

Spiritual Tip

Choose Forgiveness, Not Gossip

By Rick Warren

Let's just admit it: When you have some crazy-maker in your life, and he or she's just done the craziest thing again, it's almost impossible not to get in the car, pull out your phone, and call somebody and say, "You won't believe what she just did!" Or, "You won't believe what he just did!"

In fact, you may even be texting as he or she's doing it!

That's what we do with crazy-makers. We want to tell somebody else. We want affirmation from somebody else. It's the most difficult thing in the world to let go of it. It may feel good when we call someone to spread the word about the crazy-maker's craziness, but it's also unloving.

The Bible says to forgive even your enemies. Proverbs 17:9 says, "Love prospers when a fault is forgiven, but dwelling on it separates close friends" (NLT).

Gossip is incredibly destructive. It is destructive to churches, families, and businesses. It is destructive to your life. It tears you up. It separates the closest of friends.

The worst thing about gossip is that the crazy-maker wins! All of a sudden, your crazy-maker is controlling your conversation. The crazy-maker is controlling your emotions. Don't let that person win! Don't let the crazy-maker win by choosing gossip.

1 Peter 3:9 says, "Do not do wrong to repay a wrong, and do not insult to repay an insult. But repay with a blessing, because you yourselves were called to do this so that you might receive a blessing" (NCV).

Talk About It

- What are your strategies for avoiding or confronting gossip?
- Why do you think it is so hard to walk away from gossip?

Marriage Tip

No. 74

How To Talk To Your Spouse

By Dr. Pat Love

1. Think connection, not communication.

Women talk to connect, but men connect to talk. When a man is connected he will talk just as much as a woman. MRI studies show that women get a dopamine rush and a boost in the feel-good hormone oxytocin from talking.

2. Respect the male way of connecting.

It helps to use the acronym "ROCK STAR." "STAR" is the man. "S" is for sex, which floods the body with oxytocin, and it takes a lot of that for men to feel bonded. "T" is for touch. Men need two to three times more touching than a woman to feel that same bonding from oxytocin. "A" is for appreciation. Women don't understand how much it pleases a man to please her. "R" is routine. Men love routine. Don't start a deep conversation when he's in his routine of reading The Wall Street Journal.

3. Respect the female way of connection

This is the "ROCK" acronym. "R" is for routinely making connection with her. Build that into your routine. Brush your teeth, kiss your wife, pour your coffee, pour her coffee. "O" is open your heart to her. Women are sensitive to isolation, silence, neglect and deprivation. Let her know what you're thinking and feeling. You can e-mail, text message, or leave a rose on her pillow. "C" is contact. Consciously keep contact in your mind. "K" is "keep it positive." A male's voice is designed for roaring, and they don't realize how scary roaring is for women.

4. Be aware that your silence scares her.

Women's coping style is to "tend and befriend." When stressed, they want to reach out. So when a man is silent and busy, even if he's bustling to make money for the family, she feels anxious. It evokes fear and pain in her.

5. Know that he's afraid of looking weak.

Men are sensitive to feeling inadequate and disappointing you. It's a cortisol dump for them and activates the same part of the brain as when they feel physical pain. If you just honor each other's vulnerabilities, you can improve any relationship without talking about it.

Pat Love, co-author of the new book, **How to Improve Your Marriage Without Talking About It**, is past president of the International Association for Marriage and Family Counseling. She's interested in new brain science, how it has documented the differences between men and women, and how understanding those differences can help improve marriages without talking.

Parenting Tip

How To Get Children To Do Chores ...Willingly!

By Carol Tuttle

It doesn't have to be this hard... the excuses, the foot-dragging, the frustration and eventual fight.

If you feel like your child spends as much time arguing over chores as actually doing them, then something needs to change. And you can change it starting now.

How I took myself out of the chore equation

One of your biggest challenges in getting your child to do chores is YOU. Not that you're doing anything wrong—but that you are most likely the creator and the enforcer of chores. Complaints get directed at you. Undone chores are left to you.

The trick is to change your role when it comes to chores.

When I was a mother of 4 children, I decided to organize a chore system that operated independent of me. Chore complaints no longer were directed at me personally. So we avoided the emotional friction that often happens over chore assignments.

Watch the video to see how this works and what I made myself—"The Chore Board!"
<https://www.youtube.com/watch?v=jTGdRYa7o8M>

Try your version of these ideas! Evaluate your expectations! And allow your children to get in on the conversation.

How to motivate your TYPE of child

Each child will move through chores best if the experience is true to their unique energy. You can take my video tips a step further if you know which Type of child you're trying to motivate:

• Chores for the Fun-loving TYPE 1 Child

Turn on music! And let them work alongside someone. Quiet, solitary chores are torture for the bright, bouncy child.

For younger children: Ask them to turn on their imagination. Who (or what) do they want to pretend to be as they clean? Cinderella? A window-washing superhero? Give them freedom to turn work into play.

• Chores for the Sensitive TYPE 2 Child

Give plenty of time for planning and executing. If these children feel required to rush or do unplanned chores last minute, they'll drag their feet.

For younger children: Give them enough details to know what to do. "To set the table, you put a plate at each chair, the fork next to..." Then invite questions. Otherwise, they may whine rather than speak up if they don't know how to do a certain task.

• Chores for the Determined TYPE 3 Child

Honor their need for results. These children want to know the tasks that need doing and get them DONE. Give them a checklist and let them move through it at their own, swift speed.

For younger children: Give them a challenge. Time them. Or offer a tangible reward for each chore done. They might enjoy a little competition with you.

• Chores for the More Serious TYPE 4 Child

Give advance notice and give them a say. Your More Serious Type 4 child will resist nearly 100% of the time if they feel chores are imposed without consulting them.

For younger children: Support their need for structure and consistency! A visible calendar or chore board with consistent chores helps them understand expectations and follow through.

(For more Type-specific chore tips, check out TheChildWhisperer1.Com.)

What about that messy room?

In today's video, I talk about the value of giving your child responsibility over their own space. If you feel nervous about that, here are even more resources to support you:

Go to the webpage for links to these articles

(<http://thechildwhisperer.com/children-chores-willingly/>)

- How Your Child's Clean Room May Be Messing Up Their Life

- How Your Messy Childhood Room Messes Up Your Grown-up Life

Remember, you're not just shutting the door and saying, anything goes. Maintain a conversation. Ask your child how they want their room and support them in creating it.

They'll internalize lessons better when you work with them, rather than dictating to them.

Above all...Remember your purpose.

What is your intention behind your children's chores?

Consider what you're trying to teach them. Evaluate what you're trying to accomplish. I know you'll be inspired about what to do!

Compliments of the District 1 Marriage and Family Ministry, FFWPU

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