

The Platinum Rule = Loving with Style

By Angie Martinez, LMSW

Growing up, many of us were taught the Golden Rule by our parents and it's likely something we've passed on to your own kids. It goes something like this: *treat others as you would like to be treated.* A good rule of thumb, for the most part, but do you know about the Platinum Rule? The Platinum Rule says: *treat others the way they want to be treated, not how you want to be treated.*

Sound vaguely familiar? If so, good! It's the primary concept behind Loving with Style where you learned what it is that you can do that makes your spouse feel most loved by you. Chances are, it was eye-opening because all along you'd been doing what was important to you, not your partner, and vice versa.

Do you remember the names of the styles? There are six styles of a heart. The

first is "do" as in "I feel loved when you do things for me." The second is "be" as in "I feel loved when you take time to be with me." The third is "give" as in "I feel loved when you give things to me." The fourth is "encourage" as in "I feel loved when you encourage me." The fifth is "talk" as in "I feel loved when you talk with me." The sixth is "touch" as in "I feel loved when you touch me."

Do you recall which love styles were most important to your spouse? Do you remember your partner's heart and how the styles were broken down? On page three recreate each other's heart to the best of your ability and share with one another to see how closely you were paying attention in group, and better yet, to see if you've both been giving each other the love that makes you feel the most loved. **(continued on page 3)**

Forgiveness: Letting Go of Grudges & Bitterness

www.mayoclinic.com



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Catholic Social Service
in the Diocese of Dodge City
Catholic Charities for Southwest Kansas

Nearly everyone has been hurt by the actions or words of another. Perhaps your mother criticized your parenting skills or your partner had an affair. These wounds can leave you with lasting feelings of anger, bitterness or even vengeance - but if you don't practice forgiveness, you may be the one who pays most dearly.

What is forgiveness? Generally forgiveness is a decision to let go of resentment and thoughts of revenge. The act that hurt or offended you may always remain a part of your life, but forgiveness can lessen its grip on you and help you focus on other, positive parts of your life. Forgiveness can even lead to feelings of understanding, empathy and compassion for the one who hurt you.

Forgiveness doesn't mean that you deny

the other person's responsibility for hurting you, and it doesn't minimize or justify the wrong. You can forgive the person without excusing the act. Forgiveness brings a kind of peace that helps you go on with your life.

Why is it so easy to hold a grudge? When you're hurt by someone you love and trust, you may become angry, sad or confused. If you dwell on hurtful events or situations, grudges filled with resentment, vengeance and hostility may take root. If you allow negative feelings to crowd out positive feelings, you may find yourself swallowed up by your own bitterness or sense of injustice.

What are the effects of holding a grudge? If you're unforgiving, you may pay the price

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"I have no way of knowing whether or not you married the wrong person, but I do know that many people have a lot of wrong ideas of marriage and what it takes to make that marriage happy and successful. I'll be the first to admit that it's possible that you did marry the wrong person. However, if you treat the wrong person like the right person, you could well end up having married the right person after all. On the other hand if you marry the right person, and treat that person wrong, you certainly will have ended up marrying the wrong person. I also know that it is far more important to be the right kind of person than it is to marry the right person. In short, whether you married the right or wrong person is primarily up to you." Zig Ziglar

Kid's Korner: Questions to Ask Your Parents

www.familyeducation.com

Wouldn't it be fun to find out more about what your dad or mom was like when he or she was a kid? Wouldn't conversation be more interesting if you and your family traded unexpected questions and answers at dinner rather than just talk about what homework did or didn't get done?

There are a lot of great things to talk about that no one ever brings up because we usually think of conversation as being serious rather than a way of being playful. Of course, conversation should be about serious things some of the time, but other times questions should be asked just to create new ways to think about things, look back on our lives, or imagine what life would be like if we could design it any way we wanted. Talking can be terrific fun and everyone can get to know each other and laugh a lot - and even be amazed from time to time. No one wins or loses, but there is an element of surprise in finding out personal information about your parents - and sharing some of your ideas, daydreams, and opinions with them. Below are some questions to try out:

- Were you considered popular in middle or high school? Why or why not?
- What is one of your favorite memories from when you were a kid?
- What really gives you the creeps?
- In what ways am I like you? In what ways am I like Mom/ Dad?

- What kinds of things make you feel happiest? Why?
- What was the best thing I ever gave you?
- Who was your best friend in high school and what was the best thing about this person?
- Is there an experience that you regret having?
- How would you describe Mom/ Dad the first time you saw her/ him?
- Is there a book that you had to read in school that left a lasting impression?
- What did you want to be when you grew up?
- What is your dream vacation?
- What did you do for fun when you were a kid?
- Did you like school? What was your least favorite subject? Your favorite?
- Did kids ever make fun of you for any reason? What do you remember best?
- If you won the lottery, what would you do with the money?
- What kind of music did you listen to? Do you still like to listen to the same music?

Now, have fun creating your own questions!

Forgiveness: Letting Go of Grudges and Bitterness

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repeatedly by bringing anger and bitterness into every relationship and new experience. Your life may become so wrapped up in the wrong that you can't enjoy the present. You may become depressed or anxious. You may feel that your life lacks meaning or purpose. You may lose valuable and enriching connectedness with others.

How do I reach a state of forgiveness? Forgiveness is a commitment to a process of change. A way to begin is by recognizing the value of forgiveness and its importance in your life at a given time. Then reflect on the facts of the situation, how you've reacted, and how this combination has affected your life, health and well-being. When you're ready, actively choose to forgive the person who's offended you. Move away from your role as victim and

release the control and power the offending person and situation have had in your life. As you let go of grudges, you'll no longer define your life by how you've been hurt. You may even find compassion and understanding.

What if I'm the one who needs forgiveness? Consider admitting the wrong you've done to those you've harmed, speaking of your sincere sorrow or regret, and specifically ask for forgiveness - without making excuses. Remember, however, you can't force someone to forgive you. Others need to move to forgiveness in their own time. Simply acknowledge your faults and admit your mistakes. Then commit to treating others with compassion, empathy and respect.

Upcoming Events

September 2010

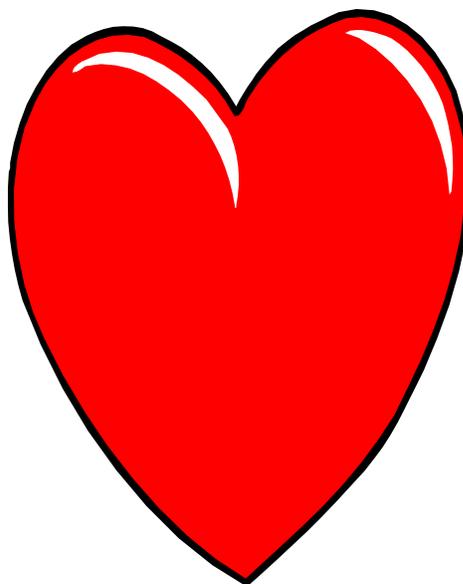
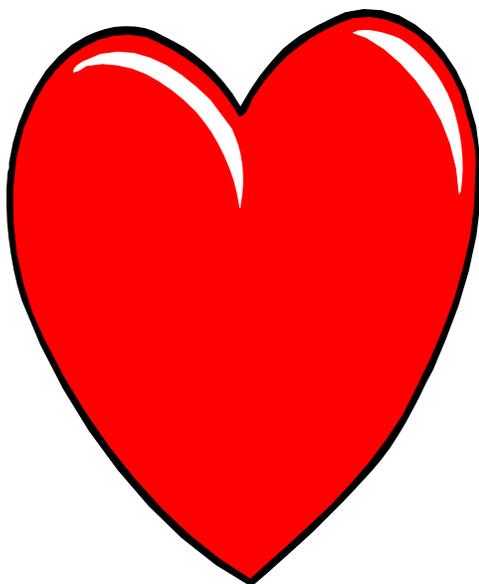
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11 MfK
12 MfK	13	14 MfK	15	16	17	18
19	20	21 MfK	22	23	24	25
26	27	28 MfK	29	30		

The Platinum Rule = Loving with Style

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His Love Style

Her Love Style



September Events

A new Marriage for Keeps class in Garden City starts September

the 11th from 8:30am—4:30pm (lunch provided) September the 12th from 4-8pm (supper provided)

Then, this class will continue for the next 3 Tuesdays from 6-8pm.

A new Marriage for Keeps class in Dodge City starts in October

First class— Saturday October 9, 8:30-4:00

continuing for the next 5 Tuesday, 6-8:00

Dodge City Community College, Student Union, Santa Fe Room

Parenting Classes in Garden City Oct 12– Nov 9 at GCCC Open to the public

*Call to sign up.
620-272-0010*



Marriage for Keeps Staff:
Rhonda S. Goodloe, LMSW
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Workshop Facilitators

Mike Houser, LMSW, AAPS
Kelly Houser, LBSW
H. Alex Chavez
Lea Ann E. Seiler
Isabel Aguilera
Michael Zuniga
Liliana Zuniga

Coming Soon to Marriage for Keeps

MfK classes in Dodge City

First class– Saturday October 9, 8:30-4:00
continuing for the next 5 Tuesday, 6-8:00

Dodge City Community College, Student Union, Santa Fe Room

Meal is provided, **\$100** in gift cards–*all at no cost*

Parenting Classes in Garden City

What is *Guiding Good Choices?*

It is a five-session workshop where parents will learn how to strengthen their bonds with their children and reduce the risk that their children will use drugs

Classes Start...

Tuesday, October 12, 2010 Once a week for 5 weeks
6:00-8:00 p.m.

Garden City Community College

Meal Provided-starting at 5:00

No Cost to participants

Call 620-272-0010 to sign up



marriageforkeeps-ks.org

catholicsocialservice.org



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