



**Volume 3, Issue 10  
October 2010**

# Marriage for Keeps

*Strengthening Families for Life*

## At A Glance Newsletter

Welcome to our new look! Our one page newsletter will make it simpler to keep up with what's happening at Marriage for Keeps and be a "quick read" for you and your partner.

### Save the Date!

#### October Activities:

**Marriage for Keeps Classes  
Dodge City**

**First class-Saturday Oct 9,  
8:30-4:00 Continuing for the  
next 5 Tuesday, 6-8:00**

**At DCCC Meal provided  
\$100 in gift cards**

**10 Great Dates in Spanish  
Dodge City Starting Satur-  
day Oct 23, for 5 weeks at  
West Coast Martial Arts  
1905 W. Wyatt Earp**

**Guiding Good Choices  
Parenting Classes-  
Garden City, Tuesday, Oct  
12 once a week for 5 weeks  
6-8:00 GCCC  
Meal provided-starting at 5**

**All activities are Free  
Call 620-272-0010**

### Eight Lessons For a Happier Marriage

**By William Glasser, M.D. and Carleen Glasser, M. A.**

The purpose of this book is to teach you what you need to do to be happy as a couple, not just as individuals. The helpful hints are reminders from your marriage education group.

*Lesson One: External Control Can Kill a Marriage.* External control is when you try to control another person. People who practice external control think they know what is right and feel obligated to try to coerce others to behave the way they want. Almost all married people in every culture on Earth use it as soon as the infatuation phase of their relationship ends. If your mate continually tries to control you, what could you do that would help your marriage? The first step is to talk honestly to each other about what you believe. *Helpful hint:* Try using Speaker Listener and XYZ statements to help with this conversation.

*Lesson Two: We Choose All Our Behavior.* That means that you might choose to use a lot of external control, but all behavior is a choice and a better choice is always possible. All we do

from birth to death is behave, and every one of those behaviors is chosen. External control is not in your genes - it is a chosen behavior, even though it may stem from our need for power. How compatible is the way you are attempting to satisfy your basic needs with the way your partner is choosing to get his or her needs met? *Helpful hint:* Make it Safe to Connect, Do Your Part, and Decide, Don't Slide.

*Lesson Three: Never Use the Seven Deadly Habits.* The deadly habits are: criticism, blaming, complaining, nagging, threatening, punishing or bribing. Try instead to use these seven caring habits: supporting, encouraging, listening, accepting, trusting, respecting, and negotiating differences. *Helpful Hint:* Remember the slide with the scale that showed how many positive comments are needed to offset one negative comment? Twenty! By using the seven caring habits, you will likely be ahead of the game.

Stay tuned next month for the continuation of these lessons and helpful hints.

**"Don't worry that your children never listen to you; worry that they are always watching you." Robert Fulghum**

# Kid's Korner: Halloween Fun

[www.tlc.howstuffworks.com](http://www.tlc.howstuffworks.com)

Costumes, candy, spooky decorations - Halloween has everything you could ever want. Celebrated on October 31 every year, it's the perfect holiday to show your creative side. So, get out your broomsticks (or paint brushes) and a cauldron of paint and you'll be ready for this fun and easy Halloween craft.

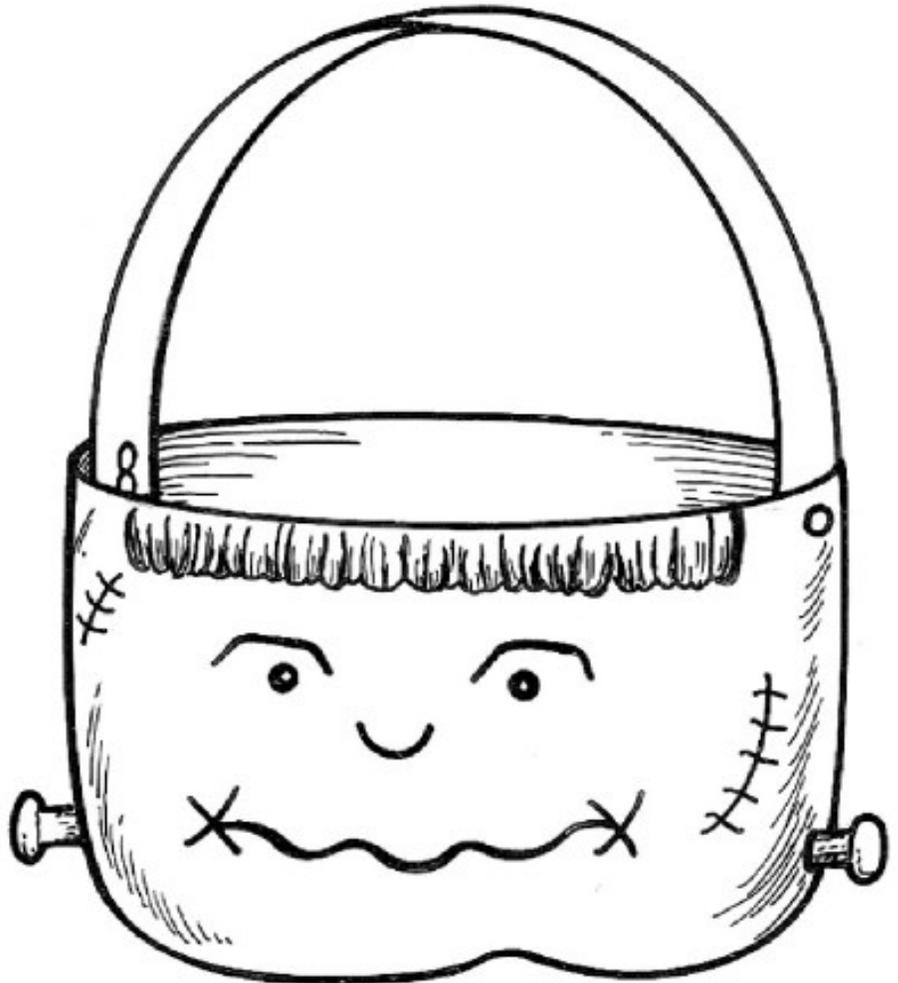
## Trick-or-Treat Jug

Design a rain-proof candy trick-or-treat jug to match your Halloween costume: a black cat jug for a witch or a treasure chest for a pirate.

### What you'll need:

Plastic milk jug  
Scissors  
Permanent markers  
Black felt  
Craft glue  
Fabric markers  
Two screws  
Brass paper fasteners

**Directions:** With an adult's help, cut off the top of half of a plastic milk jug. Set it aside. Decorate the bottom half of the milk jug to make a trick-or-treat basket. Use markers to draw on a Frankenstein face. Cut a strip of black felt for his hair and glue to basket. Have an adult poke two holes near the bottom of the basket. Insert a screw in each hole for Frankenstein's bolts. Cut two small pieces of felt. Glue them over the ends of the screws on the inside of the basket. Cut a 1 inch-wide strip from the top half of the jug. Punch holes in the handle ends and the sides of the basket. Use brass paper fasteners to attach the handle to the basket. Enjoy!



*The Within Our Reach Keys...*

**Decide— don't slide**  
**Make it safe to connect**  
**Do your part**



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[catholicsocialservice.org](http://catholicsocialservice.org)