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 APPLETON, WI 54912  
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# PRACTICAL *family* LIVING NEWS

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[www.pfl.org](http://www.pfl.org)

*We Appreciate You!*



## Encouraging and Strengthening the Family

### The Pain of Rejection

***In a time of feeling rejected, we simply cannot conceive that the pain of it is often going to produce something better than the thing or relationship lost.***

*Lynda Savage, M.S., LMFT, LPC  
 Founder*

### Would you like to receive a brief encouraging word each week?

Send a message to [gayle@newbc.rr.com](mailto:gayle@newbc.rr.com) to begin receiving your Healing Moment.

### Ways to donate:

- Stop in at Practical Family Living, Inc., 1476 Kenwood Dr., Menasha, WI 54952
- Send your donation to Practical Family Living, P.O. Box 1676, Appleton, WI 54912
- Phone 920-720-8920 to call in a credit card donation.
- Go to our website at [www.pfl.org](http://www.pfl.org) to donate online.

*Practical Family Living is supported by you. If you have felt this ministry has helped you, then please help others to hear our message by giving your tax deductible donation. Thank you!*

### 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)  
 Listen ANYTIME - [PFL.org/broadcasts](http://PFL.org/broadcasts)

#### October 2015

Attachment With God and Others  
 Trauma: Caring for Ourselves  
 Everyone is Welcome (preventing bullying)  
 Grief Reflections  
 Why Women Crash and Men Get Frustrated  
 Stretched  
 Coming Alongside of 20 Somethings  
 Working With Your Child's Temperament

#### November 2015

Building Confidence and Values in Children  
 Let's Talk About Forgiveness  
 Be Anxious for Nothing  
 Controlling the Holiday Chaos in Stepfamilies  
 Honor Widows  
 The Home Place  
 Healthy Detachment

#### December 2015

Characteristics of a Healthy Family  
 Mars & Venus on the Rebound  
 Grief at Christmas  
 A Look at Greed  
 Family Conflict and the Holidays  
 Be Still and Know

**Be sure to check out the Center for Family Healing mental health therapists and offerings at:**  
[www.centerforfamilyhealing.net](http://www.centerforfamilyhealing.net)

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

## Resilience: How to Bend and Not Break

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

Sometimes bad things happen to people. How is it that some people handle enormous amounts of stress while others crumble? There's a phrase floating around the internet these days, "Not my circus, not my monkeys." Sometimes after a crisis, it feels like this is your circus and these are your monkeys.

Here are a few traits that help people bend and not break in the circus of life:

1. Resilient people reach out for help. They pray. They seek out people who are on their "team" who can be counted on when there is a need for support.
2. Resilient people know that suffering is temporary and do not take on suffering as their identity.
3. Resilient people are strong yet flexible. They know there is a time to be vulnerable and a time to be tough without being rigid.
4. Resilient people know they do not have to have all of the answers.
5. Resilient people do not go habitually to mindlessness as a way of coping. Yes, TV, computer games, shopping, alcohol, food, and friends can remove the pain for a time, but eventually facing the situation soberly

in silence over time, moves the event to a healing place.

6. Resilient people seek professional therapy when overwhelmed.

7. Resilient people find things that nourish the soul: faith habits, exercise, volunteering, giving aid to the needy, finding meaningful work, life-building groups, seeking God.

8. Resilient people are not afraid to disappoint others by setting good personal boundaries. Do you say no enough? Over time, you will find that disappointing others is not as bad as you feared.

Examine your day if you are seeking to become better with resilience. As you practice good traits and good boundaries, you will find the chaos in your life diminishing. As your energy returns, you may even be thankful in part for the strength you have developed from managing the circus of life.



*Lynda*

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## Stretched

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



Relationships have a way of challenging me like no other. Since I cannot really enjoy life without relationships, AND it is my life's work (smiling), writing another article about relationships and how they work is, well, "stretching" me. Relationships will often call us out of our comfort zone spiritually first, then relationally. There are basic principles that exist which help us understand the benefits of relationship struggles.

### Spiritually

Spiritually our relationship with the Lord is a process in which we continually are stretched in our understanding of who He is, who we are, and what He has for us as joint heirs with Him. (Romans 8:17) The Lord is often calling us out of our comfort zone in order to be all He has designed us to be. Jesus was certainly stretched out of His comfort zone for our sake.

## The Stories We Tell

By Christine Vander Wielen, MSW, LCSW  
Clinical Therapist

Most of us enjoy a good story whether it is in a book or movie. When our children were young, we would read several stories before bedtime. After our oldest daughter was tucked in, she would usually stay awake longer and tell herself stories until she fell asleep. Children are wonderfully creative at thinking up stories in which they are heroic and triumphant.

However, when difficulties arise we can lose the ability to tell ourselves a good story with a positive ending. For example, when a child is bullied, their story can sound something like: "No one likes me, I am no good, no one wants to be my friend, and I will be alone." Stories like this are based on fear, self doubt, and insecurity. The child does not need to tell himself this story too many times before he will actually believe and internalize it. If we know that the child is telling himself a negative story, we can help him to rewrite it with a positive ending.

Storytelling is not just for children. Adults tell themselves stories just as often as children. In fact, we tell ourselves so

### Relationally

Relationally, it is the same process of expanding our comfort zone in which we are continually stretched to understand, extend grace and forgive one another.

We stretch and grow more effectively when we stay connected with the Lord. Whether it is responding to the challenges of relating with Him or others, it makes sense to involve the author of relationship. Asking the Lord to participate with us in relationship means we take any suffering and ill-treatment to Him. This means even when we do not understand or are upset with present circumstances. Jesus experienced disappointment in His relationships on earth. "Couldn't you keep watch for one hour?" (Mark 14:37b) This is a similar disappointment we experience with one another.

There are rewards and blessings to be enjoyed by walking through the process of being stretched. They are increased honesty, vulnerability, comfort, understanding, and the ability to attach appropriately. Candidly, I know the more honest and vulnerable I am with the Lord about myself, the more I feel stretched, comforted, understood, and connected to Him. In turn, I can comfort, understand, and connect with those God has given me. Is it easy? No way! Is it worth it? Absolutely!

many stories throughout the day about our relationships with family and friends, finances, career, health, and future that we may not even recognize that it is a story.

When we create these stories, it often goes through our own editing process. This editing process is definitely not an exact science because it is based on our assumptions, anxieties, and interpretations of past experiences. On a positive note, when we are aware that we are creating stories and not everything that we think and believe is necessarily true, we can change the ending. We can give ourselves grace and space to have a positive ending or more strength to deal with a negative ending.



## 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.

## Right? Relationships? Some Strange Mix?

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



You've met them. Those weird ones. You know, those people who are wired differently than you. Maybe you even married one and then wondered what on earth you were thinking. Maybe you were birthed or sired one. Maybe you share the same parents but you wonder if they're adopted (or if you're adopted). Whether that person is your spouse, your child, a sibling, or some other close person in your life it feels like you speak an entirely different language. You value different things, you see life from different angles, and do some things better than them (and some things worse).

When the values we hold or our perspective conflict with someone close to us we're left with a choice. Do we choose to be

right? Do we choose the relationship? Or is there some strange mix that allows us to be us, to maintain healthy boundaries and dignity, to celebrate our loved one, and protect and cultivate the relationship all at the same time?

I think there is. It's an art form, a dance. Sometimes love must be tough. Sometimes soft. Sometimes we have to lie to ourselves and other times we have to let the other person squirm - and sometimes letting the other person squirm is lying to ourselves.

Whatever you chose to do - do it out of freedom and love. Don't be guided by the fear of rejection, of being a "bad" person, of causing pain (some pain is necessary for growth), or any other lie that plagues you. It's ok (and good) to be different, to hold different values and different viewpoints. It's ok to be uncomfortable and to experience conflict.

You are free to mix being right and relationship. Enjoy it!

## Past, Present, and Future

By Laura Demetrician, M.S., LMFT  
Clinical Family Therapist



We find ourselves, at any given time, in one place. But our minds are either in the PAST, the PRESENT, or the FUTURE. When people ask me how my weekend was or if I have had a nice week, sometimes I have the reaction of a "deer in headlights." These questions catch me off guard, because I am usually thinking about the present or future.

We all have a natural bent toward being in either the past or the future.

The struggle and aim of our spiritual, emotional, and relational journey is to be completely in the present. This means being connected to the past and having openness to the future.

What is your natural bent?

Below are some indications that you have a predisposition toward the PAST:

- You enjoy traditions.
- You are the family historian. You remember stories, dates, and events.
- You may have a difficult time forgiving others and yourself of past hurts.
- You spend a lot of time thinking about the "good ole days."

Below are some indications that you have a proclivity toward the FUTURE:

- You live by a to-do list and are always thinking of "the next thing."
- You can't remember what you did last weekend.
- You may struggle with fear, anxiety, or worry.
- You get energized by a strategic plan.

Being in the PRESENT will help us be in tune with ourselves, those around us, and even to God, but being completely PRESENT means to understand and accept our past and to be open to the FUTURE.

We can all grow in staying in the PRESENT by:

- Taking a deep breath.
- Accepting the past and present
- Becoming more aware of your emotions, thoughts, and behaviors
- Developing trust and faith that you have all you need in Christ
- Developing thankfulness and joy

I encourage you to read Psalm 23 slowly, focusing and meditating verse by verse on how we are to view God's presence in light of the past, present, and future.

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