

# **UNIVERSITY OF SCIENCE, ARTS AND TECHNOLOGY**

## **BACHELOR'S DEGREE STUDY PROGRAM**

### **COMPREHENSIVE ESSAY READING-Part 1**

#### **ESSAY – 1**

#### **HUMAN RELATIONS**

[Instructions: Read the essay and when you encounter each set of questions,  
indicate your answer on the separate answer sheet.]

#### **MODULE - 1**

***Chapter 1: INTERPERSONAL HUMAN RELATION SKILLS IN MARRIAGE***

***Chapter 2: THE IMPORTANCE OF EMOTIONAL I.Q.***

#### **MARRIAGE - INTRODUCTION**

Fred Barnes seemed to have it all. He was a Harvard graduate with honors in business management. He was hired immediately by a Fortune 500 company right after graduating with a Ph.D. in business management. He married three years later and raised two beautiful boys in a peaceful suburban area. Fred was a

typical successful American, who had aspired to and attained the “American dream.” He had everything a man could want and more. Well, almost! His long hours at the office and regular business trips were slowly eroding his marriage and family life. He had fallen into the same trap as many high level executives. He was money rich, but time poor. He had very little time for his wife and boys. Now the consequences were being felt. He wanted to change things, but this high achieving financial business genius was totally lost as to how to bring love back into his now loveless marriage. His boys were now in the difficult teenage years and the “communication gap” was starting to set in. They had already started smoking, against his wishes, and he was suspicious that it wasn’t just cigarettes. The only thing that was really humming along smoothly for Fred was his career. Why? Because that is the only thing for which Fred had really received adequate education, continual courses and training. Fred had neither previous marriage training nor any in child rearing. You might say that Fred was desperately missing some key “pieces” of the “education puzzle.” He was career literate – but marriage and family illiterate.

Fred is not alone with his problems in marriage. Sad to say, in many countries and for several years now, 50 percent of all marriages end in divorce. Notice these statistics going as far back as 1983, and the situation seems only to have worsened since then.

**Marriage and Divorce Statistics for 1983:**

|         | <b>Marriages</b> | <b>Divorces</b> | <b>Ratio</b> |
|---------|------------------|-----------------|--------------|
| U.S.A.: | 2,444,000        | 1,179,000       | about 1 in 2 |

|                 |           |         |                  |
|-----------------|-----------|---------|------------------|
| U.S.S.R.:       | 2,834,000 | 946,000 | 1 in 3           |
| Australia:      | 113,905   | 41,412  | more than 1 in 3 |
| Cuba:           | 76,365    | 29,249  | about 2 in 5     |
| Netherlands:    | 78,415    | 32,596  | about 2 in 5     |
| United Kingdom: | 387,000   | 145,802 | about 2 in 5     |
| Hungary:        | 75,978    | 29,000  | about 2 in 5     |
| Denmark:        | 27,096    | 14,763  | more than 1 in 2 |
| Sweden:         | 36,210    | 20,618  | almost 3 in 5    |

2. *These figures are based on "Demographic Yearbook 1983." The figures for Sweden and Denmark are taken from "Yearbook of Nordic Statistics 1984."*

□ **Which statement is the most accurate?**

1. Fred's long hours at the office and regular business trips were slowly eroding his marriage and family life. He had fallen into the same trap as do many executives: he was so rich that he did not know what to do with all his money, but his marriage was poor.
2. Fred was a typical successful American, who had attained the so-called "American dream." He had many things people want, but he wanted more.
3. Fred was desperately missing some key "pieces" of the "education puzzle." He was career literate, but marriage and family illiterate.
4. Fred's boys are now in the difficult teenage years and it is quite normal that a communication gap would start to set in. This happens in almost all families. There is not much that can be done to prevent it.

Who would ever think of hopping into the cockpit of a Boeing 747 and trying to fly it *before* receiving any training? A pilot undergoes five to seven years of rigorous training! You or I would almost certainly crash the plane. And yet most of us just fall in love and fall into a marriage and family, with little or no training. No wonder we are having so many "marriage crashes." In fact when you stop and think about it, there are all kinds of courses being offered today. We can take

courses to learn new languages, computer skills, decorating, pottery, art, dancing, tennis, swimming and golfing. The list is never-ending. But have you ever noticed that rarely do you see “marriage courses,” or even more rarely “family courses,” being offered?

Our schooling system could effectively teach and train us in these basic concepts so that they would become a natural part of our way of thinking and acting. There are many books on the market that deal with these subjects; however, it would appear that people are reading to them too late, after much damage is already done. Many are not open to these educational concepts because they themselves have not learned them as part of their mainstream educational concepts. Many resist a change in lifestyle habits later on in life, but at a young age they will readily adopt them. By the time one realizes his marriage is not going well, he or she may already have adopted certain destructive or ineffective techniques that are now hard to change. Untold damage may have already been done to loved ones, and now it is hard to forgive. The educational system today seems to be “closing the barn door after the horse has already left.”

□ **Which statement is the most accurate?**

5. Most of us just fall in love, fall into a marriage and rear children with little or no training. No wonder we are having so many “marriage and family crashes,” so to speak.
6. There are many “marriage and family courses” being offered, but few people bother to enroll. No wonder we see so many marriage and family problems today.
7. Our schooling system tries to teach and train us in marriage and family skills and there are many books on the market that deal with these subjects; however, people start reading them too late when a lot of damage has already been done.
8. Many children resist developing good habits, but as we get older we learn to accept changes to our lifestyle.

Daniel Boorstin said, “Education is learning what you did not know you did not know.” Many feel confident that they will have a successful life because they have a university degree in their hand. They may be very successful as a doctor, a lawyer or a business professional, but what are their chances of being successful on a personal level? This ‘not knowing what we did not know’ is often the proverbial “straw that breaks the camel’s back.” The “personal bankruptcies” in life are coming from a lack of knowledge in human relations, marriage and family skills.

Can one truly claim to be “educated” if he or she is a top executive of a successful corporation but his marriage is in disarray? About half our marriages in the western world are ending in divorce. But nobody seems to be pressing the “panic button” in the educational infrastructure, be it at the elementary school, high school, college or university level.

## **MODULE - 2**

### **MARRIAGE EDUCATION – THE SECRET OF SUCCESS**

#### **“PREPARE BEFORE YOU DARE”**

- Prepare before you dare get married!***
- Divorce is marital bankruptcy.***

When you think of it, everyday people all over the world are falling in love. In fact, wouldn’t you agree that it seems fairly easy to fall in love, but it is much harder **to stay in love?** What is needed? Preparation and continuous training for one’s whole married life is indispensable.

Marital conflict is affecting more families than ever before. Experts say that there are **two things** that cause the irritation and fighting taking place in many marriages.

(1) Couples **failing** to make each other happy, and

(2) Couples making each other **unhappy**.<sup>3</sup>

In the first instance, it seems that couples are **frustrated** because their mates just do not give them what they **expect and really need** in their marriage, so they're disappointed. In the second instance, marital conflict results from couples that **deliberately hurt each other**; they **stop caring, they stop being real friends and/or soul mates**. Instead of the family being a warm, happy and peaceful place to come home to, somehow it has progressively become more and more a battleground of sharp words, irritations and accusations. Day after day it is like an ongoing "cold war," with only pyrrhic victories – one or the other "winning the battle but losing the war," as the saying goes.

On the other hand, it is not rare to talk to married couples that have been happily married 30, 50, 70 years or more. Happily married couples have discovered that in marriage you and your partner **are different**, and each one has certain unique needs. Now if these **marital needs are met** on a regular basis, the couples, beyond just falling in love, **stay** in love.

□ **Which statement is the most accurate?**

9. The personal bankruptcies in life are coming from a lack of money and from a lack of knowledge in human relations, marriage, and family skills.
10. Most couples find that it is fairly easy to fall in love, but, it is much harder to stay in love. Couples get tired of each other due to a lack of preparation for marriage and due to the lack of continuous marriage training necessary for the duration of their married life.

11. Experts say there are two things that cause the irritation and fighting that take place in many marriages: Couples that fail to make each other happy and couples that make each other unhappy.
12. Marital conflict results from couples that deliberately hurt each other. Although they still care for each other, they are no longer good friends because they argue almost everyday.

Dr. William Farley, a marriage counselor of some 25 years, talked with literally hundreds of disgruntled wives and husbands at the point of divorce. He would simply ask the husbands, "What is it that you expect from your wife that she does not give you?" Then he would ask the wife the same question.

After some 25 years of taking notes, he came to the conclusion that both men and women have 10 needs in marriage. However, the first five basic needs of the man are the last five basic needs of a woman, and vice versa. "When the husband and wife satisfied their basic needs they had 'an affair-proof' marriage."<sup>4</sup>

Women's five most basic needs in marriage tend to be:

1. Affection / Love
2. Conversation
3. Honesty and openness
4. Financial support
5. Family commitment

Men's five most basic needs in marriage tend to be:

1. Sexual fulfillment
2. Recreational companionship
3. An attractive spouse
4. Domestic support
5. Admiration

Let's take a closer look at each of these needs.

## **FUNDAMENTAL NEEDS OF A WIFE FROM HER HUSBAND**

### **1) AFFECTION – A WOMAN'S GREATEST NEED**

Wives would you agree that you really enjoy it when your husband shows warm appreciation and tenderness, when he hugs you and speaks words of endearment that show genuine concern and care? Without affection women can feel trapped in a “loveless marriage.” Although it seems hard to believe, wives would sooner have affection than a big beautiful house, a new dress or a nice car. To prove that, how many marriages of the so-called “rich and famous” are UNHAPPY (even though the wife has a big beautiful house, nice car and nice clothes)? What is missing? There is probably a lack of AFFECTION & LOVE to begin with.

Some, if not many, men find it hard to give the amount of affection (without any sexual favors involved) that their wives need. Studies on human behavior are now finding that if our parents did not show much affection to each other in our presence, then we may not have learned to do this at a critical age. Also, if our parents did not hug us and hold us a lot, we may find this strange and uncomfortable now with our own wife and children. Those on the other hand that had open and warm conversations with both parents generally find it easy to show love and affection later on in life. Praise and encouragement on a regular basis make for good, loving husbands later on in life. In other words, it seems hard to give something we’ve never received. Again, this emphasizes the need to show love, affection, encouragement and praise to the young at home and in schools. Showing this later on in life may be helpful, but it just isn’t as effective. For some it is then too late, and they are unable to learn these qualities.

□ **Which statement is the most accurate?**

13. Dr. William Farley, a marriage counselor of some 25 years, was told by his clients that men and women each have the same basic 10 needs in marriage.
14. Dr. William Farley found in his experience that when the basic needs of both the husband and wife were satisfied, they had an “affair-proof” marriage.
15. Dr. William Farley found that some, if not many, men find it hard to give the amount of affection (without any sexual favors involved) that their wives need, because their fathers did not show very much affection to their mothers.
16. Praising and encouraging a boy on a regular basis will make him a good loving husband later on in life.

Some, if not most men, wait until the end of the day – when they want to make love – to show affection. However, if he has not been appreciative, warm, conversational and caring throughout the day, his wife will not usually respond too well to a short burst of affection in exchange for sexual intimacy. On the other hand, if the husband is affectionate throughout the day, his wife will feel pampered and needed, and sexual intimacy will usually not be inhibited. It seems that most men confuse affection with sex.

A husband needs to be very gentle, kind, caring, patient and affectionate with his dear wife. Do you know what happens when he treats his wife like this? She responds and takes good care of her man. You could say that in this way they get double back of whatever they give. In fact, in most cases a man does not even need to worry about his needs, as long as he shows concern for his wife's; if he just does that, then she will care very well for him.

**Which statement is the most accurate?**

17. Many men wait until the end of the day – when they want to make love – to show affection. However if a husband has not been appreciative, warm, conversational and caring throughout the day, his wife will not usually respond too well to a short burst of affection in exchange for sexual intimacy.

18. If the husband is affectionate from morning till night, his wife will feel over-protected and sexual intimacy will be inhibited. It seems that most men confuse affection with sex.
19. A woman responds and takes good care of her man when he gives her double of everything. In fact, men do not even need to worry about their own needs. If a man would just worry about the needs of his wife, in most cases she will care very well for him.
20. Men who do not show affection during the day can make up for it at the end of the day.

Now, here are some ways that husbands can develop the art of showing affection:

- Hug and kiss your wife every morning while you are still in bed.
- Kiss her before you leave for work. (Interestingly, it has been reported that men that kiss their wives before leaving home have fewer accidents)
- Call her during the day to see how she is doing.
- Bring her flowers once in a while and be sure to include a card that expresses your love for her.
- When you arrive home from work, give her a hug. Spend a few minutes talking to her about HER day.
- When you are walking down the street hold her hand from time to time.
- We have to imagine that we're dating, courting all the time. Women love that; wives need that romantic, warm and intimate friendship.

## **2) CONVERSATION**

Tea or coffee time together at least once a day is a nice way to take some quiet time and just chat about anything and everything. Married couples that reserve some time for themselves, even if it is just 10 or 15 minutes for tea or coffee, to take a short walk, etc., often find it surprising how much the woman begins looking forward to this moment each day. This is a time when you are totally alone, with no kids, no visitors, and no family around. Marriage experts place heavy emphasis on fulfilling this need for communication. It has been rated as the second greatest need of women, second only to affection.

The January 1, 1986 issue of the magazine *Awake!* had a very interesting article on the importance of communication. It related: “Joan and Paul had what many felt was a ‘perfect marriage.’ Paul, however, with time, became so emotionally involved with his work that he hardly talked with his wife. This couple became strangers emotionally, and this lack of personal communication was slowly destroying their marriage.”<sup>6</sup>

So, as husbands, we need to ask ourselves this very difficult question: “Have I become so emotionally involved in my work, my favorite sports, my computer or whatever, that I have become emotionally detached from my wife?” Each day has 24 hours. If we sleep eight hours a day, that leaves 16 hours or 960 minutes. Can I just stop everything I’m doing and give 15 minutes to my wife? I will still be left with 945 minutes.”

Conversation on a daily basis helps couples to keep falling in love over and over again. Yes, this is time to reminisce, to share ideas and thoughts. Use this time to share small everyday happenings with each other.

You’ll be pleasantly surprised at how good this is for your marriage.

□ **Which statement is the most accurate?**

21. At least once a day it is important to drink tea together or walk hand in hand together and just chat about each other’s needs. You would not believe how much a wife will look forward to this moment each day.
22. Husbands need to examine themselves and ask: “Have I become so emotionally involved in my work, my favorite sports, my computer or whatever, that I have become emotionally detached from my wife?”
23. Each day has 24 hours; if we sleep eight hours that leaves 16 hours, or 960 minutes. Conversation for a few hours on a daily basis helps couples to keep falling in love over and over again. It is a time to reminisce, share ideas and thoughts.
24. Whenever you have a little spat it is best to bring her flowers or chocolates the next day to say you are sorry; and be sure to include a card that

expresses your love for her. Without a doubt, after you do this, all will be back to normal again.

### **3) A MAN THEY CAN TRUST**

According to the Argentinean newspaper *Clarín*, many women in Argentina are hiring detectives to spy on their husbands. In 80 percent of the cases, these detectives bring proof to the woman that her husband is having an affair.

A judge once reported that most marriages end in divorce because one of the two had been unfaithful.

Of course many men that commit adultery complain that their wives are not aware enough, or willing, to care for his sexual needs. This will be discussed at greater length in the man's needs in marriage. If a husband does not maintain honest and open communication with his wife – if he lies to her and covers up things – he undermines her trust. For a wife to feel secure and trust her husband, he needs to give her accurate information about his past, the present and the future. This includes what he has done, what he is thinking of doing at present, and what he plans to do. Even small, “white” lies will severely disrupt a marriage. Remember, your wife is your best friend, your confidant, someone you can share everything with.

### **4) FINANCIAL SUPPORT**

In talking to thousands of wives, a marriage counselor noted that wives do not mind working to help out, but they do not like to have to be the breadwinners and to have the burden of supporting the family. She does not mind helping out

temporarily when things are difficult – a little part-time work is fine – but she does not want to work full time, year after year.

Husbands need to bear the burden of supporting the family; otherwise, with time this could become a bone of contention and cause heartache in the marriage.

□ **Which statement is the most accurate?**

25. A judge once reported that most marriages end in divorce because one of the two spouses had been unfaithful.
26. It is okay to tell little lies to each other. However, be careful not to make this a habit, as it will severely disrupt a marriage. Remember, your mate is your best friend, someone you can share everything with.
27. Husbands need to bear the burden of supporting the family; otherwise, with time the wife could earn more than her husband. This could become a bone of contention and cause heartache in the marriage.
28. In talking with thousands of wives, a marriage counselor noted that wives like to work in order to help out with the family's finances. Many also like the thought that they also are supporting the family – not just the husband.

## **5) FAMILY COMMITMENT**

Fathers need not only to provide a house, food and clothing, but also to care for the spiritual and emotional needs of the children. Fathers who take time every day to talk with their children and play with them not only make the kids really happy, they also make their wives happy.

As Dale Carnegie said in his book *How to Win Friends and Influence People*, “I know, as you know, people who would think they had committed a crime if they let their families or employees go for six days without food; but they will let them go for six days, and six weeks, and sometimes sixty years without giving them the hearty appreciation that they crave almost as much as they crave food.”<sup>7</sup> Nourishing their self-esteem with a little praise and encouragement is part of being a great father.

Parents – especially fathers – how would you answer the following questions?

- Do I often play with the family? Or do I take them to play and then sit back talking with other parents? When was the last time I played sports, a game of cards, hide and seek, or swam, rode bicycles, laughed together, had some good old-fashioned fun together?
- Do I often hug my children? Do I put my arm around them and say something encouraging to them on a regular basis? Do I praise them for doing the dishes, taking out the garbage, cleaning up the room, or do I just say, “Well, finally you are doing what you are supposed to do”?
- Do I have warm and friendly conversations with my children on a regular basis? Do I avoid speaking in a harsh manner to my children?

Have you noticed that mothers have a deep caring love for their children and they know that the father has an irreplaceable role in the lives of the children? Yes a happy marriage for women is when the husband also shows true tenderness and cares for the children.

Any marriage that is missing even one of these basic elements is in danger. It is in danger not only of being a sad marriage and a relationship of conflicts, but also of separation and divorce.

□ **Which statement is the most accurate?**

29. Many fathers will not let their families go for six days without food; but they will let them go for six days, six weeks, and sometimes sixty years without giving them what they really crave – hearty appreciation. Nourishing their self-esteem with a little praise and encouragement is part of being a great father.
30. It is very important to hug our children while they are doing the dishes, taking out the garbage or cleaning up the room. Encourage them by saying: “Well finally you are doing what you are supposed to.”

31. Any marriage that is missing even one of these basic wants is a marriage in danger. There is danger of conflict, physical harm, separation and divorce.
32. Parents – especially fathers – need to cultivate the habit of having a warm and friendly conversation with their children on a regular basis. However, it is all right from time to time to speak to children in a loud and very harsh manner if they do not want to listen.

### MODULE - 3

#### **FUNDAMENTAL NEEDS OF A HUSBAND FROM HIS WIFE**

##### **1) RECREATIONAL COMPANIONSHIP**

***A real, true friend.*** “The couple that plays together stays together.” Couples that really love each other will want to do things together, like all good friends do. **So why not start right away? Talk together about some fun things you both like to do and then pick a time at least once a week when you can do some form of recreation together that you both enjoy.**

What sports or forms of entertainment do you BOTH enjoy? Maybe you both like tennis, basketball, swimming, bowling, playing cards or Scrabble. Maybe men seem like big kids that still need to play, but it seems that they need recreational activity and to share that activity with someone else. If wives do not play with their husbands, then the men will look for someone else. Married couples that participate in some form of recreational activity together, which both of them enjoy, grow closer together; they laugh together, play together, and that little bit of craziness is good for them. A little innocent competition, a little tickling, running after each other, pretending you are teenagers again is great for any marriage. Life in general is too serious, so have a break and have some fun together.

## **2) AN ATTRACTIVE SPOUSE**

It would seem that many husbands get discouraged if they see the beautiful girl they married neglect her hair, her skin, her health, her weight, the way she dresses and other basic physical aspects. When wives make reasonable efforts to maintain themselves, they will feel better about themselves and so will the husband.

Wives, without becoming obsessed with physical beauty, keep looking your best because this also makes your husband very content. So next time he complains about the credit card, remind him that you are doing this for him and you may just get away with it!

### **□ Which statement is the most accurate?**

33. If a wife will not play sports with her husband, then the husband will look for another woman with whom to play sports. Married couples that participate in some form of mutually enjoyable recreational activity together, grow closer together. They laugh together; play together; that little bit of craziness is good for them.
34. It seems that some husbands might get discouraged if after just a few years together, they see the girl they married neglect her physical looks.
35. When husbands complain about the use of the credit card, then wives know that it's time to stop worrying about their looks, as this husband is not willing to spend any more on her.
36. Couples should pick a time at least once a month when they can do some form of recreation. One month they could do what the man wants and the next month, what the woman wants.

## **3) DOMESTIC SUPPORT**

Husbands do not mind cooking some eggs and toast or other quick snacks or foods once in a while, but they really appreciate it when they come home and their wife makes a delicious and nutritious meal. So, just as wives do not mind

helping their husbands temporarily by working but do not want the full burden of working and providing financially for the family, it would seem that men do not mind cleaning the house, doing dishes and cooking from time to time, but deep down many will feel resentment if they have to worry about these things on a constant basis. Of course, if the wife is sick, both are working, or there are other prevailing circumstances, the husband will want to do more than the usual.

Men sometimes work themselves to an early grave providing for a living standard that their families can do without. In fact, many men would be surprised if they knew how much more a wife and children would sooner have him at home – even in a simple home – than have a large, expensive house but rarely have him there. So we do not want to go from one extreme to the other. A husband that is lazy will be a source of irritation, and a husband that works too much and hardly spends any time with his wife and children also endangers a loving marriage arrangement. Both are unhealthy for the family. Working less and spending more time with our wife and children, and in all kinds of activities, is good for the marriage and the family.

#### **4) SEXUAL FULFILLMENT**

Even the Holy Bible mentions at 1 Corinthians 7:3 that it is an honor and responsibility for the husband and wife to satisfy each other on a sexual level.<sup>8</sup>

Adultery is the main cause for marital bankruptcy. In most cases where one in the marriage has had an affair, it is usually the man. It seems that in general, his sexual needs tend to be stronger than that of a woman's. As one marriage counselor observed: "I have known bank presidents, successful politicians, pastors

of flourishing churches, leaders in every walk of life who have thrown away careers and let their life achievements go down the drain for a special sexual relationship.”<sup>9</sup>

Usually, if the husband satisfies his wife’s needs, especially for affection and conversation, then they can talk about any concerns they may have in regards to sexual intimacy. They may need to overcome shyness and express themselves, even doing research if necessary to understand how each other’s bodies function. “Sadly enough, most affairs start because of a lack of affection (for the wife) and lack of sex (for the husband). It is a vicious cycle. She does not get enough affection, so she shuts him off sexually. He does not get enough sex, so the last thing he feels like being is affectionate. The solution to this tragic cycle is for someone to break it.”<sup>10</sup> This is when it is time to be humble and forgiving. “A good marriage is made up of two forgiving people” one true saying goes. The one who breaks the cycle shows him/herself to be the most humble and forgiving one. You often have to give to get. We can’t go through life with “catcher’s mitts on both hands.” Give, give, give and give more, and you will be happy. With time, more than you ever gave will come back to you. This is especially true in marriage.

One church elder who has a license to marry was often surprised at how little the man knew about the female anatomy. This ignorance can make the first few months of marriage very tense and difficult. Married couples do well to do some research into books that deal with this subject of sexual education in a dignified manner. This is another part of the “educational puzzle” that must not be left out.

How often does your husband need sex? Why not ask him? Do not be shy; after all it could save your marriage. You might be surprised at his answer.

□ **Which statement is the most accurate?**

37. Most men do not mind cleaning the house, doing dishes and cooking as often as their mate, but, at times, doing this can discourage them.
38. Most affairs start because of a lack of affection (for the wife) and lack of sex (for the husband). Then a vicious cycle begins. She does not get enough affection, so she shuts him off sexually. He does not get enough sex, so the last thing he feels like being is affectionate. The solution is for one of the two to show humility and break this tragic cycle.
39. Married couples who do not educate themselves by doing some research in a dignified manner on the subject of sex for married couples can still have a happy marriage by talking intimately with each other.
40. You often have to give to get. But just the same, if you go through marriage with “catcher’s mitts on both hands” you are sure to get everything you hoped for.

## **5) ADMIRATION / RESPECT**

How can a wife have deep respect for her husband? Well, besides the obvious reasons, it seems that many husbands need the approval of their wife, even though this may seem hard to believe. Husbands may be able to brush off criticism from many a friend, but he cannot really feel confident if his wife is not behind him. He seems to need constant words of appreciation from his wife. Wives, here are some sure ways to make your husband feel good:

- Compliment him on his work, of being a good provider and allowing you (his wife) to have a fairly worry-free life and all the basic material things you need.
- If your husband is involved in any kind of public presentations, discourses, etc., compliment him on his performance if you are present to hear him.
- When he solves certain problems that affect the family and its welfare, like repairs to the home or car, setting up insurance policies or a will, planning vacations, etc., let him know that you truly appreciate how he is taking care of you and the children.

A woman can be a beautiful support and companion, and just like two good friends or partners, a couple can encourage each other and build one another up with words of appreciation.

One sure way to disintegrate the tender love between you and your husband is to be too critical, harsh, and judgmental. Often women have better ideas than men, but wives need to be skillful, delicate and gracious in the way they reason with their husbands on a matter they disagree on. If she rarely compliments or praises him when he does well, and then compounds it by disagreeing with him, he may start to feel that they are incompatible and can never agree on anything. This is a very dangerous scenario.

We know that men and women have more than just five basic needs each in a marriage, but these “top five” seem to be the most important. In fact, if even one of them is missing, the marriage is either in danger of divorce or of becoming a loveless marriage. Yes, wives do need affection, but so do husbands; it is just that wives seem to need it more. Wives need loving communication, but so do men; wives just seem to need it more often and more regularly. Husbands need sport and entertainment, and so do wives – only men seem to need it more. Wives also need to satisfy their sexual desires, as do their husbands; but it seems that the man’s sexual drive is stronger. So men and women have the same needs, but the priority and degree of their particular needs will vary between them. Of course, too, we are speaking in generalities, and different couples may have these same needs in a slightly different order.

Couples that think more of giving than of receiving actually receive more from each other. How can that be? Well, because you experience happiness in

giving, you'll continue to give and give because it feels so good. Your mate enjoys receiving, which motivates them all the more to give, so he/she starts to experience the joy of continuously giving, as well. And thus the happy outcome is that BOTH end up receiving much more than if they'd been concentrating just on RECEIVING, thinking only about their *own* needs. Worry only about your mate's needs and your needs will be well cared for. Do you find that hard to believe? Well, thousands of "marriage educated" couples are experiencing the truth of that – each and every day. A successful marriage is made up of two giving, and forgiving, people. There is no need for anyone to live in a loveless marriage. It really comes down to a lack of education and a lack of willpower – the willpower to learn and then apply what one learns. A great marriage is truly one of the treasures of life. Happily married couples live longer, enjoy life more and really "taste" one of the precious gifts that this life has to offer. Get your share now.

When talking to many successfully married men, I found they all agreed that they almost have to pretend that they are courting their wives all the time! Try to remember how you were back in your courting days. Think of the talking together, walking together, looking for occasions to do things together, showing kindness and genuine interest in each other's needs, wanting to please and make a good impression, laughing and playing – it was so romantic. Maybe we need a little more of that now after a few years of marriage. Get away, just the two of you, for a romantic and intimate weekend. Discover each other again. It can be good for your marriage to break the routine and stress of daily life by being alone.

□ **Which statement is the most accurate?**

41. It would seem that many husbands need the approval of their wives. Although a husband can brush off criticism from many a friend, he cannot really feel confident if his wife is not behind him. He seems to need constant words of appreciation from his wife.
42. One sure way to disintegrate the tender love between you and your husband is to be too critical, too harsh, and too judgmental. Women usually have better ideas than men, but wives need to be skillful, delicate and gracious in the way they tell their husbands what they want.
43. A great marriage is truly one of the treasures of life. Statistics show that happily married couples may not live longer, but they do often enjoy life more, while they really “taste” one of the precious gifts this life has to offer.
44. Show kindness and genuine interest in each other’s needs by wanting to please each other and by trying to make a good impression on each other. Laughing at everything the other says is so romantic.

## MODULE - 4

### HOW TO SOLVE MARRIAGE PROBLEMS

When two humans who are different decide to live together – in a world full of pressures from work, problems of finances, illnesses, accidents, time schedules, and so on – they soon realize that from time to time they **will have a little difference**. But remember, “**It is human to err but Christian to repair.**” Couples that do **not repair** are the ones headed for divorce or a loveless marriage. Some couples choose to suffer in silence, becoming the “**great pretenders,**” as if all is well in their marriage. But the body feels what the brain chooses to ignore. People with unresolved marital conflicts often report chronic pain, headaches, a knotted stomach, depression, frigidity, and impotence to their doctors.

Even if disagreements become serious, refuse to give up on your marriage.

### HOW TO SOLVE PROBLEMS

- Center your conversation **on the problem**, not the person.
- Always talk **one-on-one**; never talk in a group or a family.

- Talk about **your own mistakes**, not those of the other. Even if you feel you did nothing wrong, find something to apologize for, to start the conversation.
- **Begin with praise** and honest appreciation. This releases tension.
- **Never, never, never argue.** “The only argument you win is the one you did not have.” Instead, ask gentle questions that focus on solutions, not problems.
- **Avoid coming across as “Mr. / Mrs. Perfect”** who never does anything wrong. Even if you do not think you did anything wrong, look for an area where you could have been responsible in some way for the problem.
- Approach the problem as a team, asking: **“How can we solve this together?”**
- **Use encouragement.** Make the fault seem easy to correct.
- Remember that everyone, **every marriage, every family has problems.** You are not alone. The secret lies in knowing HOW to SOLVE the problem. **“It is human to err, but it is Christian to repair,” so remember to keep the repair kit close by, and use it constantly.**
- **Kindness and tenderness** reduce life’s frictions and dilute pride.
- **Humility:** An antidote for the poison of pride; humility prompts ready apologies and frequent expressions of thanks. What if you are truly innocent? *Why not gently say, “I’m sorry you are so upset”?*
- Remember to be **generous** in the marriage; *one cannot go through life with a “catcher’s mitt on both hands.”*
- Truly happy people are those who **live, not for themselves**, but for others – especially their mate.
- Marriage is not always a 50–50 arrangement. It might be 90–10 in times of sickness and fatigue, 90 being that part of the burden **you** must bear.
- Think about **how to please your mate**, and do not worry too much about your needs; then see what happens.

□ **Which statement is the most accurate?**

45. Some effective ways of solving marriage problems are to center your conversation on the problem, not the person. Talk one-on-one, never in a group or a family. Talk about your own mistakes as well as your mate’s.

46. Never, never, never argue. The only argument you win is the one you did not have. Instead, ask gentle questions that focus on problems, not solutions.
47. Remember that most people, most marriages, and most families have problems. The secret lies in knowing HOW to SOLVE the problem. "It is human to err, but it is Christian to repair," so remember to keep the repair kit close by – but do not use it until your mate apologizes for their mistakes.
48. Even if you are a "Mr. / Mrs. Perfect" that rarely does anything wrong, look for an area where you could have been responsible in some way for the problem. This will make the other person admit their fault sooner.

### HOW **NOT** TO SOLVE PROBLEMS

1. **Belittle and criticize** the person you think is the cause of the problem.
  2. **Talk about the problems with others around**, trying to shame your mate into changing.
  3. **Argue, shout, talk loudly, accuse** and express your opinion strongly.
  4. **Never admit your own mistakes.**
  5. **Do not say you are sorry** – after all, you did not cause the problem.
  6. Act cold, pout, **say very little the rest of the day**, and only talk to clarify who's causing the problem.
  7. **Give orders.** "You must do this ..." or, "you should have done that ..."
  8. **Make the problem seem impossible to correct** and a waste of time even to talk about, because the other person is stubborn and will not change – thinking, "only God can change this mess."
- 

#### **Which statement is the most accurate?**

49. Problems will not be solved if you belittle and criticize your mate in front of others. Arguing, shouting, talking loudly, accusing and expressing your opinion strongly should be kept to a minimum.
50. A sure way not to solve the problem is never to admit your own mistakes; do not say you are sorry right away; act coldly, saying only a few words the rest of the day and talking only to clarify who is causing the problem.
51. Be careful not to show too much kindness, tenderness and humility, because the other person will take advantage of that.

52. Truly happy people are those who live not for themselves, but for others – especially their mates. Marriage should be a 50–50 arrangement. Make sure you take care of your half.

## **MODULE – 5**

### **CHAPTER 2**

#### **EMOTIONAL I.Q. (E.Q. EMOTIONAL INTELLIGENCE)**

A school professor conducted a test that clearly illustrates the importance of emotional intelligence (E.Q.) as part of our holistic educational needs. A schoolteacher put a plate with three marshmallows in front of each student and then made them an offer. He said, “You can eat the marshmallows now, or if you wait about ten minutes, I have an errand to run, and when I return you will get double the marshmallows.” A closed-circuit camera was recording what each of the students did while the teacher was away. Some students picked up the marshmallow, put it on their lips, almost bit it, but then quickly put it back on the plate. Other students quickly ate the marshmallows and then tried to steal the other students’ uneaten marshmallows. Others just folded their arms and waited for the teacher to return and give them double.

The teacher kept track of each of the students that participated in this test, and he found that those who almost ate the marshmallows, put it to their lips and then put it back were indecisive, and many had failed marriages and trouble holding onto a steady job. Those who folded their arms and waited became very successful professionals with their lives in order. Of those who ate the marshmallows right away and tried to steal from fellow classmates, nearly all were in jail.

- **Which statement is the most accurate?**

53. A schoolteacher put a plate with three marshmallows in front of each student and then made them an offer. He said: "You can eat the marshmallows now or you can wait about ten minutes while I run an errand. Then, when I return, you will get seven marshmallows."
54. Some students picked up the marshmallow, put it on their lips, bit a little of it, but then quickly put it back on the plate. Other students quickly ate the marshmallows and then tried to steal the other student's marshmallows.
55. Those who folded their arms and waited for the other marshmallows were mostly very successful professionals with their lives in order.
56. Those who ate the marshmallows right away and tried to steal from fellow classmates were all in jail.

The following suggestions will help teachers and parents alike to nurture the ongoing development of emotional awareness in children. 1) Encourage children to verbally explain their emotions in a compassionate and caring atmosphere. 2) Encourage them to write their feelings in stories or letters to family members. If the child cannot write, the words can be written as the child states them. These stories and letters can be posted on the wall for other children/family members to see. 3) Read sensitive stories frequently to the children and ask them to comment on the Characters' feelings. Ask questions that have no right or wrong answer to encourage students' comments. 4) Introduce a new "feeling word" twice a week, such as "annoyed" or "upset." Play a game with the children where a volunteer has a card placed on his or her back with one of the feeling words on it, and the students must give clues to the others who have to guess the word.

Emotional intelligence will greatly help us to interact with others harmoniously. It will help us to deal with the upsets and blips in our life. Our health, our marriages, our personal friendships will be success stories once we have mastered "emotional intelligence." When others mistreat us we will know how to react in a way that does not cause lasting harm to either party.

Guilt, worry, anxiety and many other negative emotions cause us harm. These negative emotions are brought about by our conscious choices, thoughts, beliefs and memories. We've all heard the expression, "you are what you eat"; however, we might add to that phrase, as follows: "you are what you eat and what you think." Positive, constructive thoughts and beliefs have a powerful influence on our health and general well-being, more than we might expect.

□ **Which statement is the most accurate?**

57. Asking children to write down their feelings in stories or in letters to family members and friends can help develop the child's E.Q. If the child cannot write, the words can be written as the child states them. It is recommended that these stories and letters be posted on the wall for other children/family members to see.
58. Be careful not to read too many sensitive stories to children and then ask them to comment on the characters' feelings. Be sure to ask questions that have a right or wrong answer to encourage the students to mature.
59. Many depressed ones must take antidepressant medications in order to feel better. In their case, it is not possible to feel better without medication. Their bodies do not make serotonin naturally when they go for a walk, eat a healthy diet and get proper amounts of sleep at night, as is the case with normal healthy people.
60. We are all hurt by guilt, worry, anxiety and many other negative emotions. No matter how hard we try, we cannot escape these negative emotions that are brought about by our thoughts, beliefs and memories.

According to Dr. Ted Morter, Jr., "Health is a whole body affair. What happens when major trauma strikes? Your whole body responds. You are mentally stressed. You are physically stressed. All too often, after the initial impact of the traumatic situation subsides, you get sick ... possibly with a cold, flu or physical and mental exhaustion, or in extreme cases cancer or arthritis can develop. This is not a coincidence."<sup>13</sup>

Our bodies can handle stress for short periods of time, and some short-term stress is even beneficial, as it can bring out the best in our performance. However,

long-term, prolonged stress causes major exhaustion to our organs. Even when the doctor can find “nothing wrong,” our body has been under assault from fear, anxiety, worry or some other harmful, negative emotion for a prolonged period of time, and now we feel run-down, sometimes even experiencing pain.

Here is a powerful statement: “Health – good or bad – is a do-it-yourself project.”<sup>14</sup> Once we realize we are in control, *total* control, then we can take control and really make a difference in how we feel and start living life to the full. Emotional maturity is our goal. Once we attain a positive level of emotional maturity, our health, marriage, and relationships with friends, family and co-workers will also run smoothly.

Perhaps you have noticed that there is conflict wherever we turn. Humans have trouble getting along with fellow humans on every level. Emotional intelligence is the key that is often missing.

□ **Which statement is the most accurate?**

61. Most humans have trouble getting along with fellow humans on every level because they have lost the key to emotional intelligence.
62. Emotional maturity should be a life-long goal. Once we attain a positive level of emotional maturity, our health, our marriage, our relationship with friends, family and co-workers will naturally improve.
63. Our bodies can handle stress for long periods of time. Some stress is even beneficial, because it brings out the best in our performance.
64. Dr. Ted Morter Jr. states: “Health is a whole body affair. What happens when major trauma strikes? Your whole body responds. You are mentally stressed. You are physically stressed. All too often, after the initial impact of the traumatic situation subsides, you get sick with a cold or the flu or from physical and mental exhaustion. Cancer or arthritis will not develop in those who have no stress.”

## **ENERGY FIELDS**

According to Dr. Ted Morter, “We are energy beings. An energy field surrounds every individual live being.”<sup>15</sup> We can emit a positive energy by the way we speak and treat others, and this will cause a positive energy to flow from them to us. If, however, we emit a negative emotion that betrays anger, a short temper or sarcasm, then a negative emotion will return to us.

To illustrate this, a little boy was walking in the mountains with his father. There was a huge valley before them. The father shouted out “this is wonderful” and a voice came back “this is wonderful.” The little boy was mystified. “Who is that calling back to us?” he asked. His father tried to explain that it was an echo and that whatever you give out comes back. The little boy thought he would try it and shouted out “you are ugly” and immediately a voice came back “you are ugly.” The boy tried various phrases and he learned a valuable lesson that day. Whatever we “dish out,” sooner or later, is what comes back to us. Emotionally intelligent people have learned to “dish out” positive vibrations wherever they go, from the bellhop to the mechanic, to the bus driver, to their children or to their co-workers. No matter how important or unimportant the person may seem to be in their daily life’s experience, they “call out” friendly, patient and positive “echoes,” and in turn, positive, friendly messages come back to them. “You reap what you sow” is also true in the way we treat others.

## **STRESS – HOW TO COPE WITH IT**

Are you ready for this statement? Dr. T. Morter states: “... your thoughts are the biggest stressors of all!”<sup>16</sup> He goes on to say, “Stress itself isn’t a problem. Our responses to stress can cause problems.”<sup>17</sup> Isn’t that a wonderful discovery? Here we are trying to get away from stress, which is virtually impossible in this

increasingly complex world, yet the real secret is, by developing emotional maturity, to learn **how to handle stress**.

“Health problems crop up when your body must continuously respond to stimuli that are inappropriate. Long-term stimuli are generated internally, by such everyday activities as worry, guilt, judgment, negative thinking and negative attitudes.”<sup>18</sup> These are all things that we and we alone can control. Yes we can and must take full control of our emotions.

□ **Which statement is the most accurate?**

65. All of us can emit positive energy by the way we speak to and treat others. This will cause positive energy to flow from them to us. If, however, we emit a negative emotion that betrays anger, a short temper or sarcasm, then a negative emotion will return to us.
66. Emotionally intelligent people have learned to “dish out” positive vibrations wherever they go. They say nice things to the bellhop, the mechanic, the bus driver, their children, their co-workers ... no matter how important or unimportant the person may seem to be in their circle of activities, they “call out friendly, patient and positive echoes” and positive, friendly messages come back to them.
67. Dr. T. Morter states: “... your thoughts are the biggest stressors of all!” He goes on to say, “Stress itself is a problem. However our responses to stress can cause even more problems.”
68. We will always have problems handling stress. Even those who have reached a high level of emotional maturity can be very stressed. There is not much we can do in the stress-filled world we live in.

Almost all of us suffer from worry, guilt, remorse and other negative thoughts from our past. These are hidden away in our subconscious memory, and when a certain stressful event occurs... out of the blue these past memory-retained negative experiences come up again and haunt us. We often relive and go over the past negative experience again and again, causing damage to our health and well-being. This also needs to be corrected, and near the end of this report we will share the tools needed to do so.

If you visited a zoo and saw an angry lion, growling and baring his teeth, you would not feel stressed or threatened as long as he is behind bars. However, if the zookeeper was careless when opening the door to the lion cage and it escaped and was now running loose in the zoo, your body would quickly go into another mode. Your entire nervous system would leap into self-preservation mode and you would be looking for the nearest tree to climb. Under this life-threatening situation your blood pressure increases, your heart beats faster and other survival alarms go off. Your autonomic system responds quickly. This is called the “fight or flight” reaction. The point of the illustration is this: when you experience anxiety, rage and other upsetting incidents your body goes into the same mode as when the lion is chasing after you. The lion experience will probably be short lived. However, emotionally negative experiences with other people tend to go on and on for weeks, months and decades. You are relaxing in bed at night and trying to go to sleep, but the argument or difference you had at work that day, or the family feud, goes over and over in your mind. Your heart beats faster, your stomach is in a knot, and the entire negative emotional experience causes untold damage to your health and well-being. You usually wake up not so well-rested, and exhaustion is setting in. Digestive fluids are automatically pumped out when under stress, but the problem is that there is no food in the stomach for it to work on, which contributes to heartburn and ulcers.

## **MEMORIES OF THE PAST**

Whenever we get angry, that anger gets lodged in our memory. Our body responds much the same way as when the lion was loose at the zoo. It can last for hours, days and weeks. It exacts a heavy toll on our emotions and our health.

Maybe you are working on a project and someone in the next office walks by and says something like, “Haven’t you finished that project yet?” Immediately our internal psychology jumps into the “defense” mode. What he said was harmless in itself, but maybe the way he said it reminded your subconscious of how your teacher or your parent spoke to you years ago, when they said derogatory remarks like “you are so slow” or “you’ll never be good at that.” Yes, these negative “angry” memories are hidden away in our subconscious and when a similar event takes place in our present world, the past memory resurfaces. “Memories of past experiences that were stored with intense feeling can affect the way your body is functioning right now,” says Dr. T. Mörter.<sup>19</sup> We need to “cancel” or clear away these past negative memories to attain emotional maturity.

Memories in themselves are not necessarily good or bad, but what causes the problem is our psychological response to the memory, which prompts us to feel anger, fear, anxiety, and low self-esteem all over again. We are the sum total of our experiences. It would seem that everything in our life and health really begins in the area of our consciousness. Your memory is like your “sixth sense.” The mind is the problem, but at the same time the mind is also the solution, says Dr. Mörter. We are what we think; therefore, we need to control our thoughts... or as Chopra puts it, “In truth there is no such thing as a single messenger – each one is a strand in the body’s web of intelligence. Touch one strand, and the whole web trembles.” In other words, everything we do – what we eat, how we exercise, our thoughts and actions – each and every stimulus affects our overall well-being. If we eat right but do not exercise, something is missing. If we eat right and exercise, but generate a lot of criticism and negative thinking, again our overall well-being will be

adversely affected. The good food and exercise will not prevent the “web” from trembling, because we still have negative thoughts and speech. It is all tied together.

□ **Which statement is the most accurate?**

69. When you experience anxiety, rage and other upsetting incidents, your body goes into the same mode as it would if a lion were chasing after you. The good news is that both the lion experience and emotionally negative experiences with others will probably be short lived.
70. Negative memories that are stored with intense feeling can affect the way your body is functioning right now, claims Dr. T. Morter. Therefore, it is imperative that we “cancel” or clear away these past negative memories in order to attain emotional maturity.
71. Almost everything we do – what we eat, how we exercise, our thoughts and actions – each and every stimulus affects our overall well-being. However, it is more important to eat right than to exercise.
72. If we generate a lot of criticism and negative thoughts, our overall well-being will be adversely affected. However, good food and exercise will prevent the “web” from trembling because of our negative thoughts and speech.

Speaking of exercise, when we walk, run or swim, the right and left sides of our body are working in rhythm, which is excellent for maintaining the energy pulses necessary for a harmoniously functioning body. We are realigning our energy force when we do those things. Exercise also combats excessive stress and even most cases of depression, as well as providing a host of physical, emotional and psychological benefits. Exercise should, therefore, be a regular part of our weekly activities in order to attain emotional maturity.

## **MODULE – 6**

### **4 STEPS TO ATTAINING EMOTIONAL MATURITY**

## 1) LEARN THE LESSON

From every experience in life, good or bad, we need to recognize that each experience is teaching us a “lesson.” Think of life as a school that we never stop attending; we never graduate, we are always learning.

## 2) FIND THE GOOD IN EVERY LESSON

Whether the experiences we have are good or bad, we need always to find the good in each experience. No one living in this crazy, “rat-race” world can avoid unpleasantness in his or her life. There is always some form of annoyance, from the neighbor who has his stereo too loud to the large corporation that is difficult to deal with when it comes time to honor their guarantee, or more often with members of our own family whom we love and cherish, who may make remarks that really hurt. Once we realize that these negative experiences will never go away, that we cannot change everybody else but we can change **our reaction** to these unpleasant experiences, we are on the straight road to emotional maturity and better health. No matter how severe or terrible the experience is, we must take time to stop and meditate on the “good” lesson we gain from any experience. Perhaps our experience is as traumatic as child abuse, rape, assault, or witnessing a murder. There was one particular woman that had suffered terribly because she saw her own father shoot her mother right before her eyes. Only when she saw something “good” in that experience was she able to move on and stop reliving this terrible experience that put her in the “anger” mode. Maybe the only good she could find in such a traumatic experience is that she survived. A person in such a circumstance can now be more loving and sympathetic to others who experience trauma and heartache.

Perhaps they were once a little careless, and now have learned to be more streetwise and reasonably cautious. Whatever lesson we attach to the experience, we can also find something good in even the worst experiences we undergo. “No one – no matter how powerful or influential – can damage another person's (energy) field. Each individual is responsible for his or her own attitudes and feelings. And you are the only one who has the power or control over your thoughts, attitudes, emotions or feelings. Thoughts are energy that affects our energy.”<sup>20</sup> Your emotions are the key to your health!

### 3) TAKE STOCK OF OUR EMOTIONS

As we go through each day we can reflect from time to time on how we “really” feel. We can ask ourselves: “Do I feel peaceful, excited, calm, generous, satisfied, energetic, happy, spiritual, friendly? Or am I angry at someone? Do I feel depressed, bored, rejected, envious, unworthy, lonely, anxious, or fearful at this time?”

#### **Which statement is the most accurate?**

73. When we walk, run or swim, the right and left sides of our body are working in rhythm. This is excellent for maintaining the energy pulses necessary for a well-functioning body. Some even claim that this does a realigning of our energy force, although this has never been proven.
74. One could experience something as traumatic as child abuse, murder, rape or assault. However, no matter how severe and terrible an experience is, we must take time to stop and meditate on the “good” lesson we learned from it. Only if we do this exercise can we “cancel” negative emotion.
75. Some people become fanatical and go through the day asking themselves: “Do I feel peaceful, excited, calm, generous, satisfied, energetic, happy, spiritual, friendly? Am I angry at someone? Do I feel depressed, bored, rejected, envious, unworthy, lonely, anxious, or fearful at this time?” However, it is best not even to think about these emotions.
76. Each individual is responsible for his or her own attitudes and feelings. Having said that, we cannot escape from the reality that others have power or control over our thoughts, attitudes, emotions or feelings. Thoughts are energy that can affect our energy.

Here is a chart that we could print out and use to take a daily stock of our emotions.

To get a rough idea of whether your body is functioning under a predominantly positive or negative influence, assign a numerical value to each feeling, according to the scale below.

0 = rarely

1 = Occasionally / not intensely

2 = Often / intensely

3 = Constantly / extremely intensely

### **POSITIVE FEELINGS**

**How often or intensely do I feel ...?**

Creative\_\_ Peaceful\_\_ Compassionate\_\_ Sincere\_\_ Tranquil\_\_ Trusting\_\_

Confident\_\_ Excited\_\_ Patient\_\_ Calm\_\_ Fulfilled\_\_ Warmth\_\_ Composed\_\_

Optimistic\_\_ Generous\_\_ Self-assured\_\_ Attractive\_\_ Love\_\_ Inspired\_\_

Hope\_\_ Contented\_\_ Cheerful\_\_ Stable\_\_ Caring\_\_ Sentimental\_\_

Exuberant\_\_ Satisfied\_\_ Blessed\_\_ Expectant\_\_ Imaginative\_\_ Sensitive\_\_

Productive\_\_ Vigorous\_\_ Energetic\_\_ Gracious\_\_ Joyful\_\_ Serene\_\_

Enthusiastic\_\_ Pleasure\_\_ Elated\_\_ Secure\_\_ Affection\_\_ Spiritual\_\_ Happy\_\_

Accepting\_\_ Enjoyment\_\_ Delight\_\_ Faithful\_\_ Friendly\_\_ Amused \_\_ Jovial\_\_  
Pleased\_\_  
My total positive feelings = \_\_\_\_\_

## **NEGATIVE FEELINGS**

### **How often or intensely do I feel ...?**

Depressed\_\_ Angry\_\_ Regretful\_\_ Bored\_\_ Apathetic\_\_ Greedy\_\_ Rejected\_\_  
Jealous\_\_ Persecuted\_\_ Envious\_\_ Self-doubt\_\_ Abused\_\_ Hopeless\_\_  
Lustful\_\_ Vicious\_\_ Unworthy\_\_ Worthless\_\_ Indecisive\_\_ Selfish\_\_ Guilty\_\_  
Self-pity\_\_ Superior\_\_ Compulsive\_\_ Grief\_\_ Callous\_\_ Irritated\_\_ Unhappy\_\_  
Rage\_\_ Isolated\_\_ Scornful\_\_ Insensitive\_\_ Powerless\_\_ Sad\_\_ Abandoned\_\_  
Out of control\_\_ Lonely\_\_ Embarrassed\_\_ Inadequate\_\_ Hate\_\_ Despair\_\_  
Spiteful\_\_ Self-hate\_\_ Worried\_\_ Frustrated\_\_ Anxious\_\_ Bitter\_\_ Fearful\_\_  
Apprehensive\_\_ Hostile\_\_ Dread\_\_ Shame\_\_ Useless\_\_  
My total negative feelings = \_\_\_\_\_

If your total “Positive feelings” are about twice that of the “Negative feelings,” you are exceptional. If you are eating and drinking the right things as well as resting and exercising adequately, then you are providing your body with the total best internal environment possible and you have no doubt reached a high plateau of emotional maturity.

Now if your “Positive” outweighs your “Negative,” then you are on the right track, and following the other steps outlined here will greatly improve your

positive side. The fewer negatives our body has to handle, the better it will perform.

However, if your “Negative” total is equal or even greater than the “Positive” total, you are no doubt overworking your internal body with undue stress from your emotions and attitudes that need to be updated. “If negative feelings and attitudes continue for months and years, you can expect some organs or systems of your body to become exhausted and eventually “break down.”<sup>21</sup> This will trigger a host of common ailments. All these negative emotions keep our bodies in a persistent state of anxiety, worry and perhaps even fear, somewhat like the “lion-chasing” example. So even though there is no lion chasing us, our body is tricked into believing that it is in real danger because our thoughts and attitudes are communicating these intensely negative thoughts to our subconscious. However, do not be discouraged. You are on the right track. Recognizing our level of positive and negative attitudes is the first step in gaining control over them, using specific techniques as outlined in this report. After following the steps for a few weeks, you could redo this test on a monthly basis and gauge your own personal improvement.

#### 4) FORGIVE IN A LARGE WAY

No matter how well we camouflage our negative past experiences, our subconscious memory has them stored away, ready to leap out when a similar negative experience triggers the stress response, and we damage ourselves all over again by reliving that past negative experience. “Continuous subtle negative feelings, such as depression, worry, guilt, self-pity, resentment, and frustration, reduce the vibrancy of your surrounding (energy) field which, in turn,

interferes with the flow of health ...”<sup>22</sup> Negative experiences and feelings can really “zap” us. In fact, Dr. Morter believes that negative feelings are usually much stronger than positive feelings.

## **MODULE - 7**

### **The Forgiving Process – How it Works**

- Forgive does not mean “approve.” You do not have to condone the actions that hurt you. Forgive the “person,” not the deed.
- Forgiving does not “erase” files – it simply updates them. It brings them in line with current conditions.
- To be effective, forgiveness must include “positive emotion.” To be totally effective, the positive emotion must be as potent as the original negative emotion. However, adding any amount of positive reduces the potency of the original negative.
- Forgiveness needs to be focused. Even if a group hurt you, you must find one person in particular that specifically hurt you. You need to then envision that person as you go through the four-step forgiving process.
- Forgiving the other person does not always change that person’s life. In fact, the same is true of hating them; you can hate someone for years without altering his or her success. While you are making yourself sick with hate, the other person is going along merrily in life, completely undisturbed. You do not forgive primarily for the sake of the offender; it is mostly for your sake.

- Forgiveness is more than a mental exercise – it is a deep, inner feeling.
- Practicing true forgiveness on a regular basis **relieves stress to your body** and allows it to function at its best, with increased energy and a bright outlook.
- The best time to neutralize the toxic residue of negative feelings is at the end of the day, just before you go to sleep. However, you can do smaller “mini-forgiveness sessions” anytime of the day when you are relaxed. But if you do not do it by the end of each day, then while you are sleeping these harmful negative feelings will store information on your “hard drive” that will cause you continuous harm. Replace the negative with positive before going to sleep and you’ll sleep a lot better and tune your body to the most beneficial frequency for repair and relaxation. You will awaken refreshed.
- Before sleeping, recap the day’s events. Recall events where either someone did or said something that caused you distress, or you perhaps did or said something that caused someone to respond in a negative manner.

**Follow these 4 steps of total forgiveness:** (photocopy this section and put it by your bed)

**1) Forgive the other person**

Picture that person in a vulnerable (sad, ill, humble, pitiful, calm, receptive) state and then say: “I forgive \_\_\_\_\_ for interfering with my life”

**2) Forgive yourself**

This requires more than saying “I forgive myself.” Picture someone you respect and use him or her as a “fill-in”; now say, “I forgive (person you respect) for (the negative unkindness that they said or did) then repeat the same scene but now put yourself there instead of the “fill-in” person. You must do this with strong emotion and deep feeling.

**3) Give the other person permission to forgive you**

“I give permission to \_\_\_\_\_ to forgive me for something I said or did that caused distress and that interfered with their life.”

#### 4) Finally, look for something good in the experience:

“It was good that our confrontation exposed this problem (mention what it is) and brought it out into the open. Now we can focus not on the person but on solving the problem.” Maybe the negative experience was so terrible that you find it hard to see any good at all (e.g., you were molested as a child. The only **good** was that “you survived” and the **second good** is that “you carried on with your childhood despite this traumatic experience.”)

- Unless you complete all four steps with deep, inner emotions the forgiveness will not be effective. Picture the entire scene before your eyes. In the first three steps, perhaps see yourself hugging the other person, shaking their hand, speaking in a kind and humble, forgiving manner. Live the experience with deep and strong positive emotions. These will “update” the negative feelings to positive ones. You will eventually master the “forgiving processes” and will feel the true benefits that come from genuine forgiveness as you keep doing it time and again, day after day.
- Remember, forgiveness means to give up the chance to get even. Forgiving is about 40% of the process. The other 60% is accomplished by finding some element of good for you in the negative experience.
- Keep in mind that your thoughts run your life – your feelings run your body. Many common illnesses can be linked to negative feelings of not forgiving.
- The biggest health hazard of all is how we cling to past hurts and injustices. We may not even realize we are clinging! When a negative emotion is played over and over again for weeks, months and years, your body continues to be affected the same way over and over – truly exhausting!

### **THANKFULNES and FORGIVENESS – The Antidotes to Low Self-esteem**

- Try to see the **good in every event in your life**, as this promotes thankfulness. Be generous in thanking others for anything they do for you.
- When you are thankful you acknowledge that you have received a benefit, a blessing, a bonus; this translates into, “**I am worthy,**” and then your self-esteem rises.
- Forming a regular habit of forgiveness and thankfulness can change your life. This is the foundation of a positive attitude, which is the foundation of good self-esteem. This opens the door to “unconditional love.”
- “Unconditional love” is the love parents have for a child. Even when the parents do not approve of the actions of their child, the unconditional love survives.
- Unconditional love is the most perfect commodity you can share. It is not a rational feeling. It does not come about through logic and reasoning. It isn’t part of a barter system, as in “I’ll be nice to, or do something, for so-and-so, hoping they will do something for me in return.” It can’t be earned and it can’t be bought.
- Forgiveness and thankfulness are the seeds of unconditional love.
- Recognize that every experience you have, good or bad, benefits you in some way, and you are thankful for the lesson.
- Low self-esteem is hazardous to your health. When your thoughts continually downgrade you, your self-esteem suffers. Low self-esteem is

devoid of thankfulness. The process of sincere forgiving – especially of yourself – upgrades your self-esteem.

- Forgiving others and ourselves, being thankful for the lessons we learn, and projecting unconditional love are how we establish and maintain harmony with everything around us and within ourselves. For this we can be thankful!

### **How to Reduce Negative Reactions in Your Life**

Decide from today onward not to criticize anyone, ever again (which includes your mate and children). If you must bring something to someone's attention, simply ask a kind, gentle question instead of criticizing. **Life is like an echo**. Whatever you say to others comes back to you. Say kind, gentle, loving, wholesome, encouraging, insightful comments, and others will respond the same. Say unkind, harsh, unloving, critical, sarcastic, discouraging, angry, foolish comments, and that is what will come back to you. “He has a right to criticize who has a heart to help,” said Abraham Lincoln. So instead of criticizing others offer to help in some way.

Judge no one. Even Jesus will not judge until the final days. John 3: 17 states that Jesus came to “save,” not judge, the world. Imitate Jesus by “saving” and “helping” others.

The Indians have a wonderful saying: “When you were born you cried, and the world rejoiced. Live your life in such a manner that when you die, the world cries, and you rejoice.”

- Criticism does not work, but encouragement does.

- Be slow to criticize but quick to sympathize
- We hate ourselves when we hate others. We are tolerant to ourselves when we tolerate others. We forgive ourselves when we forgive others.
- Blowing out another's candle will not make yours shine any brighter.
- Do not use a hatchet to remove a fly from your friend's forehead.
- If others criticize you, live so that nobody will believe them.
- Really, to stop criticism one must die. – *French proverb*
- We cannot change the direction of the wind ... but we can adjust our sails. We can't change others ... but we can learn to adjust to them.
- If the shoe fits ... buy it in every color.
- To avoid criticism say nothing, do nothing, and be nothing.
- I've learned in life that when I'm concerned mainly about making others happy ... then I am too.
- I've learned in life that whenever I have pains, I do not have to be one.
- I've learned in life that people will forget what I said, people will forget what I did ... but people will never forget how I made them feel ... good or bad.
- When it comes to people, we often like them because we feel good with them; it is not so much a "head thing," but a "heart and feeling thing."
- Kindness is the oil that takes the friction out of life.
- Kindness is a hard thing to give away – it usually comes right back.
- Always be a little kinder than necessary.
- Write injuries in sand, kindnesses in marble.
- Kindness is the ability to love others more than they deserve.
- If you must criticize, change the word "**but**" to "**and**." "I'm proud of you, Johnnie, for taking out the garbage, and I'm sure that next time we won't even have to remind you."
- Our first natural reaction in a disagreeable situation is to be defensive. Watch out for your first reaction, it may be your worst reaction.
- The only argument you win ... is the one you did not have.
- When handling a difference use this magic line: "I may be wrong. I frequently am. Let's examine the facts." – *Dale Carnegie*
- Collect postage stamps, or collect coins if you wish, but do not collect grudges!

□ **Which statement is the most accurate?**

77. I completed the test and my total "Positive feelings" are about the same as the total of my "Negative feelings." This shows that I am emotionally balanced.
78. If my total "Positive feelings" are about twice that of the "Negative feelings" I am exceptional. Also, if I am eating and drinking the right things as well as resting and exercising adequately, then I am providing my body with the best internal environment possible, and I have no doubt reached a high plateau of emotional maturity.

79. If my “Negative” total is equal or even greater than the “Positive” total, I am no doubt working my internal body with normal stress from my emotions and attitudes that need to be updated. If negative feelings and attitudes continue for several years, I can expect some organs or systems of my body to become more tired than others.
80. Negative experiences and feelings can really “zap” us. In fact, Dr. Morteo believes that negative feelings can be just as strong as positive feelings.

Note: the following chart is for your personal use.

## **HOW TO STAY IN LOVE - CHART**

### **[Read every day of your married life]**

(Based on 25 years of talking to a multitude of married couples who described their needs)

The first 5 needs of men are the last 5 needs of women, and vice versa

## **HOW HUSBANDS STAY IN LOVE**

### **The 5 basic needs of wives in marriage**

#### **1) Affection**

- She needs to sense from me, “I’ll take care of you and protect you,” “I do not want anything to happen to you.”
- I often say, “I think you’ve done a good job and I’m proud of you.”
- To me we are still courting, forever ...!
- I look at her as the sweet, gentle, delicate girl I married, who needs to be cherished, loved and never mistreated.
- My marriage is a “full-time” priority.

#### **[10 Steps to becoming Affectionate]**

1. Hug and kiss her every morning.
2. Kiss her before you leave for work (men who kiss their wives have fewer accidents, reports *Awake!*).
3. Bring her gifts once in a while (include a kind, sweet card as well).
4. During the workday call her just to see if all is well – you are thinking of her.
5. When you arrive home from work, give her a hug and kiss. Stay talking with her.
6. Help with the dishes from time to time.
7. Come up behind her and put your arms around her waist and hold her, talk to her. Women love hugs.
8. Pray together.
9. Hold hands whenever you can.
10. Give her lots of genuine affection and the marital due will not be a problem.

#### **2) Conversation**

- I talk in a way that shows I care for her, without children or friends around, no less than 15 minutes every day.
- I have educated myself on the female anatomy and sexuality; we talk openly about the marital due.
- I give her undivided attention (I stop everything when talking to her or when she talks to me).

#### **3) I am trustworthy, honest, open and faithful to her**

- “Let the marriage bed be without defilement.” (I also avoid flirting.)
- She knows the truth about my past, present and future.

- ❑ I do not lie or cover up things, as this undermines her trust. I share my plans with her. My wife is my best friend.
- ❑ We share in all financial matters.

#### **4) I am her financial support**

- ❑ I know she does not mind working part-time or temporarily to help, but does not like to have the main burden of supporting the family.

#### **5) I am family committed**

- ❑ I need to provide materially, spiritually, emotionally and mentally for my wife and children.
- ❑ I take time every day to talk with my children, play with them (sports, games, cards, reading, swimming, biking), and have a regular Bible study conducted in a loving way.
- ❑ I often hug my children and say something encouraging every day.
- ❑ I am careful not to work too much, because making a “living” is not the same thing as making a “life.” Money is my slave – not my master.

### **HOW WIVES STAY IN LOVE**

#### **The 5 basic needs of husbands in marriage**

#### **1. Domestic Support**

- ❑ I try to be a good mother and housewife, and I cook wholesome meals.

#### **2. Marriage Due**

- ❑ I understand that most men have a stronger sexual need than women.
- ❑ I’m aware that sometimes when men have affairs it is because they may be deprived of the marital due.
- ❑ Even if I do not get enough affection, I do not refuse the marital due; otherwise, the last thing he feels like being is affectionate. I know the secret to a good marriage is humility and thinking first of my mate.

#### **3. Recreational Companionship**

- ❑ We play together in some sport or activity we both enjoy, once a week.
- ❑ Couples that play together stay together.

#### **4. An Attractive Spouse**

- ❑ My husband wants to be proud of me, and my appearance reflects on him.
- ❑ I prepare foods that support proper, balanced nutrition.
- ❑ I exercise and pay attention to my dress and appearance.

#### **5. Admiration & Respect**

- ❑ I know that criticism causes men to become defensive. Instead I use kind, non-sarcastic, gentle questions.
- ❑ I see that admiration energizes and motivates him; for example, “you did well,” “I’m so glad you did \_\_\_\_\_,” and “you are so good at \_\_\_\_\_” are things I often say.

- ❑ I remember to congratulate him when he solves a family problem, gives a talk or presentation, picks up something for me at the store, helps me with the meal or the dishes, or spends time with the kids.
- ❑ I believe that a man expects – and needs – his wife to be his most enthusiastic fan.
- ❑ I think that behind every great man is a great (and admiring) woman.
- ❑ I know I can't change traits, but I help him and myself to change habits.
- ❑ I encourage rather than criticize.

### **HOW TO SOLVE PROBLEMS**

- ❑ Center your conversation **on the problem**, not the person.
- ❑ Always talk **one-on-one**; never talk in a group or a family.
- ❑ Talk about **your own mistakes**, not those of others. Even if you feel you did nothing wrong, find something to apologize for to start the conversation.
- ❑ **Begin with praise** and honest appreciation, as this releases tension.
- ❑ **Never, never, never argue.** The only argument you win is the one you did not have. Instead, ask gentle questions that focus on solutions, not problems.
- ❑ **Avoid coming across as “Mr. / Mrs. Perfect”;** that never does anything wrong. Even if you do not think you did anything wrong, look for an area where you could have been responsible in some way for the problem.
- ❑ Approach the problem as a team – **“how can we solve this together?”**
- ❑ **Use encouragement.** Make the fault seem easy to correct.
- ❑ Remember that everyone, **every marriage, every family, has problems.** You are not alone. The secret lies in knowing HOW to SOLVE the problem. **“It is human to err, but it is Christian to repair.”**
- ❑ **Kindness and tenderness** reduce life's frictions and dilute pride.
- ❑ **Humility:** An antidote for the poison of pride; humility prompts ready apologies and frequent expressions of thanks. What if you are truly innocent? *Why not gently say, “I'm sorry you are so upset.”*
- ❑ Remember to be **generous** in the marriage; *one cannot go through life “with a catcher's mitt on both hands.”*
- ❑ Truly happy people are those who **live, not for themselves** but, for others, especially their mates.
- ❑ Marriage is not always a 50–50 arrangement. It might be 90–10 in times of sickness and fatigue.
- ❑ Think about **how to please your mate**, and do not worry too much about your needs; then see what happens.

### **HOW NOT TO SOLVE PROBLEMS**

- ❑ **Belittle and criticize** the person you think is the cause of the problem.
- ❑ **Talk about the problems with others around**, shame your mate into changing.
- ❑ **Argue, shout, talk loud, accuse** and express your opinion strongly.
- ❑ **Never admit your own mistakes.**

- **Do not say you are sorry;** after all, you did not cause the problem.
  - Act cold, pout, **say very little the rest of the day**, and only talk to clarify who's causing the problem.
  - **Give orders.** "You must do this ... " or "... you should have done that ... "
  - **Make the problem seem impossible to correct** and that it's a waste of time even to talk about it, because the other person is stubborn and will not change ... 'only God can change this mess.'
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