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Skills and Hope

Practical Family Living is a not-for-profit corporation dedicated to providing affordable healthy relationship principles to the public.

Radio Themes

Broadcast Weekdays at 12:45pm:
91.5-WEMY (Green Bay), 91.9-WEMI (Appleton), 101.7-WEMI (Fond Du Lac, Ripon)
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June 2016

- Surviving Infidelity
- Murky Beliefs
- Transitioning to a Family with a Child
- Grief Reflections
- You are NOT a Nobody
- Making Amends
- Parenting Young Children: Proactive
- Low-Drama Parenting
- Healthy Esteem – His Workmanship
- Excellence vs. Perfectionism
- Flexibility in Family
- Loosening the Noose: False Assumptions

July 2016

- An Encouraging Word Goes a Long Way
- Trauma: Caring for Ourselves
- A Hole in the Soul: Adult Children from Difficult Circumstances
- Let's Talk About Forgiveness
- A Child Faces Divorce
- The Stories We Tell
- Cultivating Secure Bonds & Healthy Relationships in Children
- How to Bend and Not Break

August 2016

- Christian at a Secular School/College
- Crazy Minds
- Dealing with Depression
- The Significance of Attachment
- The Excitement and Challenge of Beginning School
- Characteristics of Adult Children of Alcoholics
- Knowing If and When to have Difficult Conversations
- Back to School
- Live Within Your Means
- Claim Your Inheritance

September 2016

- Muddy Waters
- Claim Your Land
- Everyone is Welcome (Bullying)
- Emotional Intelligence: Helping Children Regulate Their Feelings

PRACTICAL family LIVING NEWS

Unchecked Anger

By Lynda Savage, M.S., LMFT, LPC
Founder PFL/CFH

It is fashionable to think that venting anger is a good thing. Behavioral studies say we must rethink this belief, as does the Bible. Unchecked anger, rage, or overly aggressive responses do not produce positive fruitful outcomes. Rehearsed anger, rage, or revenge filled thoughts more than likely produce aggression at the least, and out of control action at the worst.

Psychologists know that repeated aggressive thought plants angry action ready for use. Even thoughts about nasty things you'd like to say to someone creates action immediately ready for implementation. Like the joke, "How do you get to Carnegie Hall? Practice, practice, practice." It is the same for aggressive behaviors. Practice, practice, practice readily brings more and more angry aggressive action.

Proverbs puts it this way: "For pressing milk produces curds, pressing the nose produces blood, and pressing anger produces strife." 30:33

Have you ever wondered why people seem to be so much angrier than what we remember? Road rage, shootings, election rallies that turn violent, and the like are daily in the news. At least part of the explanation relates to rehearsal.

If we have been playing super aggressive digital or internet games, watching violent media, repeatedly thinking vengeful or rage filled thoughts, we will likely have overly aggressive behaviors instantly present for action, and little stopping us if we have well rehearsed desires for it. Neurological studies say that we have a few a seconds, sometimes less, to decide (if we still have some rationality available to us,) whether or not we will activate behavior.

Yes, anger can give us information if managed. And under certain circumstances, blowing off steam in a safe environment with a safe, not the target, understanding person, can have benefit. In a safe circumstance, anger checked within, knowing this de-stressing is a process and not the final stop, can help in certain contexts. However, unchecked anger is a real danger to others and ourselves.



Lynda



AN INSIDE LOOK...

Rebuilding Trust	2
Holding On To Hope	2
Crazy Minds	3

Be sure to check out the Center for Family Healing mental health therapists and offerings at: www.centerforfamilyhealing.net

Excellent licensed professional help with problems call: 920-720-8872
Center for Family Healing

Rebuilding Trust

By Brenda Spina, M.S., LMFT, LPC
Director/Clinical Family Therapist



Trust is precious. Trust is hard to place a value on until it is lost. After trust is lost is when it's value seems priceless. Rebuilding trust requires a few steps that many struggle with. They sound easy but may be difficult when in placed into practice. When practiced, these steps help us live with a greater sense of inner peace.

Come completely clean. Once caught in a lie, come clean but with wisdom.

Sharing all the gory details may hurt worse than the original lie. Many will tell part of the truth for the sake of self preservation. When this happens, it tends to only solidify the idea within the one lied to that you are even more trustable. Having to dig for answers, constant questioning when facts do not line up, all feed into the trust remaining in ruins.

Talk about what made you do it. Maybe you lied because you were afraid. Some lie to avoid potential conflict with the other person. Maybe you feel controlled and this is your way of feeling like you have some power or separateness. It may even be lying was a part of getting what you wanted in your family. No matter the reason, get to the bottom of it and be honest before the Lord and the one you lied to.

Holding On To Hope

By Christine Vander Wielen, MSW, LCSW
Clinical Therapist



Romans 12:12 "Be joyful in hope, patient in affliction, faithful in prayer." (NIV)

When I was in graduate school, my favorite professor was Dr. Bob Castagnola. Although he taught different techniques to use when working with clients, Dr. Bob would often tell his students that occasionally the only thing you can do for someone is to hope for them, until they can hope for themselves. Additionally, he encouraged us to find the hope that

situations and relationships would improve and change for the better.

Throughout the Bible, we are encouraged to place our faith and trust in The Lord because He is our hope. According to Baker's Evangelical Dictionary of Biblical Theology, the definition

Take responsibility for your choices. Repercussions are unpleasant in relationships when one lies. There is hurt, anger, suspicion, and worry. Your best bet in rebuilding the trust is to remain fully responsible for the choices you made. No excuses, no denying, and without expectation of being forgiven immediately. It's easy to say "I'm sorry" and hope that is enough. This is not always so. Forgiveness takes time.

Be an open book. At this point, trust needs a foundation of honesty on which it can exist. If you value the person and the relationship, stop the dishonesty and withholding. Sharing of daily events and choices still requires respect and humility. You may mention the behaviors of others. However, their behavior is not the focus. Remember, you are in charge of your choices. The only behaviors you can change are your own.

David understood the necessity of these steps once confronted by the prophet Nathan. When caught in his own denial and sin, he prayed, "Lord what you desire is truth in the inmost part....." Being honest with ourselves comes first, then the Lord, and ultimately those we are in relationship with. It's the best way to inner rest I can think of.

for hope is "To trust in, wait for, look for, or desire something or someone; or to expect something beneficial in the future." Like every good father, it is The Lord's desire to bless us, so faith in the future is rewarding in itself.

In the past decade, there have been numerous studies on hope, and science has simply affirmed what God's word has already encouraged us to do. Researchers have discovered that when a person has hope there is a positive physiological effect on circulation, respiration, and motor function. Furthermore, having hope can positively alter the neurochemistry in the brain.

Researchers are quick to explain that hope is active, and it is distinguished from a "false hope" or "denial." For example, when a person is under going a trial and they have hope, they accept the situation they find themselves. However, they believe there can be positive change. Whereas, someone without hope may simply accept the difficult situation, but not believe there can be positive change or even be fearful of change.

Dr. Bob, my dear professor, would also caution us that one of the most hurtful things we can do is tell someone else that there is no hope or to take their hope away.

May you be joyful in hope, patient in affliction, faithful in prayer, and may hope bring you comfort and peace.

Did you know...

Some of the therapists at The Center for Family Healing are now accepting Network Insurance? Call 920-720-8872 for more information.

Crazy Minds

By Carrissa Pannuzzo, M.A., LMFT-T, LPC-T
Clinical Therapist



Right. Tomorrow is Monday. That means I have to make sure I have clean clothes for work, pack my lunch, and remember my laptop. What do the kids need? They need clothes and lunch, too. Sam will need a reminder since he's young yet. Billy should remember all that on his own. Oh, and Billy has practice early in the morning so that means we need to leave at 6:00 instead of 6:30. But Sarah doesn't have to be there

until 7:30. Shoot. I forgot about that. What are we going to do about that? John can drive her. I think. That should work. Then, after school. Who has what extracurricular? Oh no, I just remember. Anne and I had that conflict at work Friday. Ahh, I don't want to face her. Egh, I've been so busy this weekend I forgot. Now I'm all nervous about that and I was already frantic before trying to juggle all the preparation for the week. And John is stressed about work, too. I wonder how he's going to receive having to bring Sarah. And we have counseling tonight, too. Right, our marriage is struggling. And I have to see my mother-in-law tomorrow. Well, that just tips it.

That internal monologue may sound familiar. It would not be strange if you felt your heart begin to pump and a sinking feeling in your stomach after reading all that. Fast-paced society? How about a hyper-speed society? The tasks, expectations, and energy needed to live in our world are mind boggling. And, there does not seem to be any end in sight. So, what's a person to do?

Good news! Well, good and hard news. We all have a choice of whether we want to play these crazy minds games or not. And the cure is – learn to live in the moment.

I know, you may have heard this before and be annoyed with the cliché. But I promise there is something to it. Begin simply but taking a minute in the middle of the crazy to stop and breath. Experience your body and how the air flows in and out. How your chest expands and contracts. Notice the air in your lungs and on your body. Is it cold? Warm? Let your body bring you back to reality and calm your wild mind. You're a human being – not a human doing. Let yourself just be for a while today. The Lord is with you.

Join us as we transition Practical Family Living News to an electronic format!

This has been a topic of interest around the Practical Family Living watercooler for a while, but as with any decision, there were a number of factors that made it a priority. These include our desire to “go green” by reducing paper use and wasted paper. However, our primary motivation is to make sure we are being good stewards of the monetary blessings God has provided - all of which comes from generous contributors like yourself.

The online PFL eNewsletter will provide you with the same pertinent articles written by the therapists at The Center for Family Healing on personal issues from a Christian perspective that you have come to expect from us. You can be confident we will never share your email address with a third-party. The electronic version of our newsletter has many benefits:

- Less clutter in your mailbox.
- Easy for you to share with friends by email and on social media.
- You will reduce paper waste and save a few trees.

- Drastically reduce the cost of production - less paper, printing and postage.
- Frees up funds to help us provide healthy relationship principles in formats that are quickly becoming most often requested.

Are you thinking, “This sounds great, Lynda! How do I sign up?” It's easy! All you have to do is send a quick email to: gayle@newbc.rr.com or call the office at 920-720-8872 and ask to be added to the Practical Family Living eNewsletter list.

Grateful for you, dear reader. God bless you.

Lynda Savage
Founder PFL/CFH

Would you rather receive this newsletter electronically?
It's easy! Just email us:
gayle@newbc.rr.com

Open the Door

Are there rooms in your heart you want to keep closed? What if light from an open door would detox the contents?

Lynda Savage, M.S., LMFT, LPC
Founder PFL/CFH



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P.O. BOX 1676
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*Located in Kenwood Center
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Thanks so much for your help.

Ways to donate:

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- Send your donation to Practical Family Living, P.O. Box 1676, Appleton, WI 54912
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