, set goals, and work towards the goals to accomplish them.

Don't compete with or envy relatives, neighbors, friends, and co-workers.

## Spirit

Pray or meditate every day.

Read sacred writings daily (either scriptures or other books that speak spiritually to you.)

Cultivate gratitude. Write in your journal every day three things you are thankful for.

Slow down, stop, listen, and feel that Spirit within you. Take time to be still.

## Social

Forgive others, but do not make yourself vulnerable to being abused.

Be appropriately assertive (not aggressive, passive, or passive-aggressive.)

Serve someone each day – anonymously or as quietly and secretly as you can.

Make a close connection, every day, with a loved one or five loved ones.

Thank someone, express your appreciation.

-----  
References:

The Scriptures

Self-Compassion: The Proven Power of Being Kind to Yourself by Kristin Neff, Ph.D.

The Food-Mood Solution: All-Natural Ways by Jack Challem

The Happiness Trap by Russ Harris (Acceptance and Commitment Therapy)



# Living a Rich, Full & Meaningful Life

The idea of living a rich, full, and meaningful life sounds like a great goal. What makes life rich, full, and meaningful? That would be different for each of us. Howard Hughes stated he wanted to fly the fastest airplanes, make the best movies, and be the richest man in the world. However, few would say he lived a rich, full, and meaningful life.

Steven Covey, along with the founders of Acceptance and Commitment Therapy, gives an outline to follow. First, determine your values. State them clearly and concisely. Then set goals and make life decisions that will move you toward or support those values. This is logical. If we spend our time, energy, talents, and material resources on the things we value most, by definition, we will be living a rich, full, and meaningful life.

## VALUES

I interpret the teachings of Jesus Christ to say we should embrace the values of our Heavenly Father. Love of God, love of self, love of neighbor, strict obedience to the commandments, and honor, obey and sustain the laws of the land. We are to exercise our agency to establish our values, within guidelines, for such things as education, who we marry, friends, hobbies, leisure, trade or profession, politics, etc. Your values need to be YOUR values, not someone else's.

## GOALS

Luke 2:52, "And Jesus increased in wisdom and stature, and in favor with God and man." From this, we see four key areas to identify our values, set goals towards, and make decisions.

Spirituality: Our relationship with God

Sociality: Our relationship with others

Physically: Taking good care of our physical body

Wisdom: Learning to apply eternal truths to the human condition

Accordingly, the Church of Jesus Christ of Latter-day Saints previously published a booklet called "Pursuit of Excellence." Currently, the church has similar material on the LDS.org website, searchable under the old title. This information is designed to lead you to areas of importance when you consider setting goals.

### **It is more effective when goals are "SMART" goals.**

S - specific, significant, stretching

M - measurable, meaningful, motivational

A - agreed upon, attainable, achievable, acceptable, action-oriented

R - realistic, relevant, reasonable, rewarding, results-oriented

T - time-based, time-bound, timely, tangible, trackable

An example of a SMART goal, in the area of wisdom, for one who has completed their formal education, might be:

To read six books this year, including:

*The Book of Mormon*

*The assigned text in Sunday School*

*An acclaimed novel*

*A Bibliography*

*A book related to your profession or hobby*

*A book of history, politics, self-help, law or sociology*

Keep a study journal and write spiritual promptings and things you have learned about life and people.

## **LIFE DECISIONS**

When you buy a new car, move, or choose a profession, it is wise to choose one that supports or moves you toward your values. As an example, if you want to work full time before children and then 8 to 24 hours per week after, becoming a registered nurse might be a good fit.

The following are examples of making life-changing decisions towards your values.

Jacob and Heather, married with three small children, agree that the value of extended family relationships is higher than focusing all of their resources on Jacob's career. When it became time to change jobs, Jacob first looks long and hard for a career supporting jobs in communities where their extended family lives. The more extended family, the better.

Kayla is a 28-year-old young single adult struggling to find the right man to marry. She has set goals to help her live a righteous, productive, and fulfilling life. She desires to marry a man with an honest temple recommend, a completed education and is beginning an honorable career. She chooses her leisure activities to include situations where she can meet men of the caliber she is looking to marry. She is also working on being more outgoing and friendly to those she does not yet know very well.

## **CONCLUSION**

Poor decision making and a lack of goals has caused me set-backs and to be stagnant at times. On the other hand, reviewing my values, setting appropriate goals, and making wise decisions have had a hugely positive effect on my life, e.g., marrying a committed member of the church, seriously studying the scriptures, becoming a licensed Marriage and Family Therapist, moving to a community suitable to first, raise our family and eventually retire in.

# Three Styles of Coping

**Feeling:** Women are more likely to use this style first, talking things through with ones you love.

**Thinking:** Men are more likely to analyze the problem, often by thinking in solitude.

**Doing:** Both men and women: I have a problem! I make a “to-do” list and solve it.

## Feeling

Many women and some men are adept at talking things through with friends and relatives. To use or strengthen this style, choose people who love you, do not judge, are mature and understanding, and will not betray your confidences. Be open and honest about the issue you want to discuss. Be certain to reciprocate for them when they need you.

Some people are experts in sharing everything with their Heavenly Father and asking for help and support in ways that are good for them. They often feel peace, comfort, acceptance, and guidance from the Holy Ghost. Sincerely praying and reading the scriptures each day strengthens this method.

Therapies that support this style: ACT, Emotion-Focused Therapy for Couples (Johnson), and individuals (Greenberg.)

## Thinking

Thinkers try to get the emotion out of the picture so that they can think more clearly. For example, when you are having problems with your 14-year-old son, imagine your neighbor coming over and complaining about their 14-year-old son with the same problem, asking for your advice. You would be amazed at what comes out of your mouth and how quickly it came – just because you do not have strong emotional ties to that child. To strengthen this style, learn the 10 Most Common Thinking Distortions, identify them in your speech and thinking and replace them with healthier thoughts.

For problems that are not emotionally charged, thinkers seclude themselves and think it through.

Therapies that support this style: Cognitive Behavioral Therapy in many forms. Just reading about CBT and doing the exercises in the book is extremely helpful and has been validated with clinical trials.

## Doing

When this style is used, people get up and get doing. When a loved one died a few years ago, my sister and I coped by making “to-do” lists about funeral and burial arrangements, letting others know, and settling the estate. By the time we were finished with the lists, we ready for the acceptance part of the grieving process. To strengthen this style, imagine what life would be like without the problem. Make a list of things that would be different. What can you do today that will move you closer to that ideal?

Therapy that supports this style: Solution Focused Therapy.

## Conclusion

Most of us have a primary style that we first respond with and then a back-up style when the primary is not working or does not fit the situation. We would be in a healthier position if we were strong in all three styles. When times are more normal, we could use other styles to cope with strengthening them. If a spouse, dear friend, or your child has a different coping style than you, you will have a better relationship with them if you use their primary coping style in times of their distress. When we are strong in all three areas, it is not unlike owning 50 pairs of shoes, one that is just right for every occasion.

# Interventions for Negative Emotions

Or I Just Had a Meltdown.

For People of Faith

## Start Here

Are you praying often enough and heartfelt enough for your welfare? If not, please start today. The very next time you pray for that, pour out your whole heart and soul to Heavenly Father, thank him profusely, tell him everything (number 6 below), and ask for very specific and for general blessings that are right for you.

Stop all negative self-talk. ***This is extremely important.*** For help, read the article titled, “Changing Self-Talk” in this document or Chapter 6 of David Burns’ book, *When Panic Attacks*. At the very least, write down the hurtful self-talk scripts you are saying to yourself. Figure out the lies that the evil one inspired you to put in those scripts. Then rewrite those scripts to be truthful and healthier. Instead of, “that’s the dumbest thing I have ever done. I am so stupid.” Change that to, “I made a mistake. It’s a big one, but it was a mistake.”

When you are unusually stressed, anxious, or otherwise upset, do some of the following to self-soothe before spending time with supportive friends or work to solve the issue. These interventions are designed to build individual strength and to increase your faith in the Lord Jesus Christ.

The items listed are to calm us down. After we are calmed down, we need to act. If the underlying issue is solvable, then we need to plan to solve it. Even get help making the plan. If it is not solvable, we may need to grieve the loss, reframe our thinking, or put an eternal perspective on it. If the situation is not solvable, maybe you could pray and ask what you are to learn from this and how you are to become more refined because of it.

One way to use the following material is to determine what works best for you and put the helpful items in the order that is logical for your use. Practicing the techniques beforehand will undoubtedly be helpful.

## Outline (Details are on the next three pages)

1. Play a playlist of comforting church hymns.
2. Do 2 or 3 minutes of diaphragmatic breathing or muscle relaxation.
3. Offer humble prayer and ask Father to let you feel His love and to feel He is your Father.
4. Practice healthy anxiety (or anger or depression) self-talk.
5. Replace critical, self-defeating thoughts with positive, self-supportive thoughts.
6. Read the poem, *Soft Inside Again*, by Patti Rokus.
7. Heavenly Father did not put out the fire (see details).
8. Only what my Heavenly Father thinks counts (see details).
9. Read the *Friends* poem in the details.
10. Read a list of comforting scriptures.
11. Exercise vigorously, in proportion to your health.
12. What role does “give the benefit of the doubt,” forgiveness, “your peaceable walk with the children of men,” or “be not offended” play in this situation?
13. Your diet is not only what you eat.
14. Go and serve someone in need.
15. Mentally review the temple endowment or the Baptism for the Dead ceremony.
16. Enter into the Rest of the Lord.
17. Visit or call your most supportive friend, relative, Bishop, or therapist for this type of issue.

## Details

1. The LDS Church app titled “LDS Music” has a green background with a yellow eighth note in the center. This app allows you to create playlists. I have created one called “Peace and Comfort.” It contains these songs: The Lord Is My Shepherd #108; Where Can I Turn for Peace? #129; Be Still, My Soul #124; The Lord is My Light #89; Oh, May My Soul Commune with Thee #123; and hymns numbers 110, 166, 97, 14, 277, 125, and 144. When you run the playlist, think deeply about the words or just let the music and your familiarity relax you.
2. The breathing technique slows you and calms you. Inhale through your nose for 4 seconds, hold your breath for 4 to 6 seconds, and push out all of the air through your mouth in 4 to 6 seconds.
3. Every time I am humble and ask my Father in Heaven to let me feel His love, I am filled with the Holy Ghost. I feel completely loved and accepted. Also, this happens when I teach this or write about it. I cannot explain it: one must experience it. Asking for this has never failed me. Ever!
4. Practice anxiety self – talk. For instance, after reading each of the following sentences, take a few minutes to think about it and how it applies to the current situation.
  - a. I have lots of resources: I can work through this situation with my support system if I need to.
  - b. People are going to act the way they want to, not the way I want. Dang!
  - c. I will not let other people have power over me or control me because I fear them.
  - d. It’s nice to have other people’s love and approval, but even without it, I can still accept and like myself. If I please God, good people will support me when they completely understand. See 8.
  - e. There is no need for me to doubt myself; what other people say doesn’t matter.
  - f. Don’t be a prisoner of your past: it was just a lesson, not a life sentence.
  - g. "I've already been through many other painful experiences. and I've survived."
  - h. "This too shall pass." "This situation won't last forever."
  - i. One mother always told her children, “It came to pass because it didn’t come to stay.”
  - j. "This situation sucks, but it's only temporary."
  - k. "I'm strong, and I can deal with this."
  - l. I don’t need to prove myself in this situation. I can stay calm.
  - m. If this person wants to go off the wall, I can let them act foolishly. I don’t need to take responsibility for their behavior.
  - n. **PAUSE:** Time to relax and slow things down. Take a Time Out if you get upset.
  - o. I don’t need to feel threatened here. I can relax and stay cool.
  - p. "I can take all the time I need right now to let go and relax."
  - q. My anxiety is a signal. A signal received: time for me to talk to myself and to relax.
  - r. **FEELINGS:** I feel anxious; that must mean I am fearful of what is going to happen or fearful of the consequences of what I have done or failed to do.
  - s. "My feelings make me uncomfortable right now, but I can accept them."
  - t. "I can be anxious and still deal with the situation."
  - u. "I've survived other situations like this before, and I'll survive this one too."
  - v. "My anxiety/fear/sadness won't kill me; it just doesn't feel good right now."
  - w. "These are just my feelings, and eventually they'll go away."
  - x. "It's okay to feel sad/anxious/afraid sometimes."
  - y. **PERFECTIONISM:** Nothing says I must be competent and strong all the time.

It's OK to feel unsure or confused.

- z. If people criticize me, I can survive that. Nothing says I must be perfect.
  - aa. People put erasers on the ends of pencils for a reason. It's OK to make mistakes.
  - bb. **CONTROL:** It's impossible to control other people and situations. The only thing I can control is myself and how I express my feelings.
  - cc. When I get into an argument, I can respectfully stick to my plan and know what to do.
  - dd. It's OK to be uncertain or insecure sometimes. I don't need to be in control of everything and everybody.
  - ee. **THOUGHTS:** "I'm strong enough- to handle what's happening to me right now."
  - ff. "This is an opportunity for me to learn how to cope with my fears."
  - gg. "I can ride this out and not let it get to me."
  - hh. "My thoughts don't control my life; I do."
  - ii. "I can think of different thoughts if I want to."
  - jj. "I'm not in danger right now."
  - kk. "So, what?"
5. Replace critical, self-defeating thoughts with positive, self-supportive thoughts. For example, saying "I am a child of God" instead of, "I am worthless," "I made a mistake" instead of "I am an idiot," "If I try hard, I can learn to do that" instead of "I could never do that."
6. *Soft Inside Again* by Patti Rokus
- When I'm down, When I'm alone, I let my mind drift slowly back to Him.  
And I feel His knowing eyes, penetrate my heart, and I begin, to tell Him everything,  
All my fears, how vulnerable I've let myself become. I tell Him everything,  
And let my tears cleanse my wounded heart, as I become Soft inside again.  
[1of 4 verses] Email me for the entire Poem.
7. Remember Shadrach, Meshach, & Abednego: God didn't put out the fire; He just put the Savior in there with them. It's not about God "putting out your fires" it's about who is in the fire with you.
8. If I do what is pleasing to my Heavenly Father, then righteous people will support and encourage me when the situation is clearly understood. Other people do not count in situations like this.
9. Friends Poem
- When you're with someone who cares about the things you try to do,  
Someone you can confide your deepest thoughts and feelings to,  
When you're with someone you trust in, never needing to pretend,  
Someone who helps you know yourself  
you know you're with a friend.
- Amanda Bradley
10. Say a heartfelt prayer, read scriptures, and pray again. Here are a few scriptures to get you thinking. It is most helpful if you personalize each one. Please personalize this first one to understand how important this is. D&C 121:7-9; Romans 12:18-21; John 14:21-23, 27; Philippians 4:6-7 (NLT); 1 Peter 5:7 (NLT); D&C 19:23-24; D&C 59:21, 23-24; Matthew 11:28-30; Alma 12:34; and Alma 13:12-13.
11. Vigorous exercise will help expel some of the body's excess hormones, especially adrenaline (when you are angry).

12. It is best to make a judgment after you hear all sides of the story. Also, sometimes people do stupid things, it that the case here?
13. Your diet is not only what you eat. It is what you watch, what you listen to, what you read, and the people with whom you associate. Be mindful of the things you put into your body. Emotionally, spiritually, and physically, all contribute to your current state.
14. Giving service obeys an important commandment of our Lord. One blessing to the one who serves is an increase in internal joy and or perhaps increased happiness, satisfaction, and being filled with the Holy Spirit.
15. In your mind's eye, review the temple endowment. Include initiatories, the endowment ceremony, progressing to the Celestial Room, and communing with our Heavenly Father. Do so will help you focus on the eternal perspective of life. For baptisms, think of the freedom you have just opened to this person that they may have been waiting for years to receive.
16. Our Lord Jesus Christ is the Healer and the Second Comforter. You will want to "Enter into His Rest" as soon as you can. Understanding that when we are highly emotional, we often cannot hear or feel that "still small voice." Therefore, we can complete other steps listed until we can hear that comforting voice again. This document contains an article titled "Enter Into The Rest of the Lord and Have Peace."
17. Visit or call your most supportive friend or relative: find one that understands this situation and that you can count on to be the most helpful.

# Self-compassion

We often have compassion for other people and have little for ourselves. Actually, being kinder to ourselves can improve mental health and foster spiritual development.

The benefits of self-compassion include less anxiety and depression, less fear of evaluation, and self-compassion. Self-compassion teaches us to generate positive emotions by accepting negative ones.

With self-compassion, we give ourselves the same kindness and care we'd give to a good friend.

When you judge yourself harshly, what are the costs? That requires some pondering.

The critical elements of Self-compassion include:

1. Self-kindness
2. Common Humanity
3. Mindfulness

Self-kindness: examples

What would mom, my mentor, or my cheerleader say about this error I made?

I treat myself as well as I treat my best friend.

I try to be understanding and patient towards those aspects of my personality I don't like.

When I am going through a hard time, I give myself the caring and tenderness I need.

Common Humanity: What things are common among many people, especially in my culture.

I try to see my failings as part of the human condition.

When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.

The only people who don't make mistakes are those who don't do anything.

Mindfulness:

This refers to clear seeing and non-judgmental acceptance of what is occurring in the present moment.

Also, taking a balanced approach to emotions so that feelings are neither suppressed nor exaggerated. We cannot ignore our pain and feel compassion for it at the same time. Mindfulness requires that we not "overidentify" with thoughts and feelings so that we are caught up and swept away by negativity.

When something painful happens, I try to take a balanced view of the situation.

When something upsets me, I try to keep my emotions in balance.

I do not react to things that are mildly uncomfortable as if they were life-threatening.



# Hymns That Comfort

Reading and listening to music are the two fastest ways to reduce stress. I have encouraged clients to put the songs below, that they know, on a Church app playlist, play the list when stressed, depressed or anxious, and afterward pray and ponder about the circumstances that are upsetting.

Hymn #	Name
1. 129	“Where Can I Turn for Peace?”
2. 124	“Be Still, My Soul”
3. 89	“The Lord Is My Light”
4. 123	“Oh, May My Soul Commune with Thee”
5. 108	“The Lord Is My Shepherd”
6. 110	“Cast Thy Burden on the Lord”
7. 166	“Abide with Me!”
8. 97	“Lead, Kindly Light”
9. 98	“I Need Thee Every Hour”
10. 14	“Sweet Is the Peace the Gospel Brings”
11. 127	“Does the Journey Seem Long”
12. 136	“I Know That My Redeemer Lives”
13. 135	“My Redeemer Lives”
14. 122	“Through Deepening Trials”
15. 241	“Count Your Blessings”
16. 277	“As I Search the Holy Scriptures”
17. 125	“How Gentle God’s Commands”
18. 105	“Master the Tempest is Raging”
19. 117	“Come unto Jesus”
20. 144	“Secret Prayer”
21. 130	“Be Thou Humble”
22. 301	“I Am A Child of God”
23. 134	“I Believe in Christ”
24. 302	“I Know My Father Lives”

The above list is suggested to get you started. Add, modify, and delete hymns as appropriate for you.

# Soft Inside Again

By Patti Rokus

Dedicated to my mother, Sue  
Who taught me how to pray



## First Verse, Child:

When I'm down, When I'm alone,  
I let my mind drift slowly back to Him.  
And I feel His knowing eyes,  
Penetrate my heart,  
And I begin, to tell Him everything,  
All my fears,  
How vulnerable I've let myself become.  
I tell Him everything,  
How vulnerable I've let myself become,  
As I become Soft inside again.

## Second Verse, Father:

When you're down, When you're alone,  
I long to hold you in my arms again.  
For I feel your broken heart.  
Come to me and let the love begin.  
I'll give you everything,  
Calm your fears,  
I'll show you just how strong you can become.  
I'll give you everything  
And touch your tears, Cleansing your wounded heart  
As you become Soft inside again.

## Chorus, Father:

Never again need you be alone  
Because I'm with you every hour.  
I'll always be there waiting to hear about your joys,  
I'll be there when you need me.  
I've always waited patiently for you.

## Third Verse, Child

When I've laid out all my thoughts,  
Every heartache, fear, and all my dreams,  
Then I calmly let His love  
Replace the hurtful things, and make me clean.  
For I've told Him everything,  
All my fears,  
How vulnerable I've let myself become.  
All my fears,  
And let my tears, Cleanse my wounded heart,  
As I become Soft inside again.

## Chorus, Child:

Never again will I be alone  
Because He's with me every hour.  
He'll always be there waiting to hear about my joys,  
He'll be there when I need Him.  
I've always known that He was watching me.

## Fourth Verse, Father:

The gift of life is yours to live,  
Guide it prayerfully and soon  
You will see the power I have is in your hands.  
Use it carefully, and soon you'll see,  
You can be everything without fear.  
I'll show you just how strong you can become.  
You can be everything.  
I'll touch your tears, Cleansing your wounded heart  
As you become Soft inside again.

## Father and child each sing respective choruses.

# Rumination: How to Stop Ruminating

Rumination is the focused attention on the symptoms of one's distress and its possible causes and consequences as opposed to its solutions. Rumination is never healthy or helpful as one never gets to the solutions.

How to stop ruminating becomes a valuable tool to lead to solutions.

Often you have to stop the negative emotions before one can be level-headed enough to seek solutions. These ideas are to help one get hold of their emotional response.

1. **Put the lie to it.** Determine the cognitive distortions in the thinking process: all or nothing thinking, magnification, etc. After determining all of the distorted thinking in a given rumination, then you rewrite the script to be completely true (without distortions) and healthier. See David Burns MD's book *When Panic Attacks*, chapter 6, and the associated workpaper, The Daily Mood Log.
2. **Stop yourself with healthy self-talk.** Wait, stop! What are the possible solutions? Where or who do I go to for help solving this? What is the next step? Don't get stuck in this cycle.
3. **Get up and do something different.** Get your mind off the subject by changing what you are doing. Mow the lawn, do the dishes, care for the children – something different.
4. **Play a playlist of hymns.** Make up a few playlists of church hymns like Children's songs, Peace and comfort, sacred, character, etc. The Church app, Sacred Music, the one with the green background and the white quarter note. Hymns are very calming. When you catch yourself ruminating, turn on a playlist.
5. **If you have OCD, OCPD, or Scrupulosity.** Then you follow these steps:
  - a. **Relabel.** Recognize that the intrusive thoughts and urges are the results of OCD, OCPD, or Scrupulosity.
  - b. **Realize** the chemical imbalance in the brain is caused by OCD. It's not me; it's my OCD.
  - c. **Refocus.** Workaround the OCD thoughts doing and thinking about something else at least for a few minutes. Do another behavior.
  - d. **Revalue.** Do not take the OCD thought at face value. It is not significant in itself.

# 5 From *Brain Lock* by Jeffrey Schwartz

# Spiritually Pondering or Meditating

**Ponder** - To think about something carefully, especially before making a decision or reaching a conclusion.

Synonyms: think about, contemplate, consider, review, reflect on, and **meditate** about. This term is used 17 times in the Bible and 17 times in the Triple Combination.

**Meditate** – To spend time in quiet thought for religious purposes or relaxation. – To focus one’s thoughts on

Synonyms: reflect on or **ponder** over. It is used in the Bible 21 times and four times in the Triple Combination.

These words can be used synonymously or differently.

Synonymously: D & C 138:1 I sat in my room **pondering** over the scriptures Joshua 1: 8 “This book of the law shall not depart out of thy mouth; but thou shalt **meditate** therein day and night.”

Differently: My therapist assigned me to **meditate** on the sentence, “God Loves Me and Knows My Name.” 10-20 minutes each day for two weeks, allowing myself to evolve into prayer. My Bishop asked me to **ponder** how I should apply the Beatitudes to those closest to me.

## How to start Spiritually Meditating:

Most will want to start with a prayer, and then sit comfortably, upright, preferably early morning in a quiet location after eating 100 calories or less (not a full meal.)

It is preferable to close your eyes, but your eyes may be open. If you have them open, focus on a focal point and don’t let them wander.

Start with 5 to 10 minutes sessions. Begin each session with this breathing exercise: Inhale from your diaphragm, in through your nostrils over four seconds, hold for four seconds, then exhale slowly over four seconds. Repeat for a total of six times. While you are breathing, clear your mind by focusing only on your breathing.

Some will want to meditate over and over again a spiritual word or phrase such as; “Peace be still” (Mark 4:30), The Atonement, “Thy will be done” (Matt 26: 42), “I am the way, the truth, and the life” (John 14: 6) or, “I am he that comforteth you” (Isaiah 51: 12).

I would meditate over a Christ-like attribute that I would like to improve — for example, forgiveness. I would meditate on the instructions we have been given regarding forgiveness, recall stories of the Savior forgiving, then prophets, and finally, about how I might forgive quicker, more completely, more lovingly.

If you think this is all phooey, please take just two minutes: In the 1<sup>st</sup> minute, offer a heartfelt prayer asking for help in judging this practice and during the 2<sup>nd</sup> minute, ponder and meditate something like the following, “God loves me and knows my name. God loves ME and even knows MY name. God loves me *very much* even that He knows my name”. Do *yourself* a favor and take two minutes to try this and see if it does not affect your spirit.

## Pondering

When President Joseph F. Smith was pondering 1 Peter, did he try to visualize our Savior going to the world of spirits and imagine Him organizing and setting apart the righteous to go to the unrighteous and teach them? Nephi said, “my heart pondereth continually upon the things which I have seen and heard.”

One institute teacher would print a scriptural phrase and put it high on a wall in his office and would ponder the words for a couple of weeks. After that, he would put another one up. Also, Brother Devin G. Durrant, of the Sunday School General Presidency, introduced “ponderizing” at the October 2015 General Conference. That talk would be a good follow-up read to this.

# Developing Christlike Attributes

As you study and seek to develop the attributes described in this chapter\* and other attributes found in the scriptures, the following pattern may be helpful:

- Identify the attribute you wish to develop.
- Write a definition and description of the attribute. (Check “The Guide to the Scriptures.”)
- Write questions to answer as you study.
- Write out and study thoroughly passages of scripture that teach about the attribute.
- Record your feelings and impressions in your study journal.
- Set goals and make plans to apply the attribute in your life.
- Pray for the Lord to help you develop the attribute.
- Evaluate your progress periodically in developing each attribute. (explain below)

\*From *Preach My Gospel*, Chapter 6

# Get on the Path

## The Way to Perfection

(From an address by Elder Bruce R. McConkie, "The Probationary Test of Mortality." delivered at the University of Utah Jan. 10, 1982)

We don't need to get a complex or get a feeling that you have to be perfect to be saved. You don't. There's only been one perfect person, and that's the Lord Jesus, but in order to be saved in the Kingdom of God and in order to pass the test of mortality, what you have to do is get on the straight and narrow path – thus charting a course leading to eternal life – and then, being on that path, pass out of this life in full fellowship. I'm not saying that you don't have to keep the commandments. I'm saying you don't have to be perfect to be saved. If you did, no one would be saved.

The way it operates is this: You get on the path that's named the "straight and narrow." You do it by entering the gate of repentance and baptism. The straight and narrow path leads from the gate of repentance and baptism, a very great distance, to a reward that's called eternal life. If you're on that path and pressing forward, and you die, you'll never get off the path.

There is no such thing as falling off the straight and narrow path in the life to come, and the reason is that this life is the time that is given to men to prepare for eternity. Now is the time and the day of your salvation, so if you're working zealously in this life – though you haven't fully overcome the world and you haven't done all you hoped you might do – you're still going to be saved. You don't have to do what Jacob said, "Go beyond the mark." You don't have to live a life that's truer than true.

You don't have to have an excessive zeal that becomes fanatical and becomes unbalancing. What you have to do is stay in the mainstream of the Church and live as upright and decent people live in the Church – keeping the commandments, paying your tithing, serving in the organizations of the Church, loving the Lord, staying on the straight and narrow path. If you're on that path when death comes – because this is the time and the day appointed, this is the probationary estate – you'll never fall off from it, and, for all practical purposes, your calling and election is made sure.

# Changing Self-Talk

## ***How to Challenge Alarming Thoughts: Ask Yourself:***

- A. Am I alarming myself unnecessarily? Can I see this another way?
- B. What am I demanding must happen? What do I want rather than need?
- C. Am I rating something a catastrophe? Is it every bit that awful?
- D. Am I rating a type of person? What's the action I don't like?
- E. What's untrue about my thoughts? How can I stick to the facts?

## ***Strategies to Change Alarming Evaluations***

- A. Listen for the extreme or catastrophic rating words (horrible, terrible, disaster, awful) of an event, a rating which implies that things couldn't be worse, and you will not be able to survive the event.
- B. Instead of using this extreme rating when it doesn't fully apply, think of the event in terms of the degree of disappointment or inconvenience. Other words might better describe the relative severity of the event, such as annoying, nuisance, irritating, unfortunate, unlucky, frustration, or problem.
- C. Listen for the extreme or overly general rating of a person (loser, stupid, inconsiderate, pushy, selfish, jerk, incompetent), something which implies that there are good and bad people in the world and this person definitely is part of the bad group.
- D. Focus your judgment more on the specific action as the problem rather than what you believe is the general type of person involved. Realize that you are on shaky ground whenever you think you can fairly and, without a doubt, categorize someone as totally fitting a particular type. It is much more relevant to think in terms of the actions which someone did that you disagree with or you see as a mistake. This pertains to your rating of yourself as well as the self of another.

## **Examples:**

Alarming Evaluation: Staying on this diet is terrible! I can't take this anymore!

Reassuring Evaluation: Not being able to eat exactly what I used to feels difficult sometimes, but I can manage.

Alarming Evaluation: He doesn't know what the hell he's doing! Besides that, he doesn't give a hoot about anybody but himself!

Reassuring Evaluation: I think he's making a mistake by not involving the rest of the staff in this decision.

## ***Strategies to Change Alarming Expectations***

- A. Pick out the element of truth or the preference in your alarming expectation.
- B. Remove the demanding words (must, should, need, have to) and replace them with words of preference (want to; would like; wish; it would be better if).
- C. Check that your preference is reasonable considering the cost of it to your health, convenience relationships, or your other priorities.

### **Examples:**

Alarming Expectation: I must never make a mistake.

Reassuring Expectations: I would like to do things well and reduce my mistakes.

Alarming Expectation: You should always treat me fairly.

Reassuring Expectation: I would like you to do what I think is right, but realize you won't always see things my way.

## ***Strategies to Change Alarming Predictions***

- A. Pick out what you see as an alarming scenario.
- B. Ask yourself what the actual odds of this entire scene-taking place. If this is not very likely, remind yourself of the more probable events.
- C. Play out what your options could be and how you would like to respond should something like your "what if" scenario took place. Think about what you might have learned from similar situations before.

### **Examples:**

Alarming Prediction: They're going to look bored during my talk.

Reassuring Prediction: There will probably be times when not everyone will look attentive, but that's pretty common, and I still know I have something worthwhile to say.

Alarming Prediction: I'm going to blow this interview. I always choke with things like this! I just know I won't get this job.

Reassuring Prediction: Just because I've had some difficult interviews doesn't mean this one will turn out the same. I've gotten a lot more practice since the last one. At worst, it will be disappointing if I don't get this job, but I have been disappointed before and been able to bounce back. Let me see what happens and plan from there.



# Self-Talk Advanced Concept

Many people learn healthy self-talk and do not use it to its fullest extent. You may be one of those if you find yourself ruminating for too long or still have negative emotions ten minutes after talking poorly to yourself.

When the skills of cognitive restructuring or reframing are employed judiciously, accurately, and thoroughly, negative emotions are controlled rather quickly after the event is over or after a proper length of mourning.

If that is not your case, please try this.

Make sure you are identifying negative self-talk quickly.

Offer prayer and thank Him for everything, naming many things you are thankful for individually. Ask Him for help with this trial and for assistance in identifying what essential things you can learn from this experience.

Review your script for thinking distortions.<sup>1</sup>

Reject all distortions. Change your script to a healthy and truthful sentence that you believe.

If there are no distortions, you may be in an unfortunate situation. In almost all cases, try to put this in an eternal perspective. Is this mildly uncomfortable, very important, or life-threatening? Is it done, finished, or can you do some damage control? If some damage control is possible, ponder the issue, think it through carefully, pray about it, talk to your support group, but act as quickly as necessary concerning the damage control.

Every time you catch yourself ruminating, talking negatively to yourself, or are experiencing negative emotions, attack those thoughts relentlessly. Don't let a minute go by before starting to act. Not acting is like having a fly swatter next to you sitting idle while four flies are buzzing around you. Don't let it happen.

Put a note on your phone, if you must. E.g., Bad Self-Talk = Recognize, offer prayer, I. D. distortions, rewrite, and smile.

It is imperative to attack every single negative self-talk immediately. If you attack quickly, relentlessly, and thoroughly, I promise the negative thinking will become less frequent.

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<sup>1</sup> See David D. Burns, M. D.'s Daily Mood Log, or other list of distortions off the internet.

# Improving Sleep

Your mind is very active at night while you sleep. It is processing and storing unprocessed data and events. If one does not get good, regular sleep, this can cause memory problems from the build-up of unprocessed data and several other problems. To obtain good sleep regularly, use this checklist to get started. This list is a “sleep hygiene” list.

1. Get on a regular sleep schedule: go to bed and get up at the same time day in and day out.
2. However, go to bed only when you are sleepy. Get out of bed when you can't fall asleep in about 30 minutes. Return to bed only when you are sleepy. Repeat this step as often as necessary.
3. Use the bed or bedroom for sleep and sex only; do not watch TV, listen to the radio, eat, or read in your bedroom.
4. Plan activities to engage in when you are not in bed at night because you can't fall asleep. These activities should be non-stimulating. E.g., reading Deuteronomy, writing in your journal, meditation, etc.
5. Use an alarm clock to maintain regular arising time.
6. If you are a clock watcher, cover the clock.
7. It is helpful to plan social, work, or family commitments soon after waking to increase your motivation to wake up at the planned time.
8. Caffeine: avoid caffeine 8-10 hours before bedtime.
9. Avoid nicotine and alcohol.
10. Get regular exercise but not within 4 hours of bedtime.
11. Practice progressive muscle relaxation to relax your body.
12. Sleep medications are effective only temporarily.
13. Allow yourself at least an hour before bedtime to unwind.
14. Avoid “screen time” 1 hour before bed. Blue light emits from TV, monitors, fluorescent lights, phones, and tablets. Blue light tells your brain it is daytime, wake up. Instead, plan tomorrow's schedule and prepare “to do” lists. Write in your journal. Put a note pad and pen beside your bed to write down something that is keeping you awake.
15. Your bedroom should be cool to moderate temperature, quiet, and dark. If not, use a fan, mask, and earplugs.
16. Eating: A light bedtime snack, such as a glass of warm milk, cheese, or bowl of cereal, can promote sleep.
17. Avoid naps, except for one lasting no longer than 20 minutes.

It usually takes 2-3 months for a sleep problem to get better, but most people see improvements within 2-3 weeks if they consistently follow the guidelines. Isn't sticking to the guidelines for this short period worth it if your sleep ultimately improves?

# Fall Asleep In 2 Minutes

The U.S Navy pre-flight school needed their pilots to fall asleep in any condition and at any time of day. The method they came up with proved to be successful in 96 percent of cases after six weeks of being practiced by the pilot.

Here are the physical and mental steps you should take, spending approximately one and a half minutes on them all. You will be releasing the tension in different parts of your body one by one. Once you have completed the five easy steps, you should be able to fall asleep in the next 120 seconds.

**Step One:** Lie face up in bed. Relax your facial muscles, including your tongue, jaw, and the muscles around your eyes. If you realize you have a frown, really focus on releasing the tension in the center of your forehead. Your forehead should be smooth. It does sound strange, but relax your eye sockets by letting them go limp.

**Step two:** Drop your shoulders as low as possible. This will also help you stretch and release the tension in your neck. Then relax your upper and lower arm on one side. Then try it with the other arm. If you are having trouble relaxing your arms, try tensing them for a little bit and then letting them become loose. Be certain to relax your hands and fingers.

**Step Three:** Breathe out and relax your chest. Feel your lungs fill up with air.

**Step Four:** Relax your legs. Release the tension from your thighs first. Then let the relaxation travel down to your calves. Finally, focus on your feet and ankles.

**Step Five:** Now that the muscles in your body are relaxed, it is time to clear your mind completely. Lloyd Bud Winter, the author of the book, suggests envisioning the following images to help clear your thoughts and block out distractions. Image one: Imagine yourself lying in a canoe in a calm lake with nothing but a clear blue sky above you. Image two: Imagine you're snuggled up in a black velvet hammock in a pitch-black room. If images one and two don't work, say to yourself, "now is the time to rest" over and over again for 10 seconds.

This military technique with a creative twist will help you get to sleep faster and for longer. Can you imagine being able to fall asleep at the drop of a hat wherever you are? The pilots were sitting in a chair when in training. In those exercises, they put their feet flat on the floor, placed their heads on their laps, and let them go limp. This technique should work if you are on a plane, bus, or train. Don't get discouraged if you don't get results immediately. Remember, the pilots had to practice this exercise for six weeks before they were able to master it. If you are having a hard time at first, the U.S. Army had more tips for falling asleep quickly.

Try to reduce your caffeine intake, even if you aren't sensitive to it. Remove distractions like computers, TVs, and cell phones. Head to bed when you feel the first sign of tiredness, without ignoring what your body is asking of you. Avoid going to bed if you aren't tired. If you head to bed too early, it can be detrimental and frustrating. Start unwinding at least an hour before bedtime. Avoid doing activities that are too engaging or stressful.

Compliments of the U.S. Navy and the U.S. Army

# Enter into the Rest of the Lord and Have Peace

‘Don’t worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus’ (Philippians 4:6-7, NLT).

Our Savior, Jesus Christ, understands personally the struggles we experience in this life because He has experienced them all and descended below all things (Alma 7:11-12, D&C 122:8). He invites us to come unto Him: “Come unto me, all ye that labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light” (Matthew 11:28-30).

We are commanded to come unto Him, learn of Him, and keep His commandments. We are promised “Rest” and “Peace” from the Lord as we strive to do so.

The phrase “Peace be still” (Mark 4:39) is perfectly descriptive. When there is trouble, confusion, even chaos, nothing is “still” in our souls. When we invite the Lord into our hearts, our hearts and soul are softened, and we can become “still” and be at “peace.”

Many times, I have asked humbly, sincerely, and most often, informally, for the Lord to be with me, to let me feel His love, and be calmed by His Spirit. Asking this has never failed. *Ever.*

I invite you, in times of stress, trouble, turmoil, or chaos, to take at least 5-10 minutes and plead with Heavenly Father to help you enter into the Rest of the Lord. Pray that He will calm your troubled Spirit and give you a few moments of His Peace.

‘The Second Comforter is the Lord Jesus Christ (John 14:18, 21, 23). When someone obtains the Second Comforter, Jesus Christ will appear to him from time to time, will reveal the Father, and will teach him face to face’ (D&C 130:3) (Guide to the Scriptures: Comforter). ‘John 14:23—The appearing of the Father and the Son, in that verse, is a personal appearance;’ (D&C 130:3).

‘I will not leave you comfortless: I will come to you. He that hath my commandments, and keepeth them, he it is that loveth me: and he that loveth me shall be loved of my Father, and I will love him, and will manifest myself to him. Judas saith unto him, not Iscariot, Lord, how is it that thou wilt manifest thyself unto us, and not unto the world? Jesus answered and said unto him, If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him’ (John 14:18, 21-23).

Elder Zwick of the Seventy in a February 2012 Ensign Article wrote, “When we become converted and follow the counsel of living prophets when we obey the commandments of God, and when we willingly honor our callings, responsibilities, and priesthood, we will enter into the

rest of the Lord.” He followed that up by stating that the words “Enter Into the Rest of the Lord” had applied to him while he was on his mission and he felt Joy and Peace from that experience.

May the following scripture quotes from the *Guide to the Scriptures* encourage you to enter into the Lord’s “Rest” and enjoy His “Peace.”

## **Rest**

**(from the Guide to the Scriptures at LDS.org)**

The enjoyment of peace and freedom from worry and turmoil. The Lord has promised such rest to his faithful followers during this life. He has also prepared a place of rest for them in the next life.

- “My presence shall go with thee, and I will give thee rest.” (Exodus 33:14)
- “We labored that they might enter into His rest.” (Jacob 1:7) (Hebrews. 4:1–11)
- “Whosoever repenteth shall enter into My rest.” (Alma 12:34)
- “There were an exceedingly great many, who were made pure, and entered into the rest of the Lord.” (Alma 13:12–16)
- “Paradise is a state of rest.” (Alma 40:12) (Alma 60:13;)
- “Nothing entereth into His rest save it be those who have washed their garments in My blood:” (3 Nephi. 27:19)
- “Those that die shall rest from all their labors:” (D&C 59:2) (Revelation 14:13)

## **Peace**

**(from the Guide to the Scriptures at LDS.org)**

In the scriptures, peace can mean either freedom from conflict and turmoil or the inner calm and comfort born of the Spirit that God gives to His faithful Saints.

### **Freedom from conflict and turmoil**

- “Live peaceably with all men; avenge not yourselves:” (Romans 12:18–21)

### **Peace from God to the obedient**

- The Savior will be called the Prince of Peace: (Isaiah 9:6)
- There is no peace unto the wicked: (Isaiah 48:22)
- “Peace I leave with you:” (John 14:27)
- Alma cried unto the Lord and found peace: (Alma 38:8)
- The spirits of the righteous are received into a state of peace: (Alma 40:12)
- “Did I not speak peace to your mind concerning the matter?” (D&C 6:23)
- “Walk in the meekness of my Spirit, and you shall have peace in me” (D&C 19:23)
- “He who doeth the works of righteousness shall receive peace:” (D&C 59:23)
  - “Clothe yourselves with the bond of charity, which is the bond of perfectness and peace:” (D&C 88:125)

# Resilience

Inspired by Joseph Smith, Jr. in Liberty Jail

and the book *The Resilience Breakthrough* by Christian Moore

*When I try to get my thinking around a new trial I face, this is what I now do:*

Start my prayer with as much thanks and gratitude that I can remember. Continue to pray and ask for support, comfort, and confidence in dealing with the trial. I also ask, “What am I to learn from this trial?” “How am I to grow or become more refined because of this trial?”

Consider that every trial is a test of how you will treat others during it. Will you be rude, curt, and obnoxious or act kindly?

If you are married, turn to your spouse, *especially* if your spouse is the trial. If you are not married or your spouse is not helping, talk it over with a trustworthy friend. If the trial is about your spouse, talk it over with your Bishop or marriage therapist.

Don't be passive during the trial by running away. Don't be aggressive by steamrolling others and ignoring their feelings, their agency, or their trials.

Be assertive by addressing the trial directly and handling it maturely. If you do not know what to do and it is medical, see a medical professional. If something is broken, watch a YouTube or read a book to learn how to fix it. Perhaps hire someone. Get help when you need it.

## Three Examples

Joseph Smith endured four months of terrible living conditions in Liberty Jail as chronicled in the chapter titled “Within the Walls of Liberty Jail” in *Revelations in Context*. The Lord validated his feelings and his trials, comforted him, encouraged him, and taught him many things about people as recorded in *The Doctrine and Covenants* Sections 121-123. After the Lord counseled and trained him, Joseph said this to his fellow prisoners, “Therefore, dearly beloved brethren, let us cheerfully do all things that lie in our power; and then may we standstill, with the utmost assurance, to see the salvation of God, and for his arm to be revealed.” (D&C 123:17).

A general philosophy from Christian Moore's book is: With some trials, people get angry. If you get angry, take that anger and do something good. An example from the book rephrased: When Michael Jordon, as a junior in high school, was not selected for the varsity basketball team, he vowed to himself, to play so well and score so many points that the coach would know he made a big mistake. He was going to show him!

Captain Moroni got angry, raised the Title of Liberty, then raised an army and drove the King men out of his country because they were taking away the people's liberty and rights.

*May the Lord be with you in all your trials and tribulations.*

## Resilience Continued

A Mayo Clinic website gives these tips to improve resilience after it defines resilience as:

The ability to adapt well to stress, adversity, trauma, or tragedy — basically, the ability to bounce back after experiencing a difficult event. Building resilience may vary from person to person, but consider these strategies:

- Stay connected with healthy social supports, such as positive friends and loved ones.
- Do something that gives you a sense of accomplishment, enjoyment, and purpose every day.
- Live a healthy lifestyle that includes good sleep, a healthy diet, and regular physical activity.
- Learn from past experiences about how you can improve your coping skills.
- Remain hopeful about the future and strive for a positive attitude.
- Recognize and develop social and character strengths.
- Face your fears and accept challenges.
- Plan to address problems when they occur, rather than avoid them.

From: <https://www.mayoclinic.org/diseases-conditions/adjustment-disorders/diagnosis-treatment/drc-20355230> December 31, 2018

# The Psalm of Nephi

2 Nephi 4:17-35

“my heart exclaimeth: O wretched man that I am! Yea, my heart sorroweth because of my flesh; my soul grieveth because of mine iniquities. 18 I am encompassed about, because of the temptations and the sins which do so easily beset me. 19 And when I desire to rejoice, my heart groaneth because of my sins; nevertheless, I know in whom I have trusted.

20 My God hath been my support; he hath led me through mine afflictions in the wilderness; and he hath preserved me upon the waters of the great deep. 21 He hath filled me with his love, even unto the consuming of my flesh. 22 He hath confounded mine enemies, unto the causing of them to quake before me. 23 Behold, he hath heard my cry by day, and he hath given me knowledge by visions in the night-time. 24 And by day have I waxed bold in mighty prayer before him; yea, my voice have I sent up on high; and angels came down and ministered unto me. 25 And upon the wings of his Spirit hath my body been carried away upon exceedingly high mountains. And mine eyes have beheld great things, yea, even too great for man; therefore, I was bidden that I should not write them.

26 O then, if I have seen so great things, if the Lord in his condescension unto the children of men hath visited men in so much mercy, why should my heart weep and my soul linger in the valley of sorrow, and my flesh waste away, and my strength slacken, because of mine afflictions? 27 And why should I yield to sin, because of my flesh? Yea, why should I give way to temptations, that the evil one have place in my heart to destroy my peace and afflict my soul? Why am I angry because of mine enemy? 28 Awake, my soul! No longer droop in sin. Rejoice, O my heart, and give place no more for the enemy of my soul. 29 Do not anger again because of mine enemies. Do not slacken my strength because of mine afflictions.

## Nephi's 4 Step Solution to Overcome Despair, Sin, & Depressive Feelings

1) Nephi confesses to God and writes of his sins, weaknesses, and imperfections. He expresses Godly sorrow for these: a condition of repentance for sin, a necessity for change.

He is under horrific pressure: his father, Lehi, has died, and his wicked brothers are out to slay him. He knows if his people leave, the two groups will fight and war one with another to disastrous results (according to Lehi's prophecies.)

2) Here Nephi counts his many blessings. He names them and describes them at great length. He uses words of marvel, thanks, and awe in his descriptions of the blessings.

Do we recognize the various ways we are blessed by God, as did Nephi? E.g., emotional support, physical support, guidance, safety, feeling the love of God, blessed by other people, listened to, receiving knowledge, and visions.

It is easy to feel the love and gratitude Nephi has to Heavenly Father.

3) Verses 26-29 are examples of excellent self-talk. There is no puffery here. He is not chanting, “Tomorrow, tomorrow, tomorrow is a day away.”

He is arguing with the negative thoughts swirling in his head: using logic to convince himself that he needs a new attitude. He is openly acknowledging the cause and effect of submitting to sin, temptations, and negative thinking regarding his circumstances.

He riles himself up to create the energy necessary to overcome his weaknesses and the effects of the depressive thoughts. He commands himself to stop acting and thinking in those unhealthy ways. We learn self-talk in our own culture, and this may be different for others.



30 Rejoice, O my heart, and cry unto the Lord, and say:

O Lord, I will praise thee for ever; yea, my soul will rejoice in thee, my God, and the rock of my salvation. 31 O Lord, wilt thou redeem my soul? Wilt thou deliver me out of the hands of mine enemies? Wilt thou make me that I may shake at the appearance of sin? 32 May the gates of hell be shut continually before me, because that my heart is broken and my spirit is contrite! O Lord, wilt thou not shut the gates of thy righteousness before me, that I may walk in the path of the low valley, that I may be strict in the plain road! 33 O Lord, wilt thou encircle me around in the robe of thy righteousness! O Lord, wilt thou make a way for mine escape before mine enemies! Wilt thou make my path straight before me! Wilt thou not place a stumbling block in my way—but that thou wouldst clear my way before me, and hedge not up my way, but the ways of mine enemy. 34 O Lord, I have trusted in thee, and I will trust in thee forever. I will not put my trust in the arm of flesh; for I know that cursed is he that putteth his trust in the arm of flesh. Yea, cursed is he that putteth his trust in man or maketh flesh his arm. 35 Yea, I know that God will give liberally to him that asketh. Yea, my God will give me, if I ask not amiss; therefore I will lift up my voice unto thee; yea, I will cry unto thee, my God, the rock of my righteousness. Behold, my voice shall forever ascend up unto thee, my rock and mine everlasting God. Amen.”

4) Nephi concludes with a very powerful prayer. The prayer is twice as long as the other sections and would be longer if he hadn't already given thanks by counting his blessings. In this prayer, he renews his dedication to the Lord in a couple of places.

He recites teachings that can be very beneficial to him now. Such as when he says that he knows God gives liberally to him that asks. Nephi further acknowledges that he must not ask amiss. It is like saying, “Heavenly Father, I know this eternal principle, I am following it, and I have faith that thou will bless me in the very way thou has promised. Further, I am looking forward to that great blessing and will rejoice and give thanks when it is received.”

Nephi praises God in different ways - even in the name-titles that he chooses to address Him.

### **The Steps**

- Step 1: Confess all sins and weaknesses to Heavenly Father in prayer. Develop Godly sorrow for them.
- Step 2: Articulately enumerate your many blessings.
- Step 3: Use self-talk with energy & frankness to persuade yourself to think more truthful & healthy thoughts.
- Step 4: Pray to praise, thank, and honor God. Then humbly and fervently ask for help in broad and specific ways.

# Savor Life's Precious Moments

The precious moments in life can be savored by being in the present and being aware of the sweetness of the moment. Relax, don't try to take every little thing in but allow yourself to feel the love and kindness around you. Concentrate on a few of the details to remember them. Above all, sometime very soon afterward, write it in your journal. Most importantly, start by realizing that this scene is one of Life's Precious Moments that you do not want to let pass by you.

As a grandparent, I vividly remember a holiday when all five of our grown children were home along with all three grandchildren. I remember sitting in my chair looking across the room, noting the laughter, smiles, love, and playfulness going on right in front of me. It was wonderful: I will never forget. My heart swells as I think of that day.

There are times when a dear friend is leaving on a mission, going off to school, or has taken a job in another city. You know contact with them will drop dramatically. Plan a little event before they leave. Maybe as simple as a lunch together or even just a few quiet minutes alone with them. Let them know what you think of your friendship.

If friends are spiritual, ask them to bear their testimony to you. Share yours with them. Pray with them and, most especially, pray for them. Remind them of their good qualities and strengths. Tell them why they are such a good friend to you.

Again, write in your journal. Put down some of the stories about your friend. Write in your journal as to why you have such a strong friendship with them and the good qualities your friend has.

Vacations are another source of Precious Moments. Some want to "go, go, go" on vacation. Others want to relax. If all agree, that makes it easy. If not, it is so much better if you compromise. The speed of the vacation is only one element that contributes to the joy of a vacation. One of the purposes of most any vacation is to build and heal relationships. The parents or leaders need to set a great example of having a positive attitude, quick forgiveness, and being flexible.

Sad to say, I have been the cause of consternation on vacations. However, I have also learned not to detract, but most often add to the enjoyment of the vacation. I changed my attitude. While on vacation, plan for delays and bumps in the road. It is a rare vacation without them.

It is so easy now to take a hundred pictures and record the events of the trip. Remember to take your journal and write in it every night. If you are too tired to write, ask yourself if you did too much that day.

It can be quite some time between Life's Precious Moments – Let's plan more of them; holidays, vacations, traditions, etc. savor them. Then let's savor them.

# Perfectionism

Perfectionists often set impossibly high standards for themselves and sometimes for others, and some believe that they should achieve their goals effortlessly and never make mistakes, have flaws, or be disagreeable.

When a perfectionist is a boss or the parent, they come across two different ways. The hard way makes those subordinate to them feel like they have a thumb on the back of their neck all the time. An inspired perfectionist pushes *themselves* and tries to inspire others to follow their lead.

Even a perfectionist who is not in authority can have healthy or unhealthy perfectionism. A healthy perfectionist does not beat themselves up when things don't go well. They are kind and compassionate to themselves. An unhealthy perfectionist would never treat a dog as poorly as they treat themselves.

It is more healthy to change the philosophy of "it must be perfect" to "I do excellent work." Or I strive to do excellent work.

Perfectionism workbooks discuss multiple topics to help sufferers treat themselves better and not let perfectionism overtake their lives. This subject is complicated and deep. Those who suffer from perfectionism will need to do a lot of work to lessen the impact on their lives. Here are some of the topics often discussed:

- Cognitive distortions
- Self-compassion
- Stop the procrastination
- Mindfulness (being grounded in the here and now)
- Assertiveness (stop the people-pleasing)
- Live peacefully (controlling the anger)
- Accepting others instead of criticizing them
- Good self-care
- Eliminating shame and connecting with others

Goals could be, keep what works, modifying what doesn't work (what hurts), and finding balance. Learning that sometimes relationships and connections are more important than a perfect outcome.

An excellent workbook is *The CBT Workbook for Perfectionism* by Sharon Martin. Be sure to read the reviews before purchasing it. A workbook can help determine your level of perfectionism.

# A Mighty Change of Heart

Some call it an “awakening.” Alma refers to it as “a mighty change of heart” (Alma 5:12-14). Psychologists refer to it as “second-order change.” In this sense, they are all the same. It is when you become keenly aware of something significant to the point you are making changes in your thoughts, words, and behaviors, and you never return to your old ways or patterns.

A client came to see me for an anger problem. After a few sessions where I had given him some handouts on the topic, and we had begun to dig deep into the issue, two new things happened.

First, I asked him to listen three times to Elder Lynn G. Robbins' talk, “Be 100% Responsible.” This talk was given at the opening of Campus Education Week at BYU in 2017 and contained a list of 19 anti-responsibility methods.

Second, during an interview with his Stake President, he committed to following the counsel in Moroni 7:47-48 each day for two weeks. That is, to pray with all the energy of your heart to be filled with Charity, the pure love of Christ.

Three weeks after I gave him my assignment, he returned to therapy with a “mighty change of heart.” He had started to pen a letter to Elder Robbins, as follows:

You have ruined my life! Since I listened to “100 % Responsible,” I can no longer justify myself in blaming others or finding fault or pointing out other’s faults when a fault is pointed out to me. I can no longer justify myself. You have so thoroughly dismantled my ability to excuse myself and justify my actions or reactions that I have no more place to hide.

I have set up my territory with boundaries and fence lines, complete with motion sensors, security dogs, and guards in the towers. Now it is completely useless to me. I have to abandon the fortress that I have spent so much time and attention. (SIC) Funny thing, it turns out that my fortress was a prison. I was just a miserable inmate.

I am beginning to feel freedom from the chains of hell that have been an insidious cancer in my life. A cancer I was faithfully treating with medicine, that turns out to be poison.

He further reported that people, with whom he previously had serious issues with, were no longer an irritant to him. His heart was softened, and he was becoming more Christlike. My client’s thoughts, words, and behaviors have changed positively – and very quickly.

A person is not limited to a single “mighty change of heart.” After we think about it for even a couple of moments, I, along with millions of others, experienced such a change when I became converted and baptized. Much more recently, I have had just such a mighty change concerning the Second Great Commandment.

I have for some time now considered that I did a pretty good job of keeping the First and Great Commandment. I also knew I had had challenges with a few people in my life. But lately, the pure love of our Lord Jesus Christ to all people has overwhelmed me. My attitude has changed; my words are changing, and so are some of my behaviors. There are times that I seem to forget, but mostly, my thoughts, words, and behaviors are positively changing.

In psychology, first-order change is defined as when a person wants to change, makes a good effort to change, and changes - until something happens and then reverts to old habits. This is true for millions of people, including some of those quitting smoking or drugs, stopping spousal abuse, going on a diet, or stop biting their fingernails, etc. First-order change is so pervasive in the human condition that the Savior told Peter he must forgive his repentant brother seventy times seven.

Application:

Offering prayers with all the energy of heart every day for two weeks is a great place to start for anyone who wants to experience a “mighty change of heart” in their life, (Moroni 7:48.) Elder Robbins' talk could also be a catalyst all on its own. Together they knocked my client out of his protective fortress into the world of Light and Truth.

## **Gone From My Sight**

I am standing upon the seashore. A ship at my side spreads her white sails to the morning breeze and starts for the blue ocean. She is an object of beauty and strength. I stand and watch her until at length she hangs like a speck of white cloud just where the sea and sky come to mingle with each other.

Then someone at my side says: “There, she is gone!”

“Gone where?”

Gone from my sight. That is all. She is just as large in mast and hull and spar as she was when she left my side and she is just as able to bear the load of living freight to her destined port.

Her diminished size is in me, not in her. And just at the moment when someone at my side says: “There, she is gone!” There are other eyes watching her coming, and other voices ready to take up the glad shout: “Here she comes!”

And that is dying.

- Henry Van Dyke

# I Will Be Doing It Myself

If you know someone who has depressive feelings or is quite anxious and chooses or cannot go to a therapist or a medical doctor, this page is for you.

Get a copy of President Ezra Taft Benson's article, "**Do Not Despair**," from the October 1986 *Ensign* magazine. Help them do all twelve items as often as appropriate.

If they have been my client, they should have a copy of the "**Brief Mood Survey**." The survey needs to be filled out weekly and charted to observe progress by section. This page is designed to reduce negative symptoms. It is not designed to increase positive emotions. Those topics are covered in my book, *The Second Great Commandment*.

If this page is followed, the negative symptoms should be moving, almost weekly, downward toward 5, or lower, out of twenty. Suicide should be zero or one very soon. If not, then you need to study and practice more, more diligently or differently.

**Phase One:** Obtain a copy of David D. Burns, M.D.'s book, *When Panic Attacks*. Read the four-page introduction to learn *how well* this type of therapy works; this raises hope. "Hope is the most potent antidepressant in existence." – David Burns. Next, read the first chapter to see *how* this type of therapy works. Optionally read chapters 2, 3, and 4.

Read chapter 5: learn how to fill out a "**Cost-Benefit Analysis**." Do any assignments from the chapter.

Read and study chapter 6: learn how to prepare a "**Daily Mood Log**" and prepare several, maybe even many. You know you have this mastered when your Positive Thoughts are true, healthy, and you believe the thoughts 90% to 100%. Also, your belief in your original "negative thoughts" will decrease or be zero belief.

Read chapter 7: determine what Self-defeating beliefs that you believe. Also, learn how to do the "**Downward Arrow**" technique.

Read chapter 8: learn how to defeat self-defeating beliefs and practice this.

*At this point, the scores should be very close or below 5. If not, phase two.*

**Phase Two:** Determine from the Daily Mood Log what distortions are causing the most problems. Look these distortions up on page 353. Read across – pick techniques that are shaded and have a checkmark. Read about those techniques in the book and try those techniques. Keep trying new ones until you find one that works. Try that one first the next time.

\*\*\*\*\*

If this book does not work for you or your loved one (All of these are work) try either:

*Mind Over Mood*, 2<sup>nd</sup> edition, Greenberger – same techniques, slightly easier reading – effective but probably less effective than *When Panic Attacks*.

*The Happiness Trap*, Russ Harris – quite a different technique. It might be better for a very unstructured person – maybe for an artsy person.

If nothing here works – go, get help!

\*\*\*\*\*

There must be 50 caveats to this page.

One of them is, if the person is suicidal, get professional help – somehow: suicide hotline, 911, mental health professional, M.D., something!

Resolve the problems if the depressive feelings or anxiousness has a specific cause (e.g., abusive husband, finals week, et al.), then symptoms will recede.

\*\*\*\*\*

# Coping with Suicidal Thoughts

I'm seriously thinking about suicide. What should I do?

If you are thinking about suicide, you are not alone. Many people have thoughts of suicide for several reasons. Thoughts of suicide can be very scary. You probably feel hurt, confused, overwhelmed and hopeless about your future. You may feel sadness, grief, anger, guilt, shame, or emptiness. You may think that nothing can be done to change your situation. Your feelings may seem like they are just too much to handle right now. It is important to know that thinking about suicide does not mean that you will lose control or act on these thoughts. Having thoughts of suicide does not mean you are weak or 'crazy.'

Many people think about suicide because they are looking for a way to escape the pain they are feeling.

Even though your situation seems hopeless and you wonder if you can stand another minute of feeling this bad, there are ways to get through this and feel better. You don't have to face this situation alone. Help is available. Here are a few ideas that you can use right now.

- **Connect with Others:** If you are worried that you may lose control or do something to hurt yourself, tell someone. Make sure you are around someone you trust. If you live alone, ask a friend or family member to stay with you. If you don't know anyone or can't reach friends or family members, call 1-800-SUICIDE (1 800-784-2433).
- **Keep your home safe by getting rid of ways to hurt yourself:** it is important to get rid of things that could be used to hurt or kill yourself, such as pills, razor blades, or guns. If you are unable to do so, go to a place you can feel safe.
- **Develop a safety plan:** It is very helpful to have a written safety plan when you have thoughts of hurting yourself. Have a trusted family member, friend, or professional help you to complete this safety plan. Keep this plan somewhere you can see or find easily. Write down the steps you will take to keep yourself safe (see the following example). Follow the steps. If you follow these steps and still do not feel safe, call a crisis line, get yourself to a hospital emergency room, or call 911.

Dr. Joti Samra, R. Psych. and Dr. Dan Bilsker, R. Psych. (Lead Authors; 2007), Consortium for Organizational Mental Health (COMH; [www.comh.ca](http://www.comh.ca)), Faculty of Health Sciences, Simon Fraser University, Vancouver, BC. Inquiries may be directed to [info@comh.ca](mailto:info@comh.ca).

*This document is not intended to replace professional care with a therapist or physician.*

# Safety Plan

If you have thoughts of hurting yourself, start at Step 1. Go through each step until you are safe. Remember: Suicidal thoughts can be very strong. It may seem they will last forever. With support and time, these thoughts will usually pass. When they pass, you can put energy into sorting out problems that have contributed to you feeling so badly. The hopelessness you may feel now will not last forever. It is important to reach out for help and support. You can get through this difficult time. Since it can be hard to focus and think clearly when you feel suicidal, please copy this and put in places where you can easily use it, such as your purse, wallet or by the phone.

1. Do the following activities to calm/comfort myself:

2. Remind myself of my reasons for living:

3. Call a friend or family member:

Name:

Phone:

4. Call a backup person if the person above is not

available: Name:

Phone:

5. Call a care provider (psychologist, psychiatrist,  
therapist): Name

Phone:

6. Call my local crisis line:

Phone:

7. Go somewhere I am safe:

8. Go to the Emergency Room at the nearest hospital.

9. If I feel that I can't get to the hospital safely, call 911, and request transportation to the hospital. They will send someone to transport me safely.

1-800-SUICIDE (1-800-784-2433) Dr. Joti Samra, R. Psych. & Dr. Dan Bilsker, R. Psych (2007)



## Part II: Love Thy Neighbor

The word Love, as in “*Love Thy Neighbor*” is a verb – an action word.

A person who truly loves his neighbor controls his anger, forgives, and shows empathy.

They help their friends and loved ones. They are there for them when they need them.

They meet their spouse's needs as much as they can that is appropriate.

They influence and correct others according to the Savior's teachings.

They do not get offended.

They teach their children to work, love God, and help them regulate their own emotions.

# Quick Strategies

## Validate – Comfort – Encourage (short version)

When anyone comes to you with negative emotion, respond by validating, comforting, and encouraging them. The Lord taught Emma Smith to “be a comfort unto my servant, Joseph Smith, Jun., thy husband, in his afflictions, with consoling words, in the spirit of meekness.” (D & C 25:5). To learn more about validation, read my article titled “Validate, Comfort and Encourage” in the appendix. Also, watch the first two minutes of the YouTube “Validation,” starring Kurt Kuenne with over 9 million views. Finally, read chapter one of *How to Talk So Kids Will Listen and Listen So Kids Will Talk* by Adele Faber and Elaine Mazlish. If you would like more, a google search on validation will give you a years’ reading.

## How to Change Your Behavior

To effortlessly change your behavior, purposefully change your self-talk.

Dean Bender

## Encourage and acknowledge Effort

Don’t glorify results. If you only glorify results and your child does poorly, they will think that you think of them as a failure, and you must be right. “Anything worth doing is worth doing poorly--until you can learn to do it well.”  
— Zig Ziglar

D & C 130:18-19 refers to “diligence and obedience” when teaching about knowledge and intelligence. If we want to do well, we have to learn it (study) and practice it (homework). Obedience seems to be about obeying the natural (or spiritual) laws surrounding that which you want to learn. For example, one learns to weld through instruction and practice. Without both dangerous conditions and poor work are likely to result.

USA Today reported a study that was very close to this concept. A group of students who took a math test was divided into three groups. The control group did a little better on the second round of the same test. The group that was told they were smart did worse on the second test. The group that was complimented on their efforts to study improved the most.

Therefore, when a child comes home with a great test score, an appropriate comment might be (only if it is true), “You studied long and hard for that test and look at the results of that effort.”

## Compliment specifically

– Not generally. When a husband says to his nice-looking wife, who is all dressed up to go out for the evening, “Wow, you look beautiful.”, many will discount the compliment. As my wife confessed to me, she thought, “My “This” is too big, my “That” is too small, and this sweater is 20 years old.”

When I demonstrated this principle to a husband by saying to his wife, “Your eyes just sparkle: When you enter a room, the whole room lights up.” She melted in front of us with her large beautiful blue eyes.

When your five-year-old shows you a drawing, they will not believe you if you say you are a good artist. However, if you say, “I love the colors you used in the sky.” They are likely to beam with pride.

With your teen, “You worked hard for those grades.” “That color brings out your pretty eyes.” “I appreciate it when you get going right away when I ask for help around the house.”

## **I Messages**

When a person's behavior negatively impacts you, being appropriately assertive often helps. Using an "I statement," when the other person is not a bully, can help you keep your tone non-accusatory. For example, "When you do "X" in public, I feel put down and embarrassed. Another, "When you say, "calm down," I feel like a volcano inside of me is going to explode at you." With *I* statements, there is no need for name-calling or labeling. You can get the job done without the hurt.

If you respond to a bully that way, they will use that knowledge from the "I statement" against you. Here you are much better off using a "you" statement. Example one, "YOU will not talk about me like that in public or private." Example 2, "You will NOT order me around like a dog (to calm down)."

## **Inconvenience**

Children are inconvenient - be inconvenienced. When a child is in another room, and you want to communicate to them for any reason – Do Not Yell at them. Get up, walk to the other room and talk to them: Even if it is to stop them from doing something. There are so many other elements in parenting that are inconvenient. Dads learn this now. Or you may, as I do, regret the selfish times when I did not have a clue.

## **Acknowledge behavior you want to be repeated**

Ignore inconsequential poor behavior. This concept is foundational in psychological learning. It is recommended to acknowledge it in 15 words or less and 10 seconds or less. Afterward, for the same behavior, few words or just a smile, nod, snuggle, or a wink will often do.

My wife once said, "Dean, we have the greenest and nicest looking lawn on the whole block." I did not realize that and very pleased that she noticed.

When you are ignoring a family member for some irritating thing they are doing, and it is not extinguishing fast enough, consider whether to talk about the subject in a family home evening or a personal training moment. For instance, "table manners" makes a great family home evening topic. Personal habits that are not socially accepted are often discussed better one on one.

## **The Value of Apologizing**

When we apologize, we accept responsibility for our behavior, seeking to make amends with the person who was offended. Genuine apology opens the door to the possibility of forgiveness and reconciliation. Then we can continue to build the relationship. Without apology, the offense sits as a barrier, and the quality of the relationship is diminished. Good relationships are always marked by a willingness to apologize, forgive, and reconcile.

By Chapman, Gary. *When Sorry Isn't Enough*

## **Reframe truthfully and helpfully**

When a person uses harmful self-talk, it is much healthier to put the lie to that talk and then reframe it. Instead of saying to yourself, "I am stupid: that was the dumbest thing." Instead, one could say, "I am not stupid; I made a mistake. What can I do differently, so I do not make that mistake again?" Another example, "I probably can't do that." Reframe to, "Sure I can, what price will I have to pay to learn to do that? How much time, energy, money, whatever, will be required?" See the article here, "Changing Self-talk" or Chapter 6 in David Burn's book, *When Panic Attacks*.

## **Mildly Uncomfortable**

Many problems and issues in life are actually "mildly uncomfortable:" especially when you consider what problems you could have and the conditions of starvation, wars, civil unrest, and dictatorships around the world. Nevertheless, we too have life-threatening issues: accidents, illnesses, crime, and a multitude of others.

We must learn to identify mildly uncomfortable situations and treat them that way with our 'neighbors'. Banging up the car with no one hurt is mildly uncomfortable. Spending three weeks in the ER is life-threatening.

Your child spilling milk or breaking dishes is mildly uncomfortable: being bullied on the internet to a near suicide state is life-threatening.

Please remember to consider all happenings with an eternal perspective.

## **Say It In A Word**

Teenagers have heard their parents' lectures "a million times." Just ask them. Now, after the third or fourth word – they tune out. The easiest way to work with this is to "say it in a word." E.g., your teen's jacket is lying on the couch, and they are in for the night: say, "Jacket."

Linda and I taught this in our parenting classes. A woman reported the following week that she said to each of her three teens, "Clothes": She had washed, folded, and put into three neat stacks her children's clothes. All they had to do was put them away. She left the room and came back 10 minutes later to one stack of clothes. She put her face about 2 feet away from the face of the third teen and repeated, "clothes." When she came back the next time, that stack was gone. Four words, three little assignments completed. She was a happy lady.

## **Set goals and make choices to feed your values**

When you are ready to set goals, begin first by identifying your values. Do you highly value extended family more than the perfect career? If so, when it is time to change jobs, find a position in a region that is close to extended family – if at all possible.

Do you highly value family vacations to build relationships? If so, select vacations that everyone will feel like they contribute to and enjoy.

Businesses can give you an idea of how important this strategy can be. A publicly-traded company will most often try to maximize stock price. A widely held private company may maximize profits. A family company may maximize cash distributions or the longevity of the company.

Your values will also guide you. In my life, in planning to have a large family, I valued a professional career (security) over entrepreneurship (risk-taking).

## **Scatter Sunshine**

After we learn to "love our neighbor," it becomes easy and pleasurable to scatter sunshine. There is a widow in my congregation who is over 85 years old. Every time I see her, I give her a warm smile and greeting along with a gentle hug. She beams back at me. When I am in the grocery store, I will try to make someone smile. While driving, I will try to make two polite gestures like letting someone in a hurry cut in. Why can't we help others have a better day? Some people are reactive to other people instead of proactive and choosing happiness. Those are the easiest to influence and help them smile.

## **Blame, Shame, and Pain**

Blaming, shaming, and causing pain are effective tools to motivate and control children and employees. However, one of the problems is that these methods hurt and sometimes destroy relationships. Another problem is they do not teach self-control. They teach "other-control." These methods, in the extreme, can inspire defiance, rebellion, and hatred. Finally, these methods disrespect human agency. Just Stop! Stop blaming, shaming, and causing spiteful pain.

## **Do Not Revile**

Reviling is particularly sinful according to the Bible. See the Appendix for a list of 16 scripture references condemning reviling others and showing examples where our Savior did not revile against those who reviled against Him. Based on the many scriptures supporting this statement, Dr. Glenn I. Latham listed in his book *Christlike Parenting* the following:

Remember, reviling includes:

## ***Definitions***

## ***Examples***

Abusive language

Swearing, name-calling, criticism, Sarcasm, vituperation

Scolding

“Chewing out,” noisy quarreling, anger, noisy fault finding, prolonged and continuous rebuking

Berating

Condemning vehemently, intensely, emotionally, bitterly

Children need to be loved, nurtured, taught, and protected. They particularly need to be protected from revilers, especially if revilers reside inside the home.

## **Fear**

Our Savior is our perfect example. However, we are not certain that He has ever experienced fear. The closest we have recorded is in the Garden of Gethsemane. The Savior said to Peter, James, and John, “My soul is exceeding sorrowful, even unto death” Mark 14: 34 JST. There He may have experienced dread, apprehension, dismay, trepidation, or alarm. These are feelings we often have when we are fearful.

### **How did He deal with the emotions he had?**

- He gathered His closest friends close to Him, told them just how harmful this could be, and asked them to pray for Him.
- He asked Heavenly Father to stop the process, yet He submitted to His will. This truth gives us total permission to plead with Father to stop our fearful issue if we are willing to submit to His will.
- He forged ahead and completed the task despite the emotions.
- He prayed, “more earnestly.”
- An angel came and strengthened Him.

The pattern is clear. Gather your closest friends and ask them to pray for you. Pray yourself earnestly, ask specifically for what you want but submit to Heavenly Father’s will, forge ahead and have faith that you will receive divine help.

See Matthew 26:36-46, Mark 14:32-42, Luke 22:40-46, especially the JST in all three.

## **Punishment and Discipline**

Discipline is helping a child solve a problem. Punishment is making a child suffer for having a problem. To raise problem solvers, focus on solutions, not retribution. - L. R. Knost

I encourage most parents to stop punishing children at about eight years of age. Before that, once in a great while, it seems some of them need a swat on the behind to remind them there are consequences in this world for disobedience. The swat is to instill a tiny (and I do mean small) amount of fear in a child. Just as a little anxiety helps us be productive, a small amount of fear reminds us to do what is right.

Jane Nelsen explains natural and logical consequences in a whole chapter in her book *Positive Discipline*. Taking your daughter’s smart-phone away is rarely a productive logical consequence. Most often, it is a punishment. Beware of logical consequences! Many are disguised punishments.

Your teenager (most of the time) does not need your punishment. Others will provide punishment: teachers, peers, strangers, employers, businesses, law enforcement, etc. Your home should be a haven for each member of the family. A safe place: protection from the wickedness and harshness of the world: A sanctuary. That also means you should only defend your child when the other side is wrong. When your child is wrong, you need to help your child make restitution and allow them to suffer the natural consequences of the poor behavior if those consequences are at the same level as the misbehavior.

# Peaceable Followers of Christ

Some people just seem to be at war with family, friends, co-workers, and or the world. You can see and feel it. The scowl on their face, contention in the air, angry words, and negativity enough to sour the most delightful setting. Some people are at war with only certain people or at certain times.

Contrast that to Mormon's words in Moroni 7:3-4: Wherefore, I would speak unto you that are of the church, that are the *peaceable followers of Christ*, and that have obtained a sufficient hope by which ye can enter into the rest of the Lord, from this time henceforth until ye shall rest with him in heaven. And now my brethren, *I judge these things of you because of your peaceable walk with the children of men.*

## How can I get from where I am now, to have that peaceable walk?

- God loves us just the way we are and yet expects us to grow and change.
  - Therefore we should love ourselves and strive to grow and change.
  - We should view our failings as part of the human condition.
  - We need to understand that sin springs from deep and unmet needs.
  - It is most helpful to work to meet unmet needs in the Lord's way.
- Then we must love our family just as they are and kindly support them in growth.
  - Accepting their failings as part of the human condition.
  - Recognizing that their sin also springs from deep and unmet needs.
  - We need to pray every day for any member of our family that we have challenges with loving them wholeheartedly.
  - It is best if we use the principles of D&C 121:41-42 to help support their change.
  - At this point, we are in a position to forgive them for everything they have ever done and ever will do. Yes, do that, forgive family members right now.
    - After the above is substantially completed, we should be walking peaceably with our family.
- Then we need to apply this to our friends and associates.
- Then to all people.

However, This does not mean we have to associate with those who would cause us harm.

# Communicate Effectively

[This material is from LDS.org. Following this article are comments, by the numbers, and resources to further explain and clarify.]

Good communication skills can help your family express love and respect for one another, deal with the challenges of life, and develop feelings of confidence and self-worth.

As children learn to communicate in their families, they learn a valuable skill that will help them throughout their lives.

## Listen carefully to understand

Hearing is not the same as listening and understanding. Sensing what people are feeling requires concentration and effort. Here are some ways to improve your listening:

1. Show that you want to listen. Look directly at others as they speak to you.
2. Listen carefully. Allow others to express their feelings even if you don't agree with them.
3. Avoid interrupting. Even when the speaker pauses, it may not be time for you to speak.
4. Look for unspoken cues. Facial expressions, tone of voice, and body movement can communicate a lot.
5. Share your thoughts and feelings. Once you feel sure you understand correctly, you can respond helpfully.
6. When family members know you sincerely care, they will be more willing to share.

## Talk so that others can understand

To be a good communicator, you need to express yourself clearly. By expressing yourself effectively, you can keep communication lines open and avoid conflicts and bad feelings.

Here are some ideas that can help you communicate more effectively:

7. Express your true feelings. Be willing to say what you truly think and feel, not what you think others want to hear.
8. Be positive and kind. Learn to express your feelings without casting blame onto others.
9. Avoid generalizations. Comments that are too broad can create barriers. When you speak or offer advice, be specific to the moment and the circumstances.

## Use words that show love

Words can have a powerful impact on family members, even when you are only teasing. If you tell your spouse or children that they have—or don't have—certain qualities, you help shape their self-image. A child who is labeled “smart” by parents has a better chance to do well in school. A child who is labeled a “slow learner” may struggle.

Here are some ideas for using words that show love:

10. Use positive words. Help family members build confidence by avoiding negative labels. Your words should show love and acceptance.
11. Let your children be themselves. Avoid labels that pressure children to perform as you want them to.
12. Express confidence in your children's abilities. Always encourage them to do the best they can.

## Attack the problem, not the person

When a child makes a mistake, parents should address the mistake without condemning the child. You can talk with family members about inappropriate behavior without making them feel that they are bad people.

Here are some suggestions for talking about mistakes:

13. Focus on the behavior, not the person. Think about the words you use. Do they condemn the person or the behavior?

14. Control your tone of voice. An angry voice can make a small problem bigger. A gentle tone promotes peace and builds trust.

### **Build relationships of trust**

Children trust parents who are honest with them. You help your children develop moral values by teaching them to tell the truth and by living what you teach.

Here are some ideas for building trust:

15. Be willing to apologize. If you admit your mistakes, your children will learn that everyone makes mistakes and that everyone can change for the better.
16. Be open. You earn trust when you explain why you do what you do. Talk to your children about your goals, concerns, and dreams. As they sense that you are willing to share your thoughts, they will turn to you when they need advice and support.

Confidence is found in the hearts of children who trust their parents.

### **Think before speaking or acting**

Family disagreements are normal, but emotions may lead to words or actions that we regret. Thinking before reacting can help family members calm themselves and find positive ways to express feelings.

Here are some ideas to try:

17. Put yourself in the other person's shoes. Imagine that you are the person who is about to hear your words. How would you feel? Remember, children often hear the tone of voice more than actual words.
18. Take a "time out." When you are about to say something negative or harmful, take a step back and calm down. Get away from the situation until tempers have calmed.

### **Make home a haven**

Home should be a haven from the conflicts of the outside world—a place where family members can feel safe and accepted.

Here are some things you might try:

19. Create a climate of peace in your home. Relaxing music can help.
20. Learn to resolve differences quickly and privately. Teach your children that negative feelings destroy the peace within your home.
21. Look for opportunities to express appreciation and love to each family member.

### **Improve communication within your marriage**

Children need parents who are happy in their relationship. Good communication with your spouse contributes to a healthy family environment.

Here are some things to consider:

22. Keep problems private. When you need to discuss a serious concern with your spouse, do it "behind closed doors."
23. Listen. Be patient and respectful while your spouse is speaking.
24. Learn to negotiate. Remember that different perspectives can strengthen your relationship. Be willing to compromise.
25. Keep talking. Openly discuss challenges and desires.
26. "A soft answer turneth away wrath" (Proverbs 15:1). Problems become more complicated when voices are raised. A gentle response can bring peace.

Copied from the official web site of the Church of Jesus Christ of Latter-day Saints (LDS.org).



## **Commentary on Communicate Effectively, by the numbers:**

5 See Stephen Covey's *7 Habits for Highly Effective People*, Seek First to Understand then to be Understood.

26 The Sermon on the Mount further instructs us to "agree with [your] adversary quickly." When someone confronts you or verbally attacks you, agreeing with all that is true most often stops the confrontation and puts you two on the same side against "the problem." E.g., "Nate, you promised to move the lawns today. Now it's dark, and the grass is still 6 inches high!" "Jessica, you are right, I agreed to mow today and didn't make it happen. I messed up." From here, Nate should suggest action he can take to get the job done ASAP, be contrite, and apologize.

# How the Savior Ministers

The Savior physically healed every person who asked. He also had perfect empathy as He “hath descended below them all.” He also has a perfect knowledge of our circumstances, sufferings, etc. We lack in these three areas. Therefore, when we minister, we need to be in tune with the Spirit so that we can be appropriately empathic. We need to listen carefully, so we can better understand the circumstances, trials, and struggles others are going through. Finally, we need to encourage and even help arrange for Priesthood blessings and proper medical care, as needed.

In addition to this, when He was ministering to one or a group, most often He would be empathic, comforting, and encouraging.

## Consider Alma’s Suggested Requirements for Baptism

"Yea, and are willing to mourn with those that mourn; yea, and comfort those that stand in need of comfort, and to stand as witnesses of God at all times and in all things, and in all places that ye may be in, even until death, that ye may be redeemed of God, and be numbered with those of the first resurrection, that ye may have eternal life" (Mosiah 18: 9 (8-10)).

Consider that Alma asked the potential converts if they were willing to minister as the Savior ministered.

**Empathy:** When you mourn with someone who is mourning, you are empathic at the highest level.

**Comfort:** The scripture states this directly.

**Encouragement:** When you boldly stand as a witness of God, you fill believer’s hearts with inspiration and the Holy Ghost. Bearing testimony is encouragement on a spiritual level.

## The Instruction and Example

Emma Smith was instructed by revelation in July 1830 to be "a comfort unto my servant, Joseph Smith, Jun., in his afflictions, with consoling words, in the spirit of meekness" (D&C 25: 5). Providing comfort to her husband when he was afflicted was her specific assignment. A good example of people using consoling words in the spirit of meekness is when they express empathy and encourage others who are suffering or afflicted. It is interesting to note that even a person who communes with God needs human kindness and comfort.

Almost nine years after that revelation, the Lord demonstrated how to do it when He answered the Prophet Joseph Smith’s plea made from Liberty jail. "My son, peace be unto thy soul; thine adversity and thine afflictions shall be but a small moment; and then, if thou endure it well, God shall exalt thee on high; thou shalt triumph over all thy foes (D&C 121: 7-8).

The Lord validated Joseph's position in the *universe* in two words, "My son." A son of deity! Previously, the Lord referred to Joseph as “His servant” (Section 25: 5), then “His friend” (Section 93: 45) and now, "My son." The Savior expressed empathy to Joseph by acknowledging his adversity and afflictions.

He comforts the Prophet by pronouncing, "Peace be unto thy soul." Remember, this is our Savior, He who changes molecules calms the wind and the waves; even the very dust of the earth obeys His command.

In your mind's eye and your heart, can you see and feel an immediate reduction in blood pressure, respiration, body temperature, muscle contraction - a total calming of the person. Our Savior’s power to comfort is amazing.

Encouragement was given by saying "thine adversity and thine afflictions shall be but a small moment; and if thou endure it well, God shall exalt thee on high; thou shalt triumph over all thy foes." The Savior provides more encouragement in passages that follow.

## **In the Bible**

### **Moses**

“Go, and gather the elders of Israel together, and say unto them, The Lord God of your fathers, the God of Abraham, of Isaac, and of Jacob, appeared unto me, saying, I have surely visited you, and seen that which is done to you in Egypt: And I have said, I will bring you up out of the affliction of Egypt unto the land flowing with milk and honey” (Exodus 3:16-17).

Here the Lord instructs Moses when he first enters Egypt to bring the children of Israel out of bondage to deliver His empathic, comforting, and encouraging message to the elders of Israel.

The key empathic phrase is: "I have surely visited you and seen that which is done to you in Egypt:" and later refers to that as "affliction."

Can you imagine how comforting these words were, as the Spirit testified of their truthfulness, to the elders of Israel? These people had known only slavery and afflictions all of their lives. Now deliverance is promised by a servant of God.

The encouraging phrases include, "I will bring you up out of Egypt unto a land flowing with milk and honey"(Exodus 3:17).

### **Joseph while engaged to Mary**

In Matthew 1:20-21, “But while he thought on these things, behold, the angel of the Lord appeared unto him in a dream, saying, Joseph, thou son of David, fear not to take unto thee Mary thy wife: for that which is conceived in her is of the Holy Ghost. And she shall bring forth a son, and thou shalt call his name Jesus: for He shall save His people from their sins.”

The angel of the Lord validated Joseph's fear to take Mary as his wife. The angel's explanation provided comfort that Mary was indeed a virtuous woman, and what was happening was a divine plan.

### **The Woman Taken in Adultery**

“They say unto him, Master, this woman was taken in adultery, in the very act. Now Moses in the law commanded us, that such should be stoned: but what sayest thou? This they said, tempting him that they might have to accuse him. But Jesus stooped down and with his finger wrote on the ground, as though he heard them not. So, when they continued asking him, he lifted up himself, and said unto them, He that is without sin among you, let him first cast a stone at her. And again, he stooped down, and wrote on the ground. And they which heard it, being convicted by their own conscience, went out one by one, beginning at the eldest, even unto the last: and Jesus was left alone, and the woman standing in the midst. When Jesus had lifted up himself and saw none but the woman, he said unto her, Woman, where are those, thine accusers? Hath no man condemned thee? She said, No man, Lord. And Jesus said unto her, neither do I condemn thee: go, and sin no more” (John 8: 4-11).

The Savior showed empathy to the woman by subtlety leading all those who were condemning her to admit that they, too, sin. He normalized sin. Normalizing is a technique used to improve self-acceptance.

Normalizing is not to say, that's ok, everybody does it. It is said to acknowledge that we all are weak in different ways, and at times, struggle to do the right things.

It is quite comforting when those who previously wanted to stone you, leave without so much as touching you.

He encouraged her by not condemning her and by commanding her to sin no more.

## Stephen

After delivering a terse rebuke to the religious leaders in Jerusalem, Stephen had a vision, “But he, being full of the Holy Ghost, looked up steadfastly into heaven, and saw the glory of God, and Jesus standing on the right hand of God, And said, Behold, I see the heavens opened, and the Son of man standing on the right hand of God” (Acts 7: 55-56).

This vision fits the description of the Second Comforter in the Bible Dictionary under “comforter.” The Second Comforter is the Lord Jesus Christ Himself. “When any man obtains this last Comforter, he will have the personage of Jesus Christ to attend him, or appear unto him from time to time, and even He will manifest the Father unto him” (D&C 88:3-4; 130:3; HC 3:381).

It seems the Savior was either validating Stephen’s performance in rebuking the leaders, or He was showing compassion for the martyrdom that would follow. After seeing a comforting vision of the Father and the Son, a person sentenced to death would be encouraged that they would be well received in the Spirit World.

## Conclusion

Every item here does not exactly and specifically contain each element, including empathy, comfort, and encouragement. However, each reference clearly shows the pattern. And when taken as a whole, it is convincing to the reader that the Lord blesses many this way. The Lord ministers to those who love Him and seek His support. In the scriptures, we have many examples.

If we accept and follow the Savior's instruction, we will know *how* to minister to our spouse, family, ward family, and our neighbors in their times of need.

## A Few More Examples

Matthew 3: 13-17 (at the end)

Matthew 5: 11-12 (in advance of trial)

Matthew 8: 6-10      Luke 8: 43-48

John 11: 32-45      1 Nephi 5: 1-7 (Lehi)

Alma 8: 14-15      3 Nephi 17: 5-10

3 Nephi 28: 4-10      Abraham 1: 16-19

# How Job was Ministered to Properly

Scholars extolled what Elihu did to minister to Job as: “an unexcelled standard of clinical observation and medical intervention.”

Elihu did the following:

## ***Establish a bond of equality.***

Look, you and I both belong to God. I, too, was formed from clay [33:6 NLT].

## ***Reassure the client that he has nothing to fear from you.***

So, you don't need to be afraid of me. I won't come down hard on you. [33:7 NLT].

## ***Listen to and completely understand all complaints.***

Surely, thou hast spoken in mine hearing. And I have heard the voice of thy words [33:8].

A complete recapitulation of Job's complaints follows this verse. [This is extremely validating]

## ***Assume responsibly on the client's behalf.***

If thou hast words, answer me. Speak, for I desire that thou justify thee. If not, hearken unto me; keep silent, and I will teach thee wisdom [33:32-33]. [From Handbook 2: Home teachers **offer help** when members are unemployed, ill, lonely, moving, or have other needs.]

## ***Present a realistic prognosis.***

Yes, God does these things again and again for People. He rescues them from the grave so that they may enjoy the light of life [33:29-30 NLT]. [If someone has a curable condition, it is appropriate to encourage proper medical care to obtain that desired outcome.]

## ***Assure the client that help is available to obtain a cure.***

If there is with him a messenger, a spokesman, one among a thousand, to tell unto man what is right with him [33:23], then he is gracious unto him, and saith, Deliver him from going down

in the pit [33:24]. His flesh shall be smoother than in childhood; he shall return to the days of his youth [33:25]. These passages describe a comforter as one who works with a client in a positive way toward a cure but accepts that the outcome depends upon the grace of God. Elihu's name is symbolic of this role because it is another spelling of Elijah, the prophet who was the forerunner of the Lord. Elihu's soliloquy is followed in the Book by God's intervention, which results in Job's cure. Because the outcome of an intervention is dependent upon the grace of God, the comforter should be humbly aware of this limitation of his healing powers.

[The Bishop has resources to help with many of life's problems when we cannot handle them ourselves.]

## ***The comforter should not overestimate his wisdom.***

Look, God is all-powerful. Who is a teacher like him? No one can tell him what to do or say to him; you have done wrong. [36:22-23 NLT].

A research paper was written by two Jewish men, a doctor, and a Rabbi forms the core of this article: The Book of Job and the Modern View of Depression and published in the AMCAP Journal October 1980.

## **Or, Said in Brief**

1. Be their equal, be warm and kind, full of faith in God and hope.
2. “Do no harm.”
3. Validate feelings, thoughts, trials, and circumstances.
4. Assertively offer help.
5. Help the person be realistic about their prognosis.
6. Assure them help is available.
7. Do not overestimate your wisdom. Be humble.

# Empathy and Sympathy

Sympathy and empathy do not mean the same thing. They are not interchangeable. Every explanation that I have read explains each term differently.

With sympathy, one feels the anguish, actually mourns, and sometimes feels the pain. They are emotionally connected. An empathic person understands the pain and anguish but does not feel it.

When we mourn with those who mourn, we are expressing sympathy. When a helper stays away from all the emotions so they can function from a position of strength and tries diligently to understand the impact on the person they are trying to help, they are using empathy.

Jesus Christ expressed pure sympathy to Mary and Martha over the loss of their brother Lazarus. Jesus wept. He was sympathetic to their having to mourn for four days when He knew he was coming to raise Lazarus from the dead.

The Savior expressed no sympathy to the Prophet Joseph Smith at Liberty jail. However, He was empathic to Joseph. He validated Joseph's person, circumstances, and sufferings; He comforted Joseph; and encouraged him almost beyond measure, coupled with instruction and insights into leadership and human nature. Was this helpful to Joseph? It certainly seems so as he was encouraging to his brethren, much like the Savior was encouraging to him as recorded in D&C 123: 17. "Therefore, dearly beloved brethren, let us cheerfully do all things that lie in our power; and then may we standstill, with the utmost assurance, to see the salvation of God, and for his arm to be revealed."

Sympathy is most helpful when you cannot fix "it." Instead, you are "being there" for this person in their hour of need, comforting and consoling them.

Empathy is most helpful when you are the helper (counselor, spouse, mentor, big brother/sister, leader, etc.) or the parent. You acknowledge their distress, suffering, or affliction with kindness, understanding, and patience while comforting and encouraging them.

## **Cautions:**

When expressing empathy, you do not have to say much. Being present, posture, body language, and sad countenance will say more than your words. Appropriate things to say could be: "I am so sorry." "That is tragic."

Beware of saying things like, "that happened to me, only worse." "I know exactly how you feel." It is rude to "one-up" an afflicted person. And we don't know how another person feels.

I have personally suffered the loss of an adult child. When I am with someone, and we talk about them losing a close loved one, I am very careful to say that each loss is different, but I think I have an idea of what you may be going through. Most of the time, I get a response like, "Certainly you do."

# How to Help an Anxious or Depressed Friend

Some of us would genuinely like to help friends and colleagues who suffer from depression and anxiety.

First, if a person's depression or anxiety is significant and negatively affecting their work, school, home, or social life, encourage them to see a psychotherapist and get professional help. If your friend is suicidal or being abused, both of you should visit [suicide.lds.org](http://suicide.lds.org) or [abuse.lds.org](http://abuse.lds.org). Visit the site now, and follow your promptings.

If they are a reader, have them read, study, and do the exercises in one of David D. Burns' three main books: *When Panic Attacks*, *The Feeling Good Handbook*, or *Feeling Good: the new mood therapy*.

If they are spiritual, have them read and do the 12 helpful items listed in President Ezra Taft Benson's October 1986 Ensign Article "Do Not Despair." Seriously, we should all do these 12 things, continually.

On a personal level, allow them to "VENT" Meaning: **V**alidate their thoughts, feelings, circumstances, trials, and tribulations. Comfort them with consoling words in the spirit of meekness. **E**ncourage them, especially to come up with a plan to solve their problems. Or encourage them to minimize the negative impact of an event they cannot change. Knowing Heavenly Father wants all of us to grow or gain experience from such events. **N**ormalize their feelings or distress. You might say, "I have felt that way before." If that is true, be **t**here for them in their time of need. See the paragraph about Alma 18.

Listen attentively to their every word. If they start repeating themselves, stop them and say something like, "let me see if I fully understand what you have shared so far." And then summarize the potent points they have shared. Giving feedback often relaxes a person because they know you understand.

Follow the teachings of Alma to his aspiring converts as recorded in Alma 18:8-10, partially quoted here: "are willing to bear one another's burdens, that they may be light; Yea, and are willing to mourn with those that mourn; yea, and comfort those that stand in need of comfort, and to stand as witnesses of God at all times and in all things, and in all places that ye may be in"

Standing as a witness of a loving God, who cares about us, to those who are suffering, or mourning gives HOPE! Be a Hope monger. Help them to see every genuine ray of Hope available.

***"Hope is the most potent antidepressant in existence."*** David D. Burns, M.D.

Don't give advice unless asked. Don't invalidate their feelings by saying such things as "you shouldn't feel that way." Don't one-up them with a tougher trial you or others you know have experienced. Don't tell them it will get better unless prompted by the Holy Ghost. However, you could say, "You will [with help from the Lord and others who love you] get through this." Make certain they understand that Christ understands their situation. He has descended below it all and has overcome the world. (Alma 7:11-12 and D & C 122:8)

When emotions are blinding their perspective, gently, tactfully, kindly, and cautiously help them see a more reasonable perspective, give the benefit of the doubt, de-catastrophize the situation, or, if appropriate, help them forgive. If forgiveness is in order, that must happen on their timetable.

If you are on the front lines and need further help, pray and ask what the Savior would have you do or just sit quietly and attentively with them. – Good Luck.

# The Fine Art of Not Being Offended

There is a secret to happiness which has been used for centuries. It is rarely talked about but used all the time, and it is fundamental to good mental health. This secret is called *The Fine Art of Not Being Offended*. To truly be a master of this art, one must be able to see that every statement, action, and the reaction of another human being is the sum result of their total life experience to date. In other words, the majority of people in our world say and do what they do from their own set of fears, conclusions, defenses, and attempts to survive. Most of it, even when aimed directly at us, has nothing to do with us. Usually, it has more to do with all the other times, and in particular the first few times, that this person experienced a similar situation, usually when they were young.

An individual who wishes to live successfully in the world as a spiritual person is supported and encouraged when they understand that psychology can lead to a better understanding of people. This can lead to a greater acceptance and forgiveness of other people, which naturally leads to greater inner peace and spirituality. The word psychology means the study of the soul.

All of that said, almost nothing is personal to you; that is opinion, advice, or criticism. (What is personal are words and actions that show love, kindness, and acceptance). Even with our closest loved ones, our beloved partners, our children, and our friends. We are all swimming in the projections and filters of each other's life experiences, and often we are just the stand-ins, the chess pieces of life to which our loved ones have their built-in reactions. This is not to dehumanize life or take away the intimacy from our relationships, but mainly for us to know that almost every time we get offended, we are just in a misunderstanding. A true embodiment of this idea allows for more intimacy and less suffering throughout all of our relationships. When we know that we are just the one who happens to be standing in the right place at the right psychodynamic time for someone to say or do what they are doing—we don't have to take life personally. If it weren't us, it would likely be someone else.

This frees us to be a little more detached from the reactions of people around us. How often do we react to a statement of another by being offended rather than seeing that the other might be hurting? Every time we get offended, it is an opportunity to extend kindness to one who may be suffering—even if they do not appear that way on the surface. All anger, all acting out, all harshness, all criticism, is in truth a form of suffering. When we provide no Velcro for it to stick, something changes in the world. We do not even have to say a thing. It is usually better not to say a thing. People who are suffering on the inside, but not showing it on the outside, are usually not keen on someone pointing out to them that they are suffering. We do not have to be our loved one's therapist. We only need to understand the situation and move on. In the least, we experience less suffering, and at best, we have a chance to make the world a better place.

This is also not to be confused with allowing ourselves to be hurt, neglected, or taken advantage of. True compassion does not allow harm to ourselves either. But when we know that nothing is personal, a magical thing happens. Many of the seeming abusers of the world start to leave our lives. Once we are conscious, so-called abuse can only happen if we believe what the other is saying. When we know nothing is personal, we also do not end up feeling abused. We can say, "Thank you for sharing," and move on. We are not hooked by what another does or says since we know it is not about us. When we know that our inherent worth is not determined by what another says, does, or believes, we can take the world a little less seriously. And if necessary, we can walk away without creating more misery for ourselves or having to convince the other person that we are good and worthy people.

The great challenge of our world is to live a rich, full, and meaningful life regardless of what other people do, say, think, or believe. The fine art of not being offended is one of the many skills of an emotionally intelligent person. Though it may take a lifetime of practice, it is truly one of the best-kept secrets for living a happy life.

**From: "The Art of Not Being Offended"**



# Passive, Aggressive and Assertive

Couples, families, and friends function as their members function. As a member of your group, you can increase the effectiveness of it by engaging in behaviors that help to create a favorable climate for communication.

Aware parents, friends, and spouses avoid aggressive behaviors that produce defensive reactions and use assertive actions that contribute to supportive responses.

## Passive People

- value everybody else's needs and not their own
- place themselves in an "I lose, and you win" position
- won't express thoughts directly
- Communicate indirectly by frowning, whispering under their breath, etc.
- say yes when they want to say no
- rely on others to guess what they want to say
- manipulate others to get what they want with conflict
- end up frustrated from hiding their feelings and needs
- don't want to take responsibility for their needs and blame others
- have a loss of independence and stifled feelings
- feel alone and victimized

## Aggressive People

- only value their needs or goals and stomp all over everybody else's
- place themselves in an "I win, and you lose" position
- must win and establishing superiority over others as their primary objective
- humiliate others with humorous put-downs and sarcasm
- create guilt and resentment by blaming others
- attack when they don't get their way and feel justified in doing so
- achieve their short-term goals
- have a hard time achieving long-term goals since people resent and resist them
- think the only way they can get attention is by yelling
- can't express uncertainty since they have set themselves up as the expert
- are ignorant or indifferent of the damage to relationships they cause
- are eventually alone and frustrated

## Assertive People

- value their own and other's needs – they work so no one gets stepped on
- make direct statements concerning thoughts, feelings, and wishes
- negotiate and compromise without sacrificing their rights and dignity
- handle criticism without becoming defensive or hostile
- project an air of empathy and assured strength
- practice good listening skills

- communicate openly and honestly
- are flexible, and adaptable

## Why Work at Being More Assertive?

- Some people say success depends on what you know
- Some people posit success depends on who you know
- But success depends on your ability to influence other people positively

Our tone of voice is one of the best tools we have for communicating. Studies show that humans, even infants, gather the majority of their information from the tone of voice.

**A passive tone of voice** tends to be relatively expressive, sometimes apologetic, tentative, meek, imploring, whining, or even prissy, according to Norma Carr-Ruffino.

**An aggressive tone of voice** is angry, sarcastic, sneering, flippant, nagging, scolding, scornful, extremely loud, or menacingly low.

**An assertive tone of voice** is relatively impassive; objective, firm, decisive and self-confident.

Although aggressive behavior can get a project done the fastest, it is not the best long-term. It ruins relationships. Respect and empathy (from assertive behavior) are two important aspects of long-term relationships.

Assertive behaviors encourage communication. Aggressive and passive behaviors discourage communication.

### Communication Discouragers

Judging  
Acting superior  
Acting with certainty  
Controlling  
Manipulating  
Showing indifference

### Communication Encouragers

Describing  
Equality  
Openness  
Positive intent  
Problem-Solving  
Empathy

This article was thoroughly edited from the original. However, I cannot find the source of the original to give credit. With apologies.

# Assertiveness Self-Evaluation Quiz

1. Begin with your level of eye contact. Do you look people in the eye when speaking with them? If you can't remember a single facial feature or their eye color, it's likely you are looking anywhere but in their eyes.
2. Now consider your voice. Do you project yourself clearly? If you are often asked to speak more loudly or to repeat what you've said, you probably speak quietly or mumble.
3. Do you speak confidently? Stumbling through conversations with "hums" and "uhs" doesn't communicate confidence.
4. Look at your stance and then your body when seated. How is your posture? Do you slouch or look down?
5. Looking internally, are you able to ask questions when you need clarification?
6. Do you feel comfortable around others?
7. Are you able to say "no" when you don't want to do something?
8. Are you able to express annoyance or anger appropriately?
9. Do you offer an opinion on a topic when you don't agree with someone?
10. Do you defend yourself against mistakes that are not your fault?

To be an assertive communicator, you must stand on a strong foundation of self and have the view that you are a person worthy of respect. To change your self-perception, you need to change your self-talk. The following affirmations are designed both to develop your self-esteem and encourage you to stand up and speak out.

- I am a strong, confident communicator.
- I am worthy and deserving of respect.
- I easily express my thoughts, opinions, and desires.
- I stand up for my rights.
- I feel safe and secure about asking for what I want or need.
- I easily ask for what I want and effortlessly exercise my right to say no.
- It's my right to say "no," and I exercise this right when I need to.
- I allow myself to receive from others.
- I am important, my views are important, and my life is important.
- I trust and believe in myself.
- I feel for other people, but it is not a reason to be taken advantage of.
- I am in control.
- I am comfortable with tense and difficult social situations.
- I don't let people and outside influences destabilize me.

# Assertiveness: Guidelines For Assertive Communication

The following interpersonal skills can help you become more assertive in relationships.

## I. Decide On Your Priorities.

First, you need to decide what your priority is in the current situation: Do you have a goal that the other person could help you with, or that the person might prevent you from reaching? Do you want to improve the relationship? Do you want to feel good about how you handle yourself in the interaction, regardless of the other outcomes? Do you want to be able to say no to a request that has been made of you?

This can be a difficult decision if you have priorities in more than one of these areas. You might be able to reach multiple goals, but sometimes you'll have to choose which is the most important. Whatever your decision, it's essential to be very clear about what your top priority is so that you can communicate it. It's hard to get what you want if you're not sure what that is! Once you've decided on your priority, you can choose which skills will be most helpful in reaching that goal.

## 2. Ask For What You Want In A Way That Doesn't Damage The Relationship.

Here are the steps for making an assertive request:

- a. **Nonjudgmentally describe the situation.** Once you've decided what your priority is, start by clearly and factually describing the situation to the other person. Judgments and blaming will reduce the likelihood that you'll achieve your goals, so be sure to stick to the facts. Also, remember that, at this point, the problem you're addressing is neither conflict nor a confrontation; it's simply a problem that needs solving.
- b. **Describe what you think and feel about the situation.** The second step in asserting yourself is telling the other person what you think and feel about the situation.
- c. **Assert yourself.** The final step is to assert yourself by clearly asking for what you want.

## 3. Negotiate.

An inherent part of assertiveness is showing respect for the other person and demonstrating a desire that everyone gets something out of the interaction, if at all possible. Negotiating-being willing to give something to get something- usually goes a long way in encouraging others to help you reach your goal. Rather than focusing on how to get your needs met, work on reaching a mutually agreeable solution where both you and the other person get some needs met.

## 4 Obtain Information

Understanding what the other person wants, thinks, and feels will help you to communicate assertively. Being assertive means being just as concerned about the other person as you are

about yourself. Obtaining information that increases your understanding of others will help you treat them fairly and respectfully and assist them in meeting their needs.

People tend to make assumptions about others rather than asking them about their goals, thoughts, and feelings. These assumptions can damage relationships and stand in the way of successful interactions. Having accurate information will help you to be more successful in communicating with others and reaching your goals.

### **5 Say No In A Way That Doesn't Damage The Relationship.**

Many people have a hard time saying no to others' requests. They may feel guilty for saying no, or they may judge themselves in some way, such as thinking, *I am a bad friend if I say no*. Sometimes people worry that others will be angry if they say no. But setting limits for yourself and sticking to them - even if it means denying others' requests at times - shows that you respect and value yourself. Assertively saying no rather than giving in and doing something you don't want to do also protects relationships from the resentment that tends to build up over time if you regularly say yes when you don't want to.

### **6 Act According To Your Values And Morals.**

Be clear about what your values and morals are and stick to them. You won't feel good about yourself if you agree to do things that go against your principles. So be truthful with yourself and others rather than making excuses when you don't want to do something. It's perfectly okay to say no and to be honest about the reason-even if it's just because you don't want to do something. If you can be truthful and assertively tell others you don't want to do what they're asking of you, your self-respect will increase.

Of course, sometimes, a little white lie is appropriate. For example, if you don't want to have dinner at a friend's house because you don't like her cooking, you don't necessarily have to come out and tell her that; in fact, you'll probably feel worse about yourself for hurting her feelings if you do. So, use your discretion, but make sure you don't resort to little white lies too frequently, as this can also reduce your self-respect.

By Sheri Van Dijk, MSW, used with permission.

# The Laws Against Contention

The Lord opened his ministry to the Nephites with the teaching that contention is not of Him but of the devil, who is the father of contention. Further, in the Sermon at the Temple and the Sermon on the Mount, he gave specific instructions in six parts, as follows:

## Colloquially

1. Don't Murder\*
2. Don't even be angry with your brother
  - a. Don't revile against your brother
  - b. Don't even name call
3. If he is upset with you, you are obligated to go to him and try hard to reconcile.
4. If someone is taking you to task, e.g., wife, landlord, banker, IRS, agree with them quickly on every true point, then work with them to solve the problem.
- 5a. If the law is on your side, do not seek revenge. (Demanding a "tooth" when someone knocked yours out is vengeful.)
  - b. If the law is not on your side, comply, or pay up.
6. Love your enemies, bless them, pray for them, and do good things for them.

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\*Dennis Prager, a Jew, says the Hebrew word in the 10 commandments means murder and in 16th century English, kill and murder were used interchangeably.

## Scriptures

- Matt 5:21 "thou shalt not kill"
- 22 JST "But I say unto you, That whosoever is angry with his brother shall be in danger of the judgment."
- 22 "and whosoever shall say to his brother, Raca\*\*, shall be in danger of the council."
- 22 "And whosoever shall say, Thou fool, shall be in danger of hell fire."
- 23-24 "If thou rememberest that thy brother hath aught against thee— Go thy way unto thy brother, and first be reconciled to thy brother."
- 25 "Agree with thine adversary quickly, whiles thou art in the way with him; lest at any time the adversary deliver thee to the judge, and thou shalt be cast into prison."
- 38-39 "Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth: But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also;"
- 42 JST: "And if any man will sue thee at the law, and take away thy coat, let him have it; and if he sue thee again, let him have thy cloak also."
- 44 "But I say unto you, love your enemies, bless them that curse you, do good to them that hate you, and pray for them who despitefully use you and persecute you;"

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\*\*Raca is a word used to show contempt.

# Anger Control – Try This First

- 1) We control anger best when we catch it at the *very* beginning of the anger cycle. We do this by noticing the physical changes in our bodies. For some, that is tightening of the neck, shoulders, or forearms. For others, it is speaking in a louder voice. These changes happen because when we are angry, blood leaves our brain and travels to our arms. It travels to our legs if we are “scared to death.” Our brain is going into an emergency mode. Thinking and memory capacities are significantly reduced!<sup>2</sup> “Nothing good is ever said after one gets angry.” For me, my forearms get tight (filled with extra blood.)
- 2) When you first observe your physiological change, then emotionally withdraw - stop yourself from escalating. In your mind, close off what is going on in front of you. Stop participating for a few moments.
- 3) Instead, figure out what is going on inside you: Calm yourself, reframe the situation, take a couple of deep relaxing breaths, and think happy thoughts.
- 4) Ask yourself: Is it life-threatening or just uncomfortable? Most things are just uncomfortable. Sometimes our pride, stubbornness, or vanity gets in the way of clear thinking.
- 5) Re-engage calmly, or if you cannot calm yourself, withdraw gracefully. Withdrawing gracefully means, among other things, your lips are not moving.

After working this procedure for years, my 18-year-old daughter said to me, “Dad, you never get mad.”

## Additional Reading in this Volume

- “The Laws Against Contention”
- “How We Should Influence Others”
- “How We Should Correct Others”
- “Conflict Resolution”
- “Passive, Aggressive and Assertive”
- “Coping Skills”
- “Changing Self-Talk”
- “Developing Christlike Attributes”
- “The Fine Art of Not Being Offended”
- “How To Forgive Others”

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<sup>2</sup> Many of us experience a reduced capacity in our brain and memory function when we are upset, angry, in a rage or intimidated. We know this when 20 to 30 minutes after a stressful event we have the “Ah Ha” moment and think, “I should have said *this* during that discussion.”

# Does He Apologize to You?

If your partner emotionally hurts you and does not apologize for the hurt within 24 hours, you should kindly call him on it. (this is written from a woman's perspective) "John, you hurt me yesterday when you did [that thing]. Are you going to apologize to me for that?"

If he gives you a sincere, humble apology, be thankful and appreciative. Forgive him as soon as you can.

If he argues with you, such as: "I don't know what you are talking about." "I didn't hurt you." "You are letting *that* bother you?" "If I wanted to hurt you, I would have." Or if he treats you better for a few days "until you get over it," you have serious concerns about this partner.

There could be several reasons why you did not get an apology after you asked for it. None of those reasons are good.

1 He was never taught and did not understand the role of apologizing in relationships. He may have been forced to say "sorry" when a child, but he never understood the role and value of apologizing.

2 He is totally unaware and lacks empathy to understand how he hurt you. This is a major problem and one of the classic three signs of being a Jerk. Living with a person without empathy can be painful.

3 He may be prideful or feel he will be in a down position and will not allow that.

4 He has narcissistic traits or is aggressive. He does not care about your feelings.

5 He has anti-social personality disorder traits where he hurt you because that was part of some plan of manipulation; he is working on you. RUN as fast as you can.

There is a 6<sup>th</sup> possibility that his self-worth is so low he cannot "afford" to admit he hurt someone. Those who marry someone with rock bottom self-worth pay the price for that, but the price is much less than the price of any of items 1-5 above.

If he is genuinely sorry but offers a poor apology, have him read the book by Gary Chapman, *When Sorry is Not Enough*. If he doesn't read books, read it for him and teach him the principles. Or see the article in this book, *8 Essentials of an Effective Apology*.

We all make mistakes, and when we hurt someone, they deserve an appropriate apology.



# 8 Essentials of an Effective Apology

Posted on the internet March 2, 2014, by Randy Conley. More than 25 years' experience has shown me there are eight essential elements of an effective apology:

**1. Accept responsibility for your actions** – If you messed up, admit it. Don't try to shirk your responsibility or shift the blame to someone else. Put your pride aside and own your behavior. This first step is crucial to restoring trust with the person you offended.

**2. Pick the right time to apologize** – It's a cliché, but true – timing is everything. You can follow the other seven guidelines to a tee, but if you pick a bad time to deliver your apology, all of your hard work will be for naught. Depending on the severity of the issue, you may need to delay your apology to allow the offended person time to process his/her emotions. Once he/she is mentally and emotionally ready to hear your apology, make sure you have the necessary privacy for the conversation, and the physical environment is conducive to the occasion.

**3. Say “I’m sorry,” not “I apologize”** – What's the difference? The word *sorry* expresses remorse and sorrow for the harm caused by the offended person, whereas *apologies* connote regret for your actions. There's a big difference between the two. See #4 for the reason why this is important.

**4. Be sincere and express empathy for how you hurt the other person** – Along with saying *I'm sorry*, this step is critical for letting the offended person know you acknowledge, understand, and regret the hurt you caused. Make it short and simple: *“I'm sorry I was late for our dinner date. I know you were looking forward to the evening, and being late disappointed you and made you feel unimportant. I feel horrible about hurting you that way.”*

**5. Don't use conditional language** – Get rid of the words *if* and *but* in your apologies. Saying *“I'm sorry if”* is a half-baked, conditional apology that's dependent on whether or not the person was offended. Don't put it on the other person. Just find the courage and say, *“I'm sorry.”* When you add the word, *but* at the end of your apology (*“I'm sorry, but”*), you're starting down the road of excuses for your behavior. Don't go there. See #6.

**6. Don't offer excuses or explanations** – Keep your apology focused on what you did, how it made the other person feel, and what you're going to do differently in the future. Don't try to make an excuse for your behavior or rationalize why it happened. If there is a valid reason that explains your behavior, it will likely come out during the apology discussion. But let the other person go there first, not you.

**7. Listen** – This is perhaps the most important point of the eight and one that's often overlooked. After you've made your apology, close your mouth and listen. Let the offended person share his/her feelings, vent, cry, yell, laugh, scream whatever. Acknowledge the person's feelings (*“I understand you're upset” “I see I disappointed you” “I know it was hurtful”*), but resist the urge to keep explaining yourself or apologizing over and over again. I'm not suggesting you become an emotional punching bag for someone who is inappropriately berating you; that's not healthy for either party. But many times the awkwardness and discomfort of apologizing cause us to keep talking when we'd be better off listening.

**8. Commit to not repeating the behavior** – Ultimately, an apology is only as effective as your efforts to not repeat the behavior. No one is perfect, and mistakes will be made, but a sincere and earnest apology includes a commitment to not repeating the behavior that caused harm in the first place. Depending on the severity of the offense, this may include implementing a plan or process such as counseling or accountability groups. For minor offenses, it's as simple as an intentional effort to not repeat the hurtful behavior.

Bonus thought: Do not *expect* forgiveness or at least don't do it to expect something in return. Do it because you know you've hurt someone. Granting forgiveness is the choice of the offended, not the offender. The offender also shouldn't expect graciousness, either.

# How to Forgive Others

- Who:** Each of us, individually.
- What:** We need to forgive all those who trespass against us.
- Where:** Face to face, if they are repentant and apologize to you personally. From a distance when the distance is required, especially for your personal safety. Note: Forgiving does not mean forgetting so that one becomes vulnerable again. Forgiving means that when the event comes to the forefront of your mind, you do not have a negative emotional reaction.
- When:** When we are ready or when we want to be forgiven of our sins and trespasses.  
We do have an obligation to get ready.
- Why:** We are commanded to forgive.  
To receive forgiveness for our sins, we need to forgive others. Forgiving others allows us to overcome feelings of anger, bitterness, or revenge. Forgiveness can heal spiritual wounds and bring the peace and love that only God can give.  
Being a forgiving person is a Christlike Attribute.
- How:** Pre-forgive: “Forgive your children, right this minute, for everything they have ever done, are doing or *ever will do*: because you love them, they are your children, and they are learning. You will be a happier dad, and we will be a happier family.” -Linda Bender  
20 years later, I learned to apply that to her: After that, I have tried to apply that to all people.  
Accept that the trespasser is human, too. We are all learning and fall short.  
Are there any distortions in our thinking, e.g., magnification, all or nothing, victimizing?  
Are we giving the benefit of the doubt?  
Review the transgressor’s history, upbringing, and culture, is this their normal?  
Was this done out of pride, stubbornness, anger, fear, or were they in survival mode?  
Did they make a mistake or do things out of weakness, gluttony, immaturity, or desperation?  
President Spencer W. Kimball said the Savior saw sin as wrong but also saw sin as springing from deep and unmet needs on the part of the sinner. (*Ensign* August 1979, “Jesus: The Perfect Leader”) What are your trespasser’s deep and unmet needs?  
Empathize with them. Empathy is the ability to walk and talk emotionally with another person: understanding, even knowing their thoughts, with a desire to help. Being able to “view” and feel the emotions of another "as if" you were in someone else's shoes. Thus, allowing you to function from a position of strength and, at the same time, express understanding at a very deep level.  
Fast and pray for help. Maybe ask for a softer heart, a better understanding, how to forgive this person, or to feel the peace and comfort of the Holy Spirit to calm your anxious spirit.  
Ask for a Priesthood blessing to assist you.  
Attend the temple weekly.  
Talk it through with your parent, spouse, Bishop, or counselor.

# Forgiveness – Three Types

By Dr. Stephen Marmor of UCLA Medical School for Prager University

Anyone familiar with Italian opera or the plays of Shakespeare knows the terrible price paid for grudges, vendetta, and revenge. Under the sway of these emotions, painful incidents linger in the mind, sapping our ability to find peace and happiness. The 18th century English poet, Alexander Pope, gave us the antidote: “to err is human, to forgive divine.” But finding a way to forgive without giving up our principles is often no easy task. In this course, I am going to address what forgiveness is and how to implement it.

I’ll be speaking here about forgiveness where it most often is needed -- in the context of your everyday personal life with family members, friends, co-workers, and business associates.

One of our challenges in understanding this process is that the word -- forgiveness -- is inadequate to explain a very complex concept. Forgiveness actually embodies three different things, each of which applies to different situations and provides different results.

The three types of forgiveness are exoneration, forbearance, and release. Let’s take each in turn.

Exoneration is the closest to what we usually think of when we say “forgiveness.” Exoneration is wiping the slate entirely clean and restoring a relationship to the full state of innocence it had before the harmful actions took place. There are three common situations in which exoneration applies.

The first takes place when you realize that the harmful action was a genuine accident for which no fault can be assigned.

The second is when the offender is a child or someone else who, for whatever reason, simply didn’t understand the hurt they were inflicting, and toward whom you have loving feelings.

The third situation occurs when the person who hurt you is truly sorry, takes full responsibility (without excuses) for what they did, asks forgiveness, and gives you confidence that they will not knowingly repeat their bad action in the future.

In all such situations, it is essential to accept their apology and offer them the complete forgiveness of exoneration. You’ll feel better, and so will the person who hurt you. In fact, not to offer forgiveness in these circumstances would be harmful to your own well-being. It might even suggest that there is something more wrong with you than with the person who caused you pain.

The second type of forgiveness I call “forbearance.” And here things get a little more complicated.

Forbearance applies when the offender makes a partial apology or mingles their expression of sorrow with blame that you somehow caused them to behave badly. An apology is offered, but it’s not what you had hoped for and may not even be fully authentic. While you should always reflect on whether there was a provocation on your part, even when you bear no responsibility, you should exercise forbearance if the relationship matters to you. Cease dwelling on the particular offense, do away with grudges and fantasies of revenge but retain a degree of watchfulness. This is similar to “forgive but not forget” or “trust but verify.” By using forbearance, you can maintain ties

to people who, while far from perfect, are still important to you.

Furthermore, in some cases, after a sufficient period of good behavior, forbearance can rise to exoneration and full forgiveness.

But what do you do when the person who hurt you doesn't even acknowledge that they've done anything wrong or gives an obviously insincere apology, making no reparations whatsoever? These are the cases of forgiveness that are the most challenging. In my practice, I find this in such examples as adult survivors of child abuse, business people who have been cheated by their partners, or friends or relatives who have betrayed one another. Still, even here, there is a solution. I call it "release" -- the third type of forgiveness.

The release does not exonerate the offender. Nor does it require forbearance. It doesn't even demand that you continue the relationship. But it does ask that instead of continuing to define much of your life in terms of the hurt done, you release your bad feelings and your preoccupation with the negative things that have happened to you. The release does something critically important: it allows you to let go of the burden, the "silent tax" that is weighing you down and eating away at your chance for happiness. If you do not release the pain and anger and move past dwelling on old hurts and betrayals, you will be allowing the ones who hurt you to live, rent-free, in your mind, forever reliving the persecution that the original incident started.

Whether you get there through your own efforts, through psychotherapy, through religion or some other method, release liberates you from the tyranny of living in the traumatic past even when the other forms of forgiveness, exoneration, and forbearance, are not possible.

Exoneration, Forbearance, Release.

To forgive may be divine, but when we understand its dimensions, we find that it is within our ability to do it.

# How We Should Influence Others

Our Savior set a perfect example for us as to how we should influence others. He influenced people, while in mortality, by building relationships of trust, teaching eternal truths, and inviting them to follow Him. He built relationships of trust by healing every person who came to Him to be healed. He only taught what His Father told Him to teach; thus, those teachings were eternal truths. He invited them to follow Him by offering baptism. “After these things came Jesus and his disciples into the land of Judea, and there he tarried with them and baptized.” (John 3:22)

Our Savior taught the Prophet, Joseph Smith, directly, how to influence people in a revelation giving while Joseph was in Liberty Jail.

## D&C 121:41-42

(V 41) No power or influence can or ought to be maintained by virtue of the priesthood,

only by persuasion,

by long-suffering,

by gentleness and meekness, and by love unfeigned; By kindness, and pure knowledge,

which shall greatly enlarge the soul without hypocrisy, and without guile—

## The Gospel Standard - Influence

Or by being stronger, louder, more obnoxious, the mom, the one with the money, etc.

This is the Lord's first method to influence another. **This is a big deal!!!!**

Patience, patience

Love, in a most Christ-like manner. These are also descriptions of HOW you persuade and HOW you act with patience.

This means, if you do these things, you will become more Christ-like.

Thus, we learn to build relationships of trust, use pure knowledge, and ask or invite them.

We build relationships of trust by being honest, kind, helpful, and spending time getting to know the person and their interests: by being their friend and having charity (Christlike love) towards them.

Pure knowledge: if we do not have all of the facts available to us if we have not thought the issue through thoroughly if we are “shooting from the hip,” then we are not using pure knowledge. If I am tutoring a 7<sup>th</sup> grader in arithmetic, I can be quite certain of my facts. If I am talking about where and what Kolob is, I need to be very careful.

We invite people to work with us, work for us, believe us, accept us, to do things for themselves and others, and in many other ways. This means we do not order them, coerce them, guilt them, pressure them, nag them, badger them or anything like unto those horrible methods. We gently, kindly, lovingly and meekly invite them. Then we exercise patience.

# How We Should Correct Others

Our Savior taught the Prophet, Joseph Smith, how to correct people in a revelation given while Joseph was in Liberty Jail.

## D&C 121:43-44

Reproving

betimes

with sharpness,

when moved upon by the Holy Ghost;

and then showing forth afterward an increase of love toward him whom thou hast reprov'd, lest he esteems thee to be his enemy; That he may know that thy faithfulness is stronger than the cords of death.

## The Gospel Standard – Giving Correction

Reprove means usually gentle correction with kindly intent (MW Collegiate Dictionary).

Betimes means in a short time (Webster's 1828 dictionary).

Sharpness: clearly and exactly.

Not when in a rage but when spiritually prompted.

This confirms your love and helps make certain they know you were addressing the situation and not the person.

## Verse 43 restated with more current words could say,

Gently correct, quickly and at the right time, exactly the thing to be corrected and nothing more when you have been prompted to do so by the Holy Spirit. Follow immediately and continuing after that to show that you love and accept who you have corrected.

The Savior gave us a great example, just after His Resurrection.

The night before Peter became the “President” of the Church, upon Jesus’ Death, Peter denied knowing Christ three times. Today, if an apostle, being recorded, said anything even remotely similar to what Peter said tens of thousands of Saints, worldwide, would react in panic, disbelief, or sheer horror.

I will quote Elder Jeffrey R. Holland’s October 2012 Conference address where he gave a clearer explanation than the bible, of what happened at the Sea of Tiberius. The Savior made it very easy for Peter to repent of the sin of denying Him. Peter had already experienced Godly sorrow for what he did when he went outside and wept bitterly. (Matthew 26:75) First, the Savior set it all up. He delivered 153 fish to the fishermen who had caught nothing all night. Then he prepared a fire and a meal, and he ate with them. Don’t we feel good after a successful day’s work and after a good meal with friends by a warm fire? After the meal, the Savior looked over the fishing boats, their frayed nets, and a stunning pile of 153 fish, and said, “Peter, do you love me more than you love all this?” Then He asked Peter, “Peter, do you love me?” The third time, the Greek word changes to friendship and could be quoted as, “Peter, are we even friends?”

Peter denied Christ three times, and Christ gave Peter the opportunity to express his love to Him three times. Restitution had been made. The Savior, each of the three times, gently and lovingly invited Peter to do what he was called to do: bring converts to Christ and strengthen the Church.

The Savior’s correction to Peter was set up very socially and delivered gently, timely (within a week or so), exactly, and lovingly: A perfect example for us. Peter completed the repentance process by serving the Lord for the rest of his life and was martyred on a cross upside down.

# VENT

A method to help allow your spouse, child, or friend to fully express their feeling and emotions.

## **Validate**

A powerful way to help a person feel good about themselves is to validate their feelings, emotions, thoughts, and actions. This can be done by such phrases as “I can see how you would come to that conclusion” or “that must hurt so much” or “I can understand why you have so much emotion about that incident, it must be very upsetting.” Etc. Validating does not say whether you agree with one side or the other, only that you can understand/feel the feelings/emotions/thoughts that one has towards another or an event.

If a person says to you, “I could just kill him for what he did.” And you know they wouldn’t really kill anybody - If you have ever said those words to yourself or momentarily thought those thoughts (as I have), one could say, “I have had that feeling before, myself.” THAT would be validating. See the handout, “four steps to validation.”

## **Empathize**

Empathy is commonly defined as one's ability to recognize, perceive, and feel the emotions of another. Empathy is often characterized as the ability to "put oneself into another's shoes," or experiencing the outlook or emotions of another being within oneself, a sort of emotional resonance. Also, the one who has empathy does not let go of their own personal inner strength. Therefore, they are better able to communicate and support the other person. They come from a position of strength, not weakness.

## **Normalize**

Normalization is a process whereby behaviors and ideas are made to seem "normal" through explanation or demonstration that other people do those things, feel those feelings, or respond that way. It is normal for a mother who has lost a child, of any age, to have some pretty sad and weepy times even many months or years after the event. It is not normal after four months to be crying all day, every day, and be inconsolable. Other times people will think that they are weird or crazy for thinking what they are thinking when, in fact, what they are thinking is a totally normal response to the situation at hand. Helping them understand that their reaction is "normal" (when it really is normal) is very helpful.

## **"Be There" for them**

A spouse or a friend often have the privilege of "Being There" for those in need of comfort. Being there means different things according to the person, the situation, and the level of seriousness of the issue. It can be anything from a hug or cuddling by a spouse, or other loved one to having long talks, sitting in silence as one mourns a loss, saying consoling words, sharing hope when appropriate, praying, giving a Priesthood blessing, spending time with friends, etc. or more involved activities. This is mourning with those who mourn, comforting those in need of comfort, and providing succor for those in need. This is designed to lessen the immediate and long-term impact of the issue at hand. It helps the person work through it; to know they are not alone and that you and perhaps others will be there for them when they need it.

# 4 Rules of Validation

## VALIDATION:

The ability to walk emotionally with another person without trying to change his or her thinking or direction.

I thought it was my duty to solve the problems, expressed or unexpressed, of my family, friends, and others I knew.

Learning that I don't have the power to solve other people's problems, even those of my own family members and that by validating their feelings appropriately, I empower them to be the solvers of their own problems, has significantly increased the quality of my relationship with them.

Validation is not a cure-all. It is a way to let people close to you carry their own responsibilities while helping them feel loved and understood by you to a far greater degree.

## 4 RULES OF VALIDATION

### LISTEN

(by giving your full attention)

### LISTEN

(to the feelings being expressed)

### LISTEN

(to the needs being expressed)

### UNDERSTAND

(by putting yourself in the other person's shoes as best you can)

The universal need of every human being

- To know that I am of worth
- my feelings matter
- someone really cares about me

Good validating phrases and questions.

- ❖ That's got to be hard.

- ❖ I think I might have felt the same way.
- ❖ How did you feel about that?
- ❖ What do you think might work?

Six Principles and concepts that relate to Validation

1. Be an Effective Validator
2. Leave the Responsibility Where It Belongs
3. Acknowledge Emotions
4. Develop the Art of Listening
5. Find the Right Time to Teach
6. Learn the Effective Validating Phrases and Questions

## Love:

Listen

Observe

Validate

Empathize

## Empathy

Empathy is commonly defined as one's ability to recognize, perceive, and feel the emotion of another. Empathy is often characterized as the ability to "put oneself into another's shoes," or experiencing the outlook or emotions of another being within oneself, a sort of emotional resonance. Also, the one who has empathy does not let go of their own personal inner strength. Therefore, they can better communicate and support the other person. They come from a position of strength, not weakness.

From the book, *I Don't Have to Make Everything All Better* By Gary & Joy Lundberg.



## Validating Phrases

Oh.  
I'll bet that's hard.  
That would hurt.  
I think I understand.  
Hmmm.  
I think I might have felt the same way.  
That must be frustrating.  
I'm so sorry that happened to you.  
Wow!  
That's interesting.  
What a difficult position to be in.  
That's awful!  
I don't blame you one bit.  
That's wonderful.  
That was good.  
I'm happy, along with you.  
I'm happy for you.  
I'm sad with you.  
That's painful.  
I'll bet that was difficult.  
I feel like crying, too.  
What an awkward situation to be in.  
That was amazing.  
I'll bet that was fun.  
That's neat.  
I'll bet you'll miss him.  
I would have been embarrassed, too.  
That's exciting.  
I never thought of that.  
What a good idea.  
What a good way to handle that situation.  
That just might be the best solution.  
Well, if that doesn't beat all.  
Oh, my goodness.  
Oh, no! I know how much that meant to you.  
That's a tough spot to be in.  
That's a real bummer.  
That's great!  
Tell me more.  
That's got to be a real challenge.

## Validating questions

Oh?  
How did you feel about that?  
What did you do?  
And then what did you do?  
What would you like to do?  
When do you think it could be done?  
What do you think the outcome will be?  
What do you think might work?  
What do you think would work next time?  
Are there other options?  
What happened?  
How did it happen?  
Where did it happen?  
When did it happen?  
What did you think when it happened?  
How could you stand that?  
How did you stand that?  
And then what did you say?  
What do you think caused the problem?  
What's wrong?  
What went wrong?  
What was that like?  
Did you enjoy that?  
Did that hurt your feelings?  
What does that mean?  
What would you like me to do?  
Is there anything I can do to help you?  
Would it help if I (name something you can do)?

These two lists are to help you get started using validating phrases and questions

# Hugs – What are the Benefits?

If you knew a simple lingering hug had powerful healing properties, would you hug more often?



The average length of a hug between two people is 3 seconds. But the researchers have discovered something fantastic. When a hug lasts 20 seconds, there is a therapeutic effect on the body and mind. The reason is that a sincere embrace produces a hormone called "oxytocin," also known as the love hormone. This substance has many benefits in our physical and mental health, helps us, among other things, to relax, to feel safe, and calm our fears and anxiety. This wonderful tranquilizer is offered free of charge every time we have a person in our arms, who cradled a child, who cherish a dog or a cat, that we are dancing with our partner, the closer we get to someone or hold the shoulders of a friend.

A famous quote by psychotherapist Virginia Satir goes, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth." Whether those exact numbers have been scientifically proven remains to be seen, but there is a great deal of scientific evidence related to the importance of hugs and physical contact. Here are some reasons why we should hug:

## 1. STIMULATES OXYTOCIN

Oxytocin is a neurotransmitter that acts on the limbic system, the brain's emotional center, promoting feelings of contentment, reducing anxiety and stress, and even making mammals monogamous. It is the hormone responsible for us all being here today. You see, this little gem is released during childbirth, making our mothers forget about all of the excruciating pain they endured expelling us from their bodies and making them want to love still and spend time with us. New research from the University of California suggests that it has a similarly civilizing effect on human males, making them more affectionate and better at forming relationships and social bonding. When we hug someone, oxytocin is released into our bodies by our pituitary gland, lowering both our heart rates and our cortisol levels. Cortisol is the hormone responsible for stress, high blood pressure, and heart disease.

## 2. CULTIVATES PATIENCE

Connections are fostered when people take the time to appreciate and acknowledge one another. A hug is one of the easiest ways to show appreciation and acknowledgment of another person. The world is a busy, hustle-bustle place, and we're constantly rushing to the next task. By slowing down and taking a moment to offer sincere hugs throughout the day, we're benefiting ourselves, others, and cultivating better patience within ourselves.

## 3. PREVENTS DISEASE

Affection also has a direct response to the reduction of stress, which prevents many diseases. The Touch Research Institute at the University of Miami School of Medicine says it has carried out more than

100 studies into touch and found evidence of significant effects, including faster growth in premature babies, reduced pain, decreased autoimmune disease symptoms, lowered glucose levels in children with diabetes, and improved immune systems in people with cancer.

#### 4. STIMULATES THYMUS GLAND

Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this creates activates the Solar Plexus Chakra. This stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease-free.

#### 5. COMMUNICATION WITHOUT SAYING A WORD

Almost 70 percent of communication is nonverbal. The interpretation of body language can be based on a single gesture, and hugging is an excellent method of expressing yourself nonverbally to another human being or animal. Not only can they feel the love and care in your embrace, but they can be receptive enough to pay it forward to others based on your initiative alone.

#### 6. SELF-ESTEEM

Hugging boosts self-esteem, especially in children. The tactile sense is all-important in infants. A baby recognizes its parents initially by touch. From the time we're born, our family's touch shows us that we're loved and special. The associations of self-worth and tactile sensations from our early years are still embedded in our nervous system as adults. The cuddles we received from our Mom and Dad while growing up remain imprinted at a cellular level, and hugs remind us at a somatic level of that. Hugs, therefore, connect us to our ability to self-love.

#### 7. STIMULATES DOPAMINE

Everything everyone does involves protecting and triggering dopamine flow. Low dopamine levels play a role in the neurodegenerative disease, Parkinson's as well as mood disorders such as depression. Dopamine is responsible for giving us that feel-good feeling, and it's also responsible for motivation! Hugs stimulate brains to release dopamine, the pleasure hormone. Dopamine sensors are the areas that many stimulating drugs such as cocaine and methamphetamine target. The presence of certain kinds of dopamine receptors is also associated with sensation-seeking.

#### 8. STIMULATES SEROTONIN

Reaching out and hugging releases endorphins and serotonin into the blood vessels, and the released endorphins and serotonin cause pleasure and negate pain and sadness and decrease the chances of getting heart problems, helps fight excess weight and prolongs life. Even the cuddling of pets has a soothing effect that reduces the stress levels. Hugging for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

art: Dorina Costras, posted by "Sacred Dreams" on Facebook

# For Dads Only

Hug each child, and say, “I love you” every day. Do this for each child, every single day.

Watch the YouTube video “validation.” It is easy to search for; it has 9.8 million hits. Only the first two minutes are important. This video demonstrates how validation affects people, and it is entertaining.

If your child is upset, validate their feelings, circumstances, and thoughts. Then comfort them as much as they will let you. Finally, encourage them. Validating their feelings will not teach them to be soft; it will teach them this is a safe world, and when they mess up, somebody will be there to love and support them. There are a couple of validation articles in my book, *The Second Great Commandment*.

Forgive your children and your spouse right now for everything they have ever done and everything they ever will do. Do it now because you love them, they are your children and are learning. If you do that, you will be a happier dad, and the family will be happier.

When your child tells you bad news, put on your poker face, and do not react. Make it easy to tell you anything. If you bark and yell over bad news, they will find a way not to tell you, tell you much later, or worse tell you lies.

Make it a habit not to ask questions (teens) that, in any way, sounds like an interrogation. Invite them to talk to you. When you greet them, like when you come home from work, hug them, tell them you love them, and say something like, “I hope you had a good day today.” Then listen and validate.

Learn not to blame, shame, or cause them pain. Teach them instead. Yes, you will teach the same thing 5 to 10 times.

## Going the Extra Mile

When they are off to bed for the night, you can help them be appreciative by asking, “What three things are you thankful for today?” Even once or twice a week will help with this one.

Limit screen time. Don’t let your children get addicted to video games or smartphones.

Between the time they are about 12-years-old until they are 18-years-old start switching from being a manager to a consultant. E.g. when a 16-year-old comes home with grades that are not acceptable to you, can you say, “are you happy with these grades?” or “How can we support you to get these grades to the place you are happy with them?” Don’t order them around, if at all possible.

Teach them to be the kind of friend they want to have. When they are older, teach them to become the kind of person that a great person would want to marry. If your child is going to a church college and they are starting their last year there and are not married, remind them they may never have as large a pool of worthy spouses as they will have this year.

# Helping a Child Self-Regulate Their Emotions

Whether a child comes to you in tears, screaming, stressed or moping

The parent is to:

- Remain calm
- Speak softly
- Validate the child's feelings, circumstances, and thoughts
- Hold them or sit close to them or stand farther away (matching the child's wishes). Stay emotionally with them – don't play with your phone, make out a shopping list, etc.
- Listen compassionately and attentively
- If they are angry, what emotion was felt before the anger? Help them identify that emotion.
- Don't give advice or teach now – that needs to happen later if needed.
- Ignore tantrums (giving in to tantrums is like jumping into quicksand – so hard to get out)
- Ask, "What would you like me to do?"
- Give choices

Quick things a child can do to relax:

- Take deep, slow breaths
- Surround themselves with someone who loves them
- Use words to express feelings
- Listen to calming music
- Pray
- Squeeze a stress ball
- Chew bubble gum (chewing is calming)
- Suck on hard candy (sucking is calming)

When the child is old enough

Your children eventually should learn to mentally process, in a healthy way, challenging situations that cause emotional upheaval. For instance, a 12-year-old who is going on a camping trip with some other Scouts might be quite anxious about going. Processing this upsetting event might look like this: Who do I know that is going? Where are we going? How long will we be gone? What are some of the activities? What leaders are going? How well do I know them? What will I do if nobody lets me join them? Which boy can I call before we go to help ensure we can hang out together?

Written by Linda and Dean Bender

# How Our Heavenly Parents, Parent Us

<b>Principle</b>	<b>How our Heavenly Parents, parent us, Page 1 of 3</b>	<b>Applying it in our families</b>
<b>Availability</b>	He is always available to hear our every word, answer every prayer, and to comfort us.	Parenting is inconvenient, be inconvenienced by being available. E.g., don't yell at your children, get up, walk to them, and talk politely.
<b>Listening</b>	He listens to every word of every prayer and considers hymns sung as prayers.	Stop, turn toward your child, block out the rest of the world, and sweetly listen.
<b>Validation</b>	He may validate our person, circumstances, afflictions, etc. E.g., "My Son," "Thine afflictions," "I have surely visited you [in slavery in Egypt]."	Make your first response to all heightened emotion, validation. This is to stop you from criticizing, interrogating, lecturing, or giving advice. This will also better meet the needs of your child. If your child needs to learn something, now is NOT the time to teach. Teach it tonight, tomorrow, or at the next FHE.
<b>Comfort</b>	D&C 121: 7, peace be unto thy soul; John 14:27 Peace I leave with you, my peace I give unto you; Helaman 5:47 Peace, peace be unto you.	Make your home a place of refuge, a place of solace where your entire family can feel accepted, feel like they belong, and are safe from a harsh world.
<b>Teaching</b>	John 14: 26, the Holy Ghost shall teach you all things AND the prophets, apostles, scriptures, conference talks, lessons, etc.	Teach your children the stories of Jesus and the prophets. As they get older, teach them the finer points of studying the gospel. Teach family history stories that are inspiring and uplifting.
<b>Direction</b>	3 Nephi 23: 1 Search the words of Isaiah. And. D&C 9: 8, "you must study it out in your mind; then you must ask me if it be right." Ether 2: The Lord said unto the brother of Jared: What will ye that I should do that ye may have light in your vessels?	Be like the Savior; don't let your children (age-appropriate) bring you a problem without a suggested solution. Also, help them get an eternal view!
<b>Natural Consequences</b>	Violate the Word of Wisdom, and you get ... Violate the Law of chastity, and you get ... Violate the law of tithing, and you get ...	Whenever they are appropriate. E.g., son wants to wear shorts to school, and it is 45 degrees outside - have him stand on the porch for 5 minutes in his shorts - then, let him decide.

<b>Principle</b>	<b>How our Heavenly Parents, parent us, Page 2 of 3</b>	<b>Applying it in our families</b>
<b>Logical Consequences</b>	The Bishop or Stake President may counsel with you or extremely rarely hold a disciplinary council if our behavior is too extreme in certain ways.	Don't make these disguised punishments. Good example: lose car privileges for a while when one comes home irresponsibly too late.
<b>Conflict Resolution</b>	Solomon used wisdom, Christ cleansed the temple, and yet ordered the saints to leave, Ohio, Missouri, Nauvoo, etc. He also stopped polygamy. In 3 Nephi 11, he commanded that we should have no contention among ourselves. Finally, we must influence by using the techniques found in D&C 121:41-42.	Our family needs all of the facts, feelings, and emotions before we can even discuss possible solutions.
<b>Blessings</b>	God blesses us for good behavior (D&C 76:5) and, for the most part, ignores inconsequential poor behavior.	Acknowledge all behavior you want to be repeated and ignore all inconsequential behavior you want to be extinguished. Parents do give bigger favors to "the good kid." God blesses the very good members with visions, revelations, visitations, etc.
<b>Moral Code</b>	Uses the prophets to teach us a moral code: including the 10 commandments, Sermon on the Mount, parables, "For the Strength of Youth" pamphlet, and the Proclamation on the Family.	We are to live honorably and teach these codes to our children and, most especially why when that is clear.
<b>Sin or Doing it wrong</b>	The Lord and the prophets call us to repentance.	We need to call our children on their stuff, teach them better ways, help them accept the reality of it all.
<b>Agency</b>	We will make man in our own image and see if he will do all we have commanded his to do.	Age-appropriate: teach them correct principles and let them govern themselves. Start by letting them have choices and learning to make decisions.
<b>Work Ethic</b>	Men are commanded to provide for their families, and those that hold the Priesthood are commanded to magnify their callings.	We need to work hard and work with our children until they are capable and willing to work more independently. Children need age-appropriate assignments. A 12-year-old

		should have experience washing, drying, and folding their own wash-n-wear clothes.
<b>Principle</b>	<b>How our Heavenly Parents, parent us, Page 3 of 3</b>	<b>Applying it in our families</b>
<b>Insights</b>	From visions, revelations, promptings, "still small voice," knowledge distilled from Heaven, inspiration, etc.	Help your child to see the world from other people's perspective and from a Godly perspective. Help them to see through their emotions.
<b>Encouragement</b>	"If thou endure it well," "Be strong and of good courage." D&C 38: 15, be ye strong from henceforth; fear not, for the kingdom is yours."	We can encourage by reminding our children who they are and what they are capable of. When we compliment them, we should do that very specifically. They may discount a generalized "you are wonderful" compliment but cannot argue with "That was very kind and gentle of you to help your sister the way you did."
<b>Anger</b>	Our Savior was angry twice in three years, under complete self-control, and it was over the sacredness of sacred things. Heavenly Father releases his wrath only when it is everlastingly too late, and all children born to that group will not stand a chance to see the good in the world.	Anger is a needed emotion that tells us something is wrong. We should follow the example of our Savior and Captain Moroni and use this emotion to accomplish good without hurting anyone but the most wicked. This even goes to - no name-calling or other verbal abuse, no hitting, slapping, etc. Spanking should be rare if you choose it and you should be totally calm when doing it.
<b>Parenting Style</b>	The scriptures and the teaching of the living prophets most closely resemble the authoritative parenting style. This conclusion is taken from a quote that went through Priesthood Correlation in the Strengthening The Family book. From the Proclamation on the Family, "Parents have a sacred duty to rear their children in love and righteousness."	Authoritative parenting means to have high expectations and high acceptance / nurturing. Expect the best and accept who they are (which means - accept what you get). Encourage and inspire them to be good.



# Child Abuse - Recognizing the Different Types of

Abusive behavior comes in many forms, but the common denominator is the emotional effect on the child. Whether the abuse is a slap, a harsh comment, stony silence, or not knowing if there will be dinner on the table, the end result is a child that feels unsafe, uncared for, and alone.

Emotional abuse. Contrary to some people's beliefs, words can hurt, and emotional abuse can severely damage a child's mental health or social development. Examples of emotional abuse include:

Constant belittling, shaming, and humiliating

Calling names and making negative comparisons to others

Telling a child, they're "no good," "worthless," "bad," or "a mistake."

Frequent yelling, threatening, or bullying

Ignoring or rejecting a child as punishment, giving them the silent treatment

Limiting physical contact with a child—no hugs, kisses, or other signs of affection

Exposing a child to violence against others, whether it is against the other parent, a sibling, or even a pet

Physical abuse involves physical harm or injury to the child. It may be the result of a deliberate attempt to hurt the child or excessive physical punishment. Many physically abusive parents insist that their actions are simply forms of discipline—ways to make children learn to behave. But there is a big difference between using physical punishment to discipline and physical abuse.

With physical abuse, the following elements are present:

Unpredictability. The child never knows what is going to set the parent off. There are no clear boundaries or rules. The child is constantly walking on eggshells, never sure what behavior will trigger a physical assault.

Parents are lashing out in anger. Abusive parents act out of anger and the desire to assert control, not the motivation to lovingly teach the child: the angrier the parent, the more intense the abuse.

Using fear to control behavior. Abusive parents may believe that their children need to fear them to behave, so they use physical abuse to "keep their child in line." However, what children are really learning is how to avoid being hit, not how to behave or grow as individuals.

There is also neglect and sexual abuse – see the internet address below.

Copied on March 2, 2019 from: <https://www.helpguide.org/articles/abuse/child-abuse-and-neglect.htm>

# Jerks

Don't act like one and certainly, don't fall in love with one.

Based on the book, *How to Avoid Falling In Love With a Jerk* by John Van Epp

There are three general qualities of a Jerk:

## **Boundary Busters**

Players make physical contact in ways you do not want them to even when they have been told directly and firmly about that boundary. E.g., A date may try to kiss, grope, or worse when no consent has been given.

Space Invaders believe that what is his is his and what is yours is his. Space invaders have a never-ending entitlement to your attention, interest, money, time, and emotional support. This can be just irritating or so intrusive that it becomes outright abusive where you must flee from the relationship.

## **No Empathy**

They cannot see anything from anyone else's perspective. Most of them don't even care or try. Often this is not apparent at first. Good-hearted people give others many chances and benefits of the doubt. Long-term, you will feel a void of never being understood or validated. In time, you realize that you are invisible to your partner.

## **Dangerous Lack Of Emotional Controls And Balance**

Emotional reactions cover a broad spectrum where the middle portion represents emotional calm. On the left are extreme emotional reactions like anger, rage, mania, or they react to nearly everything as if it is life-threatening – even when it is only mildly uncomfortable. The right represents almost no emotion or, in some cases, stonewalling. Emotionally unstable people live on either of the extremes. Those on the left are the overreacting, explosive personality types. Those on the right appear easygoing, at first, but later you realize that they are cold and detached or just depressed.

## **Why Do Some Stay With Jerks?**

The trap is: people hide their negative (jerk) qualities when they start dating. They get physical as fast as possible. At this point, she has not seen his dark side because she does not know him well enough. Her heart falls in love, and then he starts acting normal. She is in the “love is blind” situation, and her heart has fallen in love with a jerk. A very forgiving person overlooks shortcomings and danger signs too often. A sexual relationship is not required to get to this point. Time together, holding hands, cuddling, and kissing is all that is required. Having sex together makes the process proceed much faster and harder to escape.

The book helps you pace your relationship, so your head and heart get to know and love him at a safe pace (SIC). You don't allow yourself to trust, rely on, commit, or get physical faster than you know him.

# Things I Wish I had Known Before We Got Married

A book by Gary Chapman

Here is a list of important things to discuss before or soon after you get married.

- That being in love is not an adequate foundation for building a successful marriage
- That romantic love has two stages
- That the saying “Like mother, like daughter” and “Like father, like son” is not a myth
- How to solve disagreements without arguing
- That apologizing is a sign of strength
- That forgiveness is not a feeling
- That toilets are not self-cleaning
- That we needed a plan for handling our money
- That mutual sexual fulfillment is not automatic
- That I was marrying into a family
- That spirituality is not to be equated with “going to church”
- That personality profoundly influences behavior

This book does a good job of guiding you through these topics.

A Google search turns up some interesting lists to talk about. Try this one:

<https://thoughtcatalog.com/lorenzo-jensen-iii/2017/05/39-discussions-every-couple-needs-to-have-before-getting-married/>

# Things to say on a wedding day

## To be acted upon your entire married life!

The “a”’s are explanations only

1. All couples need to adopt President Hinckley’s attitude towards his wife’s happiness when he said, “If every husband and every wife would constantly do whatever might be possible to ensure the comfort and happiness of his or her companion, there would be very little if any, divorce. Argument would never be heard. Accusations would never be leveled. Angry explosions would not occur. Rather, love and concern would replace abuse and meanness.” October conference 2004.
2. Just as sport teams, business teams, friends, and church presidencies do, huddle together often. At least every week. Share what is going well, your concerns and disappointments, and your hope for the immediate and long-term future. Five to 20-minutes should be enough. Keep it positive, so both of you want to do it every week. Pray at the beginning. Hug and snuggle at the end.
3. Treat your spouse as well or better than you did when you were engaged. Be charming, woo her, be extra careful how you word things, go out often, laugh, play, work, worship.
  - a. Too many people, once they have hooked their mate, become too casual in their relationship.
4. Learn each other’s love language and speak it often. We should express all the love languages to our spouse, but their primary one comes first and often.
5. Don’t go to sleep angry. Not because you stayed up three days to solve a problem but because of forgiveness, acceptance, patience, and hope that you can soon work through the issues that face you.
6. Rid yourselves of Pride and Selfishness – the primary destroyer of marriages. Examples of selfishness in this era include too much time on social media and too much time playing video games. Examples from time immemorial are the controlling of resources like money, vacation locations, and vehicle selection.
  - a. The primary causes of divorce, according to Presidents Benson, Kimble, and Hinckley.
7. Also, let’s get rid of four classes of communication responses that are certain to cause contention or hurt feelings; criticism, contempt, stonewalling, and defensiveness. They are commonly called the “Four Horseman of the Apocalypse” for a good reason. (John Gottman)
8. Wives, always show your husband respect, at home and away. If, in an area of his life, you cannot respect him, then encourage him in that area. Husbands, cherish your wives. If you cannot at this time, then treat her as well as you treat your most admired friend.
9. When you realize you are mad, angry, or upset at your spouse, stop talking. Take a cool-down break. Nothing good has ever come out of a person’s mouth when in such a state. The cool-down break should never be longer than 24 hours. Try to keep it for an hour or less.
  - a. When a human is mad, afraid, or upset, blood rushes to the muscles from the brain. Thinking and memory are impaired. Is there proof? 20 minutes after a tense discussion, many people think, “I should have said “that” in the meeting.” They could not think of “that” because enough of the blood was gone, their thinking and memory were hampered.
10. Do not speak poorly of your spouse except to them (if you must), the Lord, your Bishop, or a therapist your Bishop approves.
  - a. When you kiss and makeup, your friend or your mom won’t be there to see the repentance and forgiveness and may hold grudges for years. This is especially true if the story was exaggerated or lopsided.
11. Have spousal prayer every day for the rest of your life. Pray for your spouse, your marriage, and when you have them, your children every day.

# After the Honeymoon

A few items to consider after the honeymoon.

1. Expect the first year to be a hard adjustment if you have not dated for two years and really know each other. Don't give up. Read the very best books and slug your way through it.
2. After the ceremony, the good may not get any better (probably for years), and the bad will probably get worse. These two points are true because while you were engaged, you were in love and were being the kindest, you will ever be to each other. Make a conscious effort to help that last.
3. Domestic work. Guys, take care of your own stuff. Share the domestic work, so neither one is resentful, and both should have or get the skills to do almost anything in the home.
4. Be very sensitive about intimate relations if you get into an argument with her that day without sincerely making it better. If you ask her to be sexually intimate with you, expect her to say no. Men tend to compartmentalize their day, and for women, the entire day is one continuous flow. "How can he even think of getting naked with me after the way he talked to me at dinner!"
5. Gals talk about sexual relations with your spouse: what pleases you, upsets you, or hurts.
6. Do not withhold affection as punishment. When you are upset at him and do not want him to touch you, Talk, Talk, Talk. Go to him and see if he will listen, be tender and kind, and patch things up. Try again, try again, and then try again. Forgive seventy times seven.
7. Guys, your wife wants you to be made of Steel and Velvet. Steel to protect the family, earn a living wage, and deal with outsiders. Velvet when it comes to her and the children. No yelling, controlling behaviors, or showing contempt or disgust. **Cherish your wife!**
8. Gals, honor, and respect your husband in public and in private.
9. Men, when she says that's enough groping, just stop it. Continue to touch her 50 times non-sexually to every single sexual touch. And make certain NOBODY sees that one.
10. When you have marital issues, first pray about it, talk it over with your spouse, pray again, talk it over with your spouse a different way. Search the Ensign (50 years of them) for articles on the topic and study them. Then talk to the Bishop if that is not working. If he cannot help, talk to a therapist, he recommends. Do not talk negatively about your spouse to family, friends, and especially your mom. Because when you patch things up, mom/friends won't be there and know it has been worked out. Mom/friends may harbor resentments for decades. Contrary to published advice, most women have a friend whom they can rely on for advice, trust them to keep confidences and not harbor long-term resentments, talk to them, especially about your sexual concerns and questions. Please be careful.
11. Learn to "Huddle" every week to work through problems and challenges. See *Becoming Better Together* by John Van Epp available from his website:  
<https://shop.lovethinks.com/collections/books>
12. Read *Love is a Choice* by Elder Lynn G. Robbins.

May God Bless you in your marriage.

# Be There For Them

When your friend or spouse is always available and willing to support you in times of loss or joy, you lovingly say, “My friend is always there for me.” It is a secure and comforting feeling. We all want to belong and be significant, and when the challenges of life happen, we want someone to celebrate good things with us, comfort us in our trials, mourn with us, watch over us when we are sick and pray for us.

The Lord instructed Emma Smith to be a comfort to her husband, Joseph in his afflictions with consoling words in the spirit of meekness. Validating feelings and empathizing can be a comfort and can be described as consoling words in the spirit of meekness. Spending meaningful time, holding or cuddling a loved one, and making yourself available whenever needed for as long as they need you, are additional elements in the process of “being there.” You become a safe haven for them: protection from a harsh world. You are "there for them" in their time of emotional need. (This should be standard fare for couples but is also a high standard for missionary companions, dear friends, and for parents to their children.)



## A. R. E. - FOR EACH OTHER

Sue Johnson (*Hold Me Tight*) teaches couples to be available, responsive, and engaged when your spouse needs you. She refers to this as "Are you there for me" (A. R. E.): Availability, Responsiveness, and Engagement. It is reciprocal; both husband and wife can reach out to the other, request, receive, and respond to requests to get their emotional needs met, including acceptance, belonging, comfort and safety. This helps create a mutually warm and supportive relationship.

A spouse or a friend often have the privilege of "Being There" for those in need of comfort. Being there means different things according to the person, the situation, and the level of seriousness of the issue. Here are some ideas to get your thinking started: a hug, cuddling by a spouse or other loved one, having long talks (long listening sessions), sitting in silence as one mourns a loss, saying consoling words, giving encouragement, sharing hope, bearing testimony of the reality of the Father and His love for us, praying, giving a Priesthood blessing, or just spending time with them. This is mourning with those who mourn, comforting those in need of comfort, and providing succor for those in need. “Being there” is designed to lessen the immediate and long-term impact of the issue at hand. It helps the person work through it; to know they are not alone and that you and perhaps others will be there for them when they need it.

# Marriage Map

## In One Page

### Spiritual

1. Love thy neighbor as thyself (Mark 12:31).
2. Do unto others as you would have them do unto you.
3. A new commandment I give unto you, that ye love one another; as I have loved you, that ye also love one another (John 13:34).
4. Husbands love your wives, even as Christ also loved the church, and gave himself for it (Ephesians 5:25).
5. Husbands love your wives and be not bitter against them (Col. 3:19).

### These are the skills to achieve the above:

### Logical

1. Meet each other's needs. (Willard Harley)
2. Replace certain "love busting" behaviors with marriage-healthy ones. (Willard Harley and John Gottman)
3. Learn good communication skills and perform them kindly. (David Burns and John Gottman)
4. Learn conflict resolution and perform those skills gently. (Sue Heitler)
5. Stop being passive, aggressive, or passive-aggressive. Be assertive. Know the differences.

### Emotional

1. Be there for your spouse in their time of need in the way and to the extent they need you and when they need you. (Sue Johnson)
2. Become friends (again), even best friends.
3. Be lovingly physically intimate with each other. (Sue Brotherson)
4. She is to show respect and admiration to her husband. If she absolutely cannot – she should respectfully encourage him.
5. He is to cherish her. If he absolutely cannot – he needs to become the perfect gentleman and treat her very special without condescension.
6. Heal old attachment injuries. They don't "just" go away; they must be healed. See article in this book on Healing Attachment Injuries.

# Husbands and Wives Stop and Start

## **Stop doing these things. Just stop!**

Stop selfish demands, annoying habits, angry outbursts, disrespectful judgments, independent behavior, and dishonesty.

Stop the dangerous emotional reactions. Everything that happens is not life-threatening. Most things are just mildly uncomfortable – when they are, act that way.

Stop being defensive, contemptuous, critical, stonewalling, arguing, yelling, screaming, swearing, belittling, shaming, humiliating, ignoring, rejecting, name-calling, and anything like those.

Don't be controlling, manipulative, tyrannical, coercive, bossy, a bully, or breakthrough boundaries. Don't coerce or force your spouse to be intimate with you or intimate in ways they don't want to. Don't withhold affection or intimacy as a punishment.

Those who love their spouses cannot imagine why such lists are created. However, we get off track sometimes, and if not aware, we can get way too far off track.

## **Start doing these things now!**

Change yourself for the better. The faster and more complete you do so, the faster your spouse will respond.

Be friends, loving, kind, considerate, gentle, affectionate, tolerant, empathic, generous, honest, open, forgiving, meet their needs, be there for them every time they need you, show respect, cherish one another.

Help them where and when they need your help. Listen to them, validate their feelings, thoughts, and circumstances. Comfort them. Encourage them. Give them hope. Learn and practice healthy conflict resolution and communication skills. Apologize when you are wrong or made an error. Ask for a redo.

Start right now. Don't stop doing good to and for your spouse.

Who is or should be our closest neighbor? Our spouse. Love thy neighbor as thyself.



# Her Need for Love

## HER NEED FOR CHRISTIAN LOVE

For want of a specific word, I will call this kind of love Christian love. Christian love can be explained as a concern for the welfare and happiness of another person. For a man to show this kind of love, he must be willing to stand by his wife in all circumstances, to be genuinely concerned about her, both in joy and sorrow. If she is troubled, he shows deepest concern, sympathy, and a willingness to help. He never deserts her when she is in real need, and he is always a true and loyal friend, not just because she is his wife, but because she is a human being to whom he owes a devotion.

It may seem strange that one must spell out a woman's need for Christian love, for one would assume that if a man loved a woman romantically, he would certainly love her with a basic Christian love as well. But such is not always the case. A man may have tender romantic feelings for a woman, but these feelings may be basically selfish. He may love her more for what she does for him than for what he can do for her. He may fail her in times of great need and distress, show a lack of concern and sympathy for her feelings, and even sometimes desert her in times of trouble.

A man may resent any implication that he lacks basic Christian love for his wife. He may defend himself with the fact that he has always provided for her adequately and done many wonderful things to make her comfortable and happy. He may remember times that he has been self-sacrificing for her sake. But, in spite of many kindnesses through the years, if he does not show his deepest concern for her when she is in distress, he appears to be, in her eyes, "a fair-weather friend." A woman must have the assurance that her husband will stand by her in all circumstances (not just when he feels like it) if she is to feel truly loved.

If a man lacks Christian love for his wife, then his romantic love may strike her as being superficial and insincere. She may even disregard his tenderness because he has wounded her by his neglect in times of distress. Only when Christian love is present can romantic love be of real worth to a woman.

## HER NEED FOR ROMANTIC LOVE

Love is to man a thing apart - 'tis woman's whole existence.

*Lord Byron*

The central need that a woman has in her life with her husband is her need for romantic love. This is the center of her happiness.

Romantic love is a tender romantic feeling a man and woman experience for each other. It is, in fact, the all-consuming emotion that brings them to marriage. After marriage, the man needs only a vague assurance that his wife really loves him, whereas, in the woman, this need is intense, and the need continues from day to day for the rest of her life. There are few men who realize this need in women and consequently neglect her daily need for love and tenderness.

From: *Man of Steel and Velvet* by Aubrey Andelin 1973

# His Needs, Her Needs

*If every husband and every wife would constantly do whatever might be possible to ensure the comfort and happiness of his or her companion, there would be very little, if any, divorce. An argument would never be heard. Accusations would never be leveled. Angry explosions would not occur. Rather, love and concern would replace abuse and meanness.* -President Gordon B. Hinckley, October 2004. The following is a method to accomplish the above (from the book, *His Needs, Her Needs* by Willard Harley). This can be very effective when coupled with good communication and problem-solving skills.

**“You can have a happy marriage if you learn to become aware of each other’s emotional needs and learn to meet them.”**

The author has put the needs in the following order, but the book can help you put the needs in your order.

**Her:** Affection (women feel cherished by frequent non-sexual, non-demanding touching)  
Conversation (women’s # 1 way to connect – mutual verbal dialogue that involves good listening)  
Honesty and Openness (share your thoughts, emotions, and activities. Don’t hide or withhold.)  
Financial Support (provide financially for our family, take care of us)  
Family Commitment (be active in supporting and nurturing the children and me)  
Added by Bender: Attachment (Needs husband to "**be there**" for her when trials, loss, etc. occur.)

**Him:** Sexual Fulfillment (men feel emotionally close to their wife when they have regular physical intimacy)  
Recreational Companionship (men tend to connect through activities – games, outdoors, sports, movies, travel, theatre, etc.)  
Admiration (men need to be admired and feel that you believe in him. - some would rather say; encourage him, have faith in him, appreciate him - he needs you to be expressive about it.)  
Domestic Support (keeps our home nice and inviting & she regularly demonstrates that he comes first in her life.)  
An Attractive Spouse (tries to keep herself up; hair, make-up & clothing, etc.)  
Added by Bender: Attachment (someone he can tell anything to and still feel loved and respected)

The text, either audio or the book, explains each need very clearly. This can be very helpful as some men just do not really understand the difference between sex and affection, nor do some understand how conversation brings women an emotional connectedness. Women often need help in getting a vision of a man’s desire for recreational companionship, and some think that only their husband has this need to be admired or encouraged.

It is “normal” and/or “ok” if a man has one or two of the needs listed for women and vice versa. If a person has an abnormally high need (obsession), they need to learn to deal with that themselves and not press their spouse to meet such obsessive needs. A spouse is not to look to this list and say, “you are not meeting my needs” but instead look at the other spouse's list and ponder, “How can I better meet my partner’s needs.”

# Meeting Emotional Needs & Speaking One Another's Love Language

Several books have been written about meeting our spouse's emotional needs and sharing our feelings of love in ways that are well received. Our Heavenly Father loves us dearly and expresses that love in a variety of ways. His ways are excellent examples for us to follow and emulate to express love one to another, and if we "seek, knock and ask," He will see that our emotional needs are met, and we will never be alone.

<b>Need or Love Language</b>	<b>From Heavenly Father to Us</b> <small>Includes the Godhead &amp; the Lord's Servants</small>	<b>Husband to Wife</b> <small>Primarily, but applies both ways</small>	<b>Wife to Husband</b> <small>Primarily, but applies both ways</small>
<p><b>1. Words</b></p> <p>Consoling words in a Spirit of meekness kind gentle spoken softly forgiving supportive understanding encouraging optimistic Even Angelic!</p>	<p>The Savior pleaded with the Father on behalf of his apostles, John 17:6-26 and us v.20. The Lord validates (acknowledges our person, circumstances, and sufferings), comforts and gives hope. He instructs us to do the same. D&amp;C 121: 7-9; 25: 5, 16; Exodus 3: 13-18; Luke 10: 33-35; Helaman 5; by Lehi: 1 Nephi 5: 2-7.</p> <p>The Savior was very kind to Peter and Joseph Smith when they made serious mistakes (denying Christ, losing the Book of Lehi).</p>	<p>Tell her how much you love her, how happy you are that you are married to her, how you appreciate her, tell her often, and be specific. Show respect with all of the words you use; never yell, swear, demand, or try to exercise control over her. Support her in her goals and activities with words and actions. Your vocal support will feel like sweet music to her ears when she knows or feels supporting actions will follow. Speak well of her and to her in public and in front of your children and relatives.</p>	<p>Tell him repeatedly of your admiration towards him, how much you love him. Be specific. Encourage him. When he is troubled, speak to him with consoling words in a spirit of meekness.</p> <p>Do not share any weaknesses he has with friends or relatives. Indeed, you should let others know the good he does. Do not put him down or make jokes about him. If you must tell somebody how bad he is, tell only the Bishop and Heavenly Father.</p>
<p><b>2. Time</b></p> <p>Quality meaningful uninterrupted focused</p>	<p>[T]he right to have the constant companionship of the Holy Ghost, whenever one is worthy, is a gift that [is given at the time of confirmation]. From the "Guide to The Scriptures"</p> <p>This is a RIGHT: It can be CONSTANT. Does it get better than constant?</p> <p>When two or more are gathered in His name, His Spirit will be there, showing us His love and acceptance. Col. 3: 16; Daniel 9: 20-23; 1 Thes. 5: 16-18</p>	<p>Take time to listen and validate her feelings and thoughts. Most women want to tell you what has happened that day, who they talked to, and how they feel about it all. Listen attentively without judgment. Five to 15 hours per week will be fine. Take the time needed to learn about your wife in great detail. Know of her experiences, history, loves, goals, fears, traumas, desires, longings, and ambitions. When you are home - be emotionally home. Get home as soon as you can.</p>	<p>He wants you to accompany him recreationally, whether that is outdoors, at sporting events, playing games, watching TV, movies, travel, theater, etc. Be his recreational companion. Accompanying him in his work around the house, if you can. For instance, when he is mowing the lawn, you might tend to the flower garden. When he is working on his car, hold the flashlight, grab a tool, or get him a cool drink.</p>
<p><b>3. Gifts</b></p> <p>"carry down the man a present, a little balm, and a little honey, spices, and myrrh, nuts, and almonds:" Gen 43:11</p>	<p>Elder David A. Bednar calls these the "Tender Mercies of the Lord." Like when good things happen without an apparent explanation. There are many spiritual gifts. 1 Cor. 12: 4-10. Every perfect gift is from God, James 1:17. Eternal Life is the greatest of all the gifts of God.</p> <p>"I, the Lord, delight to honor those who serve me in righteousness and in truth unto the end." D&amp;C 76:5, Joseph Smith Jr. was then given a vision of the Celestial Kingdom.</p>	<p>Learn the importance that certain holidays have for your wife. Her birthday and valentine's day may have very special meaning or not. Respond to those and other holidays at the level she wants. Also, a small gift is a most thoughtful and appreciated between those days. Small unexpected gifts include flowers, greeting cards, jewelry, candy, or something else thoughtful.</p>	<p>For him, this could be a special greeting card, a sweet treat, a love note, or favorite candy in his travel, exercise, or sports bag. Maybe send flowers to work or try getting him something for a hobby of his.</p> <p>We are not talking about big-ticket items like boats, cameras, or cars.</p>

<p><b>4. Acts of Service</b></p> <p>"When ye are in the service of your fellow being, ye are only in the service of God."</p>	<p>The Lord directs his under-shepherds, the Bishops, to organize home and visiting teaching and other programs to serve us in His name.</p> <p>Luke 12: 12 John 14: 26</p> <p>Protection, promptings, guidance, spontaneous teaching, general conference, Sacrament meeting, etc.</p>	<p>Help around the house first, the more children at home and the more you are not generally available, the more important this is. Take good care of the house, appliances, and her car. The dryer should never be "out of order" for more than 48 hours in households of 5 or more. Situations like that can quickly become a crisis.</p>	<p>Wives and moms are continually giving acts of service to their families. In spite of that, something more personal once in a while is helpful. Such as helping him with things that are not his strengths, cook a favorite meal, taking and picking up his dry cleaning, polish his shoes, etc.</p>
<p><b>5. Physical Touch</b></p> <p>Infants die when not touched: adults emotionally and spiritually can die when not touched.</p>	<p>When I am filled with the Holy Spirit, I feel "touched," accepted, and loved by my Heavenly Father.</p> <p>We are also touched with tenderness or warmth by the Lord's servants when we are greeted, encouraged, baptized, confirmed, ordained, set apart, anointed, receive other priesthood blessings including our Patriarchal Blessing.</p> <p>Romans 15: 13 Acts 13: 52</p>	<p>The most important part of physical touch for most women is non-sexual, non-demanding touching that shows affection, e.g., hugs, kisses, cuddling, and tender caresses. She will feel cherished. Husbands should touch their wives this way 50 times to every time there is a sexual overtone to the touch. It is best to have such overtones in absolute privacy and at times that are mutually respected and appreciated. She needs to feel loved and accepted by you as a person, a partner, or a helpmeet: not that she is only a source of physical gratification to you.</p>	<p>Keep yourself well-groomed and attractive. Men are visual, and it is often important for women to do the best they can with what they have. Neither of you being obsessive about it, just thoughtful and considerate.</p> <p>Most men feel emotionally close to their wives when they have regular physical intimacy. Many men appreciate the tender touches as do women. With some men, you may have to help them differentiate between tenderness and a request to initiate more intimate contact.</p>
<p><b>"Be There" For Me:</b></p> <p>when things are emotionally charged or challenging to me.</p> <p>Always, when it is a crisis! - My definition of a crisis, not yours!</p>	<p>Heavenly Father hears every word of our prayers and promises that He will not leave us comfortless. Christ understands our afflictions, for He has suffered "pains and afflictions and temptations of every kind;" "that he may know according to the flesh how to succor (provide relief, aid or help) his people according to their infirmities."</p> <p>James 5: 16; John 14: 18; 1 Peter 3: 18</p>	<p>"Be there" when she needs you for as long as she needs you: be kind, supportive, gentle, and protective. Validate her feelings and emotions, hold her tight, and spend all the time, energy, and money necessary under the circumstances. Create for her a safe haven from a harsh world. Every significant negative emotional experience she has is an opportunity for you to "be there" for her. The less important ones (to you) are practice for the big ones. Don't error on the big ones.</p>	<p>What is written from "Husband to Wife" is to be reciprocal.</p> <p>Be of comfort to him, in his afflictions with consoling words in the spirit of meekness.</p> <p>D &amp; C 25:6</p> <p>Encourage him.</p> <p>You and his home should be his place of refuge, peace, and solace.</p>
<p><b>Basic Needs</b></p> <p>Food clothing housing career personal finances</p>	<p>If we pay our tithing, the windows of Heaven will open, and there will not be room enough to receive it.</p> <p>Malachi 3: 10</p> <p>The Lord provided everything in the desert to the children of Israel when Moses led them out of Egypt. Numbers 6: 22-27</p> <p>Today, the Bishop and the church welfare system can supply anything essential to those who are in need.</p>	<p>Develop your career to provide financially for your family and work hard. Do not live so expensively that your wife is <i>required</i> to work. Work with her to build a kind and loving home for your family. Be a family man. She should have some money each pay period that she does not have to account to you as to how she spent it. That amount should be in proportion to your discretionary income and may be equal to the amount you get. Don't even ask where it was spent.</p>	<p>Keep your home clean and inviting. Educate yourself, vocationally. If you have children, learn parenting skills, child development, first aid, tutoring, childhood diseases, and nutrition. Do all you can do to live in love and peace. Try to be an example to the entire family of a happy, spiritual, resilient, optimistic, and forward-thinking adult.</p>

# Love Busters

Overcome these habits that destroy romantic love:

- ❖ Selfish Demands
- ❖ Annoying habits
- ❖ Angry outbursts
- ❖ Disrespectful judgments
- ❖ Independent behavior
- ❖ Dishonesty

The theme is taken from the book of the same name by Willard F. Harley, Jr., Ph.D. He also wrote the book, *His Needs – Her Needs*.

## Four Horsemen of the Apocalypse – Stop them from riding in to wield destruction on your marriage:

- ❖ **Criticism**- is the judgment of the merits and faults of the work or actions of one individual by another (the critic). To criticize does not necessarily imply to find fault, but the word is often taken to mean the simple expression of prejudice or disapproval.
- ❖ **Contempt** - is an intense feeling or attitude of regarding someone or something as inferior, base, or worthless—it is similar to scorn. It is also used when people are sarcastic. Contempt is also defined as the state of being despised or dishonored, disgrace, and an open disrespect. Contempt is often brought about by a combination of anger and disgust.
- ❖ **Defensiveness** – Responding defensively to complaints, criticism, or contempt by making excuses, denying, arguing, whining, or counter-blaming, rather than trying to solve the problem.
- ❖ **Stone Walling** – responding like a stone wall. No emotion, no reaction, deadpan face – I am ignoring you –withdrawing or not engaging in a conversation with you.

Four Horsemen by John Gottman, Ph.D.

# 10 Habits for a Happy Marriage

Here are 10 habits from *75 Habits for a Happy Marriage* to help you enhance your connection, communication, and intimacy. The book was written by therapists Ashley Davis Bush and Daniel Arthur Bush

## 1. Express your love every morning.

For instance, you might say, “I love being married to you” or “You matter to me.” The key is to convey to your partner that he or she is special to you, according to the authors.

They suggest saying this in person. But if you’re not home, then you might text these words or leave a note on the fridge. They also suggest changing up the words you use and how you deliver them.

## 2. Greet your partner with a long hug.

Be excited when your partner gets home. Stop what you’re doing, give them a full-body hug for at least 20 seconds and say something like, “I’m so glad you’re home.” If you’re coming home, do the same, and say, “I’m so glad to be home.”

Hugging for this long might feel strange. But, as the authors note, 20 seconds is the time it takes to stimulate the bonding hormone oxytocin, which helps you feel closer to your partner right away.

## 3. Express your gratitude.

When you’re getting ready for bed, thank your partner for a word, action, or experience. If you go to bed first, let them know right before you head in. If you go to bed later than your spouse, write it down for them to read in the morning.

This helps your partner feel appreciated and helps you start focusing on what’s going well. “You begin to see more and more circumstances, actions, and sweet moments for which to be grateful,” according to the authors.

## 4. Reminisce together.

Take turns sharing happy memories from your past. Be as detailed as possible. If you have a hard time remembering, use holidays and vacations as reminders. If you’ve been together for a long time, share your memories by decade.

According to Davis Bush and Bush, “You not only fill yourselves with the spirit and emotion of wonderful times, but you may also be reminded of forgotten times or see them through your spouse’s eyes.”

## 5. Chat about change.

People change. This is inevitable. Talking about change helps couples build intimacy. It helps you better understand your partner’s inner world, and helps you reveal your real self to your partner.

Ask your partner: “How do you think you have changed over the past year?” Focus on being open and curious about your partner’s experiences.

## 6. Chat about dreams.

This is another helpful way to get to know your spouse better. Start by asking: “What do you dream will happen in the next ten years?”

This might be anything from taking a certain vacation to owning a boat to winning the lottery. Whatever he or she says, again, try to be open and nonjudgmental.

## 7. Walk-in their shoes

When couples disagree about an issue, they usually focus on making their point and proving they’re right. They usually focus on their personal perspective. However, this doesn’t leave much room for empathy.

Instead, say, “Let’s Switch.” Then speak from your partner’s perspective, saying, “I am (insert your spouse’s name), and this is how I see it.”

According to the authors: “Before you speak, spend a moment with your eyes closed, breathing deeply, and thinking about what life must look like through the lens of your mate’s history, his personality, his experience.”

After you’re done, ask them to do the same with your perspective.

### **8. Listen fully.**

When your partner is upset and complaining, listen to them, without trying to minimize or fix their problem. As the authors write, unless your spouse specifically asks for a solution, they probably just want to be heard.

After your spouse is done talking, say: “‘What I hear you saying is’ Then paraphrase his words. Continue by saying, ‘Did I get that right?’ and ‘Is there more?’”

### **9. Touch their heart.**

Put your hand on your spouse’s heart and ask them to do the same. Hum a note, and

have your spouse match your tone. When your spouse changes the note, match it.

Doing this creates a frequency of connection, write Davis Bush and Bush. They note that this exercise reminds you that you’re together in life, and your marriage is a priority.

### **10. Learn their poignant words.**

Ask your spouse about the words that help them to feel loved and valued. For instance, they might be “I will be with you forever,” “I trust you,” or “I am here for you.” Once you know these powerful words, whisper them to your partner.

Every relationship requires sustenance. Healthy habits, according to the authors, can provide this nourishment.

This article was written by Margarita Tartakovsky, M.S., she is an Associate Editor at Psych Central.

# How to Talk Through Differences

This article is designed to help you talk through differences. The main principle comes from the book, *Crucial Conversations, Tools For Talking When The Stakes Are High* by Kerry Patterson. This quote is from chapter 8. “Then again, you will never work through your differences until all parties freely add to the pool of meaning. That requires the people who are blowing up or clamming up to participate as well. While it is true that you can’t force others to dialogue, you can take steps to make it safer for them to do so. After all, that is why they have sought the security of silence or violence in the first place. They are afraid that dialogue will make them vulnerable. Somehow, they believe that if they engage in real conversation with you, bad things are going to happen to them. Your daughter, for instance, believes that if she talks with you, she will be lectured, grounded, and cut off from the only guy who seems to care about her. Restoring safety is your greatest hope to get your relationship back on track.”

The principle is when you are talking with someone, and you are getting a strong emotional reaction, or total clam-up, which is called stonewalling, it is because they feel unsafe. Here are two helpful things to do.

1: Take a break and get all the players calmed down and then try again. During the break, you make sure you have it clear in your mind where you want it to go and how to explain that to them. Also, you want to determine whether it is mildly uncomfortable or life-threatening and respond accordingly.

2: Another method is to stop progressing the conversation, back up, talk about the goals of the conversation, what you are trying to accomplish. See if you can get them to tone down, and if you can, and if they agree with you on the goals of the conversation and the way you are trying to approach the issue, then you can continue the conversation.

If you call for a break, blame it on yourself and never on the other person. If the other person is quite upset, it is okay for you to be upset enough to call for a break, you can say we need to take a break so I can get my head together. We can come back when we are calm. Marrieds should not wait for more than 24 hours. If not married, you can wait 2-3 days, if you want.

When you come back, the person who initiates the conversation has the responsibility to start softly. Steve Covey’s method of “seek first to understand” is perfect in this case. That is the person who starts the conversation goes up to their spouse and says I would like to listen to you because we have an issue with X. Let’s say the roof is leaking, and it might cost 10 thousand dollars to fix it. I am very concerned about what we are going to do about the roof, and I want to hear what your concerns and fears are and what you want to do. Tell me everything. Listen attentively, and when she has said her piece, ask questions to clarify little issues without interrupting her flow and then give her feedback so that she knows you understood.

When she is giving you that feedback, and she says, yes, you got it. Then ask her if now is a good time to give her your feedback. If it is, you tell her everything you are thinking and feeling. Your fears and your wants and what your plan is. Ask her for feedback. When she understands your feelings and thoughts on the situation, then it is time to look at solutions. Sometimes when that happens, the answer or solution is obvious. That happens quite a bit. It only happens because we fully disclose everything. If we don’t tell some of those hidden agenda items, it doesn’t work as well. Remember the principle we don’t talk or dialogue when one is mad. The blood leaves the brain or is not flowing in the brain, and you need blood flow for good thinking and good memory. When we don’t have it, it is not there. Nothing good has ever been said after one gets mad. Have her start going, have a cool-down period, regroup.



Good luck and God Bless you.

A couple of scriptures supporting the principles above.

Proverbs 16:1 A soft answer turneth away wrath: but grievous words stir up anger.

D&C 121: 41 No power or influence can or ought to be maintained by virtue of the priesthood, [or by controlling the money, being stronger, louder, the wife or mom, being more obnoxious, etc.] only by **persuasion**, by long-suffering [patience], by **gentleness and meekness**, and by **love** unfeigned;

42 By **kindness**, and **pure knowledge**, which shall greatly enlarge the soul without hypocrisy, and without guile

2 Nephi 25: 23 For we labor diligently to write, **to persuade our children**, and also our brethren, to believe in Christ, and to be reconciled to God; for we know that it is by grace that we are saved, after all, we can do.

Hymn 232: Let us oft speak kind words to each other  
At home or wherever we may be;  
Like the warblings of birds on the heather,  
The tones will be welcome and free.  
They'll gladden the heart that's repining,  
Give courage and hope from above,  
And where the dark clouds hide the shining,  
Let in the bright sunlight of love.

Oh, the kind words we give shall in memory live  
And sunshine forever impart.  
Let us oft speak kind words to each other;  
Kind words are sweet tones of the heart.

D&C 31: 9 Be patient in afflictions, revile not against those that revile. Govern your house in meekness, and be steadfast.

# Conflict Resolution

Soft starts tend to end  
with softer endings.

## Premise

Arguing creates an adversarial relationship. If we are to work together as a team and be as one, it is essential to resolve differences in a way that does not stir up contention. Conflicts that are resolved positively create cooperation, even intimacy. These same principles apply to friends and colleagues as well as family members. Here “spouse” is used for the other party in the conflict.

Seek first to understand:

“I want to hear what you are saying because I know it is important to you, and I value our relationship.”

- What is my spouse saying?
- What is my spouse feeling?
- Why is this important to my spouse?
- On a scale of 0-10, how strongly does my spouse desire this?
- Give your spouse feedback, so she knows you understand and respect her position. When you understand, seek to be understood:
- Do you feel I understand what you are saying? And respect your ideas?
- Is this a good time for me to share my thoughts?
- After your spouse understands and respects you and your position, then you are both ready to solve the problem.

Only at this point do you attempt to solve the problem:

“How can we resolve this conflict so that both of us well feel loved and appreciated?”

- Does a solution stand out to both of you?
- Does it seem “right” or “ok” for one of you to acquiesce?

- Does it seem like now is not the time to solve this?
- Talk about these three possibilities before you go on.  
Resolve conflicts by:
  - Meeting in the middle
  - Meeting on one side
  - Meeting later
- Brainstorm a list of possible solutions.
- With that list, is there any combination of solutions that creates or reminds you of a different solution?
- Work through the list until you two agree to a solution that respects both of you.

Thoughts worth remembering:

- When you win an argument, your spouse is the loser.
- Arguments accomplish a great deal: none of which is good or healthy.
- Turn your differences into assets rather than liabilities. [That is the proper use of synergy].
- Choose to believe a winning solution is possible and that you and your wife are capable of finding it.
- Arguments never resolve conflicts; they simply intensify them.
- I choose to respect my spouse’s ideas, even when I disagree with them.
- I choose to love my spouse and do everything I can to make their day happier.
- Our best listening skills are required to resolve conflicts: empathy, validation, feedback, and keeping the conversation safe.

Summarized by Dean Bender from the book by Gary Chapman, “Everybody Wins.”

[www.bender-mft.com](http://www.bender-mft.com)

# Ending A Power Struggle With A Spouse

This instruction includes an example where the husband is trying to change a particular behavior of his wife, and she is not changing. The wife does x. The husband wants her to do y, instead.

The husband asks his wife to stop doing x and begin doing y. The wife's behavior does not change. The husband asks, again and again, no change. This, in the past, continues until the husband gets frustrated enough that he yells, orders, name calls, screams, or otherwise puts enormous pressure on wife to "obey." If the wife does not want to do it, it gets worse. She counters his attacks, and we have war.

To prevent war or undo control, do the following.

Wife, when you see that he continues to ask or pressure you, it is time for you to act. When he is not agitated, start a peaceful discussion, tell him why you do x and not y. Tell him the benefits to you of x and admit any downsides. Inform him of why you don't do y and admit to positive parts of y. Finally, summarize by telling him why the benefits of x and negatives of y outweigh the benefits of y and the negatives of x. Then listen to him very carefully and see if he has valid points.

Husband, stop yourself before you become contentious. Try to persuade her with logic, reason, and emotion: gently, kindly, and lovingly. Listen carefully to her. Judge if this is mildly uncomfortable, dangerous, or life-threatening. If mildly uncomfortable, drop it.

At this point, both Husband and Wife need to be compromising, patient, kind, respectful, forgiving, and accepting.

# Healing Attachment Injuries

An attachment injury is an emotional injury to a spouse or friend that is so hurtful that it changes the relationship negatively. The injury could be as straightforward as saying very hurtful things to absolute betrayal.

If you did something wrong or sinful to cause the attachment injury, first, you must develop Godly sorrow, change your heart, stop the behavior, and make restitution. After you do those things, then you are ready to start the healing process with your spouse or friend.

Bring the memory of the injury to the forefront of your spouse's or friend's mind without dredging up all the ugly wounds.

Admit responsibility: however big or small.

Express your genuine sorrow.

Apologize for each thing you did that hurt.

Express sorrow for any fallout from the event: whether you caused it or not.

Tell what you will do to prevent it from happening again.

Express your original intent if it was good intent.

If your original intent was not good, tell how you have changed your attitude.

Apologize again for each item and all fallout.

Ask for forgiveness

Ask what else you can do to heal the injury.

--This procedure may be required several times for some severe injuries.

# A Divorce Quote by President James E. Faust

This quote was printed in the Ensign twice: once under the title, *Father, Come Home*, Conference Report April 1993 and again in August 2004 as the First Presidency Message, *Fathers, Mothers, Marriage*

It must be recognized that some marriages fail.

What, then, might be “just cause” for breaking the covenants of marriage? Over a lifetime of dealing with human problems, I have struggled to understand what might be considered “just cause” for breaking of covenants. I confess I do not claim the wisdom nor authority to definitely state what is “just cause.” Only the parties to the marriage can determine this. They must bear the responsibility for the train of consequences which inevitably follow if these covenants are not honored. In my opinion, “just cause” should be nothing less serious than a prolonged and apparently irredeemable relationship which is destructive of a person’s dignity as a human being.

At the same time, I have strong feelings about what is not provocation for breaking the sacred covenants of marriage. Surely it is not simply “mental distress” nor “personality differences” nor “having grown apart” nor “having fallen out of love.” This is especially so where there are children. Enduring divine counsel comes from Paul:

“Husbands, love your wives, even as Christ also loved the church, and gave himself for it.” “That they may teach the young women to be sober, to love their husbands, [and] to love their children.”

The BYU School of Family Science, on their website supporting marriage, only the main paragraph is quoted, and they put this sentence in front of it, "In some cases, especially those that involve abuse, infidelity, or addictions, divorce provides a safer and healthier environment."

# Stellar Church Talks and Articles

- “Be 100% Responsible” by Elder Lynn G. Robbins, BYU 2017 Campus Education Week.  
<https://speeches.byu.edu/speakers/lynn-g-robbins/>
- “Do Not Despair” by President Ezra Taft Benson, Ensign October 1986.
- “Beware of Pride” by President Ezra Taft Benson, Ensign, May 1989
- “Forgiving Others: Misconceptions and Tips” by Elizabeth Lloyd Lund, Ensign April 2018
- “Cultivating Meaningful Connections” by Faith Blackhurst, Ensign April 2018
- “Be A Quality Person” by Marvin J. Ashton, Ensign, Feb. 1993.
- “Until Seventy Times Seven” by Elder Lynn G. Robbins, Ensign, May 2018.
- “Meek and Lowly of Heart” by Elder David A. Bednar, Ensign, May 2018.
- “Avoid It” Elder Lynn G. Robbins, BYU Speeches, <https://speeches.byu.edu/speakers/lynn-g-robbins/>
- “Remember Lot’s Wife”: Faith is For the Future, Jeffrey R. Holland, 2009
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- <https://www.youtube.com/watch?v=o73pqQ9Gzt4> Fix Yourself by Jordan Peterson
- <https://www.youtube.com/watch?v=q6sMnQsv7Hk> Every Fight Ever, Studio C, Humor
- <https://www.youtube.com/watch?v=Cbk980jV7Ao> Validation, the 1<sup>st</sup> two minutes are Instructive
- <https://www.youtube.com/watch?v=-EvvPZFdyk&list=Wl&index=8&t=8s> Why You Will Marry The Wrong Person -

# An Example of One Living the 2<sup>nd</sup> Great Commandment

President Thomas S. Monson's life exemplified how to live the Second Great Commandment.

Thomas S. Monson, when he was an inexperienced 23-year-old Mormon bishop, had a distressing problem that would define his life.

He had the distinct spiritual prompting to leave a priesthood leadership meeting as his stake president was speaking and visit an elderly member of his congregation in the hospital. It seemed rude to stand, shuffle over 20 people, and exit as his presiding leader spoke. Instead, he sat uncomfortably until the talk ended, then bolted for the door before the closing prayer.

At the hospital, he ran down the corridor. He stopped when he saw a commotion outside the room of the man he was to visit. A nurse told him the man had died, calling Bishop Monson's name as he passed away. Shattered, the fledgling bishop went outside and wept, sobbing. He vowed then, in the parking lot of the old Veterans Hospital in Salt Lake City's Avenues, that he would never turn a deaf ear to another prompting.

President Monson's service was legendary. As a 22-year-old bishop of an LDS ward, he took vacation time each winter and visited some 80 widows in his ward. When church responsibilities grew, he found time to speak at each widow's funeral in later years.

His teachings quietly resonated with most Latter-day Saints:

“Never let a problem to be solved become more important than a person to be loved.”

“We must develop the capacity to see men not as they are at present but as they may become.”

“Find someone who is having a hard time, or is ill, or lonely, and do something for him or her.”

“As we move toward the future, we must not neglect the lessons of the past. Our Heavenly Father gave His Son. The Son of God gave His life. We are asked by them to give our lives, as it were, in their divine service. Will you? Will I? Will we? There are lessons to be taught; there are kind deeds to be done; there are souls to be saved. Let us remember the counsel of King Benjamin: ‘When ye are in the service of your fellow beings ye are only in the service of your God.’ Reach out to rescue those who need your help. Lift such to the higher road and the better way.”

Elder Holland emotionally described an experience of President Monson's:

"The image of him I will cherish until I die is of him flying home from then—economically devastated East Germany in his house slippers because he had given away not only his second suit and his extra shirts but the very shoes from off his feet."

Quotes from Deseret News and Lane Williams – The Federalist

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Please read the Amazon Reviews

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*Becoming Better Together: goals to grow together* by John Van Epp and Morgan Cutlip

*Between Husband & Wife: Gospel Perspectives on Marital Intimacy* by Lamb and Brinley

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*Key Core Beliefs: Unlocking the HEART of Happiness & Health* by Otis, Williams, & Messina  
*Scriptures:* Those writings you accept as the Word of God  
*Ensign Magazine:* Nearly 50 years of Ensigns are available to search at LDS.org  
*Second Great Commandment, The* by Dean Bender (contains articles on all the above topics)

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**New pages will be printed after this one. Later they will be incorporated into the document.**

# **New Pages Start Here**

# Teasing: How to Stop Teasing

Use a different technique for different people and various types of teasing. And try more than one if the first one does not work well.

**TEACH THEM:** “David, teasing someone once or twice is good clean fun. Three times is annoying. Four or more times is just obsessive, or it is outright bullying.”

**STOP REWARDING THE TEASER:** Teasers only tease victims. Stop your blushing, crying, over-reacting, being offended, etc. Showing no reaction is the very best. Desensitize yourself and know that if you are embarrassed about anything, that is ammunition for the teaser. Also, don't be defensive. You could reply by saying, “Does it make you feel good by trying to make others feel bad?”

**ROLL YOUR EYES IN CONTEMPT:** Or you could act bored, fed-up, disgusted, or act like you are dealing with a little child. Just don't give them what they want. Look upward, sway your head slowly back and forth, saying, “Wow, this is so old, this is not going to work again. Hang it up. Give it up.”

**WORK THE CROWD:** Is the teaser playing to an audience? If there are people around, the teaser is hoping to heighten his or her status by taking you down. The key in this situation is to talk to the group, not to the teaser. “Joe's at it again, picking on people he wishes were his size.” In this way, you're linking yourselves with them. Now it's not him against you, it's you and the group against him. Outnumbered, he'll probably slink away and think twice before taking you on again. From - Sam Horn, *Take the Bully by the Horns*

**GIVE THEM A DOSE OF THEIR OWN MEDICINE:** Playing the teaser game with a teaser takes their fun away. Turn the table on the teaser. Give it right back to them. Try to dish it out at the same level as they are giving, or you may look like a bully. The best way is to tease them about being a teaser: picking on people in weak moments or for silly things.

**FIGURE OUT WHAT THE TEASER IS TRYING TO ACCOMPLISH:** Check facial expression to see if the teaser is being playful or punitive. If teasers have a spiteful gleam in their eye, they may be deliberately trying to one-up you. If they have more of a twinkle in their eye, this could simply be an example of their adolescent sense of humor. A teaser is usually trying to rile you by tossing out a taunt that elicits an emotional rebuttal. However, teasing can also be a socially clumsy way of engaging you in conversation and getting your attention. This could be an awkward way to try to connect with you.

From - Sam Horn, *Take the Bully by the Horns*

**Roll with it:** When the tease comes, agree with it, and even make it grow. If someone teases you about your hair, start laughing and shout out, are you kidding, I spend an hour on it this morning, and nothing worked. I almost went out and bought a wig.

# False Imprisonment

(California Penal Code 236 & 237)

You've been having a heated argument at home with your spouse for nearly an hour, and you decide it's time to work things out. However, your spouse no longer wants to argue and now refuses to talk to you. Your spouse then walks toward the door to go outside and cool off. However, you are adamant about discussing things now and coming to a solution, so you attempt to restrain your spouse from leaving. After several attempts and pleas to let go, your spouse calls the police. Within minutes you are arrested for false imprisonment.

Although this may seem like a harmless act, it is prohibited under California law. California Penal Code 236 states, "false imprisonment is the unlawful violation of the personal liberty of another." To fully understand this law, we will first identify the elements of this crime.

## Prosecution of False Imprisonment (PC 236)

For you to be found guilty of false imprisonment under California Penal Code 236, the prosecution must prove beyond a reasonable doubt that you:

Intentionally and unlawfully restrained, detained or confined a person; AND

Your act made the person stay or go somewhere against his or her will.

## Sentencing and Punishment for PC 236 Violation

If you are convicted of felony false imprisonment, you face up to 3 years in state prison.

False imprisonment is a misdemeanor crime in California. If you are convicted of this crime, you face up to 364 days in county jail, a \$1,000 fine or both jail and fine.

If the court finds that your act of false imprisonment occurred with violence, menace, fraud, or deceit, you could be charged with a felony. Felony false imprisonment is punishable by 16 months, two or three years in state prison.

### *FAQ:*

*What if I didn't really mean to force the person to remain where they were, I just wanted to talk?*

False imprisonment is a "general intent," crime. This means that you don't have to literally intend to "falsely imprison," a person, just that your actions that caused a person to be "falsely imprisoned" were deliberate and voluntary. In other words, it is not required that you physically restrain the alleged victim to be found guilty. If your actions indirectly caused the person to be restrained, you can still be found guilty of false imprisonment.

*Can I be charged with felony false imprisonment even if I didn't commit any actual violence?*

Yes, violence is not a required element of felony false imprisonment. Menace, just causing the victim to feel fear of possible physical violence by your actions if they attempted to leave is enough to be charged with a felony.

From a website by Wallin & Klarich, a Southern California law firm that invited sharing this article.

# Trauma

Colloquially: A deeply distressing or disturbing experience.

Clinically: Any disturbing experience that results in significant fear, helplessness, dissociation, confusion, or other disruptive feelings intense enough to have a long-lasting negative impact on a person's attitudes, behavior, and other aspects of functioning. Traumatic events include those caused by human behavior (e.g., rape, toxic accidents) as well as by nature (e.g., earthquakes) and often challenge an individual's view of the world as a just, safe, and predictable place.

## There are two classifications: PTSD and PTRS

**PTSD: Post-Traumatic Stress Disorder** is a mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares, and severe anxiety, as well as uncontrollable thoughts about the event.

Most people who go through traumatic events may have temporary difficulty adjusting and coping, but with time and good self-care, they usually get better. If the symptoms get worse, last for months or even years, and interfere with your day-to-day functioning, you may have PTSD.

Getting effective treatment after PTSD symptoms develop can be critical to reduce symptoms and improve function.

**PTRS: Post-Traumatic Relationship Syndrome** is also a mental health condition that may afflict individuals who have been traumatized by physical, sexual, and/or severe emotional abuse within an intimate relationship. In PTSD, there is overutilization of avoidant coping, but PTRS involves the overuse of emotion-focused coping.

Sexual, physical or severe emotional abuse (e.g., abandonment, betrayal, malevolent intent, or repeated victimization) often has devastating effects on the recipient. These effects can be long-lasting and broad-ranging. Untreated trauma not only has dire effects on the individual (e.g., intense psychological distress, lost productivity, permanent disability, and increased industrial accidents), but also has broader ranging effects (e.g., social and community disorganization).

A person who answers yes to both or either A or B and yes to C, D, and E should see a mental health professional for a clinical evaluation. Any person who is currently experiencing the events that cause PTSD or PTRS should seek help immediately from family, loved ones, clergy, child protective services, or the police, depending on the situation.

A Have you experienced or witnessed a traumatic event such as death, serious injury, or a threat to your life or someone else's?

B Have you experienced serious emotional, physical, or sexual abuse?

C Did you feel intensely afraid, helpless, or horrified when this event occurred?

D Do you get upset when you think about the event or when you're reminded of it?

E Do your negative reactions to this event interfere with your life?

*The Post-Traumatic Stress Disorder Sourcebook* by Glenn R. Schiraldi, Ph.D., is one of the most complete books for patients and families to learn about and deal with this disorder.

One of the most widely accepted therapies to treat trauma is EMDR – Eye Movement Desensitization and Reprocessing.

Therapies that help also include Cognitive Processing Therapy, Prolonged Exposure Therapy, and Stress Inoculation Training. No other therapy is listed as helpful for PTSD alone by the American Psychological Association (APA). However, many others are being used, such as ACT.

ACT and the therapies that follow do not have sufficient independent research supporting an endorsement from the APA. However, one would be hard-pressed to convince a clinician who has used one of these methods dozens of times, with a very high success rate, that the technique does not work.

There are many therapies “on the edge” that have been reported to have helped many. These include Art therapy, Dance therapy, Equine (Horse) therapy, and others.

I have personally had great success with two therapies that are like cousins to each other: Healing TimeLine and Lifespan Integration. One is very religious (Christian), and the other is without religion. My success rate with Healing Timeline is over 90%.

Neither one of these retraumatizes the client. Although they can be emotionally exhausting. They are based on the widely-held premise that trauma memories are not stored in the same way as regular life memories. Therefore, if you surround the healing of the trauma memory with regular life memories while the trauma is being healed, the trauma memory becomes stored along with the regular life memories. From then on, trauma memories generally do not subconsciously interfere with current decisions and current life events.

If the symptoms of trauma are affecting your life, do yourself, your loved ones, and your personal community a big favor and get help.