

Let's Talk About It

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New Year Transformational Resolutions

This year began with the great debate about human cloning and the potential war in North Korea and Iraq. Many are fearful of the future and there is a high level of instability and insecurity. On the other hand, the stench of selfishness is raising high above the aroma of sensible living and healthy relationships. Too many people have their own agendas and will let nothing get in their way, even if it causes pain to others. In reality, if great care and effort are not taken, marriages, families, and interpersonal relationships will suffer the most in 2003. We must not let this happen. The strength of any family, community, institution, or country, is not just its financial, intellectual, or industrial resources. It is its meaningful, long-lasting, reciprocal, and loving relationships.

RELATIONSHIP FOCUS

What are your plans for 2003? What will be most important to you in 2003? I believe that everyone should have highest on their priority list in 2003 the establishment and maintainance of healthy, meaningful, and loving relationships. This focus must be in the home, church, schools, community, businesses, and government.

Let every spouse make it his or her main focus to have a warm, mutually supportive romantic relationship with each other. Let all parents, single or married, make it their focus to have a loving, dynamic, and understanding relationship with their children. Let every church, community, school and corporate leader make it their focus to have a people-centered approach to leadership. Let every politician focus on serving rather than being served by the people.

STOP BEING SELFISH

Denying self and focusing on others is not always easy. It feels good to pat your self on the shoulder or to take care of your needs without consideration for others around you. However, if we continue to focus on self above others in 2003, we will have a greater increase in crime, marital dissolutions, and dysfunctional relationships. We will have less respect for government leaders. More spouses will walk out on each other. The juvenile halls of correction will become more crowded. The prison walls will scream even louder with the pains of hurting inmates. More of our streets will resonate with the loud gun fires of angry thugs and drug-induced, spaced-out, schizophrenic personalities. Let's stop being selfish in 2003. Unselfishness is transformational.

WHAT TO DO ?

Here a few things we all can do to make 2003 a transformational year:

1. Put Christ at the center of your life.
2. Go to church at least once a week.
3. Say something nice to someone each day.

4. Think before responding.
5. Visit a less fortunate or sick individual at least once a month. It can be in the hospital, the community, or the prison.
6. Write a letter to at least two persons who need encouragement.
7. If you are married make your relationship with your spouse more important than your career. Spend lots of time together. Set aside one night a week for "couple time." Go on romantic dates. Take time to have fun together.
8. Watch the movie "Preacher's Wife" with your partner.
9. Find some way of affirming your love for your spouse every day of 2003. You need 364 more ways from today onward.
10. Read more meaningful books and watch less television. Find pleasure in reading the Bible.
11. Join a community or church service group.
12. Go to bed earlier, (before 10 p.m.) and raise earlier, giving your body the maximum opportunity to rest and gather energy for the new day.
13. Exercise at least three times a week.
14. Listen to inspirational, classical, or soft country music at least once a week. Remember, too much rock music makes one agitated and angry.
15. Eat less red meat and highly-spiced foods. Remember that lots of red meats affect the heart, and lots of spicy foods affect the stomach. If these are affected, the mind will also be affected.
16. Reach out and hold the hand of someone each day.
17. Remember, always to say "I Love You" to a friend, parent, spouse, or colleague.

Have a happy and meaningful new year.

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