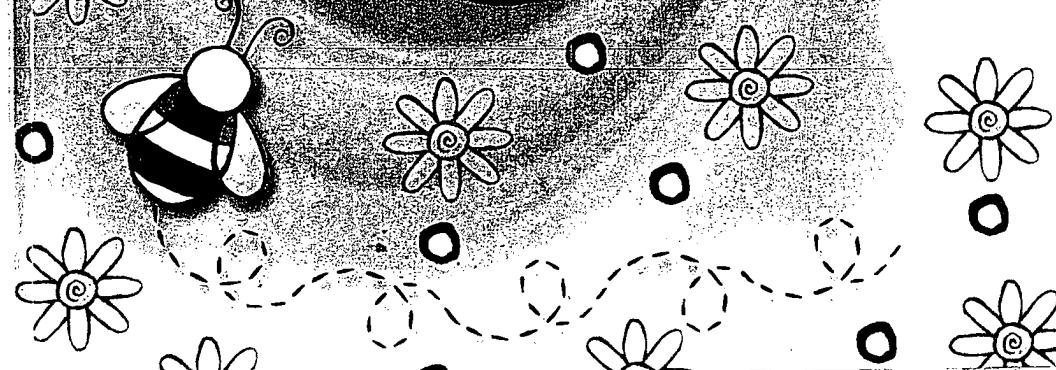


Journal



- # make choice to love/heal
 - # live today free from the failures of yesterday
 - # quietly listen & accept spouse's opinions w/o contradiction
 - each want the understanding of their opinion to be non-judgmentally heard & to feel loved & accepted
 - # Different levels of growth & beliefs
 - let it go
 - Listen w/ understanding heart
 - Loving words are healing
 - Arguments have no victor
 - ? will this argument be important 100 yrs from now?
- (1) BASICS
- 1) apply basic gospel principals of Righteous living
 - 2) learn/relearn new skills/neglected skills
 - 3) keep working toward a marriage that gets better
- (Oneness in Marriage Ensign Mar 1977)
- Coping w/ Difficulties in Marriage Ensign 1982
- (2) (Eternal Marriage Begins in Mortality Ensign Oct 2005)
- THEN... ATTITUDE
- 1) Learn to accept some tension
 - 2) We need to feel comfortable w/ "melt you NOT perfect and we're still trying"

- Mending Our Marriage Ensign Oct 1994
- # Do all I possibly can to make my marriage succeed
 - 1) never criticize
 - 2) nurture communicative atmosphere
 - 3) pray specifically together
 - # Can't do spouse's growing for them, they have to do their own growing
 - # Separate & personal pathways that later converge
 - # Charity towards spouse Moroni 7
- PRAY TOGETHER
- * Soft voice = encourage, don't nag, ask how to help/support
* express emotions/voice feelings - don't deny anger/hair
* don't make demands/pARENT vs CHILD
* give spouse public credit*
- (risk how to help/support
NOT To Be List
* acknowledge
validity of emotion & other address)
- (3) SKILLS/BEHAVIORS
- 1) renew our energy (can't forgive 70x7 if exhausted - ac pleasure activities)
 - 2) pray alone and together # problem solving is a constructive role in marriage (refiner's fire)
 - 3) serve & not grudgingly
 - 4) look for helpful ideas among the happy marriages you know
 - open communication
 - learn to listen
 - be specific/reasonable
- * lay off negative neggs
do specific small deeds
to showing caring
- * do something about problem
don't just "excuse" become silent victim
- # end pattern of demanding/condemning
 - # learn what is important to spouse

~~Wednesday May 2, 2008~~

- John has concern for if the 'tops' oatmeal is 'soaked overnight' b/c it may be too much for their systems
- Always wants stories to be read before bed time

Tuesday May 6, 2008

- Wants his children to be fed wholesome, non-grown food

- Worries about the economy b/c it affects quality of living for his children

- is primitive & reinforces poor training skills w/
[REDACTED]

Thursday May 8, 2008

Went to the temple by myself for the second time. Was in the prayer circle, tearing up. I need to pray morning & night to be softer to John so he can "reach" to my kindness. Pray that everything else will work but so I can focus my self on him. I need to speak only kind words to the patient or not responding if it would require a negative comment towards one individual. Have hope in faith. Remember this feeling in the celestial room.

Friday May 16, 2008

fish loves his boys & wants a better life for them.

He worries about having nutritious food supply for them.

fish wants to be loved & accepted to the extent of if we all lived in the garden of eden - grow eat food, share, take care of each other - happy not stressed.

* Love & acceptance to the point of voicing the desire through political rantings?

Saturday May 17, 2008

I wanted to marry a "rock solid" in the church spouse" so I would simply transfer bearing my testimony on my parents to my spouse

I am realizing that maybe the Lord intended me to be w/ fish because he would need to lean on me. And I needed to be ready/ prepared

Sunday May 18, 2008

Stake Conference

Give fish the opportunity to meet fitting himself

[REDACTED] Hunter 3rd

true hand of friendship, allowing me to feel comfortable w/ myself. You can be a part of changing someone's life forever

[REDACTED] from California, only Spanish speaking James 1:5 I did what the scriptures said, ask w/ faith & the Lord answered many blessings upon me & my family, my life changed completely.

Sunday May 18¹08 Central
Stake Conference Hunter

[REDACTED] (1st counselor of SLC missim)

A change from the inside to the outside to make the seed become a tree - must soak to feel cleansing, then burnish / outside rubbed off to absorb water.

rub / repent allow cleansing water of Savie Alma 32:28

desire gospel until it is delicious to you. it will enlighten your soul. take hold of seed, plant in heart, take hold of it & share

[REDACTED] People come to Utah not knowing why. It is up to us to help these individuals. They are drawn by the example of other righteous members. Don't have to be like the world. (Lowriding pants until you get to the seminary building) Mosiah 18:8 Be an example all of the time. People are watching. Set forth the example.

Sun May 18¹08
Stake Conference (Hunter Central)

It feels good b/c we are remembering through the spirit what we were taught before D&C 70:1- It's our time to open our mouths & proclaim the gospel. It's our responsibility

[REDACTED] Counselor of Stk

- Foreclosures in Utah.
- Food costs, gas costs
- Be frugal & thrifty. Live w/in your needs
- Save. Change patterns. Budget.
- Interest rates. Avoid debt.
- Free Yourself from Bondage.

[REDACTED] 002 - Self Reliance, major or personal. Best welfare program is at home. Prudence should govern our lives.
The insurance both temporal & spiritual. Begin small & build up.
Get out of Bondage

Sun May 18 '08

~~Pro~~ Prudent living.org.

When you know something is there,
& you do nothing to avoid it,
you can expect to feel some
pain & it may leave a
mark.

[REDACTED]

People are watching - avoid
appearance of evil. There is
always at least a spiritual
consequence.

"Breaking rocks in the
sun. I forgot the law, the law
won. I needed money & I got
some. I forgot the law & the
law won."

Coach, business & first class
airplane to Heaven.

Is coach good enough?

Sun May 18 '08

Stop fighting tithing. (the law wins)
if it's keeping you from enjoying
your blessings. Word of Wisdom
(another law) (freedom about bodies)

Obedience ≠ physical freedom
also spiritual consequence.
(they spirit w/ us always)
the need for more effort &
self discipline. Rise to the
high ground of spiritual/physical
excellence. The Lord sees the
larger picture & knows what to do.
We all go through different
things in life. We have to.

~~Pres~~ Potter

~~Do a little better. Reminded~~
~~of in our life.~~

1:5-6

Old Testament Haggai pg 116b
Consider thy ways. If have so
much but bring in so little. Earn
ways to put into a bag w/ holes.

Sun May 18'08

Where are you putting your efforts? Are you napping what you really want? Consider our ways, talk, visit, share your feelings. That need to continue. Courtship. Sad to take care of family & work & turn around @ refinement time & grown apart. Do household chores everyone in a while & say thank you. Let husband talk about the things he needs to. Don't be too picky / critical of each other. Consider your ways. Even grown parents are checking up on children. Work together - Challenge to be more involved in each other's lives. Bring them closer. Conservative, smart & wise to be prepared for what's to come. Importance of consequences CTR - consider the results.

Allow to suffer consequences what are we doing today to effect our lives?

If you had 30 days, what changes would you make? So start doing it! Talk as couples how to bring things together again.

Monday May 19, 2008

Ash is using the argument that others are judging him but 3Nephi 27:13 & 16 endure to the end & be held guiltless @ judgement. He needs to focus on his own relationship w/ the Lord. Stop worrying about what others (including me) may think. Faith in Jesus Christ turns us to him.

~~as~~ Saturday May 24 '08

- April 08 "When pressured

by outside influences (Saul) did
not have the self discipline to
Stay on course, trust the Lord,
& his prophet, & follow the pattern
God has established."

"Remember: the heavens will
not be filled w/ those who never
made mistakes but w/ those who
recognized that they were off
course & who corrected their ways
to get back in the light of gospel
truth."

~~#~~ (Wed May 21 '08) ~~#~~

(@ Gracie's home. josh anointed
& blessed [REDACTED] (fever
no appetite/fussy) & josh
acknowledged that it seemed
to work - almost instantly
(10min or so) 

Tues. July 8, 2008

josh says prayers w/ [REDACTED]
before bed. Sometimes holds
arms & stops what he's doing
for dinner prayer.

Tues Sept 30, 2008

Yeh so I'll start again
feeling real hope... I'm
reading this book, "Loving
Someone w/ Bipolar" quotes/inspiration.

Treating bipolar disorder holistically
is not about what is wrong with
your relationship. It is about what
bipolar disorder has done to your
relationship and about creating a
treatment plan that takes power
away from the disorder... Treating
bipolar disorder realistically is
about remembering what is good
in your relationship and why you
began it in the first place."

*TREAT BIPOLAR DISORDER
FIRST

~~October~~ October 11, 2008 Saturday
1) How has bipolar disorder affected my relationship as a whole?

2) How has it affected me as a person?

3) What is the hardest thing that I face daily regarding this illness?

4) What is the hardest thing that I face daily regarding this illness?

5) What do I want to see change right now?

6) What do I need in my own life to find happiness?

7) If things stay as they are, where do I see my relationship in the future?

- Answers -

1) I don't have a husband, lover friend to talk to w/o worrying about him ranting / breaking out over any topic. Unhappy relationship.

2) I'm sexually / emotionally frustrated, I belittle myself, low self esteem, feel like I'm not worth much.

3) worry, will he do something irrational? Do I need to pack up kids / run? will he hurt me? and/or take the kids? (hurt them?) will he get some new crazy idea to blow \$ we don't have? will he wear me down on another issue until I agree - just to stop the topic?

4) He needs to be rational, more aware of myself / others needs; not control conversations, being selfish only cares about his topics

5) I need a husband
lover, friend back. I need to
feel like our relationship is stable
& will last & that I'm a good
example to my kids of how
a loving NORMAL marriage works.
Happiness is knowing everything will
be alright at the end of the day.
He loves me, & I'm not punishing
myself & wasting time, teaching my
kids to stay in a bad dysfunctional
relationship. That I deal w/ normal
challenges in life, not the constant
worry that he won't change, doesn't
care if it's all a matter of time
& we'll divorce.

6) I don't know - it needs to
change BOTH of us. or else
it's not healthy & we should
divorce. It shouldn't be "me
dreaming" to want these things!

When you are clear about
what you need, you will be able
to talk to your partner rationally
& compassionately about a plan that
will treat the illness first. You
will be able to tell your partner
exactly what you need & you will get
a realistic picture of what your
partner can do on their own.
Remember negotiation. Talking
about your needs is not about
blaming partner, especially if
they are not ready for change.
It's about your needs & the changes
you are ready to make.

*Talk about what you personally
want to do in future to treat illness
in order to minimize its impact
on your lives. Be honest w/
what you will do & what you'd like
your partner to do.

Ex:

- 1) I'm willing to learn ~~new~~ new techniques to help you get well
- 2) I understand bipolar is an illness, & I'm willing to work w/ you instead of blaming you.
- 3) I agree that I'll have to make some changes in my own life to help you stay stable (changing social obligations, busyness, sleep habits, diet, exercise..)
- 4) I understand that the cost of NOT treating bipolar disorder far outweighs the cost of allowing things to stay as they are
- 5) I'm willing to try these techniques 6 months, if you aren't ready to change, I will reevaluate my approach.
- 6) I agree to examine my own behavior to see what I may be doing to contribute to your bipolar disorder symptoms

- 7) I understand that you are ill and are not sick on purpose. I agree to remind myself of this often when I'm frustrated with your progress
 - 8) I'm willing to be more assertive with your healthcare team, and to let them know that I need help & direction as much as you do
- Ideas to Decide to do Together:
- We will learn to work on bipolar disorder together - as a team
 - We agree to use techniques in book even when they DON'T work IMMEDIATELY
 - We know that many positive changes can happen quickly, but we agree that it may take longer than we want to make the big changes

O

* CHANGE *

10-21-08
TUES.HIMHER

* affection displays	→ be <u>lovable</u>
* start working back towards gospel	→ → won't expect ^{chgs} overnight of church/temple attendance
* worthy of the priesthood	→
* able to have friends socialize	→
who are feeling ostracized him	→
* spends time w/ me NOT stressing JUST DATING	→ tries to accommodate budget for cheap dating
* remembers "pay it forward" concept, <u>giving</u> , <u>trusting</u>	→ (ie) tithing, lends money/hands capable/willing to TRUST him
* finishes projects instead of creating more jobs/excuses	→ helps best as able
* DOESN'T talk negative about Family/Church	→ same.
* leaves WIC, business economy @ the door	so our kids can be kids, this is the time for dates/socials w/ others not family time

SW/DR
PITT/DR

Scriptures of Marriage

- D&C 90:24 "Remember the covenant wherewith ye have covenanted one w/ another"
- # covenant w/ spouse, not tv, phone etc.
 - # contractual companion gives 50%
Covenant companion gives 100%
 - # God is the 3rd party to covenant relationship
(he will prepare away if we keep covenants)
 - # Eternal perspective to a marriage that unfolds one day at a time
- Matt 24:22 "Is it I?"
- # outward recognition of an inner weakness (thinking my spouse needs to change - it's not my fault... wrong. Ask "I may have done something wrong, will you help me to know if I have?")
 - # communication not as important as meekness required to ask - have I hurt you?
- aid I do something wrong?
- is there something I can do better?
 - # listen to spouse's feelings, speak words of comfort/reassurance
 - # listen before logic - feelings before facts
 - # If a couple apologizes to each other, the other problems melt away
- Luke 14:28 "For which of you, intending to build a tower, sitteth not down first & counteth cost?"
- # look at decisions/consequences
 - # If you fail to plan, you plan to fail
 - # whatever we obtain, we have to maintain
 - # Ask not what your marriage can do for you but what you can do for your marriage

Alma 32:37-41 replace seed, tree, wood w/
marriage (as marriage beginnith to grow, nourish)
maintenance questions:
celestial marriage, growing together apart
hours budget, temple attendance,
scripture study, family home evening,
spiritual well being, what can we do better
in coming year?

D&C 58:42 "He who has repented of his sins, the same is forgiven, and I, the Lord, remember them no more"

- # Develop forgiving disposition
forgive & forget forgive to be forgiven
not remembered or mentioned
overlook weakness es of spouse

Proverbs 15:17 "Better is a dinner of herbs where love is, than a stalled ox and hatred therewith"
priorities - no matter what, have spirit of love, acceptance, & peace in marriage
spirit of contention is of the devil, have the spirit of the Lord

- # save \$\$\$ efforts on life altering remedies, instead: pray w/ effort for Holy Ghost to be w/ you & really picture the spirit being w/ you.