



PEACE ON THE HOME-FRONT

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WHAT I LOVE
MOST ABOUT MY

HOME

IS WHO I
SHARE IT WITH

The Emotionally Healthy
Woman



EIGHT THINGS YOU HAVE *to*
QUIT *to* CHANGE YOUR LIFE

Previously titled I Quit



Gerri Scazzero
with Peter Scazzero

GERI SCAZZERO:

“THE EMOTIONALLY HEALTHY WOMAN”

“The ways we express and respond to certain emotions are directly related to how they were handled in our family of origin. If your parents or care-givers were limited in their range of thoughts and feelings, it naturally follows that your range of acceptable wishes and emotions is also restricted”.

PAIN, ANGER AND SORROW IN SCRIPTURE

- ❖ Jesus was a man of sorrows, familiar with pain (Isaiah 53:3)
- ❖ Mark 11:15 – Jesus drove people out of the temple. “He knocked over the tables of money changers and the chairs of those selling doves, and he stopped everyone from using the temple as a marketplace.”
- ❖ The lie we believe:
“Good Christians don’t get angry”

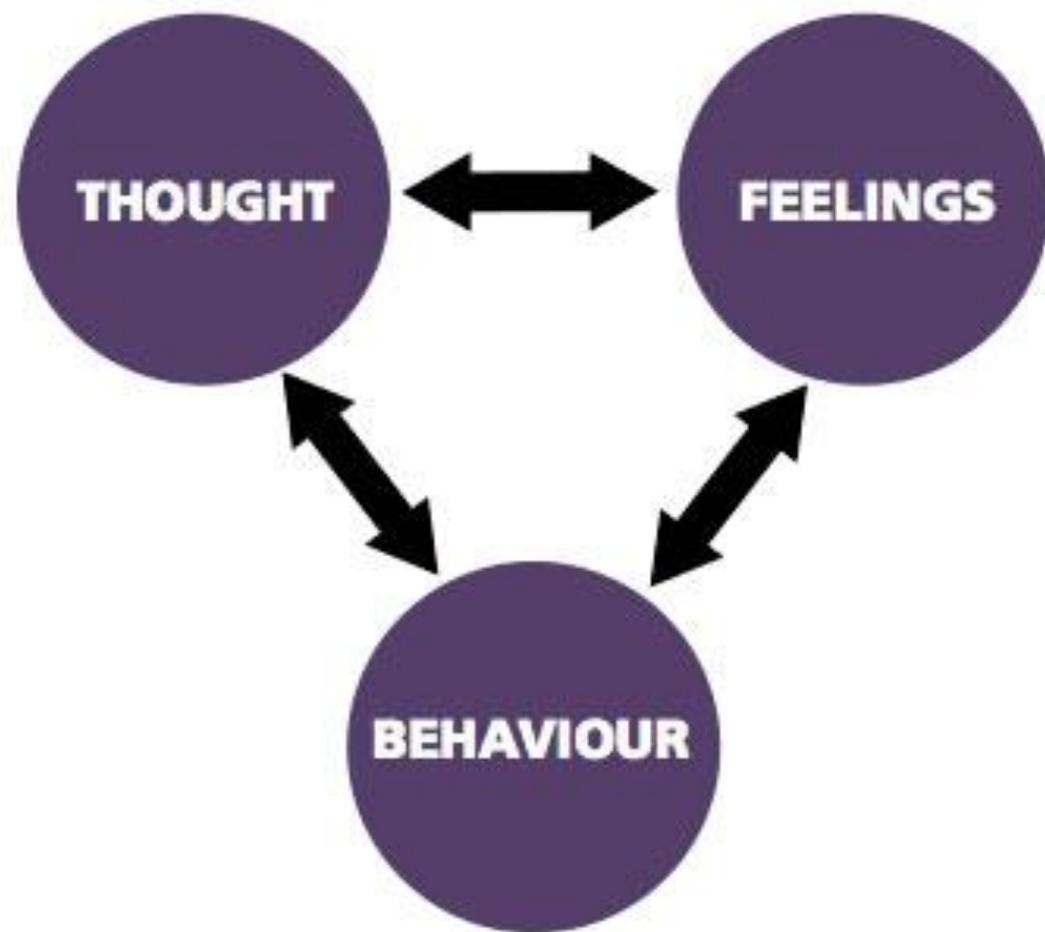
ANGER

Anger is a normal emotion experienced by everyone at different times. People usually feel angry as a reaction to their thoughts about a situation. Anger is often considered to be a 'secondary feeling' as it is usually an expression of an underlying 'primary feeling' such as:

- ❖ Hurt
- ❖ Frustration
- ❖ Sadness
- ❖ Disappointment
- ❖ Worry or fear
- ❖ Jealousy
- ❖ Confusion
- ❖ Rejection
- ❖ Embarrassment or shame
- ❖ Powerlessness



SITUATION





❖ What am I afraid of?

❖ What am I sad about?

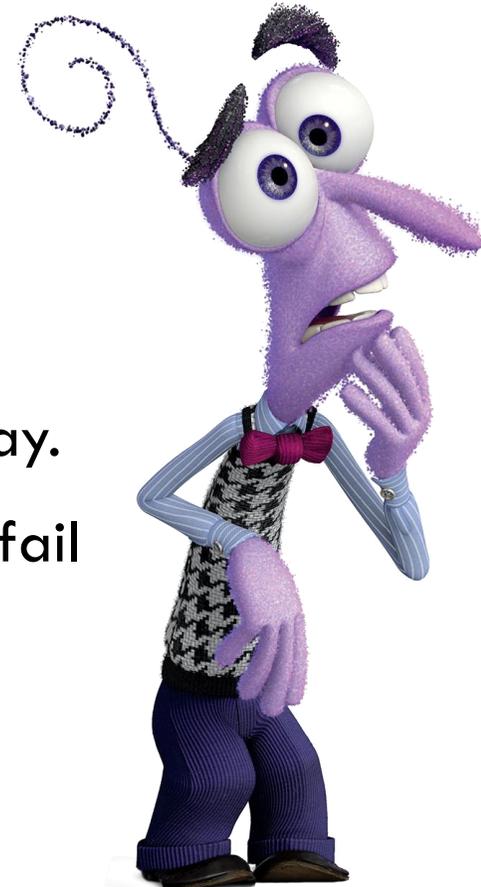
❖ What am I disappointed with?

❖ What is really going on behind my anger?

FEAR

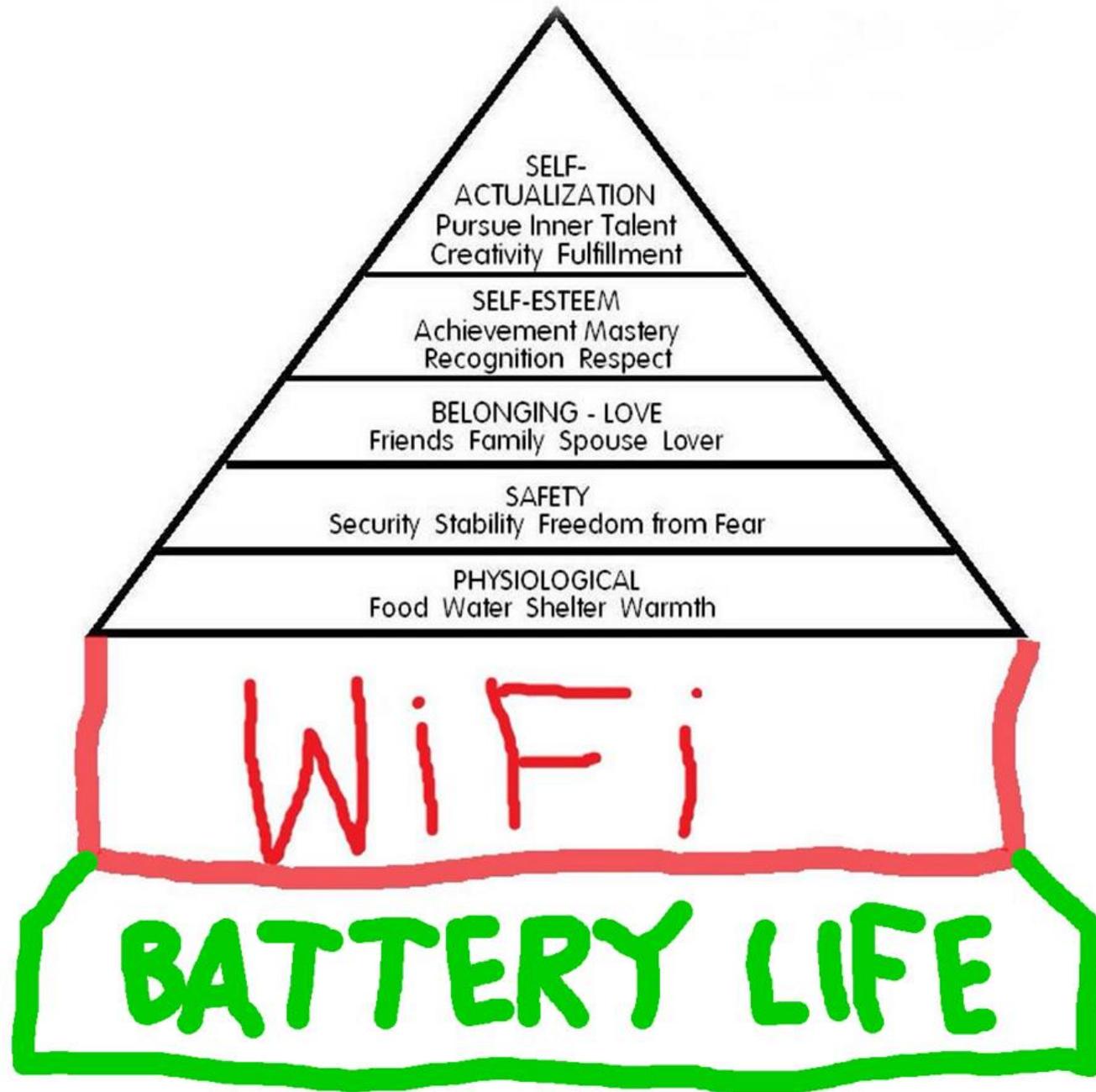
Psychologist Michael Yapko conducted a 30 year study on fear and identified 3 general categories of fear:

- ❖ The fear of making mistakes: the fear of being criticised or disappointing themselves and others lead them to having unrealistic expectations of themselves and others.
- ❖ The fear of rejection: makes a person afraid of meeting new people and trying new things due to appearing inadequate or being judged in some way.
- ❖ The fear of consequences from relaxing: If they let their guard down and fail to defend themselves they will get hurt.



MASLOW'S HIERARCHY OF NEEDS





UNMET EXPECTATIONS

“At the core of all anger is a need that is not being fulfilled.”

~Marshall B. Rosenberg

- ❖ Core beliefs shape our expectations about our relationships, and how things ‘should’ or ‘must’ be.
- ❖ To have our expectations fulfilled we need to be clear and communicate our needs well.

Jumping to conclusions

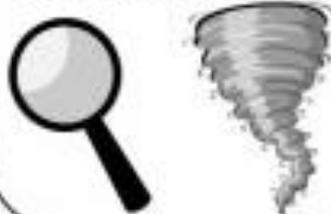


$2 + 2 = 5$

There are two key types of jumping to conclusions:

- **Mind reading**
(imagining we know what others are thinking)
- **Fortune telling**
(predicting the future)

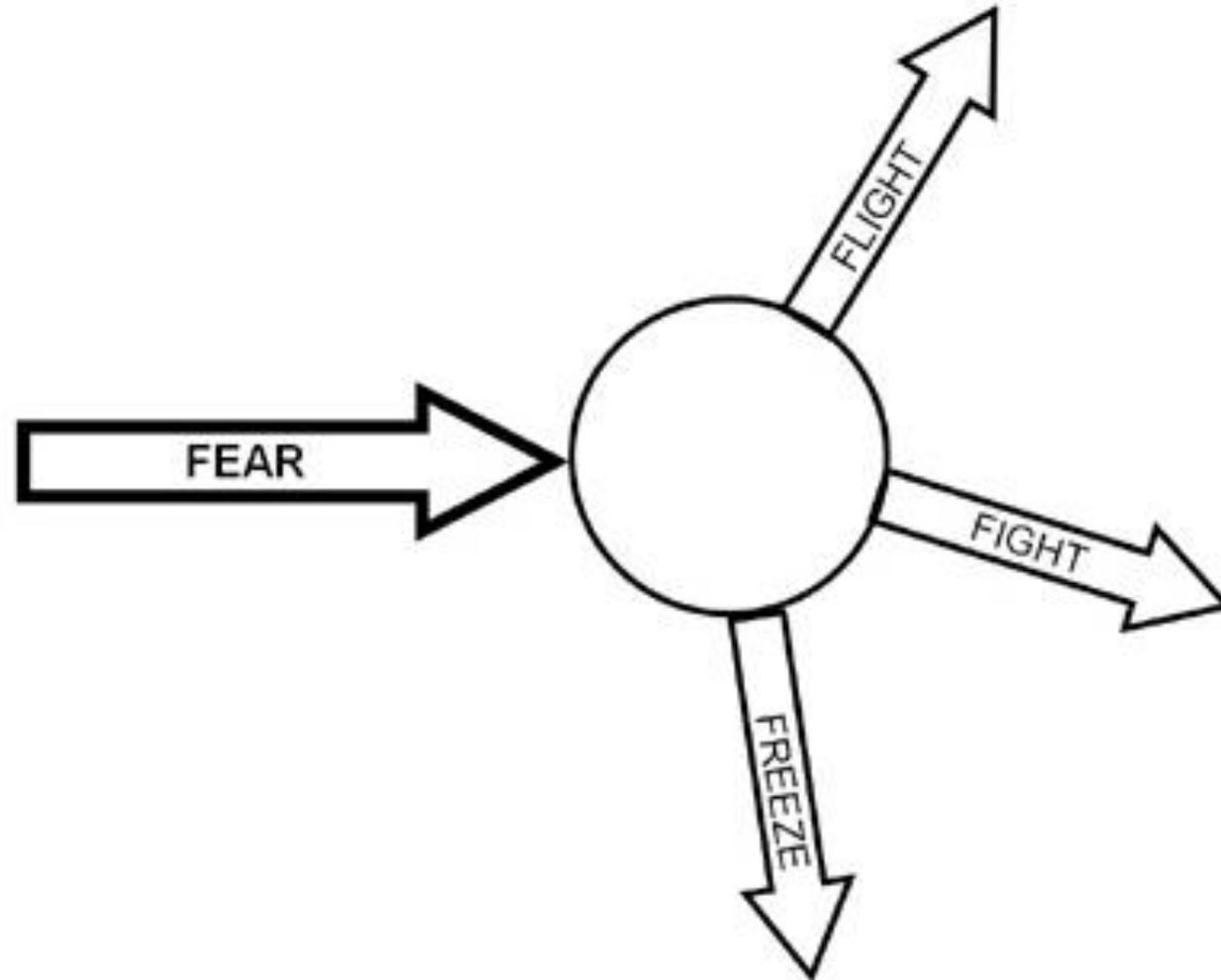
Magnification (catastrophising) & minimisation

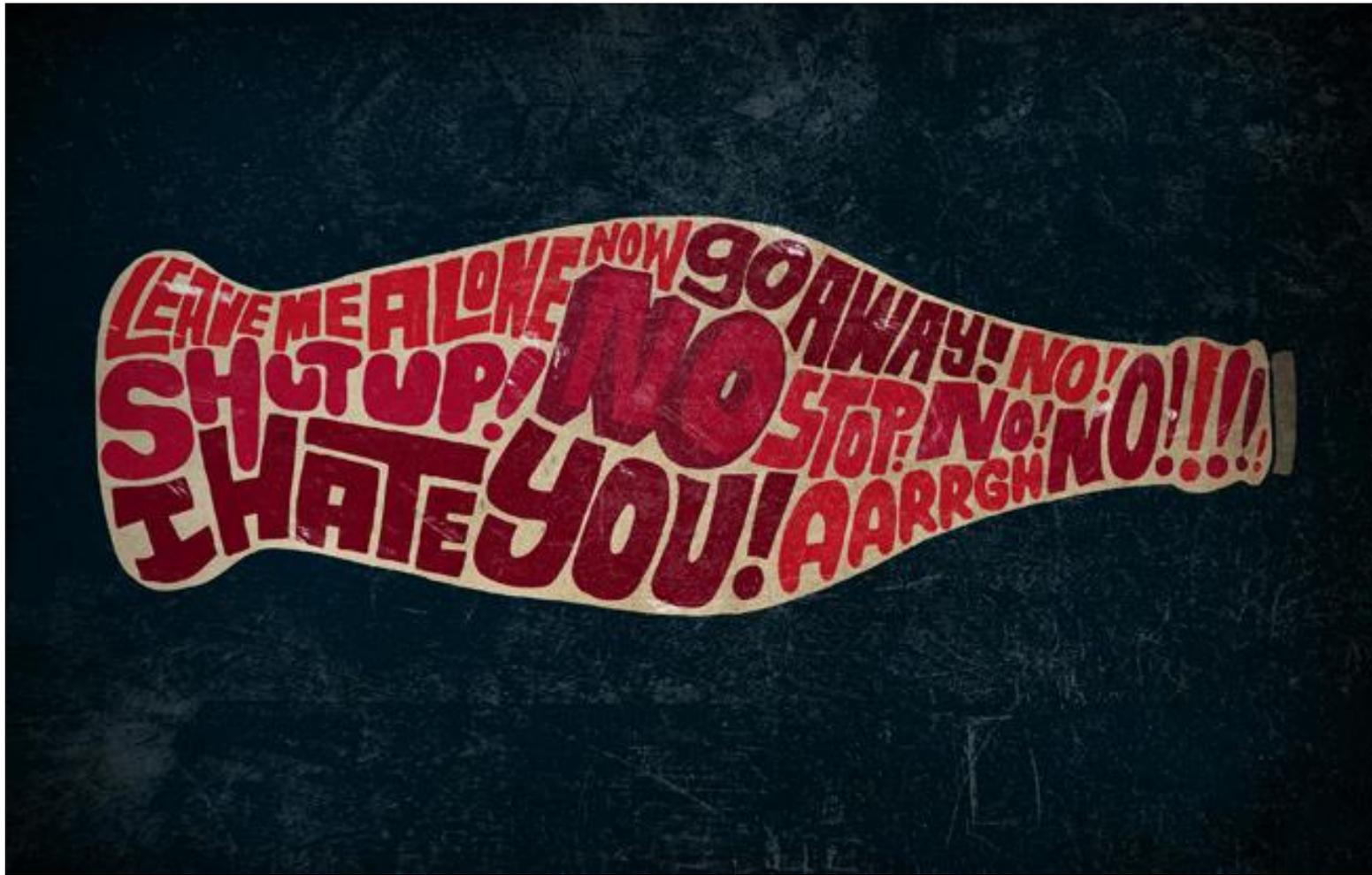


Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important

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- ❖ Aristotle rightly said: “Anyone can be angry, that is easy...but to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way...this is not easy.”
 - ❖ Taking responsibility for our anger and the underlying feelings, and processing them in the right way is a huge step towards having an emotionally healthy home.

“The best remedy for a short temper is a long walk.”
~Jacqueline Schiff





RELAXED BREATHING



HEALTHY ANGER

“The world needs anger. The world often continues to allow evil because it isn't angry enough.”

~Bede Jarrett

❖ **“What is being violated that is important to me”?**

GERI SCAZZERO:

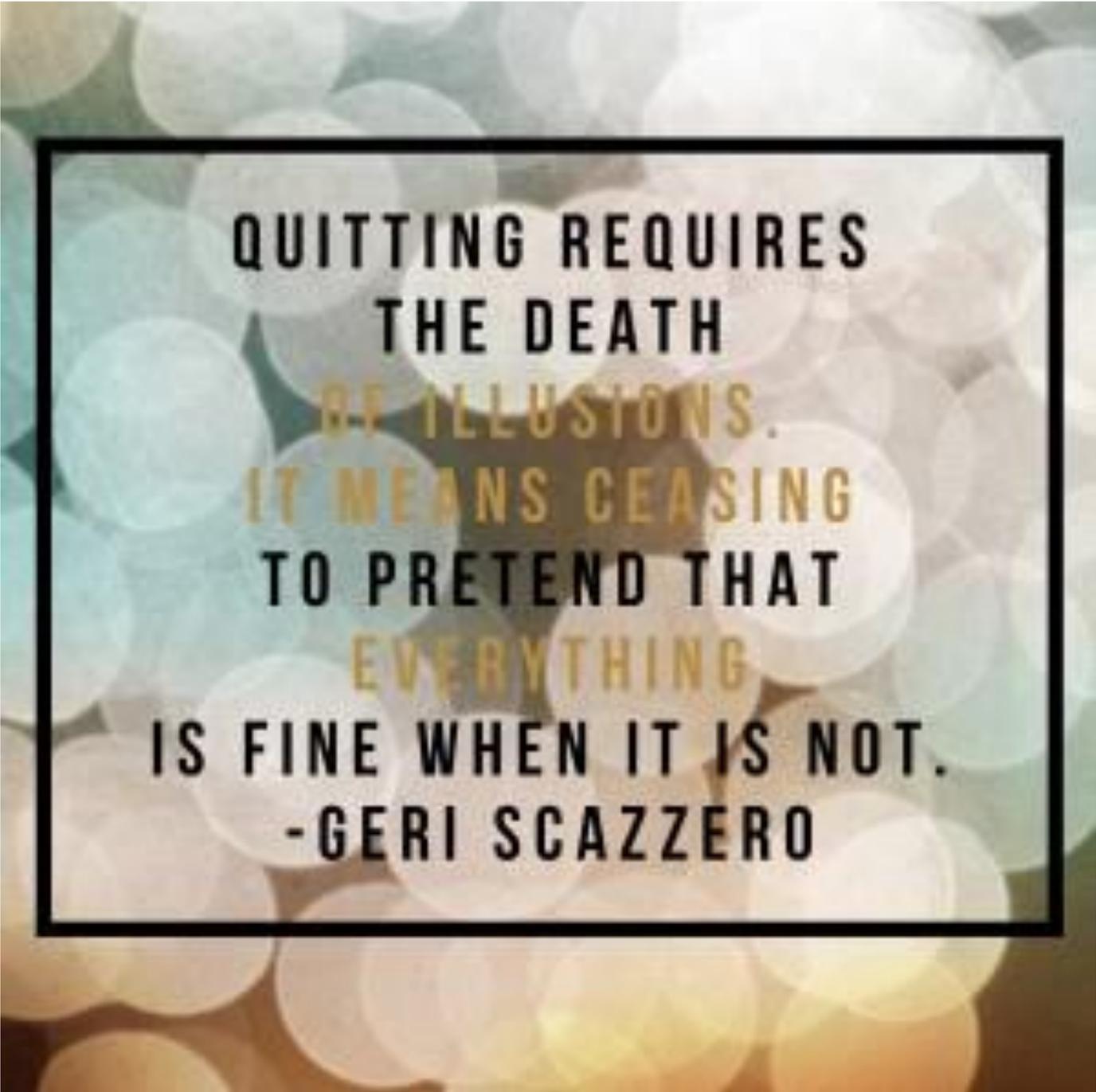
“THE EMOTIONALLY HEALTHY WOMAN”

“Traditionally, the Christian community hasn’t placed much value on quitting. In fact, just the opposite is true, it is endurance and perseverance we most esteem.” She says, “Quitting is about dying to the things that are not of God...quitting itself isn’t just an end; it is also a beginning”.

QUITTING!

1. Quit self-denial

(this is all about self-care)



QUITTING REQUIRES
THE DEATH
OF ILLUSIONS.
IT MEANS CEASING
TO PRETEND THAT
EVERYTHING
IS FINE WHEN IT IS NOT.
-GERI SCAZZERO

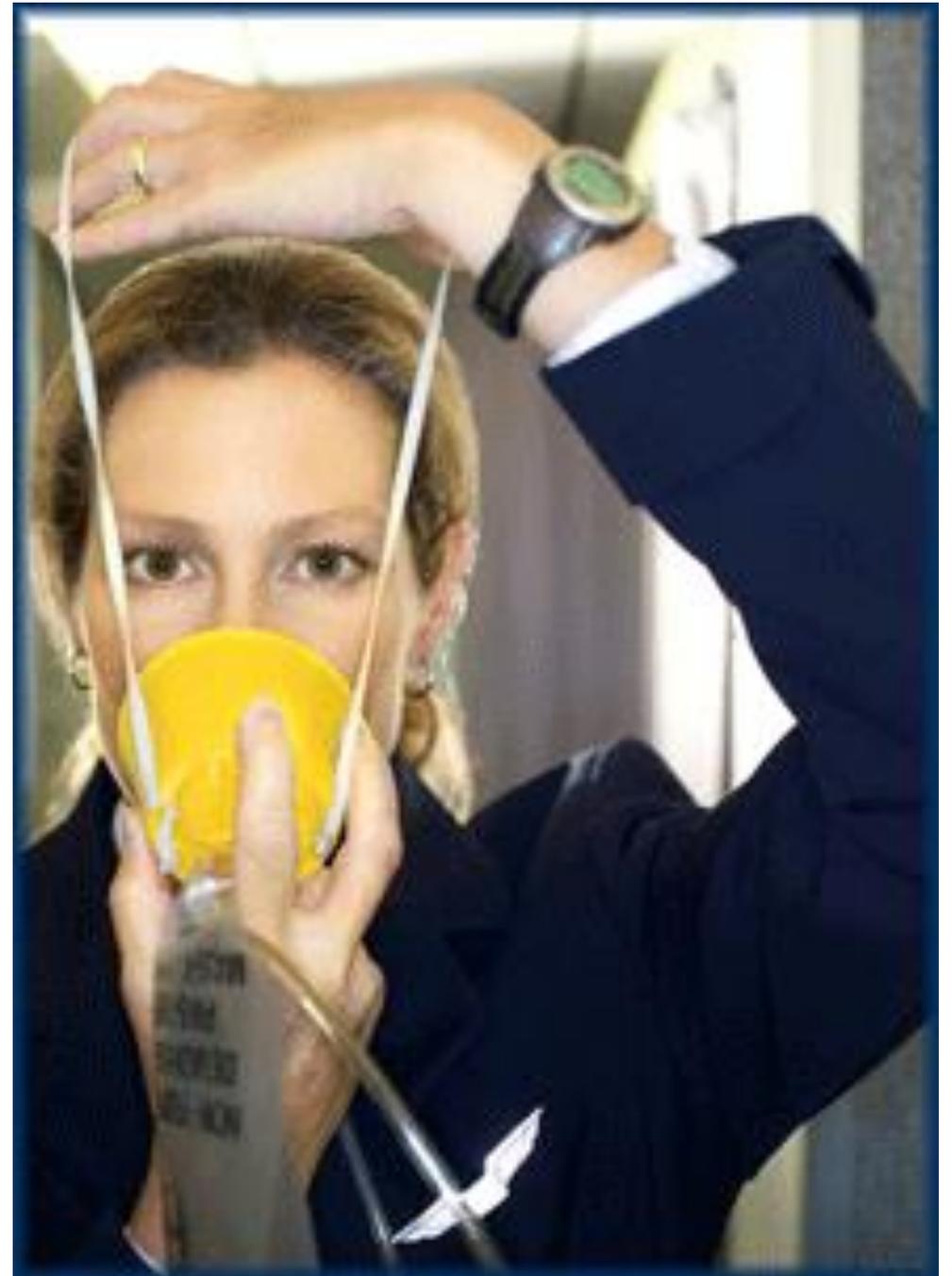
QUIT SELF-DENIAL OF OUR ANGER, SADNESS AND FEAR.

1. Acknowledge and make room for your feelings
2. Think through your feelings
3. Take appropriate action



QUITTING!

1. Quit self-denial
(this is all about self-care)
2. Quit over-functioning and
overcommitting

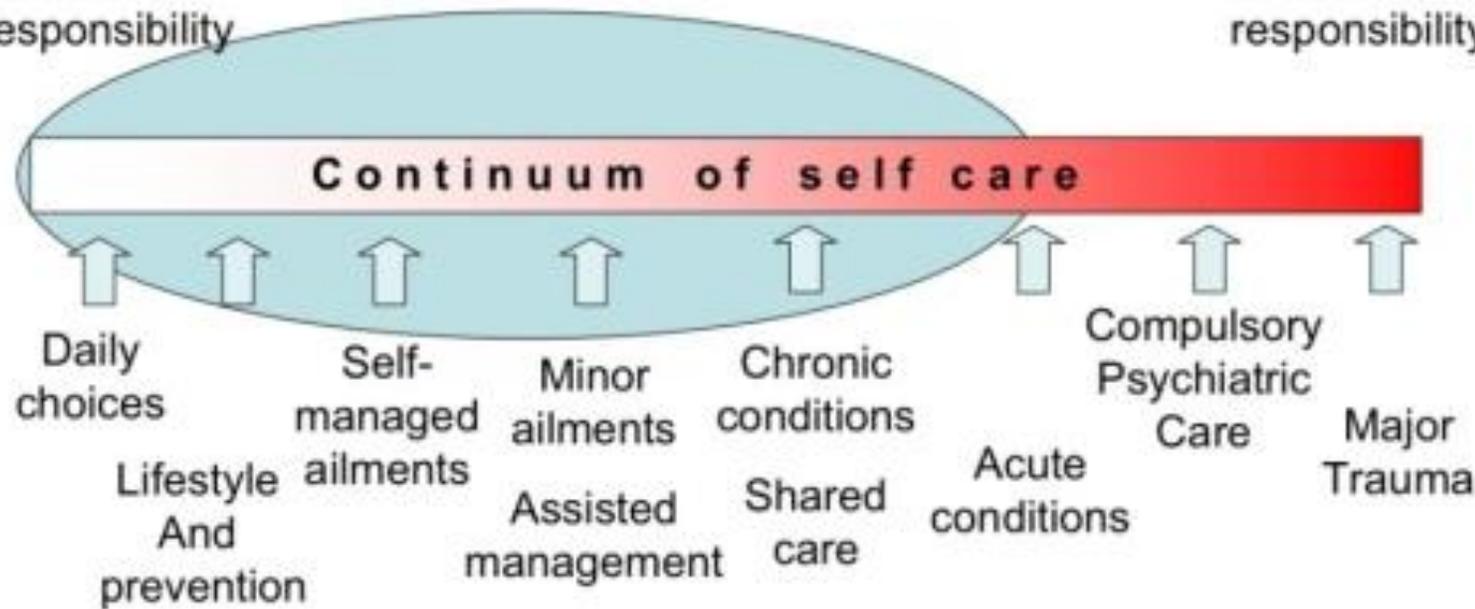


- Quit having a 'joyless, guilt-ridden existence' as a result of excessive self-denial. The joy of serving others can turn into bitter resentment under the constant pressure and demands of others, where our identity can be swallowed up by constantly putting others before yourself. As mothers, wives or partners and women in the church it is natural to worry about the needs of others, of our children, our partners and the church. When we consistently neglect our own needs our joyful giving and freely given service to others turns into acts of 'shoulds', 'have to's' and 'musts'. We become guilted into believing that we don't have a choice.

The Self-care Continuum

Pure Self Care
Individual
responsibility

Pure Medical Care
'abdicated
responsibility'



YOUR SELF-CARE...?

Self care
is a
divine
responsibility

DanielleLaPorte.com | Truthbomb

Self-care is not about
self-indulgence, it's
about self-preservation.

—Audrey Lorde

EmpowerLounge.com

QUITTING!

1. Quit self-denial (this is all about self-care)
2. Quit over-functioning and overcommitting
3. Quit Faulty Thinking:

- ❖ 1. All-or-nothing thinking
- ❖ 2. Taking things personally
- ❖ 3. Thinking things will never change

Unhelpful Thinking Styles

All or nothing thinking



Sometimes called 'black and white thinking'

If I'm not perfect I have failed

Either I do it right or not at all

Personalisation

"this is my fault"

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.

Over-generalising

"everything is always rubbish"

"nothing good ever happens"

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

Faulty Thinking	Accurate Thinking
My husband will never change	If God can change me, God can change my husband. I can also develop new strategies for relating to my husband that may help our relationship
Our family dinner was ruined tonight when my son's mobile phone went off	I felt irritated when the mobile phone went off, but there were other good parts to the meal and I was able to be with my family
Man can't be trusted	I was once betrayed by a man, but I know other men who are faithful and trustworthy
I'm a loser because my marriage has ended	I have learned some helpful things from the painful end of this relationship. And I am still successful in other areas of my life.
My daughter complains about everything	She has areas of her life that are difficult, but she doesn't complain about her appearance, her friends or her favourite music.
I feel completely stressed out	I am stressed out about having a lot of work to do, but many other areas in my life are not stressful. I have a good church, good health and good friendships.

'It's frustrating, and it's understandable that I'm upset about it, but it's not the end of the world and getting angry is not going to fix it.'

Before:

'I'll be able to handle this. Just calm down and think clearly'

'If I feel myself getting angry, I'll know what to do.'

During:

'Stay calm, relax, and breathe easy.'

'Stay calm, I'm OK, s/he's not attacking me personally.'

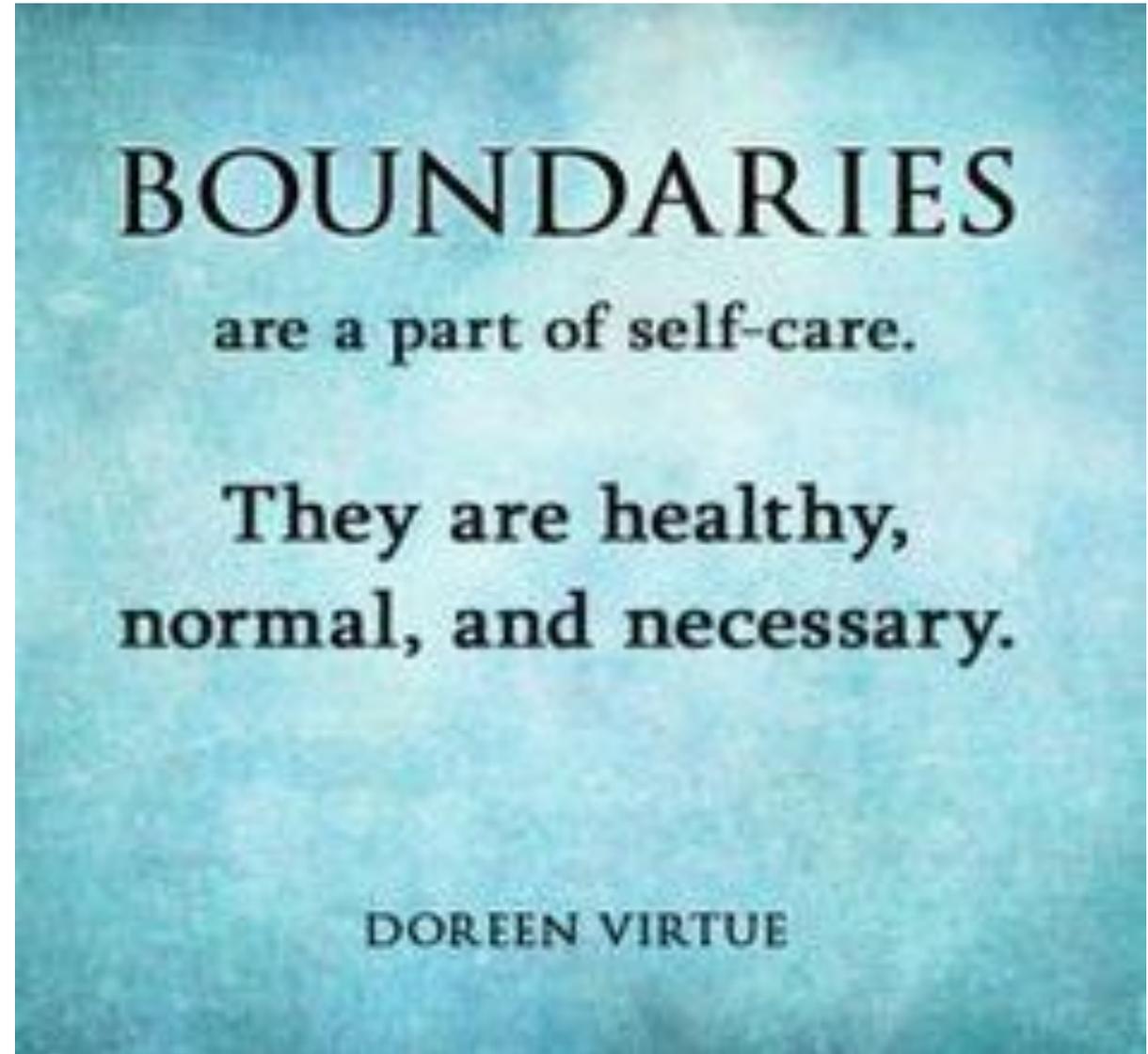
After:

'I managed that well. I can do this. I'm getting better at this.'

'I felt angry, but I didn't lose my cool.'

QUITTING!

1. Quit self-denial
(this is all about self-care)
2. Quit over-functioning and overcommitting
3. Quit dying to the wrong things
4. Quit Faulty Thinking
5. Quit listening to lies



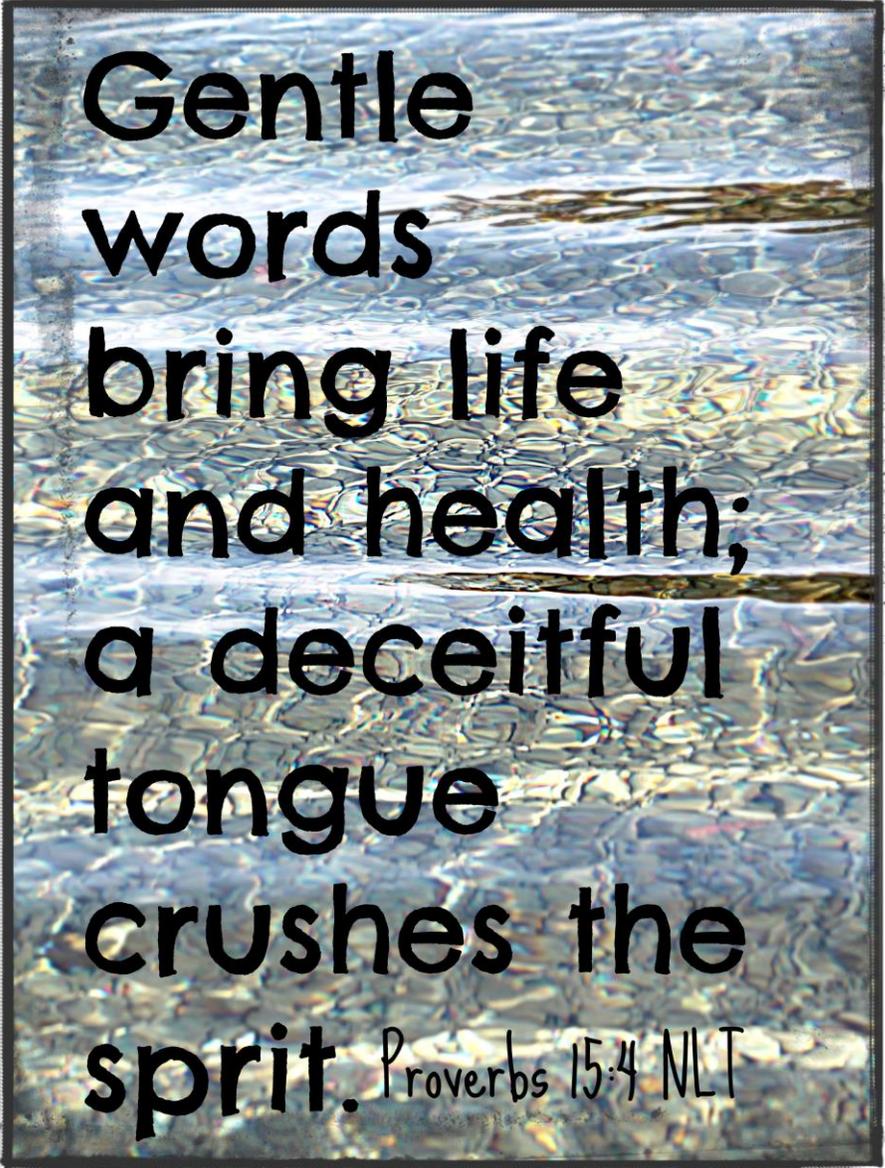
SPEAK THE TRUTH IN LOVE

❖ Ephesians 4:15

“Instead, we will speak the truth in love, growing in every way more and more like Christ...”

❖ Communication that is:

1. Respectful
2. Honest
3. Clear
4. Timely



Gentle
words
bring life
and health;
a deceitful
tongue
crushes the
spirit. Proverbs 15:4 NLT

STYLES OF COMMUNICATION

1. Passive
2. Aggressive
3. Assertive

- ❖ Express your own thoughts, feelings and needs.
- ❖ Make reasonable requests of other people (while accepting their right to say 'no').
- ❖ Stand up for your own rights
- ❖ Say 'no' to requests from others at times, without feeling guilty.
- ❖ Assertiveness will help you protect your boundaries and avoid compromising your self-care.

HAVING DIFFICULT CONVERSATIONS

1. Observations:

Describe what happened:

2. Thoughts:

Your beliefs, opinions or interpretation of what happened:

3. Feelings:

How you feel about the situation:

4. Wants:

What you would like to happen in the situation:

HOW TO BE AN EXPERT LISTENER

Let them talk

Don't judge

Let someone disagree

Ask good questions

Show them you're listening

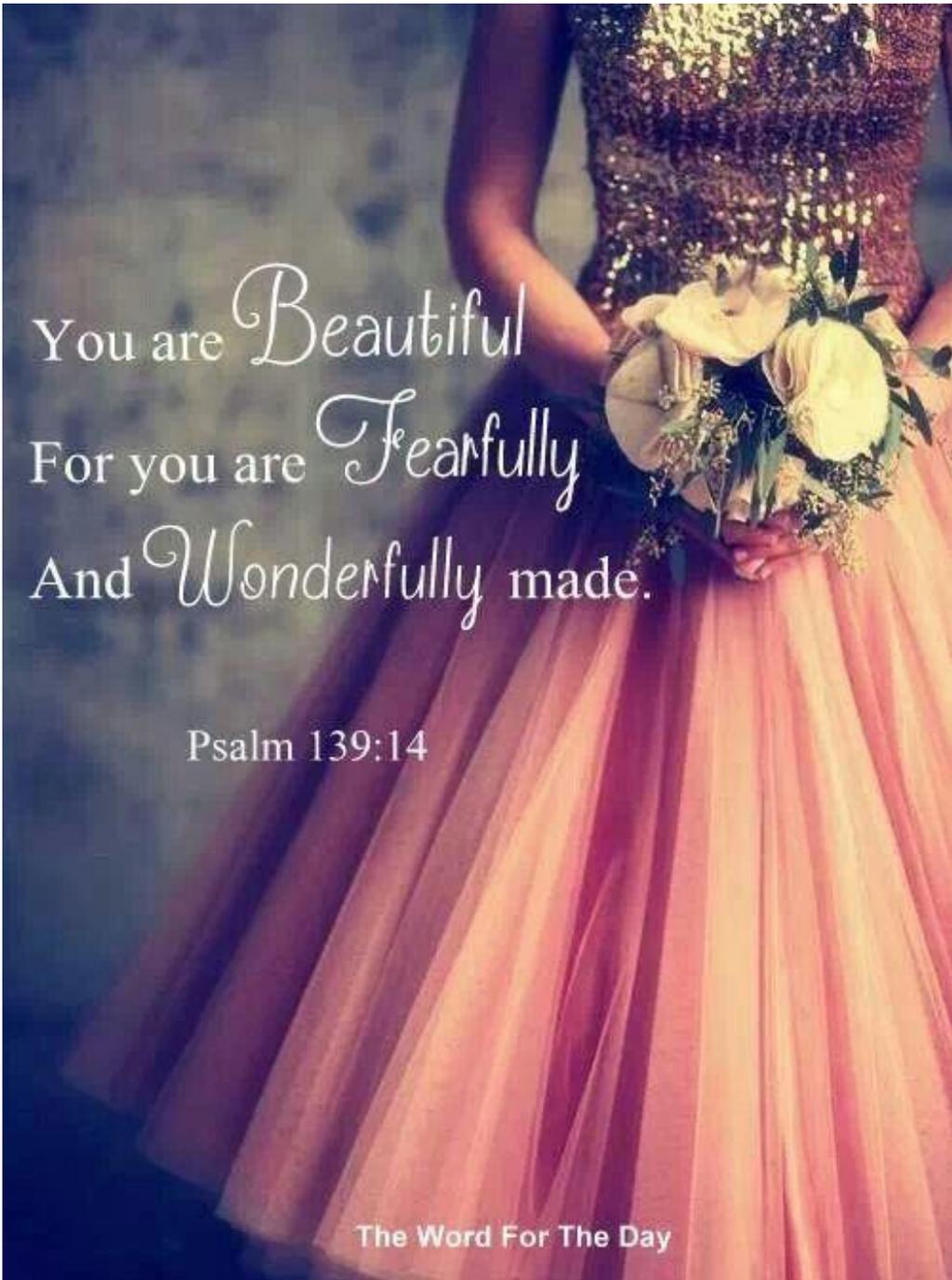
Body language





“Forget what hurt you in the past, but never forget what it taught you. However, if it taught you to hold onto grudges, seek revenge, not forgive or show compassion, to categorize people as good or bad, to distrust and be guarded with your feelings then you didn’t learn a thing. God doesn’t bring you lessons to close your heart. He brings you lessons to open it, by developing compassion, learning to listen, seeking to understand instead of speculating, practicing empathy and developing conflict resolution through communication. If he brought you perfect people, how would you ever learn to spiritually grow?”

— [Shannon L. Alder](#)



You are Beautiful
For you are Fearfully
And Wonderfully made.

Psalm 139:14

The Word For The Day

BE THE CHANGE YOU WANT TO SEE IN YOUR HOME!

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