

## Building Hope For Today

### Principles of Good Parenting (Part I) By Bob Good, MEd, ThM, LPC

**What makes a good parent?** *They certainly don't teach the answer to that question in school, do they?* If you were lucky, you had parents that modeled good parenting skills when you were growing up. But if you didn't, it is especially hard to know what's important and where to begin when you are faced with raising your own kids.

One way to determine what is important to you is to **ask yourself the following tough questions:**

\* Are your kids going to grow up to be capable, productive contributors to society or will they end up being under-educated, unemployed and lacking

the skills necessary to realize their dreams?

\* Are they going to be socially competent, well rounded and culturally aware, or are will they turn out to be ill-mannered, one dimensional and intolerant?

\* Will they be financially fit and able to provide for their needs on all levels, or will they find themselves bereft of survival skills and dependent upon others?

\* Will they be engaged and engaging, interested and interesting or will they lack the fundamental communication, observation and reasoning skills necessary to function socially and in the workplace?



*Continued on Page 2*

***"Are your kids going to grow up to be capable, productive contributors to society?"***

Inside this issue:

Good Parenting	2
Learning from Pets	2
Women	3
In the Dark	4

### SCA Counselors

- Bob Good, LPC—President
- Mike Dawson, LPC Intern
- Cody McCain, LPC Intern
- Lori Payne, LPC-Supervisor
- Wendy Kaye-Russell, LPC Intern
- Kacy Molarte, LPC
- Dennis Friedel, LPC

### Convenient Locations:

704 E. 15th St., Ste 104.,  
**Plano, TX**  
972.943.0400

9741 Preston Rd.,  
**Frisco, TX**  
214.872.3363

1001 Cross Timbers Rd.,  
**Flower Mound, TX**  
972.539.6018

[www.stonebriarca.com](http://www.stonebriarca.com)

### Learning From Our Pets By Wendy-Kaye Russell, LPC Intern

According to the Center for Disease Control, most households in the USA have at least one pet. Pets can actually provide great health benefits. They are attributed to decreasing blood pressure, cholesterol levels, triglyceride levels, and reducing feelings of loneliness. Additionally, they provide opportunities

for exercise, outdoor activities and socialization. Pets bring benefits, but they also have needs, and depending on your pet, they definitely have preferences! But pets are most often a source of unconditional love, and this is one of the most therapeutic reasons for having a pet.

In these turbulent eco-

nomic times, with the pressures of work, family, kids and health concerns, things tug at our minds daily, begging for attention like a needy pet. What thoughts are your pet thoughts? What stands around the corners of your mind just whining and waiting for a little attention, hoping perhaps

*Continued on page 2*

## Principles of Good Parenting (Part 1) *Continued from Page 1*



\* Will they have compassion for all things and leave their positive mark on the world, or will they fail to use their unique gifts and become lackadaisical, bored and uninspired?

We all know what we want to happen.

But will it happen, all by itself? *Of course not.*

*Just as the quality of a good parent is learned, the qualities that make up*

*a great kid are learned.* Kids are not born possessed of the life skills they will need to succeed. These things must be taught, and for your child to have the best chance, you must start early. Don't wait until your kid is a teenager to find out what makes a good parent.

In the next issue of *Let's Talk About It* we will conclude our discussion of Principles of Good Par-

enting by looking at those qualities that make for good parenting including:

**The Buck Stops Here, You're a Parent not a friend,**

**Practice what you preach,**

**When a routine life isn't boring, and**

**Don't deprive your child of discipline**

*"The qualities that make up a great kid are learned."*

## Learning From Your Pets *Continued from Page 1*

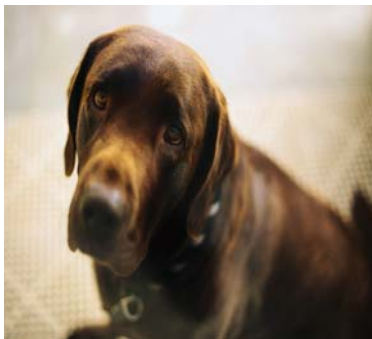
for a little stroking or a pet treat? How often do you throw out treats for the pets of your negative thinking? It would be great instead to develop the discipline of happy thinking, and make your "pet thoughts" positive uplifting ones.

Think right now about two happy moments in your life. Allow yourself to go back to them. Perhaps one was a special occasion or a memory with someone where you felt loved. Perhaps it was a beautiful place you visited or a moment where you won a challenge. Allow yourself to go back to that place in your mind. Remember how you were thinking and feeling. Remember the exhilaration or the peace of the moment. Remember the smells and sounds that

accompanied the experience. Dwell in each one for a moment, and choose to make that your "pet thought" for the next week or month. When negativity, worry and stress knock at your door or lurk in the corners of your mind, choose instead to go to these memories. Hopefully in your memories you can identify something about yourself of which you can be proud. Learn to dwell on the good feelings from these times, and make them your "pet thoughts."

Those of us who are dog owners, take our dogs walking every day. We make special arrangements to let them out if we are away from home overnight. We adjust our lives to facilitate

their needs and preferences. When was the last time you took such control of your thinking patterns to ensure that you adjust your day to have moments for thinking positive things? These could be things you are grateful for, memories you enjoy, or just great humor. Even ten minutes a day to this re-focusing exercise will cause your overall stress levels to be reduced. So, whether or not you actually own a dog, consider doing the equivalent of taking your thoughts out for a good walk every day. Take them to a place you really do enjoy. As every pet deserves a good home, so do your thoughts! Become a better pet owner today!



*"Pets are most often a source of unconditional love."*



## The Glory of Man! *by Michael Dawson, LPC-Intern*

Woman! That's who scripture tells us is "the glory of man" in 1 Corinthians 11. But just what does this mean? Webster's online says regarding glory: "Properly, it is the exercise and display of what constitutes the distinctive excellence of the subject to which it is spoken." If one looks at the qualities, character and traits of women it is easy to see how a woman can make a man look excellent; probably more than he is on his own!!

I believe God has made women special; after all, they are made in his image, and the book of Proverbs says a good woman is worth more than diamonds, and an excellent wife is her husband's crown. Many have said Christ himself raised the status of women as seen by his relationship in numerous settings with Mary Magdalene, Martha, Mary the mother of James and in passages with the Samaritan woman and the woman caught in adultery.

My passion in therapy is for marital relationships. However, the most interesting and intriguing part of my practice is working with women. A large number of my clients are individual women who come mainly with issues relating to their relationships,

many times regarding men! My intent here is not to disparage men by any means; I have had the privilege of working and being friends with many excellent men. However, the most influential, most enjoyable people in my life have been female. My grandmother was a kind hearted, giving and strong woman; my mother is likely the wisest, most endearing person I have ever known; my wife is a caring, loving, selfless person to everyone; my mother in law is determined and one of the most generous people I know; and my only daughter is passionate about life, loves people and has taken on the characteristics of all four of these women plus others. I am impressed by the women in my life.

As a therapist, I continue to be amazed at the spirit, endurance, stamina, perseverance and toughness of the women clients I have, and have had in the past. What is it that is so powerful about women? To me, the most appealing and intriguing feature or quality of women I continue to see is resilience. Women characterized or marked by resilience have the ability to withstand the shocks and pressures in this life. They can re-

cover and adjust from misfortune and seem to have the capacity for change in order to make their lives more satisfying and enjoyable. They can find the good in people when it is sometimes very hard to see. They share, support, and encourage others; they show their passion, courage and strength in their perseverance.

The women in my life really have shown the measure of a woman's worth, not by the traditional measure of outward beauty that our society values so highly; but by their character, spirit and their resilience. **"Charm can mislead and beauty soon fades. The woman to be admired and praised is the woman who lives in the Fear-of-GOD.** (Prov 31:30)



***"The most intriguing quality of women is resilience!"***

### On The Lighter Side . . .



<http://www.MankindToons.com>



**Stonebriar Counseling  
Associates**

704 E. 15th St., Ste 104 Plano TX  
9741 Preston Rd, Ste 208, Frisco, TX  
1001 Cross Timbers Rd. Ste 2350,  
Flower Mound, TX

Phone: Plano: 972-943-0400  
Frisco: 214-872-3363  
Flower Mound: 972-539-6018

“Building Hope For Today”



[www.stonebriarca.com](http://www.stonebriarca.com)

At Stonebriar Counseling Associates, our therapists are licensed professional counselors, interns, and psychologists engaged in providing quality mental health care, counseling and educational services to clients in the Frisco, Plano and Flower Mound areas. Our team offers Biblical hope and solutions. We are committed to being a resource for individuals, family, and our entire community. We offer confidential counseling that is both professionally competent and distinctively Christian. Our therapists counsel with adults, couples, families, children and teenagers. We encourage clients to discover and use their own God-given strengths and resources to help them through difficult times.

**Professional Counseling**

Individuals, Couples & Families  
Adults, Children, Adolescents & Teens

**Specialty Areas**

Marriage - Premarital – Addictions – Depression – Anxiety - Sexual Issues - Anger Stress Management - Grief & Loss - Divorce Adjustment / Blended Families -Spiritual Issues - Educational & Psychological Evaluation/Testing  
Classes & Seminars - Workshops  
Guest Speakers & Retreat Leaders



**What Lurks in Yonder Shadows** *by Dennis Friedel, LPC*

On a Scout campout when I was about 12 or 13 years old, I was making the final trip of the day to the latrine before turning in for the night. The latrine was some distance from my tent, but I chose to make it without a flashlight. The night was clear and we had some light from the stars and a half-moon. The walk there, down that rutted dirt road, was uneventful. The walk back was a different story because on my left, somewhere close by, something or someone stepped on a tree limb and broke it. The snap was loud so I guessed whoever or whatever it was, was big. My heart rate picked up and so did my pace, but walking fast in those ruts was hazardous. One mistake and I might become dinner. I could not see “It” in the shadows of all those trees and it was keeping pace with me. “There couldn’t be bears around here, could there?” I wondered, along

with “This is somebody’s idea of a joke!” Pretty soon, we came to a clearing where there was a little light. Lo and behold, I had been scared by an armadillo, albeit a large one. It had simply been lumbering along in the same direction and meant me no harm.

In much the same way, difficult issues we avoid can become enlarged out of proportion when not addressed. A sign of one’s depressed feelings, for example, is extra anger and irritability; and the ways these come out usually do not match the offense that planted them in the first place. Also, feared or ignored memories, sins and resentments may also take on the size that my armadillo did. Some become big bears in the dark, but are very manageable when brought to light. And they don’t require nearly as much energy to manage in the light as they do when hidden in the shadows. My

spiritual mentor in Houston, Bill Kerley, has said that “it is in our efforts to avoid that which we have denied, repressed and resisted that we throw ourselves off balance in walking the path.” Stuffed feelings, as many call them, really do deplete our energy, making us less available for our children, partners and friends. We cannot be as fully present as we would like. We cannot devote our full attention to them if, in the back of our minds, we are also focused elsewhere at the same time. So it is wise to articulate those feelings, verbally, in writing or in creating something that expresses them for you, if possible. Expression can help enormously but is not absolutely critical for a closer walk with Christ. Dr. Kerley added “Contempt and anger within are what reinforce our sense of alienation, fear and aloneness.” Singer, song-writer Sara Groves, in “Painting Pictures of Egypt,” wrote this about old business:

The past is so tangible; I know it by heart,  
A million things [sometimes one] are never easy to discard.  
And I was dying for some freedom, but now I hesitate to go  
I am caught between the promise and the things I know.

Make an intentional effort to bring the old, troubling issues of the past to the light- to Christ. Deal with them appropriately while they are manageable before they become the big, bear in the dark lurking large in the shadows.