

MSTP > 30 Adult “A” FOR WOMEN ONLY – Part “A”

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How Does a **Divorce Really Effect the KIDS?**

7 Ways **Divorce Affects Kids, According To The Kids Themselves**

If you're a parent considering **divorce**, **fear** of the unknown can drive you nuts. How will this affect the kids, you wonder. Will their grades slip? Will they **hate** me for putting them through this mess? Is this going to scare them off marriage and commitment for the rest of their lives?

That said, hearing how actual [children of divorce](#) fared may quiet some of your worries. We've gathered seven of the most interesting responses from a Reddit thread asking kids with **divorced** parents to [share how the split affected them](#) in the long run. See what they had to say below:

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They acted out at school but took on more responsibility at home.

One Redditor said he already had bullying tendencies growing up. Watching his parents' marriage fall apart only made things worse.

"My parent's **divorce increased [my bullying] tenfold," [he wrote](#), "But after a couple weeks, I started feeling depressed and became really quiet and shy. It was tough being 10 - years - old and **not** understanding why your dad has to leave and why your mother cries herself to sleep at night."**

The one silver lining to the split? He stepped up his game as a big brother. "My younger sister was even more confused than me, so seeing her scared turned me into a super protective and loving big brother," [he said](#).

They felt a sense of relief.

Some said they spent their teen years wishing their parents would **divorce. "My parents never got **divorced** because they're Catholic," [one Redditor wrote](#). "That said, once she finally did leave him, I was relieved. I can **remember** thinking when I was a teenager that I **hated** him and wished he would just disappear. It was just a shame I had to wait until my early 20s for it to happen."**

They felt the financial strain of living in a single parent household.

Another Redditor said money struggles were a constant in her household. After the **divorce**, the Redditor, his mom and his sister moved into a one-bedroom apartment and his mom worked tirelessly to make ends meet. Two jobs were the norm, but sometimes she picked up a third.

"It was all in order to give us a good life, which she absolutely did," [the Redditor wrote](#). "We may **not** have had the best clothes or everything we wanted, but she always tried to give us everything she could, and we never went hungry."

Watching his mom sacrifice for her kids made him respect her more than ever, he said. "At the end of the day, my mom is incredibly heroic for raising us on her own. I **don't** even care that I barely hear from my dad."

They played the blame game.

Life as you know it changes when your parents split up. It's only natural for a kid to rebel against the change in some way, as one Redditor admitted he did.

"I went off the rails," [he wrote](#). "I refused to take responsibility for my own actions and blamed them for everything. I bought into the pity and coddling of those around me. Typical childish response, I know."

They struggled with the **divorce**, even as adults.

Waiting to **divorce** until the kids are grown and out of school **doesn't** necessarily make it any easier, as one Redditor's experience suggests.

"I was 29 when my parents **divorced**, and I'd been living away from home for almost half that time... but it still hurt," [she said](#). "Especially because my father is a jerk who waited until my youngest brother turned 18 to officially leave my mother."

They **didn't** take kindly to one parent **bad** mouthing the other.

A Redditor whose mom had primary custody after the **divorce** said weekends spent with her dad were something she came to **dread**. "The hardest part was listening to all the crap he said about my mom. He still does it to this day."

[She added](#): "My dad always told me that I was manipulative and playing games with him. It took me more than 18 - years to figure out I **wasn't** a manipulative, game - playing control freak. I was the daughter of one."

They were happy to see their parents thrive after the **divorce**.

One Redditor said her parents' **divorce** was "[distressing](#)" at first, but seeing how happy they were living separate lives convinced her it was ultimately for the best.

"My dad especially seems to be excelling at life now," [she said](#). "He is more outgoing and independent than I've ever seen him. Before, we never had anything to talk about but now he likes to tell me about all the new things he's doing and all the friends he's making. I now realize that this is the best thing they could have done for themselves."

https://www.huffpost.com/entry/kids-and-divorce_n_5730980?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xlLmNvbS8&guce_referrer_sig=AQAAAEwmyaZHlfMtEp2VxKqt4uHBOXJSi2KJacx4L3rQcLqySBMe0Fftn3yJZU8ITRPz00Mq9IDX-pEbux9rRD5PQJAGsgBNGHO7Zd-IeGyZz07Y7XgcM3t6YCYiFNica4-H4xoN7N4eZwkOG0wgMhFLCFWEW2T9CIue-JS0aGeLb2N4

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What Are the Effects of **Divorce** on Children?

Divorce can be a difficult time for a family. **Not** only are the parents realizing new ways of relating to each other, but they are learning new ways to parent their children.

When parent's **divorce**, the effects of **divorce** on children can vary. Some children react to **divorce** in a natural and understanding way, while other children may struggle with the transition.

Children are resilient and with assistance the **divorce** transition can be experienced as an adjustment rather than a crisis. Since the children in a **divorce** vary (**different temperaments, different ages**), the effects of **divorce** on children vary, too.

FamilyMeans understands this and approaches a **divorce** by understanding what the effects are on children of all dispositions.

With this in mind, here are some of the most commonly seen effects **divorce** has on children FamilyMeans can help parents manage:

Poor Performance in Academics

Divorce is difficult for all members of the family. For children, trying to understand the changing dynamics of the family may leave them distracted and confused. This interruption in their daily focus can mean one of the effects of **divorce** on children would be seen in their academic performance. The more distracted children are, the more likely they are to **not** be able to focus on their school work.

Loss of Interest in Social Activity

Research has suggested **divorce** can affect children socially, as well. Children whose family is going through **divorce** may have a harder time relating to others and tend to have

less social contacts. Sometimes children feel insecure and wonder if their family is the only family that has gotten **divorced**.

Difficulty Adapting to Change

Through **divorce**, children can be affected by having to learn to adapt to change more often and more frequently. New family dynamics, new house or living situation, schools, friends, and more, may all have an effect.

Emotionally Sensitive

Divorce can bring several types of emotions to the forefront for a family, and the children involved are **no** different. Feelings of loss, anger, confusion, anxiety, and many others, all may come from this transition. **Divorce** can leave children feeling overwhelmed and emotionally sensitive. Children need an outlet for their emotions – someone to talk to, someone who will listen, etc. – children may feel effects of **divorce** through how they process their emotions.

Anger / Irritability

In some cases, where children feel overwhelmed and do **not** know how to respond to the affects they feel during **divorce**, they may become angry or irritable. Their anger may be directed at a wide range of perceived causes.

Children processing **divorce** may display anger at their parents, themselves, their friends, and others. While for many children this anger dissipates after several weeks, if it persists, it is important to be aware that this may be a lingering effect of the **divorce** on children.

Feelings of Guilt

Children often wonder why a **divorce** is happening in their family. They will look for reasons, wondering if their parents **no** longer love each other, or if they have done something **wrong**.

These feelings of guilt are a very common effect of **divorce** on children, but also one which can lead to many other issues. Guilt increases pressure, can lead to depression, stress, and other health problems. Providing context and counseling for a child to understand their role in a **divorce** can help reduce these feelings of guilt.

Introduction of Destructive Behavior

While children go through a **divorce**, unresolved conflict may lead to future unexpected risks. Research has shown children who have experienced **divorce** in the previous 20 –

years were more likely to participate in crimes, [rebellious through destructive behavior](#) which harms a child's health, with more children reporting they have acquired smoking habits, or prescription drug use.

Increase in Health Problems

The process of **divorce** and its effects on children can be a stressful. Dealing with these issues can take its toll, including physical problems. Children who have experienced **divorce** have a higher [perceptibility to sickness](#), which can stem from many factors, including their difficulty going to sleep. Also, signs of depression can appear, exacerbating these feelings of loss of well-being, and deteriorating health signs.

Loss of Faith in Marriage and Family Unit

Finally, despite hoping to have stable relationships themselves when they grow up [research has also shown](#) children who have experienced **divorce** are more likely to **divorce** when in their own relationships. Some research indicates this propensity to **divorce** may be two to three times as high as children who come from non - **divorced** families.

Yet, while these are some of the possible effects of **divorce** on children, they are by **no** means absolutes, or written in stone. More and more, families understand just how stressful **divorce** is for their children, as well as their selves. Families have begun to turn to supportive services such as at FamilyMeans, seeking help to find a peaceful way to **divorce**. Through our Collaborative **Divorce** program, we are helping families more successfully navigate this transition, both for the sake of the parents, and for the children involved.

To learn how we can help you through your **divorce**, contact us today for more information.

<https://www.familymeans.org/effects-of-divorce-on-children.htm/>

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How to prepare for that all-important first date after **divorce**?

5 Tips to Keep in Mind During Your First Date After **Divorce**.

Going on a [first date after divorce](#) has its challenges. One may have done well finding a person online that seems compatible or through an old-fashioned introduction.

Now comes the hardest part: making a great first impression and sustaining that throughout the evening.

A speech on networking at a Toastmasters International meeting had a lot in common with dating. The audience was surprised that when initially meeting someone, to keep 99% of the conversation on that person.

1. Ask Questions

In networking, which also pertains to [dating](#), begin with asking about their family and move on to what is their occupation. Ask what are their hobbies and interests, finishing up with inquiring what really matters to them. What gives meaning to their lives, their passion, and what makes them tick. People enjoy talking about themselves, and by asking these **questions**, you will be viewed as the most interesting person on the planet. There is now rapport, and it is a good time to start revealing fascinating tidbits about yourself.

2. Avoid Focusing on Yourself

Bombarding someone with your life story when first meeting them is a turn off. One acquaintance wondered why she rarely got a second date. She did **not** ask the above mentioned **questions** and focused the conversation solely on herself. A co-worker told too personal details about her body functions and friends' **sex** lives. Have some decorum.

3. Pay Attention to Body Language

Have a friendly demeanor and be cognizant of your **body language**. Arms folded across your body can mean “stay away” or, as in martial arts, a sign of aggression. Nervous habits such as jingling change in your pocket or tapping your foot can be interpreted as impatience. Watch the amount of eye contact. Too little indicates lack of interest, and staring can be uncomfortable for the receiver.

4. Be Prepared with Conversation Starters

Be up – to - date on current news and major sporting events, like the Super Bowl. Be able to have discussions but try to veer away from religion and politics on a first date. Have some amusing stories about co - workers, travel adventures, and so forth ready in case you get tongue - tied or your mind goes blank. Pauses in conversation are okay and **not** every second has to be filled in by talking.

5. Show That You Are Well - Rounded

It is fine to mention that you are a [parent](#), but hold the cute toddler tales. Let your date know you are a well - rounded adult, **not** a one - dimensional person. This does **not** only pertain to you being a parent, but also when focusing on one aspect of your life. For **example**. I briefly dated an attorney whose whole existence revolved around his job.

When I suggested that we see a film, he said that he did **not** own any casual clothes and would have to wear trousers from one of his suits. I knew this relationship would **not** work out, so ended it quickly.

A multi - faceted person is enticing. Having a full life before dating is more attractive to someone than having dating be your life. How to achieve this? Join some groups or clubs – hiking, dancing, conversational foreign language, or whatever is your interest. Volunteering and traveling expands your horizons and gives you topics for conversations. Networking and meeting new people avoid appearing desperate to find a new partner. People I knew whose life mission was to get married again seemed to scare away the very people they were trying to catch.

Look at dating as an adventure with ups and downs. The dates that do **not** work out can be a hilarious story at your next get-together, and you can laugh at your friends' ones as well. I know people who now have life-long friends when they did **not** click on a romantic level when dating. Have some fun when getting back into the swing of dating again post - **divorce**.

<https://www.divorcemag.com/blog/tips-for-first-date-after-divorce/>

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Dating After **Divorce** Isn't Easy, But These Expert Tips Will Help You Get Started

It's gonna feel scary, but you can do it.

Dating after **divorce** is **not** easy. Anyone who says otherwise is probably exaggerating or **lying**.

Don't beat yourself up if you're kind of freaking out right now: Putting yourself out there after something as painful and difficult as breaking up with a spouse is pretty scary. Yet, it's important to start rebuilding your romantic life once you're ready to find someone new. There is a light at the end of the tunnel. You just have to be willing to find it.

Here are 10 expert tips for dating after **divorce**.

It's **not** going to be easy, but you can handle it.

1 Take a class.

If you're nervous about getting back out there, start with a cooking, art, or archery class instead of jumping right back into dating. Get on the internet.

You'll easily be able to find something that interests you on [CourseHorse](#) or around your local town. Your social skills might need some fine-tuning after being married for so long, this is a good opportunity to get that practice.

"I encourage recently **divorced** men to take classes to meet someone new," says [Sunny Rodgers](#), a clinical **sexologist**. "Since the topic of the class will be a mutual interest for them and anyone new they may meet, it'll make it easier to find things to discuss for those gentlemen who are a bit rusty from **not** recently dating."

2 Pick a public activity for a first date.

Rodgers suggests choosing a farmer's market (**or something similar**) for your first date. Since it's a public space, your date will feel safe, but more than that — you **won't** be caught wanting for conversation.

"You can discuss flowers, fruits, and jam preferences as you wander and shop together," she says. "If the date is going well, I suggest buying coffee, fruit, or ice cream together and sitting someplace to eat / drink together."

You can even start planning a second date, if things are going especially well: "Suggest purchasing a few key ingredients and setting a second date where you'll cook or prepare the purchased ingredients to enjoy together," Rogers says.

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3 Try something athletic or community-building for a second date.

Rodgers says that much of that "first date adrenaline" (**aka: those butterflies**), tends to dissipate on a second date. This is why she suggests choosing a date that can help you "form a bond" with this potential new partner. She suggests either something athletic like kayaking or hiking; or something community building like volunteering. You're trying to get to know one another better. Since this is the case, stay away from booze.

"Most of my first and second date suggestions are during the day and **don't** involve alcohol. This is by design," she says.

4 The dating scene has changed, and you need to accept that.

Things might be very different than the last time you were out dating. Apps and online sites are now the primary form of finding dates. Meeting people in-person still happens, but with far less frequency.

Instead of getting frustrated or overwhelmed, take advantage of the skills you have and be willing to learn new ones.

“Accept that the dating scene has changed since you were single,” Overstreet explains. “The way to meet women is different thanks to dating and hookup apps. However, treating a woman with respect and having good manners never goes out of style.”

5 Enjoy the experience.

Don't expect to meet your next wife on your first date out of the gate. Approach dating with some intrigue and excitement. This is a rare opportunity to get back out there and have some fun again.

“**Don't** take yourself too seriously. Let loose and have fun being yourself,” says Overstreet.

It's important to let the pressure go. Sure, you're coming out of a long-term, committed marriage, but that **doesn't** mean you have to be serious about everything in your life going forward. You have new wisdom and an experience to try dating with a new outlook on love. **Don't** rush into your next relationship. Have fun.

“Go slow: This is a marathon, **not** a sprint. You're **not** trying to get married tomorrow. Enjoy the process,” Overstreet adds.

<https://www.menshealth.com/sex-women/g25683227/tips-dating-after-divorce/>

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Give your NEW dates a fair chance of two full dates if **not** three?

Dating Tips for Finding the Right Person

How to Navigate New Relationships and Find Lasting Love

Are you single and looking for love? Are you finding it hard to meet the right person? When you're having trouble finding a love connection, it's all too easy to become discouraged or buy into the destructive myths out there about dating and relationships.

Even if you've been burned repeatedly or have a poor track record when it comes to dating, these tips can help you to keep things in perspective and put you on the path to finding a loving relationship that lasts.

What's preventing you from finding love?

Life as a single person offers many rewards, such as being free to pursue your own hobbies and interests, learning how to enjoy your own company, and appreciating the quiet moments of solitude. However, if you're ready to share your life with someone and want to build a lasting, worthwhile relationship, life as a single person can also seem frustrating.

For many of us, our emotional baggage can make finding the right romantic partner a difficult journey. Perhaps you grew up in a household where there was **no** role model of a solid, healthy relationship and you **doubt** that such a thing even exists. Or maybe your dating history consists only of brief flings and you **don't** know how to make a relationship last. You could be attracted to the **wrong** type of person or keep making the same **bad** choices over and over, due to an unresolved issue from your past.

Or maybe you're **not** putting yourself in the best environments to meet the right person, or that when you do, you **don't** feel confident enough. Whatever the case may be, you can overcome your obstacles and find a healthy romantic relationship.

Reassess your misconceptions about dating and relationships

The first step to finding love is to reassess some of the misconceptions about dating and relationships that may be preventing you from finding lasting love.

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Common Myths About Dating and Looking for Love

Myth: I can only be happy and fulfilled if I'm in a relationship or It's better to have a **bad** relationship than **no** relationship.

Fact: While there are health benefits that come with being in a solid relationship, many people can be just as happy and fulfilled without being part of a couple. Despite the stigma in some social circles that accompanies being single, it's important **not** to enter a relationship just to "fit in." Being alone and being lonely are **not** the same thing. And nothing is as unhealthy and dispiriting as being in a **bad** relationship.

Myth: If I **don't** feel an instant attraction to someone, it's **not** a relationship worth pursuing.

Fact: This is an important myth to dispel, especially if you have a history of making inappropriate choices. Instant **sexual** attraction and lasting love do **not** necessarily go hand – in - hand. Emotions can change and deepen over time, and friends sometimes become lovers — if you give those relationships a chance to develop.

Myth: Women have different emotions than men.

Fact: Women and men feel similar things but sometimes express their feelings differently, often according to society's conventions. But both men and women experience the same core emotions such as sadness, anger, **fear**, and joy.

Myth: **True** love is constant or Physical attraction fades over time.

Fact: Love is rarely static, but that **doesn't** mean love or physical attraction is doomed to fade over time. As we age, both men and women have fewer **sexual** hormones, but emotion often influences passion more than hormones, and **sexual** passion can become stronger over time.

Myth: I'll be able to change the things I **don't** like about someone.

Fact: You **can't** change anyone. People only change if and when they want to change.

Myth: I **didn't** feel close to my parents, so intimacy is always going to be uncomfortable for me.

Fact: It's never too late to change any pattern of behavior. Over time, and with enough effort, you can change the way you think, feel, and act.

Myth: Disagreements always create problems in a relationship.

Fact: Conflict **doesn't** have to be **negative** or destructive. With the right resolution skills, conflict can also provide an opportunity for growth in a relationship.

Expectations about dating and finding love

When we start looking for a long-term partner or enter into a romantic relationship, many of us do so with a predetermined set of (**often unrealistic**) expectations — such as how the person should look and behave, how the relationship should progress, and the roles each partner should fulfill. These expectations may be based on your family history, influence of your peer group, your past experiences, or even ideals portrayed in movies and TV shows. Retaining many of these unrealistic expectations can make any potential partner seem inadequate and any new relationship feel disappointing.

Consider what's really important

Distinguish between what you want and what you need in a partner. Wants are negotiable, needs are **not**.

Wants include things like occupation, intellect, and physical attributes such as height, weight, and hair color. Even if certain traits seem crucially important at first, over time you'll often find that you've been needlessly limiting your choices. For example, it may be more important to find someone who is:

- Curious rather than extremely intelligent. Curious people tend to grow smarter over time, while those who are bright may languish intellectually if they lack curiosity.
- Sensual rather than **sexy**.
- Caring rather than beautiful or handsome.
- A little mysterious rather than glamorous.
- Humorous rather than wealthy.

- From a family with similar values to yours, rather than someone from a specific ethnic or social background.

Needs are different than wants in that needs are those qualities that matter to you most, such as values, ambitions, or goals in life. These are probably **not** the things you can find out about a person by eyeing them on the street, reading their profile on a dating site, or sharing a quick cocktail at a bar before last call.

What feels right to you?

When looking for lasting love, forget what looks right, forget what you think should be right, and forget what your friends, parents, or other people think is right, and ask yourself: Does the relationship feel right to me?

Dating tip 1: Keep things in perspective

Don't make your search for a relationship the center of your life. Concentrate on activities you enjoy, your career, health, and relationships with family and friends.

When you focus on keeping yourself happy, it will keep your life balanced and make you a more interesting person when you do meet someone special.

Remember that first impressions **aren't** always reliable, especially when it comes to Internet dating. It always takes time to really get to know a person and you have to experience being with someone in a variety of situations. For example, how well does this person hold up under pressure when things **don't** go well or when they're tired, frustrated, or hungry?

Be honest about your own flaws and shortcomings. Everyone has flaws, and for a relationship to last, you want someone to love you for the person you are, **not** the person you'd like to be, or the person they think you should be. Besides, what you consider a flaw may actually be something another person finds quirky and appealing. By shedding all pretense, you'll encourage the other person to do the same, which can lead to an honest, more fulfilling relationship.

Tip 2: Build a genuine connection

The dating game can be nerve wracking. It's only natural to worry about how you'll come across and whether or **not** your date will like you. But **no** matter how shy or socially awkward you feel, you can overcome your nerves and self-consciousness and forge a great connection.

Focus outward, **not** inward. To combat first-date nerves, focus your attention on what your date is saying and doing and what's going on around you, rather than on your internal thoughts. Staying fully present in the moment will help take your mind off worries and insecurities.

Be curious. When you're **truly** curious about someone else's thoughts, feelings, experiences, stories, and opinions, it shows — and they'll like you for it. You'll come across as far more attractive and interesting than if you spend your time trying to promote yourself to your date. And if you **aren't** genuinely interested in your date, there's little point in pursuing the relationship further.

Be genuine. Showing interest in others **can't** be faked. If you're just pretending to listen or care, your date will pick up on it. **No** one likes to be manipulated or placated. Rather than helping you connect and make a good impression, your efforts will most likely backfire. If you **aren't** genuinely interested in your date, there is little point in pursuing the relationship further.

Pay attention. Make an effort to **truly** listen to the other person. By paying close attention to what they say, do, and how they interact, you'll quickly get to know them.

Little things go a long way, such as **remembering** someone's preferences, the stories they've told you, and what's going on in their life.

Put your smartphone away. You **can't truly** pay attention or forge a genuine connection when you're multitasking.

Nonverbal communication — subtle gestures, expressions, and other visual cues — tell us a lot about another person, but they're easy to miss unless you're tuned in.

Tip 3: Put a priority on having fun

Online dating, singles events, and matchmaking services like speed dating are enjoyable for some people, but for others they can feel more like high-pressure job interviews. And whatever dating experts might tell you, there is a big difference between finding the right career and finding lasting love.

Instead of scouring dating sites or hanging out in pick-up bars, think of your time as a single person as a great opportunity to expand your social circle and participate in new events. Make having fun your focus.

By pursuing activities you enjoy and putting yourself in new environments, you'll meet new people who share similar interests and values. Even if you **don't** find someone special, you will still have enjoyed yourself and maybe forged new friendships as well.

Tips for finding fun activities and like - minded people:

- Volunteer for a favorite charity, animal shelter, or political campaign. Or even try a volunteer vacation ([for details see Resources section below](#)).
- Take an extension course at a local college or university.
- Sign up for dance, cooking, or art classes.
- Join a running club, hiking group, cycling group, or sports team.
- Join a theater group, film group, or attend a panel discussion at a museum.
- Find a local book group or photography club.
- Attend local food and wine tasting events or art gallery openings.
- Be creative: Write a list of activities available in your area and, with your eyes closed, randomly put a pin in one, even if it's something you would never normally consider. How about pole dancing, origami, or lawn bowling? Getting out of your comfort zone can be rewarding in itself.

Tip 4: Handle rejection gracefully

At some point, everyone looking for love is going to have to deal with rejection — both as the person being rejected and the person doing the rejecting. It's an inevitable part of dating, and never **fatal**.

By staying **positive** and being honest with yourself and others, handling rejection can be far less intimidating. The key is to accept that rejection is an inevitable part of dating but to **not** spend too much time worrying about it. It's never fatal.

Tips for handling rejection when dating and looking for love

Don't take it personally. If you're rejected after one or a few dates, the other person is likely only rejecting you for superficial reasons you have **no** control over — some people just prefer blondes to brunettes, chatty people to quiet ones — or because they are unable to overcome their own issues. Be grateful for early rejections — it can spare you much more pain down the road.

Don't dwell on it but learn from the experience. **Don't** beat yourself up over any mistakes you think you made. If it happens repeatedly, though, take some time to reflect on how you relate to others, and any problems you need to work on. Then let it go. Dealing with rejection in a healthy way can increase your strength and resilience.

Acknowledge your feelings. It's normal to feel a little hurt, resentful, disappointed, or even **sad** when faced with rejection. It's important to acknowledge your feelings without trying to suppress them. [Practicing mindfulness](#) can help you stay in touch with your feelings and quickly move on from negative experiences.

Tip 5: Watch for relationship **red** flags

Red-flag behaviors can indicate that a relationship is **not** going to lead to healthy, lasting love. Trust your instincts and pay close attention to how the other person makes you feel. If you tend to feel insecure, ashamed, or undervalued, it may be time to reconsider the relationship.

Common relationship **red** flags:

The relationship is alcohol dependent. You only communicate well — laugh, talk, make love — when one or both of you are under the influence of alcohol or other substances.

There's trouble making a commitment. For some people commitment is much more difficult than others. It's harder for them to trust others or to understand the benefits of a long-term relationship because of previous experiences or an unstable home life growing up.

Nonverbal communication is off. Instead of wanting to connect with you, the other person's attention is on other things like their phone or the TV.

Jealousy about outside interests. One partner **doesn't** like the other spending time with friends and family members outside of the relationship.

Controlling behavior. There is a desire on the part of one person to control the other and **stop** them from having independent thoughts and feelings.

The relationship is exclusively **sexual**. There is **no** interest in the other person other than a physical one. A meaningful and fulfilling relationship depends on more than just good **sex**.

No one-on-one time. One partner only wants to be with the other as part of a group of people. If there's **no** desire to spend quality time alone with you, outside of the bedroom, it can signify a greater issue.

Tip 6: Deal with trust issues

Mutual trust is a cornerstone of any close personal relationship. Trust **doesn't** happen overnight; it develops over time as your connection with another person deepens. However, if you're someone with trust issues — someone who's been betrayed, traumatized, or abused in the past, or someone with an [insecure attachment bond](#) — then you may find it impossible to trust others and find lasting love.

If you have trust issues, your romantic relationships will be dominated by **fear** — **fear** of being betrayed by the other person, **fear** of being let down, or **fear** of feeling vulnerable. But it is possible to learn to trust others. By working with the right therapist or in a supportive group therapy setting, you can identify the source of your mistrust and explore ways to build richer, more fulfilling relationships.

Tip 7: Nurture your budding relationship

Finding the right person is just the beginning of the journey, **not** the destination. In order to move from casual dating to a committed, loving relationship, you need to nurture that new connection.

To nurture your relationship:

Invest in it. **No** relationship will run smoothly without regular attention, and the more you invest in each other, the more you'll grow. Find activities you can enjoy together and commit to spending the time to partake in them, even when you're busy or stressed.

Communicate openly. Your partner is **not** a mind reader, so tell them how you feel. When you both feel comfortable expressing your needs, **fears**, and desires, the bond between you will become stronger and deeper.

Resolve conflict by fighting fair. **No** matter how you approach the differences in your relationship, it's important that you **aren't fearful** of conflict. You need to feel safe to express the issues that bother you and to be able to resolve conflict without humiliation, degradation, or insisting on being right.

Be open to change. All relationships change over time. What you want from a relationship at the beginning may be very different from what you and your partner want a few months or years down the road. Accepting change in a healthy relationship should **not** only make you happier, but also make you a better person: kinder, more empathic, and more generous.

<https://www.helpguide.org/articles/relationships-communication/tips-for-finding-lasting-love.htm/>

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Sometimes our first impressions are **not**, quite right?

Why YOUR first impression of others is often **wrong**

Your initial judgment about another person is often a reflection of you – and says very little about the person you're judging.

The way that others evaluate you – your photo, résumé, tattoo, or first-date cardigan – follows the same process of placing marbles on a scale as soon as they get any information.

We form impressions of people the same way we form an impression of anything: As soon as our scale of marbles starts tipping one way, we begin to develop a hunch and then start gathering evidence to back that up by selectively picking up the marble that's easiest to pick up.

Sometimes, when we learn to pair the seemingly benign (**the font someone used on a résumé**) with something of known value (**Bob used that font on his application, and he was the worst**), we form an attitude that we adopt in future judgments.

Because of our survival - based need to evaluate others quickly, this can even mean picking up marbles from irrelevant sources and mistakenly attributing them to a person.

OUR LAZY BRAIN MAKES UNFAIR ASSESSMENTS

Here's the thing – our brains are lazy and our time is limited. As we get more options, we become more superficial about everything.

“Basically, we get around choice overload by ignoring most of the options that have been made available to us,” says the decision - making researcher Peter Todd.

Consider what this decision-making strategy looks like in the context of our professional life.

Blindly submitting a grad school application or emailing our résumé to a hiring manager we **don't** know leaves us open to being on the receiving end of this kind of snap judgment. Without realizing how stiff the competition really is, we might mistakenly assume that producers, managers, promoters, or agents will make it to the end of our reel, portfolio, or short story. But if we have a crappy website, they might **not** even get to the rest of our application.

WHY WE KEEP FOLLOWING THESE HAPHAZARD PROCESSES

Like tattoos and Olympians, when the “best” is subjective, mere order changes who emerges victorious. As long as the gatekeepers eventually find a worthwhile candidate, it **doesn't** matter. Life is **not** a pure and virtuous luck - free meritocracy because **not** all merit gets a fair chance.

Think about a hiring manager evaluating a stack of résumés, one of which advertises a candidate's fluency in French. Does it matter, even if the position is for a web designer? It just might.

“Suppose the judge has a long-dormant interest in learning French to talk to her elderly aunt in Montreal. **No doubt** the other applicant would feel a warm glow for being offered the job,” writes Warren Thorngate in *Judging Merit*. “But how would you feel about such a one - step judgment, especially if you spent three days preparing your résumé for the job opening but did **not** bother to note in your résumé that you, too, speak French?”

I called Thorngate to ask how such haphazard processes manage to continue. “They may have overlooked some very good candidates, but they **don't** care,” the judgment and decision - making researcher replied. “It's **not** a punishing error for the person who does it.”

Of course, there's still the interview – but they're **not** foolproof either. When our scale starts leaning to one side, it becomes easier to pick up marbles belonging to that side. Getting a hunch about someone makes it easier to notice relevant information about them. Once we start feeling like someone might **not** be a good “fit,” we act uneasy, which makes that person feel and act awkward. When we like someone, our friendliness allows that person to open up with confidence.

People are more confident about their judgments when they have more information about someone before the interview, but that's because they spend more time picking up one type of marble. Unstructured interviews, the most common form of hiring, are ripe with self-fulfilling prophecies.

“It's one of those problems where everybody thinks that they're a good interviewer and they're a good judge of character,” says the researcher Kristine Kuhn. “But obviously people just are **not** nearly as good as they think they are.

Even **[if]** they met someone and judged them as a great employee and hired them, and then they turned out to be **bad**, that **doesn't** shake people's confidence. They can always explain away that it really **didn't** have anything to do with them **not** being a good judge of character.”

IT'S HARD FOR US TO CONFRONT OUR FLAWED JUDGMENT

Think about that: Most of the hiring, dating, and luck-granting selection processes in use never offer corrective feedback.

When was the last time you got a **bad** feeling about someone and then genuinely tried to prove your hunch **wrong**? Improving your decisions requires corrective feedback.

You'd have to concede that you could be completely and utterly **wrong**, and perhaps take your chance to hire or date someone irrespective of your weird feeling.

You then have to try and figure out where that source of feeling comes from, and then work to eliminate those biased sources of information.

That's a lot of hard work that most of us are frankly **not** willing to do. It's easier to discard the application, ignore the message, toss the unpublished novel, cross the street, and move on with our lives, ever so satisfied with ourselves for making yet another sound judgment of character – especially when the brain interprets mistakes as punishments and feeling right feels so damn good.

We never even think about proving our intuition **wrong**. We often say that we're waiting for something to jump out at us, but we're the ones jumping and reacting to certain signs – the one-step process says more about the history and quirky preferences of the judge than about the person we're evaluating.

HOW WE CAN LEARN TO MAKE BETTER JUDGMENTS

We're **not** going to fix our biases overnight, but we can start by acknowledging (**and accepting**), that our brains are wired to follow a flawed process.

So next time you find yourself jumping to a judgment (**whether it's meeting someone for the first time, or assessing whether the person you're interviewing is worth hiring**), ask yourself – are you responding to the information in front of you, or to the assumptions you're making from that information?

You might find that in your first impression, you overlooked a quality that makes them a potentially great friend or hire. After all, luck is what catches you off guard, and that can only happen when you give other people a chance to surprise you.

<https://www.fastcompany.com/90217778/why-your-first-impression-of-someone-else-is-often-wrong>

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5 Reasons Why We All Need To Stop Judging People On First Impressions

Whether you meet someone at a party, go out on a first date or become acquainted to your new boss, first impressions are a guiding point in getting a “feel” for what a person is all about.

Sometimes, a first impression can speak more truth through the person's actions (**or lack thereof**) than words. Yet, the majority of the time, first impressions **aren't** always accurate.

Based off of first impressions and looking back on some people you've met; how often do you perceive the person you know now in a completely different light than the way you initially met him or her?

That picture you painted of this person in your mind may **not** have been spot on.

Do yourself a favor next time and **don't** let your first impression be the final judgment call. It's time to let go of all the first impression misconceptions you may have about someone and instead keep an open mind.

Here are five reasons why first impressions **aren't** always a reliable factor:

PEOPLE HAVE THEIR GUARD UP.

Let's face it: **Not** everyone likes to divulge his or her entire life story within the first encounter. We're **not** all open books who can easily reveal a segment of ourselves to someone.

Oftentimes, people are extremely particular in what they share to others. A grand majority of us are paranoid and cautious beings who take baby steps in letting people into our lives.

Take, for **example**, that level of discretion or better yet “air of mystery” you chose to exude to that guy or girl you’ve been interested in.

From the other person’s standpoint, it could have made you come across as “stuck up” or “uninterested,” when in reality, you know that was far from the case.

You have to take into consideration the fact that the person just might have his or her guard up and needs time (**and trust**) in order to reveal his or her awesomeness to you.

PEOPLE ARE MULTIFACETED.

In conjunction with the first point, **not** everyone is a one - dimensional being who can be categorized into one specific category. Someone can be both witty and serious, just as he or she can be sassy and sensitive.

First impressions are supposed to be a glimpse into what someone is like, **not** a final call to who he or she truly is.

As fun as inhabiting the deductive role of Sherlock might be, keep in mind that even the most deceitful people out there (**aka psychopaths and narcissists**) have initially fooled people into thinking that they were charmers.

YOUR JUDGMENT CAN IMPAIR YOUR PERCEPTION.

We **can't** all be Mother Teresa; the everyday person will initially judge someone before getting to know him or her.

Based on a person's overall demeanor, style and physical appearance, we size someone up and make our own conclusions about the type of person he or she truly is.

Just because she dresses in a formal manner **doesn't** necessarily mean she's a prude, or just because he wore his long hair under a cap **doesn't** mean he spends his days smoking joints in his mother's basement.

If someone is different from what we're normally used to, we judge him or her to an even greater extent. Let's do ourselves a favor and **not** rush to conclusions about a person after the initial meeting.

YOUR PRESENT EMOTIONAL STATE AND THE PEOPLE YOU'RE AROUND CAN IMPACT THE WAY YOU ACT.

Think about the initial job interview you had or that time you went to a party and barely knew anyone.

Your uncomfortable state may have made you come across a certain way, aka shy, reserved or perhaps even more awkward than you could possibly imagine yourself being.

More often than **not**, a combination of your emotional state and a novel situation you're placed in can make you project a less than genuine version of yourself.

Rewind to your high school days, where your reserved self - had you dubbed initially as the "shy loner" or "anti-social" when you knew deep down, it was more a result of **not** fitting in and choosing to stay alone rather than associate yourself with hypocrites.

Keep this in mind next time you're on a first date with someone who seems to have gone tongue-tied.

Instead of calling him or her out as awkwardly shy, think about how your presence and this person's current emotional state can impact his or her ability to act differently around you.

A SHORT TIMEFRAME LIMITS OUR ABILITY TO GET TO KNOW SOMEONE AT HIS OR HER CORE.

It goes without saying that first impressions are limiting in many ways. Sure, we can get either a **positive** or **negative** vibe about a person, but more often than **not**, it really limits our ability to get to know someone beyond a superficial level.

People **aren't** all that easy to figure out; there are layers behind a persona and sometimes, in order to peel those layers back, time is an essential factor to do so.

After all, people are complex creatures who often surprise us in more ways than expected.

That guy who struck you as having **no** romantic bone in his body could possibly be more romantic than you might think, or that girl who seemed tough on the exterior may actually be a **true** softie.

In the end, time is a valuable asset. So, ladies and gents, **don't** jump on the first impression bandwagon and think you've got someone figured out already because chances are, you **don't**.

Be patient, and **don't** let a first impression be the guiding point to someone's overall demeanor. Everyone deserves more than just an initial judgment call.

<https://www.elitedaily.com/life/culture/five-reasons-first-impressions-arent-always-reliable-factor/658694>

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The second date, is in a much better position and situation to determine whether the person is worthy of seeing again or **not**?

If Your First Date Is Mediocre, Should You Go On A Second One?

Here's What Experts Say

There's so much anticipation prior to a first date you're excited about. What if it goes really well and this person turns out to be "the one"? Or what if it goes really **badly** and they turn out to be a total nightmare?

But really, fret **not**, because what you probably should be anticipating is that neither of these scenarios plays out, because honestly, most first dates fall somewhere in the middle.

So, what do you do if your [first date is mediocre](#)? The path forward is a lot less clear. If the connection is strong, of course you're going to want to see them again, and the opposite is **true** if the date goes terribly. Where it gets complicated is when the date was just... OK. In that case, should you give it a second shot and go out again? Or are you better off just cutting your losses?

Since the answer is so unclear, I reached out to the experts: [Eric Resnick](#), dating expert and profile writer, and [Julie Spira](#), online dating expert and author of [Love in the Age of Trump: How Politics Is Polarizing Relationships](#).

For their advice on how to handle whether or **not** to go out with someone again if the first time was just so-so. Here's what they had to say.

Both of the experts agree: A mediocre first date is far from automatic deal breaker. "Mediocre is different than **bad**," Resnick tells Elite Daily.

If you have a **bad** date, there's **no** reason to go out on a second, but if you feel like maybe the two of you have some potential, but the date **didn't** get off to a good start, you might want to consider a do-over."

There a plenty of reasons why the first date might **not** have gone well that have little to do with actual compatibility. "There's just too much pressure on a first date to have instant chemistry [[and](#)] think they could be 'the one.' Projecting to the future is natural but keep your thoughts to yourself and try to enjoy getting to know someone new," Spira tells Elite Daily.

"If your first date was less than perfect, or mediocre, but you realize you have a variety of interests in common, I believe it's worth scheduling a second date, where you can dig deeper to get to know someone."

If the reason you think the date was only so-so was due to a lack of instant chemistry, you may want to consider giving them a second chance, because that spark **doesn't** always happen right away — and even when it does, it can be misleading. “There’s the magic of that physical ‘instant chemistry,’ but **don't** let it fool you into thinking you’ve met your dream [date]. I believe there are several forms of chemistry; physical, emotional, intellectual, and **spiritual**. Often the stars **don't** align instantly, and chemistry does take time to grow,” says Spira. “The best relationships also involve having a deep friendship, something more than a superficial decision based on instant chemistry or looks. Even if you have a ‘type’ it **doesn't** guarantee your values are in alignment. It’s time to kick the one — and — done dates to the curb and give someone a second chance when they’re more relaxed,” she adds.

While it’s a good idea to be more patient about the chemistry forming, Resnick adds that if something just **doesn't** feel right, you should definitely honor those feelings. “It might take you the whole date to tell if you really have chemistry with person you are seeing, but you can usually tell in the first 20 seconds if you definitely do **not**. Compatibility **isn't** simple. If it was, **no** one would be single,” he says.

Keeping an open mind about a date that is just OK is one thing, but if the date goes **badly**, both the experts say there is absolutely **no** need to go out with that person again.

“If someone is rude or insults you on a date, the best thing you can do is cut the date short,” says Spira.

If a little voice is telling you this person is **not** right for you, **don't** ignore it, says Resnick. “There is a big difference between **not** being sure about someone and feeling like you’ve made a horrible mistake. Trust your gut,” he concludes.

You also **shouldn't** feel the need to force yourself to go out with someone. If you gave it a good shot and there's nothing there, that's OK. “If the conversation starts out awkward on date one and continues to be unnatural by date two or three, it’s time to let the person know you **don't** think you’re a match,” says Spira.

“I know it’s easier to ghost, but it’s time to take the high road and buck the trend, instead of leaving someone hanging with the hope they’ll realize you’re the prize. Be gracious and thank them for their time.”

The takeaway here is that mediocre dates happen, but that **doesn't** have to be discouraging. In fact, oftentimes, the second date will be a lot better when there is less pressure. So, keep that in mind, but always trust your gut. You **don't** owe anyone a second date, but should you decide you want to go for it, you may even be surprised by how much more chemistry you have the second time around.

What Values Should You Share With A Partner? The Experts Weigh In

I had a partner in college who **didn't** believe in tipping. Now, I understand the arguments for why, as a system, it could be replaced with higher wages, but I **didn't** think that was a reason to **not** tip service workers before they got higher wages. In general, I found him lacking in generosity, and therefore, I **didn't** feel like our values lined up. It's important to ask yourself: What values should you share with a partner? For example, I had another partner who **didn't** think Grey's Anatomy was worth watching, and, while I disagreed strongly, I **didn't** think it mattered that our ideas of how to spend a Thursday night **didn't** align (and is taste in TV show really a value? I think so, but it might not be universal). Different issues matter to different people, so I sought out some expert advice on figuring out what values you and your partner should share.

Values that deal with how you behave in a relationship are particularly important to share, according to experts. "In a relationship, alignment in values anchor the relationship into a specific direction, setting the couple on the same course in their relationship," **sex** and intimacy Coach Irene Fehr tells Elite Daily. "Without alignment around certain values, couples will likely find themselves either giving something up that's important to them or pressuring their partners to do the same, ultimately becoming resentful that what's most important to them is **not** honored." Examples of these alignment values include whether the relationship is monogamous or **not**, how much the two of you want to see each other's family's, and the value of **sex** in the relationship.

That **doesn't** mean your relationship definitely **won't** work out if one of you wants to see their parents (or is able to see their parents) more than the other, for example — it just means you should communicate your needs regarding these issues.

Communication and the role it plays in a relationship can be an important value to share. How you communicate with each other and the importance you place on communication and connection can affect your happiness in the relationship, so it might be useful to share these values. "Spending time together is **not** an automatic value for all couples," Fehr says.

"Some couples value spending a lot of time together and others find their space and time more valuable and want to intersect only during specific times."

Again, a relationship can be a happy and healthy one if the two people have different needs regarding alone time, for **example**, but valuing each other's company and communicating with each other can determine how happy you'll be in a relationship.

Values that **don't** change the way you feel about your partner **don't** need to be shared, but respect for each other's values does matter. What do these values look like? "If you value religion and your partner **doesn't**, and if there is **no** desire that you both believe in the same thing, you can happily coexist without sharing the same value," Fehr says. "It also works for couples where one person values having children and had children in a previous relationship, but another person does **not** desire to bear children."

If you choose for yourself to value your own religion or have your own children but you **don't** care if your partner makes the same choice, then you can be in a happy relationship without sharing values. That said, it might be important to you to find a partner of the same faith tradition or with the same family plans, and that's OK too — it's just a matter of what's important to you. A relationship is composed of two individual people, and you are each entitled to your own values.

If you and your partner **don't** share every value that's important to you, it **doesn't** mean the relationship is doomed to fail. You might find that by communicating with them, you can reach a happy medium or at least be satisfied with an understanding of why you have different values. "Talking about it is important," Fehr says. "Start with curiosity and inquire about your partner's values and priorities: what's important to them and why, and what expectations do they have about living out these values in the relationship." You may learn that their life experiences have led them to a different set of values, but they've chosen these values from a place of love and honesty, so you're able to look past them. That **doesn't** mean you have to change your own values but understanding why your partner has different values from you can make you more compassionate in the relationship. Of course, if you **can't** move past value differences with your partner, that's OK, too — you have the right to prioritize your own values.

You get to choose what values are most important to you. That said, you might be happier if you have a partner who sees eye-to-eye with you on the issues that matter (**or you might not — it's up to you**). You need a partner you can respect, so if your views differ, it has to be on topics that **don't** cause you to lose respect for your partner. Debate can be healthy for a relationship, but at the end of the day, you deserve a partner whose values match your own on the issues that matter most to you.

<https://www.elitedaily.com/p/how-can-you-tell-if-you-your-partner-have-the-same-values-expert-explains-17872477>

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One person seemed very interesting, but I almost deleted this profile because this person **wasn't** particularly gorgeous?

RELATIONSHIPS

[How Do You Know Your Partner Is the One?](#) – By [Caroline Donofrio](#)

We've talked about [dating](#), [heartbreak](#) and [what to ask before you get married](#). But lately, I've been ruminating over one **question** even Google **can't** answer: How do you know when a relationship is right? (**Yes, I typed that into multiple search engines, yielding many lists, but not much help.**)

So, I sought the counsel of committed friends (and some acquaintances, and a few strangers) and asked: “HOW DID YOU KNOW?” Was it a moment? A feeling? A decision? Some of their answers really surprised me....

We laughed at each other’s jokes.

“We had both recently read the same weird sci-fi book series. My husband always says that’s how he knew. I knew because **no** one had ever made me laugh as much as he did, and **no** guy had ever laughed as much at my jokes. We were each other’s ideal audience.” — Gemma

It was a choice.

“Maybe this is just semantics, but I say: Forget about ‘knowing.’ Perhaps some people experience that, but every time I thought I did, it turned out to be an illusion. It **didn’t** last. The difference with my wife was having that ‘knowing’ feeling, but also a feeling that together we could make a relationship that was the one. That would adapt to and incorporate us both changing. I feel like knowing who’s ‘the one’ is just as much a life choice as a love choice.” — Colby

It felt inevitable.

“I met my husband on the Chinatown bus. I am normally SO shy about talking to strangers, so I had my earbuds in and my face turned to the window and my work in my lap — a wall around me. But he sat next to me, and somehow we ended up chatting without a pause from New York City all the way to D.C. I **wouldn’t** quite call it love at first sight, but rather this strong feeling of ‘but of course,’ or inevitability, but in a good way. I just had this instinct from that very first conversation that this person was going to be important in my life; that he was, well, the one.” — Laura

We became a team.

“I **didn’t** have one of those singular moments where a lightbulb went off. For us, we just went through the process of being together, until we gradually solidified into a team:

“Team Us, Team Weirdo, Team Let’s – Just – Stay – in – and – Watch - a -Movie.

When we first started dating, we reveled in that blissful early stage — the one where you each see the other as beautiful, brilliant **sex** - deities and you become pretty sure that, before you met each other, you were just two zombie pod people wandering aimlessly through the world.

Waiting for soulmates to open their eyes and show them what it means to live? — and all of a sudden we were in love.

“Several months later, we reached that slightly less exciting, but much more comfortable (read: **sweatpants**) second phase of the relationship, the one where you realize you’re just two human beings trying your best despite numerous faults and shortcomings.

“We **didn’t** have a choice. We were a unit, and life has become an amazing, joyful, silly, scary, confusing, bittersweet thing for us to figure out together.” — Liz

He made everything better.

“Being with him felt like being on vacation from real life.” — Thérèse

Everyone else knew.

“There was definitely a powerful feeling right away, and yet we **didn’t** get engaged for seven years. When my husband finally announced our engagement, his friend famously said, ‘Congratulations on **not** being the stupidest person on Earth.’ The point is, even if it’s clear to everyone else in your life, sometimes it’s hard for you to just know. Because it’s **not** so much a knowledge but a continuous process, choosing to share your life with someone, day after day.” — Jessica

It was never a **question**.

“Unlike my previous relationships, I **wasn’t** haunted by deeper, nagging **questions** of whether or **not** I wanted to be with him. Disagreements **didn’t** threaten to end in a breakup — it was always just assumed that we would keep going. Dating my husband was the only time I never saw the period at the end of the sentence.” — Megan

He made plans.

“My fiancé and I had been dating for a month when he told me, two weeks in advance, that he’d made reservations for Valentine’s Day. I was like, ‘He’s so organized, I love it. I’m definitely marrying this guy.’” — Ilene

I **couldn’t** imagine my life without him.

“In our twenties, after we’d been together for a couple of years, I considered whether we should take a Ross-and-Rachel-style ‘break’ so we could date other people and see who was out there. Or just to be out there. **Not** because I was getting bored — quite the opposite — but I was a little freaked out by the growing feeling I had that we might be together forever.

The more I thought about it, I realized there was this choice: I could see other people, some of whom might be totally decent, and then go back to him, knowing with more certainty that he was the one OR I could see other people and never be able to get him back, because he could have moved on. Forever. The minute I gave those scenarios any thought, I knew I could never risk it. I **remember** welling up with tears just thinking about it. So that’s how I knew. By realizing I already had what I could never give up.” — Ruby

I still **don't** know.

“Describing the moment I realized my relationship was ‘right’ is impossible because there are days when I’m still **not** entirely sure. We’ve been together for eight years — through four apartments, two career changes and one wedding — and yet expressing authority on this subject **isn't** something I do easily. **Doubt** is a part of life. I’m **not** sure you ever really know something as big as that.

“That said, I’ve always thought of love as an action, **not** a feeling. I believe in my relationship because of the small things we do for one another every day. Like yesterday, when my husband sent me a weird cat GIF at the exact moment I needed to laugh. Somehow, he just knew. I’ve never been a particularly romantic person, but that felt pretty special to me.” — Danielle

He was the nicest.

“With my fiancé, it **wasn't** the crazy roller coaster I was used to. He was kind. For instance, very early in our relationship, he schlepped an air mattress all the way from the Upper West Side to my downtown apartment when my girlfriends were staying for the weekend.

“It **wasn't** anything hugely significant, but I **remember** being surprised because all the previous jerks I had dated would never have offered. I just kinda knew this guy was a keeper.” — Danee

It was love at first sight.

“Funny, it’s hard to break down the feeling I had, the certainty, into words, because when I come up with a list of characteristics that ‘made’ me fall in love with her, it sounds like there could be a bunch of people out there who would fit the bill, but really, the first night we met, I just knew that she was the one. It was the energy. There was so much **positivity** flowing in both directions. I loved what she was saying, and how she was responding to what I was saying. We laughed so easily, we got each other. If I could have married her that first night, I would have.” — Alex

Everything felt okay.

“In a nutshell, soon after I met him, my whole life felt better. I started to see myself the way he saw me — I felt funnier, prettier, smarter. I was those things when I was around him. We brought out the best in each other.

The minutiae of my day felt interesting and worth sharing. Nothing felt scary anymore. There was just this overwhelming sense that as long as this person was in my corner, everything would be okay.” — Eliza

Unscientific as the business of love may be, I was amazed by the breadth of everyone's responses. Indeed, talking to actual humans proved to be quite helpful. So I'd love to open up the floor for anyone who'd like to share their story...

Are you currently in a relationship? How did you know your partner was right — or **not**? Have you ever had **doubts**?

<https://cupofjo.com/2015/07/how-do-you-know-if-your-partner-is-the-one/>

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Don't Try to **Fix** His Problems?

[Skills for Healthy Relationships](#)

Stop Trying to **Fix** Things, Just Listen!

The dilemma of supporting your partner. Joanne Davila Ph.D.

The short video "It's **Not** About the Nail"

(<https://www.youtube.com/watch?v=-4EDhdAHrOg>), by Jason Headly, pokes fun at a dilemma that many couples can relate to – one person is upset about something and is looking for emotional support from the partner, but the partner only wants to try to solve the problem. The support - seeking person is frustrated because he or she **doesn't** feel listened to. The support - providing person is frustrated because he or she **doesn't** understand why the partner **won't** simply take their advice to fix things.

Oftentimes this occurs in a gendered way. Stereotypically, it's the woman who wants emotional support and the man who wants to problem solve, and that's what's depicted in the video.

Although the video is a very funny play on this dilemma, it's **not** entirely clear what the message is for viewers because, for some, the video clearly suggests that the man is correct, whereas for others they see the woman as correct. The video is called "It's **Not** About The Nail" because the woman has a big nail sticking out of her head, her complaints are all related to the nail (e.g., "**there's pressure in my head, I can't sleep, all my sweaters are snagged**"), and every time he suggests that removing the nail would fix things, she says, "It's **not** about the nail!" and gets angry at him for **not** listening to her.

People live with a "nail in their head" all the time, often to avoid the consequences of, or uncertainty surrounding, taking it out.

Hating your job, but staying in it because you **don't** want to deal with **not** having a paycheck or trying to find a better job. Being in an unhealthy relationship, but staying because you **don't** want to face the loneliness or family disruption that a breakup or divorce would bring. **Not** feeling well, but **not** wanting to take medication or get treatment because of the side-effects that may occur. These are common occurrences.

We all know how frustrating it can be to see a clear and obvious solution to a problem, to want to help someone fix it, and to have them **not** take our advice.

We also all know how upsetting it can be to have someone **not** listen to our feelings, **not** validate our suffering, **not** to just **stop** for a minute and take our perspective and let us know they understand. Regardless of whether you're a woman or a man, everyone needs both emotional support and practical help. Neither one is right or **wrong**, better or **worse**. The trick is knowing what is needed at any given moment and finding the right balance of listening and helping. Those are the hard things. But it's possible for couples to find that balance using the skills of insight, mutuality, and emotion regulation.

Insight means being aware of and understanding yourself and your partner, recognizing the consequences of your actions, and learning from your mistakes.

Mutuality means recognizing that both people have needs, both are legitimate, and both deserve to be met. Emotion regulation means managing your feelings in response to what is happening, expressing them in a calm way, and **not** acting in a hostile, critical, or impulsive manner. These skills apply to the "nail" dilemma in a lot of ways.

1. Recognize that you both have different ways in which you prefer to seek and provide support and work to understand each other's perspective.

Just because someone has a nail sticking out of their head **doesn't** mean they **don't** deserve the chance to express their feelings and have them validated. Perhaps they **don't** yet understand that the nail is the problem. Perhaps they do, and they just need some emotional support before they will be able to do anything about it.

Perhaps they believe the solution to the problem is going to cause **worse** pain or that it **can't** actually be implemented. Take their perspective (they're in pain and need you to soothe them), calm your own frustration, and give them what they want.

And just because someone is trying to problem solve with you, **doesn't** mean they're **not** listening and they **don't** care about your feelings. In fact, it likely means they care deeply about your well-being and want you to be okay. They're desperately trying to ease your pain.

Use that insight to help you see their attempts as the benign caring help they're trying to provide and consider whether it's a solution that might actually work, rather than dismissing it out of hand.

2. **Don't** keep repeating things that **don't** work.

Couples do this all the time. They keep trying to get their needs met, or meet their partners' needs in the same way, over and over again, when their strategies clearly are **not** working. It's like, "If I just keep doing this, eventually it's going to work" but that's just **not true**. What's **worse** is that they then blame their partner for it **not** working ("What's **wrong with you that you can't just take my advice?! What's wrong with you that you can't just listen to me and understand my feelings?!**"). You need to understand the consequences of your behavior and learn from them. So, **stop** blaming and criticizing your partner for strategies that **don't** work, and **stop** repeating those strategies.

If you know your partner prefers emotional support, then **don't** just keep providing only practical support. Your partner is never going to feel like his/her needs are being met.

And if you know your partner is better at providing help rather than just listening, **don't** keep trying to get your partner to never offer solutions. Get comfortable with the fact that he or she is a problem - solver.

3. Talk with each other about the ways you like to get and give support and come up with a mutually acceptable way that you'll support each other.

Once you develop and use insight into yourself, your partner, and the dilemma, then you need to commit to finding a solution that takes both people's needs into account. You need to join together in an "us against the problem" stance rather than a "me against you" stance. All the data show that supporting one another is critical to a healthy relationship, and most people truly want to support their partner. If you do, then it's incumbent upon you to support him or her in the way that he or she wants. And most people truly want support from their partner. If you do, then it's incumbent on you to be open to what your partner has to offer. If you both come from a place of mutuality – meaning you **truly** care about what the other person needs and you want to try to meet those needs – then you can be open to figuring out how you'll negotiate – together – potentially difficult "nail" dilemmas.

And as you're doing so, it's important to stay connected to the caring feelings you have for your partner. Keep your angry feelings to yourself and soothe them with your insight about the situation. In support situations, one person is hurting, scared, upset, and the other person is **hating** to see their partner in pain.

Stay with and communicate those feelings so that you two can stay focused on providing and receiving support, rather than turning a support moment into a fight.

To illustrate all of this in action, here's the transcript of the video, followed by a transcript of how it might go if the characters were using the skills of insight, mutuality, and emotion regulation.

“It's **Not** About the Nail” by Jason Headly

A couple is sitting together talking. There is a large nail sticking out of the front of the woman's head.

Woman: It's just, there's all this pressure, you know. And sometimes it feels like it's right up on me and I can just feel it, like literally feel it in my head and it's relentless and I **don't** know if it's gonna **stop**, I mean, that's the thing that scares me the most, it's that I **don't** know if it's ever gonna **stop**.

Man: Ya. Wha-you do a have a nail in your head.

Woman: It is **not** about the nail.

Man: Are you sure, because, I mean, I bet if we got that out of there...

Woman: **Stop** trying to fix it.

Man: **No**, I'm **not** trying to fix it, I'm just pointing out that maybe the nail is causing —

Woman: You always do this – you always try to fix things when all I really need is for you to just listen.

Man: **No**, see, I **don't** think that is what you need, I think what you need is to get the nail out –

Woman: SEE YOU'RE **NOT** EVEN LISTENING NOW!

Man: Ok, fine. I will listen, fine.

Woman: It's just – sometimes it's like – there's this achy. I **don't** know what it is. And I'm **not** sleeping very well at all. And all my sweaters are snagged. I mean – all of them.

Man (compassionately): That sounds really hard.

Woman: It is. Thank you. Awww (warmly)!

Man (frustrated): Oh come on – If you would just –

Woman (angrily): Don't!"

Skills - based version (old material is crossed out and new material is bolded; partners' experiences are annotated):

Woman (really needing emotional support): It's just, there's all this pressure, you know. And sometimes it feels like it's right up on me and I can just feel it, like literally feel it in my head and it's relentless and I **don't** know if it's gonna **stop**, I mean, that's the thing that scares me the most, it's that I **don't** know if it's ever gonna **stop**.

Man (shocked because he sees the nail, but using insight, he's thinking about how to both support her and deal with the obvious problem): Ya. That sounds terrible, really awful. I wonder if it's because you have a nail in your head.

Woman (feeling like she's not being listened to): "It is **not** about the nail."

Man (really wanting to help her): Are you sure, because, I mean, I bet if we got that out of there...

Woman (feeling not listened to but using the skills to assert her needs clearly and calmly): **Stop** trying to fix it. What I really need right now is you to just listen to me.

Man (using the skills to respond empathically): ~~No, I'm not trying to fix it, I'm just pointing out that maybe the nail is causing —~~ I'm sorry. I know. I really do understand that you're feeling awful and scared. I **don't** want you to feel that way, and I really want to help you. I **hate** to see you in pain.

Woman (responding empathically and calmly in turn): ~~You always do this—you always try to fix things when all I really need is for you to just listen.~~ I know you do. I'll feel better if you just listen and **not** rush to try to solve it. I want to solve it too, but first I just need to talk about how I'm feeling.

Man (using the skills to try to meet her need): ~~No, see, I don't think that is what you need, I think what you need is to get the nail out—~~OK. Tell me more about what you're feeling.

Woman: SEE YOU'RE **NOT** EVEN LISTENING NOW.

Man: Ok, fine. I will listen, fine.

Woman (feeling cared about): It's just – sometimes it's like – there's this achy. I **don't** know what it is. And I'm **not** sleeping very well at all. And all my sweaters are snagged. I mean – all of them.

Man (using the skills to respond empathically): That sounds really hard.

Woman (feeling cared about): It is. Thank you. Awww (warmly)!

Man: (thinking “Oh come on – If you would just take the nail out!” but regulating his feelings and focusing on her needs) I do have some ideas for when you're ready, and I hope we can talk about them. I think together we can deal with this.

Woman (starting to feel frustrated but using the skills to recognize that he has good intentions and to continue to communicate her needs calmly): ~~Don't!~~ Okay. Just **don't** tell me to take the nail out. It's **not** that **simple**.

Man (using the skills to be responsive to her and to be creative about helping her): Okay, what about thinking about how you might sleep better, like trying a different position? Or maybe putting your sweaters on differently. Do you think any of that might be helpful?

Woman trying to be open to his suggestions): I **don't** know. I guess I could try...

Man (not wanting to push her and turn things into a conflict): Well, just think about it. I'm here to help you with this. I really do hear how difficult this is for you.

Instances where a partner needs support happen all the time and often continue over time, as the “nail” one likely will. If you can commit to using the skills, you'll be better able to **truly** support one another in ways that both solve problems and create **intimacy** and strengthen the foundation of a healthy relationship.

The short video “It's **Not** About the Nail”

(<https://www.youtube.com/watch?v=-4EDhdAHrOg>), by Jason Headly.

Pokes fun at a dilemma that many couples can relate to – one person is upset about something and is looking for emotional support from the partner, but the partner only wants to try to solve the problem.

<https://www.psychologytoday.com/us/blog/skills-healthy-relationships/201606/stop-trying-fix-things-just-listen>

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Look Past His Flaws?

You Have To Accept Your Partner's Flaws In A Relationship

One evening, while riding the metro home from work, I overheard two girls nonchalantly discussing relationships.

Now, before you accuse me of spying, allow me to inform you I do **not** usually make a habit of listening in on other people's conversations.

OK, that's **not** entirely **true**. Allow me to rephrase that comment: I **don't** always make it a habit.

However, these particular individuals made it their goal to inform the entire train of their conversation, which therefore made it challenging for me (**and everyone else**) to ignore them.

The crux of the discussion went something like this: One of the girls has been dating a guy for a while, but now all they ever do is fight.

When asked by her friend what the arguments are about, the girl answered, It's little things that add up to big things. I'm just now discovering he may **not** be the person who I thought he was.

The friend then asked her, What do you mean?

The girl replied, I **can't** explain it, but I feel as though he's changed since when we first started dating.

Almost immediately, my interest was piqued.

Just a few months ago, I was caught uttering the exact same words to my best friend, as we devoured Chinese takeout on my couch.

With that being the case, I remained silent and intently focused on the remainder of the conversation between the friends.

The girl with the boyfriend continued to list all the changes that have occurred in her relationship, along with additional reasons why she **no** longer felt the man she was dating was "the one":

He snores. He leaves the toilet seat up. He occasionally suggests we split the check. He **doesn't** immediately text me back. He never wants to hang out with my friends and me.

And my personal favorite: He **doesn't** make close to six figures a year.

In my mind, these **weren't** exactly deal breakers. After all, **no** one is perfect and expecting anything but is merely a recipe for disappointment.

When asked by her friend if the guy treated her well and if she loved him, the girl answered, I mean, he's really sweet and attentive and I know he **truly** cares for me. How could I **not**?

She added, But I just **don't** think we're the right fit.

As she uttered the words, it was impossible to ignore the palpable contradiction which dripped from each syllable. Almost immediately, my interest dissipated and transformed into overall irritation.

When my **stop** finally arrived, I was beyond relieved when the double doors opened and I could swiftly make my exit. As I began my usual 10-minute walk home, I suddenly found myself thinking about my own relationship with my current boyfriend.

In the beginning of our courtship, life was bliss.

My stomach was constantly filled with butterflies and a broad smile was incessantly etched onto my face. Every day felt like an adventure, but as time elapsed and our relationship progressed, I found myself **questioning** whether this individual was right for me.

For one, there was a 13-year age gap between us, and although there were numerous similarities between us, there were also many differences.

For instance, we had contrasting views on marriage and children. He wanted both, whereas I was still trying to decipher whether a tomato was a fruit or vegetable, let alone if those components could eventually factor into my life.

The marriage and children part... **not** the tomato.

It **wasn't** until we spent time apart when I discovered the significant role my boyfriend played in my life.

It was during that brief period when I realized how much I **truly** cared for this person, and how I **didn't** want to go through life without him by my side.

You know what -- he **isn't** perfect. He can be moody, stubborn and occasionally complex. But those are characteristics that shape him into the man I love.

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We may have opposing views on specific topics -- and sometimes we find ourselves arguing because of them -- but that **doesn't** make our bond any less special or diminish the way I feel about him.

Perhaps that's why I found the conversation on the train so annoying.

Relationships **aren't** crafted to be perfect. In fact, it's within the imperfections where the magic **truly** lies.

Loving someone -- really, **truly** loving someone -- requires a certain amount of compromise and patience.

It's being able to love them at their **worst** and stand by them when life becomes difficult. Because if there's anything I've learned from my current relationship, it's that there **won't** always be butterflies and smiles.

There will be times when you want to scream and say things you probably **shouldn't** and frustrating moments where you never want to speak to your significant other again.

But at the end of the day, what matters most is your devotion and loyalty to one another.

Only someone who has a **true** understanding of love will comprehend this. After all, you **wouldn't** want to be in a relationship with someone who **didn't** completely accept you, so why would you expect anything different from your partner?

<https://www.elitedaily.com/dating/accept-partners-flaws-successful-relationship/1763409>

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How they respond to Good News and **Bad** News?

Giving and Responding to Good and **Bad** News

Giving news

There are different ways to give news:

Giving good and **bad** news

- I'm really pleased to tell you...

- I've got a bit of good news to tell you..

- I've got some good / brilliant / great / wonderful / splendid news for you...

- You know what! I've got a bit of great news for you...

- Great news for you...

- I'm afraid I've got some **bad** news for you...
- I'm sorry I've got a bit of **bad** news to tell you..
- I really **don't** know how to say it, but ...
- I'm sorry to have to say this, but ...
- I really feel **bad** to have to say this, but ...

Responding to news

Responding to **good news**

- **Wow, that sounds exciting!**
- **That's great!**
- **How fantastic!**
- **What fantastic / good / brilliant / great / wonderful / splendid news!**
- **That's good / brilliant / great / wonderful / splendid news!**
- **That sounds like great news!**

- **Congratulations!**

- **That's wonderful / fantastic!**

- **I'm glad to hear that!**

- **Great news!**

- **Incredible!**

- **Superb!**

- **Sounds great!**

- **Lucky you!**

- **Oh, how wonderful!**

- **I can't believe that!**

Responding to bad news

- **I'm awfully sorry that...**

- **I'm sorry to hear that..**

- **I'm sorry to hear such terrible news.**

- **My goodness!**

- **I **can't** believe it!**

- **Poor you!**

- **I do sympathize with you.**

- **Please, accept my deepest sympathy.**

- **I know how you must be feeling.**

- **That must be awful**

- **Oh, dear!**

- **Too **bad!****

- That's awful / a pity / unfortunate.

https://www.myenglishpages.com/site_php_files/communication-lesson-good-bad-news.php

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Responding to Good News and **Bad** News => By **Chase Amante**

I met a really very cute and pretty 20 - year - old college student waiting in line for the bus today. We started talking and grabbed seats together – actually, we almost missed the bus, too engrossed in talking to each other as we were, until we suddenly realized everyone else had walked past us and boarded already!

Our conversation flowed smoothly, but I could tell she had just the slightest hint of reservation, though I did **not** know why.

I was being quite calm and nice with her and was relatively certain I **wasn't** coming across too strongly, and I did my best to stay away from any overly high-value topics, aside from speaking a little French with her and discussing my impression of France while traveling there a few years back when she mentioned learning French and wanting to visit Paris. Even that might have been a little too much, but overall I estimated the benefit of having these additional things to bond on outweighed the danger of showing too much value.

It **wasn't** until near the end of the bus ride, fifteen or twenty minutes after we had already exchanged contact information and tentatively discussed meeting this weekend, that she finally came out with what it was that was keeping her reserved.

I was able to get to it by asking her some deeper emotional **questions** – she discussed **not** loving what she studied in college, so I asked her what she loved. She then told me that her boyfriend had been disappearing together with his **ex-girlfriend** and **not** taking her phone calls.

This is one of those situations where probably 99 out of 100 guys do the **wrong** thing.

What's the right thing to do when a girl lays her relationship, and other intimate troubles or exciting - sounding news, bare? How do you respond to a girl's good news or **bad** news? That's what the focus of today's article is going to be on.

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TAKING THE NEWS: HOW TO REACT TO SENSITIVE TOPICS

“Oh my God, that's terrible.”

“Eh, well, **can't** have everything you want.”

Both of these are opposite ends of the spectrum of possible responses to a “**bad news**” sensitive topic. One is overly sensitive and empathetic; one is very cold and sensitivity- and empathy - free. Both are **bad**, but for opposite reasons.

But before we get to that, there's your nonverbal communication – you have to be unsurprised and untaken aback when you get hit with “big” news, because much of your interaction is going to be riding on your response. Especially if it's something the girl has been nervous to tell you, it's important that she **not** feel judged or looked down on or punished by “distance” (e.g., **let's say you suddenly tell a woman you've hit it off with that you're married, and she gets a distant look and begins acting colder – that's “punishing with distinct”**). That will cause her to close up and pull away herself; she must feel that you continue to be connected to her and nothing has changed despite her “big” revelation. This will do much to put her at ease.

There's another side to this as well: reacting properly when a girl gives you “good news” that seems very exciting: e.g., that she just got into Harvard, or that she's just found out she's been selected to costar opposite Shea LeBouef in the next Hollywood blockbuster flick. The emotion she's expressing is different, but your reaction must be the same: take it steady, remain on an even keel, and **don't** get emotional. You want to be happy for her, without being gushy.

Onto responses.

HOW TO RESPOND TO **BAD NEWS**

Remember those two opposing “**wrong**” examples of how to respond to **bad news** above. Let's talk about why they're to be avoided.

First off, the overly sensitive, overly empathetic response to **bad news** comes across as supplicating.

No one really feels someone else's pain that deeply, and people resent and mistrust those who pretend they do. It seems artificial, like the person pretending is trying to please or satisfy the other person.

Contrast that with the opposing response: that of the cold, insensitive reply. When someone comes across that cold, it instantly puts a chill on any sense of a bond a woman might have had with him. It communicates to her that he is **not** feeling emotionally bonded to her, does **not** care how she is feeling, and that there is quite a large gap between them. She will pull back in response, protecting her feelings from this man who does **not** really care for them.

So, we want to strike a balanced tone. **Not** overly sensitive, but **not** insensitive, either. What we want to show is concern – a social kindness that people display to communicate their alliance with other people.

When you are feeling awful, and someone shows valid concern without going overboard and coming across as some kind of **bleeding** heart, you appreciate that from them and like them and respect them more. That's how we want to be reacting to women.

And then, we want to change topics and get onto something more productive.

That girl on the bus, when she mentioned her boyfriend running around with his **ex**-girlfriend, I said, "Man... that's a tough situation," then paused for a moment to reflect, then asked a few – a very select few – **questions** about her situation, just because I wanted to have a little more background to understand where she was coming from emotionally: how long had this been going on (**four days**), and how long had they been together (**four years**).

She volunteered that her boyfriend and her were off-and-on, broken up and back together again. She also mentioned that she was spending all her free time in her room right now, just lying in bed reading, or watching Gossip Girls. After that, I put my finger underneath her chin, lifted her head up, and told her, "Chin up." She beamed me a big smile and said yeah, everything will be okay, and probably better to forget about him. I told her as she was getting off at her **stop** that we'd grab some food this weekend and get her out of her bedroom.

When you're still learning this though, I **wouldn't** even go as far as I went in asking **questions**. Express sympathy, then give the girl a moment of silence, then a very small degree of encouragement, then change the subject.

I'd recommend avoiding asking **questions** for most men for this reason: if you ask the **wrong questions**, you can fast find yourself in therapist mode. And that's **not** a good place at all if your intentions are to get this girl attracted to you.

I'd also recommend avoiding any overly - expressive proclamations of encouragement for the same reason: you're her potential future lover, **not** her guardian and savior. You want the lover role, **not** the guardian role.

The reasons why are a little complex – a strong man is **not** going to go ape shit defending and protecting a woman he **isn't** being intimate with regularly; only a weaker man who is hoping to trade defense and protection for **sexual** favors – but suffice it to say, you want to refrain from being the overt guardian and protector until you've been together physically for at least a few weeks, and probably longer.

HOW TO RESPOND TO **GOOD** NEWS

Good news is a slightly different animal, primarily because it's a good thing, it's something a girl is happy about, and asking her more details about it **won't** risk you ending up as her platonic – guy - friend shoulder to cry on.

Similar to replying to **bad** news, you **don't** want to be over-the-top in your response. That means **no**, "Oh my God, that's amazing!" and **no**, "Movies... eh, I've been in movies. They're okay."

A guy who's too easily impressed looks inexperienced and immature. A powerful, worldly man **doesn't** stare in amazement when a woman tells her about what she's done; he takes it all in stride. So too must you if you want to come across as a powerful, worldly man. Similarly, a guy who's cynical and dismissive simply seems to feel as though he's been given short shrift in life. Strong men like us, however, are never given short shrift; we always find ways to get the things we want.

Rather than getting overly excited or being dismissive or condescending, the proper response to good news is more like, "Hey **no** way, that's way cool. That must've been a lot of hard work. How'd you manage to pull all that off?" This way, you communicate to her you understand and value her achievement and amplify the conversational thread and give her a chance to share her good news with you.

It does one more thing for you, too: letting her tell you about her achievement is inviting her to try and impress you. As she tells you about her victory, you want to be giving her praise and approval.

This reinforces for her that you're bonding with her, that you see her success as a good thing, and that you are accepting her attempt to show you what a talented, amazing person she is.

Also, it should go without saying, but I'll write it here regardless: you **don't** want to compete with her on her success. If she tells you she just got a promotion, and you throw in that you also just got a promotion, to a higher position than hers, that... well... sucks the wind right out of her sails. She was trying to wow you and impress you and show what a high quality girl she was so she'd be eligible for your affections, and instead you shoved her to the side so you could build yourself. Unnecessary.

Even if you have something awesome and exciting to share on the same page as what she's sharing, hold your tongue and **don't** just blurt it out.

If you can say it without competing, it's okay. If on the other hand you're going to sound like you're competing, maybe **don't** say anything until much later. If she asks you later why you **didn't** tell her your good news when she told you hers, just tell her, "I **didn't** want to steal your thunder. That was your moment to shine and be proud and happy, and I **wasn't** about to take it away from you."



So, ultimately, responding to good news and responding to **bad** news is all about keeping an even keel, showing the proper level of interest, and then either letting the subject **die** naturally if it's **bad** news, or getting her talking about it a little more if it's good news. Good news / **bad** news is one of those things that can **kill** an interaction fast if it's handled inappropriately but will give a woman much stronger faith in and attraction to you if you handle it well.

Hope you get a lot of good news!

Yours, Chase Amante

<https://www.girlschase.com/content/responding-good-news-and-bad-news>

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Woman Finds Abandoned Baby **Buried Alive:**

20 Years Later She Gets Call That Changes Everything

<https://www.youtube.com/watch?v=xHkXjJ2Yff0> 6 min

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You should feel that you are being coerced into choices?

Sexual Coercion: When 'Yes' Means 'No'

The Quick Guide to Deciding if You're Ready to Have **Sex**

This article is **not** about **sexually** transmitted infections or pregnancy risk, although, as realities of **sexual** activity, they will come up here and there. The topic we'll consider here concerns the decision of whether or **not** to have **sex**, what goes into such a decision and the barriers to healthy **sexual** decision-making. We'll go beyond issues of physical health to discuss emotional and mental factors involved in the **sexual** decisions we make. **No** matter your age or your level of **sexual** experience, it's important to think about why you make the **sexual** choices you make.

You've likely had some version of "the **sex** talk" before.

Parents today use a variety of resources to help young people learn about the facts and circumstances surrounding **sexual** activity. In addition, most young people get the run - down on pregnancy and **sexually** transmitted infections (**STIs**) in school.

It's extremely important for you to learn about the risks associated with **sexual** activity and different ways to avoid them. But you **don't** learn everything in school that is important to learn in life – and this is especially **true** of **sex** education. Experience **won't** always give you the knowledge you **don't** get in school, either. There are things that are important to think about before having **sex**, and this is **true** even if you already have **sexual** experience, since you still have a choice as to whether or **not** to have **sex** again.

In the 2012 With One Voice [survey](#) by the National Campaign to Prevent Teen and Unplanned Pregnancy involving more than 1,000 teens, over half reported regretting that they **hadn't** waited longer to have **sex**. So, one of the most important choices that young people must make regarding this aspect of life is **not** only if, but when.

The goal of the information that follows is to help you develop values around **sexual** decision-making so that you can enter situations with a firm understanding of what you want outside the heat of the moment and without yielding to the pressures around you. We'll begin Part 1 of this series by examining a number of **questions** you should ask yourself to determine whether you're ready to have **sex**. Then, in Part 2, we'll look at some common reasons why people choose to have **sex** and think about whether each could be considered a healthy or unhealthy reason.

We'll also outline reasons why people may choose **not** to have **sex**. In Part 3, we'll learn to identify manipulative behaviors that some people use to pressure others into **sex**, and how to respond in these situations.

What it Means to be Ready to Have **Sex**

The following are **questions** you should be able to ask yourself and answer before deciding that you're ready to have **sex** in general:

- Do I want to have **sex** for myself, and **not** because someone else or other people expect me to
- Who do I want to have **sex** with? This may be a specific person or a set of general standards, such as someone you're in a committed relationship with, someone you've known a long time, someone you love, etc.
- Do I know the risks? Even though most people get some form of **sex** education in school, there are still plenty of people who **don't** fully understand the risks associated with **sex** or how to avoid them. Do you know all the facts about pregnancy and STIs? Take this quick [quiz](#) from WebMD to test and identify gaps in your knowledge.
- Do I have ways to limit these risks? Access to condoms for STI prevention and other forms of birth control is important. Make sure you have made specific choices about these methods long before you find yourself in a **sexual** situation, and that you have access to your chosen method(s).
- Am I prepared to deal with unintended consequences of **sex** should they result? These could range from pregnancy and STIs to awkwardness, disappointment and discomfort with a partner. While you can reduce these risks, you **can't** eliminate them as possibilities.
- Am I comfortable communicating my feelings, expectations, preferences and concerns around **sex** with someone else? If **not**, you and your partner could end up hurting one another, emotionally and/or physically. If you're **not** ready to talk about **sex**, you're **not** ready to do it.
- Am I comfortable enough with my body to have it shown to and touched by another person? If the idea of exposing yourself to another person makes you cringe, feel ashamed or very anxious, you're **not** ready to do so.

- How does this decision fit in with my values?: We all have certain values in life – family, friends, self-respect, life goals – and it’s important to think about how **sex** fits into these values. Would having **sex negatively** affect your respect for yourself at this time? Would it conflict with religious values you hold?

Would it distract you from your other interests and goals? Make sure **sex** fits into the broader context of your life and what you want out of it before deciding to do it.

- Do I have access to reproductive health care? Once a man or woman becomes **sexually** active, it’s important to have health professionals he or she can consult for testing, birth control, **questions** and any other health needs around **sex** that may arise. You should be familiar with the laws in your state regarding access to confidential care. Ideally, young people will be able to talk openly with their parents or guardians about the desire to use birth control, but this **isn’t** always the case. Whether or **not** you can obtain birth control without parental consent depends on where you live. See [State Policies in Brief](#) to learn about access in your state.

If you’ve already asked yourself the above **questions** and decided that you’re ready to have **sex** in general, the following are readiness **questions** to ask yourself before any specific encounters take place.

Has the other person ask him / herself the **questions** above and answered them? Before having **sex** with someone, it’s important to know that they’re as ready as you are.

- Are we on the same page concerning pregnancy and STI risk management, as well as what we would do if these methods failed?

- For **example**, if you have decided that wearing a condom is important to you – which is always a good idea, since it is the only form of birth control that protects against both pregnancy and **sexually** transmitted infections – then it’s crucial that your partner is on board with this. Likewise, you should both have the same ideas about what to do if these methods fail.

- Do I trust this person? If **not**, a **sexual** experience could leave you hurt. You may want more out of the **sexual** encounter and the whole relationship than your partner; if you **haven’t** developed trust with one another, there’s **no** way of knowing. Plus, trust is needed in order to know the other person’s **sexual** history and any risk of STIs that may come from an encounter with him or her.

- Can I communicate with this particular person? If this person is **not** willing to communicate with you about **sexual** matters, then he or she is **not** prepared to have responsible **sex**.

- Do I know this person’s **sexual** history? It can feel a bit awkward to ask your potential partner about past partners, whether he or she has been tested for STIs, whether he or she knows if past partners have been tested, etc. But it’s extremely important.

If you **can't** do this, you're **not** ready for responsible **sex**. If your partner is reluctant to answer, then he or she is **not** ready.

- Do I want to have **sex** at this particular time and place? Just because you're generally ready for **sex** **doesn't** mean you're in the mood or comfortable with it at this time and place. You always have the right to say **no** for whatever reason.
- Do I respect this person's preferences, boundaries, concerns and expectations? If you **don't** have a feeling of respect for the person you're considering having **sex** with, you risk using, hurting or manipulating him or her. Just as it's crucial to respect yourself in your **sexual** decision-making, you need to respect the other person involved as well.

Yes, there are a lot of important **questions** to ask and answer concerning **sexual** readiness. We're talking about healthy decision-making here, and that takes extra time and thought. Imagine what would happen if you **didn't** consider the answers to these **questions** before it was too late to do so. For example, if you **hadn't** thought about whether or **not** you're comfortable talking about **sex** and it turns out you're **not**, you might find yourself in the heat of the moment and **not** know how to discuss birth control, your partner's **sexual** history, your boundaries and other very important points. If you **didn't** consider whether you **trust** the person you're with, you could end up with an STI that he or she **didn't** tell you about or discover that he or she **wasn't** as invested in the relationship as you. Asking and answering all of these **questions** – concerning both general and specific readiness – will help keep you, and potential partners, safe physically and emotionally.

It can be hard to stand by your values in the heat of the moment. But, by taking the time to seriously think about your answers to the above **questions**, it will be easier for you to do so when making life - impacting choices about **sex**.

In Part 2, we'll look at reasons young people commonly report for choosing to have **sex** and consider whether they fit in with the components of **sexual** readiness above. Then, we'll explore common reasons people report for choosing **not** to have **sex**.

Top Reasons Why Young People Have **Sex** (or **Don't**)

In [Part 1](#), we looked at the components of **sexual** readiness. Here, we'll explore common reasons why young people choose to have **sex** and reasons they choose **not** to and consider how each fits into healthy **sexual** decision-making.

Top Reasons Why Young People Have **Sex**

The following are common reasons why people choose to have **sex**. Some are specific to young people, while others may be found at all age levels.

- Physical pleasure
- To feel mature/"like an adult"

- Because you have before
 - To make your partner happy
 - Intimacy/love
 - To “keep” your partner
 - To be popular
 - Because everyone’s doing it
 - Curiosity
 - To feel loved/to boost self-esteem
- For physical pleasure

In a [survey](#) of over 1,000 teens ages 13 - 16 commissioned by NBC and People Magazine, 68% of teens who have had **sex** reported **sexual** desire as a reason for choosing to do so. Having **sex** to enjoy physical pleasure **isn’t** in itself a good or a **bad** thing. By itself, it’s **not** the best reason. For one, there are many ways to experience physical pleasure that do **not** involve having **sex**.

However, if the desire for physical pleasure is **not** the sole reason – if it’s present, but alongside all the components of **sexual** readiness discussed in Part 1 – then it can be part of a healthy decision to have **sex**.

- To feel mature/“like an adult”

What is maturity? It’s an advanced state of emotional and mental development. Having **sex** will **not** make you mature. In fact, one of the key components of maturity is responsible decision - making. Being an adult is much more about the choices you make and the values you establish than about isolated actions. Just as putting on a business suit or carrying a briefcase around **doesn’t** mean you have a career, having **sex won’t** make you more mature.

- Because you have before

In physics, “inertia” means an object’s tendency **not** to change its course unless it comes up against some resistance – unless something forces it to move in a different direction or to **stop** moving. It’s easy for us humans to get into a state of inertia with our decision-making. If you’ve have **sex** before – especially with the same person – why **not** do it again? But having **sex** is a brand new decision each time. The resistance our decision-making inertia comes up against is thought – thinking about the choices we make and why. It’s never too late to re-evaluate the situation, consider the **questions** in Part 1 and choose differently next time.

- To make your partner happy

In the NBC / People Magazine survey, 34% of participants who had **sexual** experience reported pressure from their partners as a reason behind their choice to have **sex**.

Who **doesn't** want the person they like or love to be happy?

Of course, that **doesn't** mean we should do anything to achieve this result. In the article on Personal Agency, we discussed the importance of making decisions from within yourself. Your decision to have **sex** should come from you.

If the happiness you seek to obtain is only your partner's, then you're basing your decision solely on factors outside yourself and **not** paying enough attention to the other half of the encounter – you!

- Intimacy

Intimacy is a special feeling of closeness shared between two people. Most romantic couples strive for some level of intimacy in their relationships; this can be achieved through physical means such as **sex**, cuddling, kissing or hand - holding as well as emotional means, such as the sharing of thoughts, feelings and values verbally.

Intimacy can be a healthy reason to have **sex**, so long as the components of **sexual** readiness discussed in Part 1 are in play. For example, you'll want to trust that your partner feels for you how you feel for him or her. If your partner is less committed to the relationship than you, you stand to get hurt if intimacy is your reason for choosing to have **sex**. However, in a trusting relationship where both partners reciprocate feelings and are emotionally mature, intimacy can be a healthy reason to have **sex**.

- To “keep” your partner

Sex is **not** a chip to bargain with. It should not be demanded in exchange for something else, such as the maintenance of a relationship. It can be very scary and saddening to think you'll lose a partner if you **won't** have **sex** with him or her but think of it this way: He or she will be losing you, too, and **not** because of something you **won't** do, but because you have different values or are at different places in life.

In the abovementioned survey, 56% of participants reported the desire to make the relationship stronger as a reason for having **sex**. The type of intimacy shared through **sex** may make a relationship stronger, but there is **no** guarantee of this.

Even if your partner **isn't** threatening to leave you if you **won't** have **sex**, it's possible for you to assume or **fear** such a thing and rely on **sex** as a way to “keep” your partner. Watch out for this type of thinking, as it's a component of unhealthy **sexual** decision-making.

- To be popular

Just about everyone would agree, here and now, that popularity is **not** a healthy reason to have **sex**. However, the social pressure young people face makes this reason very tempting. Eighteen percent of teens in the survey above reported the desire to be popular as a reason for choosing to have **sex**. In order to resist the temptation of popularity through **sexual** activity, it's necessary to develop your values and think beforehand about your decision-making, which is what you're doing right now.

- Just. Because everyone's doing it

It's easy to feel like the odd man or woman out when you **haven't** had **sex** yet or in a long time; young people talk about **sex** constantly as if it's happening to them nearly every day. First off, you should know that **not** everyone is doing it. In the NBC/People Magazine survey, only 13% of teens reported having **sexual** intercourse, while 12% reported oral **sex** experience. The Centers for **Disease** Control's [2013 National Youth Risk Behavior Survey](#) found that 34% of high school students had been **sexually** active within the past three months across the nation – far from a majority, and even farther from “everyone.” While you may feel like you're surrounded by **sexually** active peers, in reality, there's a lot more talk around **sex** than active participation.

Regardless of what others are doing, though, it actually has **no** bearing on your own emotional, physical and intellectual preparedness for **sex**. **Remember:** Good decision-making comes from within yourself and is **not** strictly determined by outside factors, such as what other are doing.

- Curiosity

Curiosity is the desire to know something you **don't** know already, and it's a primary reason for doing anything new, including having **sex** for the first time or with a new person. A full 71% of teens in the NBC/People Magazine survey reported curiosity as a factor in their decision to have **sex**. Some may just wonder what it's all about. Young women in particular may have heard that the first time is very painful, accompanied by the breaking of the hymen and a bunch of **blood**, making it seem like something best gotten over with. (Actually, that's **not** at all what happens. Check out the article, [The Hymen: A Membrane Widely Misunderstood](#), for clarification on the hymen myth.)

While curiosity is certainly an understandable reason why young people would want to have **sex**, it's **not** a solid one on its own. Curiosity may be one motivating factor behind everybody's first time, but it **shouldn't** be the only one. Check in with the components of **sexual** readiness in Part 1.

- To feel loved/to boost **self** - **esteem**

Sex can be special, and it can make a person feel special. However, just because someone has **sex** with you **doesn't** necessarily mean you're special to him or her. If the other person is having **sex** with you for, say, reasons of reputation, you stand to get hurt when your desire for love and a sense of worth fall through.

Most importantly, **self - esteem doesn't** come from how another person sees you. While being respected is important, since it generally stems from behaving in a respectable manner, a **true** sense of self - worth must come from yourself. This is easier said than done, and it's tremendously tempting to rely on another person for your sense of worth and **esteem**. But it just **doesn't** work that way. You need to make yourself interesting and worthy to yourself and having **sex won't** do that for you on its own.

Top Reasons Why Young People **Don't** Have **Sex**

In general, we believe that any reason for **not** having **sex** is a good reason. That's because **sex** should always be consensual – meaning both partners are fully ready and willing. Any reason for **not** wanting to, then, is a good reason **not** to. The following are some common reasons young people choose **not** to have **sex**.

- Feeling like you're too young
- Worried about what others will think
- Worried about STIs / pregnancy
- Religious or moral beliefs
- **Not** wanting to get hurt
- **Haven't** met the right person

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Ask him: How Much Does he **Hate** his past Wife?

- Feeling like you're too young

This was one reason 89% of teens in the NBC/People Magazine survey who had **not** had **sex** reported for making that decision. Adolescence is a time of intense emotional, intellectual, psychological and physical development. New experiences are everywhere, and many young people **don't** feel ready to take on the potential consequences of **sexual** activity. **Not** feeling ready means **not** being ready; feeling too young means being too young.

- Worried about what others will think

At first glance, this might **not** seem like a very healthy reason **not** to do something given what was said above about the importance of making decisions from within yourself.

However, part of **sexual** readiness is being emotionally prepared for the consequences of **sex**, one of which is how those you love and respect regard your choice. In the survey, 84% of teens who **hadn't** had **sex** reported concern about what parents would think as a reason for waiting.

But there's more behind this reason than a **fear** of being judged. A basic part of respecting others involves caring how they think and feel and trusting their judgment. If you trust the judgment of parents, friends, mentors or other respected people in your life (**along with your own**), then **not** wanting to disappoint them or strain relationships with them is a legitimate reason for waiting.

- Worried about **STIs** / pregnancy

Again, a key component of **sexual** readiness is being prepared for unintended consequences. Whether you **don't** have access to preventive methods or you're simply **not** ready to take on the risk that still remains even when such methods are used, concern about pregnancy and **STIs** is always a valid reason to abstain from **sexual** activities (**including oral sex, which can transmit infections**). In the survey, 86% of participants reported **fear** of **STIs** as a reason for abstaining, and 85% reported **fear** of pregnancy as a reason.

- Religious or moral beliefs

As discussed in Part 1, it's important to consider how **sex** fits into the broader context of your life, and this involves thinking about your values. If you believe that **sex** should be reserved for marriage, for someone you love, for people older than yourself, etc., then having **sex** before such a time would interfere with your overall values.

- **Not** wanting to get hurt

Because **sex** is an intimate activity, it's easy to experience a heightened emotional attachment toward a partner you've had **sex** with. There is a concern, particularly among relationships between young people, that this can lead to significant pain if the relationship ends, or if the other partner is **not** as invested in the relationship.

Protecting oneself emotionally is a fine reason to wait, or to choose **not** to engage in **sexual** activity again for a time.

- **Haven't** met the right person

Say you're ready for **sex** in general; that means you've done some thinking about the kind of person you want to have **sex** with.

You have standards. If these standards have **not** been met by a potential partner, then he or she is **not** the “right” person. Who the “right” person is will depend on the individual making the decision, but, in general, trust and respect should exist between the two of you.

There are certainly other reasons for choosing **not** to have **sex** at a given time and place; the above are just some of the most common. Communicate with yourself; if you’re **not** ready, for whatever reason, then the responsible thing to do is to wait.

Be sure to check out Part 3 of this Healthy **Sexual** Choices series, where you’ll learn to identify manipulative behaviors some people use to pressure others into **sex**, and how to respond.

Sexual Coercion: When 'Yes' Means 'No

In [Part 1](#) and [Part 2](#) of this series, we looked at the many components of **sexual** readiness, reasons why young people choose to and **not** to engage in **sex** and how those reasons fit into healthy decision-making. In Part 3 below, you’ll find information about **sexual** coercion – how to identify it and some ways of responding to it.

Developing your values concerning **sex** gives you a solid foundation on which to make healthy **sexual** choices. Because it’s always possible to lose your resolve in the moment and make a choice you’re **not** completely comfortable with, it is much better to think through ahead of time how you will respond in certain circumstances.

Almost everyone will experience **sexual** pressure at some time or another, so it is to your benefit to learn how to recognize manipulative techniques and to have an idea of how to respond to them.

When someone is manipulated into **sexual** activity – be it intercourse or other forms of physical contact such as kissing or genital touching – he or she is experiencing **sexual** coercion. Coercion is a form of pressure that can take place on the emotional and psychological level, and sometimes it can involve physical force. Psychological and emotional coercion are meant to convince a person to change his or her “**no**” or “maybe” into a “yes” through the use of mind games. While the use of physical force is easy to recognize, psychological and emotional coercion are much more subtle, making them harder to identify and react to in a way that upholds your values.

The organization Band Back Together [reports](#) that about 70% of college students say they have experienced **sexual** coercion, and 33% admit to having practiced it. It’s hard to get an accurate estimate of how often coercion occurs ([especially within the high school population](#)) as many people may have experienced coercion but did **not** actually identify it as such and/or report it. What we do know is that it’s very common.

Being aware of what **sexual** coercion looks like – and feels like – before you encounter it will prepare you to respond in a way consistent with your personal values.

The remainder of this article is devoted to three areas that will help you recognize and deal with **sexual** coercion.

The next section below concerns identifying different ways in which a person may attempt to coerce another. Then, we address acknowledging that **sexual** coercion is **wrong**. Finally, we provide some suggestions for developing your skills to respond to such manipulation. By identifying coercion, acknowledging that it is **wrong** and developing your ability to respond, you will be equipping yourself to make healthy choices and live according to the personal values that you have established.

Identifying **Sexual** Coercion Tactics

The following are some common ways in which a person may attempt to coerce another.

- Taking Advantage of Low **Self - Esteem**

Some people coerce others into **sexual** activity by taking advantage of low **self-esteem**. If you **don't** have a healthy sense of **self - worth**, it's easy to feel like the best thing for you to do is whatever will make someone else happy, because you assume that others are more worthy of happiness, comfort, respect, etc. than you.

If someone tries to convince you to have **sex** by saying, “**Don't** you want me to be happy?” that person is probably trying to take advantage of your low **self - esteem**, because he or she is insinuating that his or her happiness is more important than your own. If you agree, you may give into this form of pressure.

- Acting like he / she is “owed” **sex**

Some individuals treat **sex** like something they are owed in exchange for something else. For **example**, some people buy others gifts, dinners, etc. and expect **sex** in return. They may try to guilt a person into **sex** by pointing out how much they've done for him or her.

- Social Pressure

Social pressure occurs when someone says you should base your **sexual** decision on what others are doing or how they might judge your decision to abstain. A manipulative partner may call you a “prude,” suggesting that you're socially inferior for **not** having **sex**. He or she may say that everyone's doing it, so something is wrong with you for **not**.

- Threats

A partner may threaten another in a variety of ways. He or she may threaten to end the relationship if **sex** is **not** a component of it or may threaten to cheat on the partner.

In more extreme cases, a person may threaten physical violence. In the **worst** case, a person may actually perform such violence.

- **Emotional Appeal**

A partner may say that, if you loved him or her, you'd have **sex**. The idea here is that you're making someone feel unloved if you **don't** give the person what he or she wants.

- **Alcohol/Drugs**

Alcohol and drugs interfere with a person's judgment. Some people purposely try to get others drunk or high in order to make **sexual** coercion easier.

Know that It's Wrong

The first step is identifying coercive techniques; the second is seeing them as a problem. It's important to be aware of these types of **sexual** coercion **not** just to avoid becoming their victim, but to avoid practicing them oneself.

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Many of the above manipulation tactics have been normalized in our culture – movies and TV shows constantly portray young men as being “on the prowl,” doing whatever they can to obtain **sex** from young women.

This can lead young women to expect and accept the behavior, and young men **not** to realize that they, too, can fall prey to **sexual** coercion. It can also lead people to think that it's okay to employ such techniques themselves. It's **not**.

Studies into youth attitudes about **sexually** coercive practices reveal a trend toward accepting them. One [survey](#) of young people aged 11 to 14, conducted by the Campus Advocacy Network in Chicago, provided the following results:

- 51% of boys and 41% of girls said that forced **sex** is acceptable if a male spends lots of money on a female
- 31% of boys and 32% of girls said that **rape** is acceptable when a woman has past **sexual** experience
- 65% of boys and 47% of girls said that **rape** is acceptable if the couple has been dating for more than half a year
- 87% of boys and 79% of girls said that **sexual** assault is acceptable if a man and woman are married

These survey **questions** concerned forced **sexual** activity; we can imagine that the percentages of young people who considered certain behaviors acceptable would be higher if the **questions** were expanded to emotional and psychological coercion, which can be mistaken for harmless convincing.

Like **rape**, **sexual** coercion is never okay (**some consider coercion to be a subset of rape**). Your body is your own, and nobody has a right to it.

You **don't** owe anybody **sex**, **no** matter how they feel, what they want, what they've done for you in the past or if you've had **sex** with them before. This can be a hard thing for young people to feel, particularly if they **don't** have a healthy sense of **self-esteem**. Along with developing your values concerning **sex** beforehand, **self-esteem** is key to resisting **sexual** coercion. You are the only person with a right over your body and over your decisions concerning whom (**if anyone**) to share it with. **No** other person is inherently more worthy than you.

If you **don't** feel this way, it's a good idea to work on your **self-esteem**. Low **self-esteem** is a state of mind that can be changed, **not** a chronic **disease** or an accurate reflection of reality. You can take steps to raise your sense of **self-worth**. For resources on boosting **self-esteem**, see our article on this topic elsewhere in this section.

How to Respond to Coercion

If your partner tries to take advantage of low **self-esteem**, putting his or her desires above your own, a healthy way to respond is to remind him or her that you're a person, too, and that his or her desires and needs **don't** outweigh yours.

If a partner says, “**Don’t** you want me to be happy?” you can respond with something like, “**Don’t** you respect me?” or, “Yes, but I also value my own happiness/comfort/needs.”

If someone acts as though he or she is owed **sexual** favors in exchange for gifts, dinners or other such things, you can point out that the decision to buy a gift and the decision to have **sex** are fundamentally different; your body is **not** an object, but a part of you. The exchange is **not** equal or fair and, therefore, his or her expectation was unreasonable.

The manipulation tactic of social coercion – of using cultural expectations and social judgments to manipulate people into **sex** – can be responded to in many ways. If you’re called a prude for **not** having **sex**, you can point out that responsibility and prudishness are **not** the same thing, that your maturity **shouldn’t** be mistaken for a personality flaw.

If you’re told that everyone else is doing it and, therefore, you should, you can draw from the information in Part 2 of this series and, first, explain to your partner that **not** everyone is doing it, then say that what others do has **no** bearing on your personal readiness anyway. You’re **no** follower, and you make your own choices.

Threats of abandonment and cheating can be particularly difficult to respond to in a healthy manner.

If you care for the person, the thought of him or her **not** being with you or being intimate with another person can be extraordinarily frightening and painful. But the fact is that a person who uses this tactic does **not** respect or care for you as you care for him or her. This is **not** a good relationship and, though it will certainly hurt in the short - term, ending the relationship rather than compromising your values is the healthy decision here. You want different things, and that’s **not** your fault.

If your partner threatens physical violence, then you are **not** safe. Do whatever you can to remove yourself from his or her presence. If you feel safe and comfortable enough, report the person’s behavior to someone you trust.

If your partner makes an emotional appeal for **sex**, claiming that you would do it if you loved him or her, one way to respond is to point out that this simply **isn’t true**. Your partner might **not** purposely be manipulating you here; he or she might actually think this is **true**. Being in love does **not** necessarily mean a person is ready for **sex**, though. Perhaps having **sex** right now would conflict with your values in some way; maybe you’re **not** comfortable with your body yet. These are things you can, if you so choose, explain to your partner. Introduce him or her to the many components of **sexual** readiness discussed in Part 1 of this series to help explain how love is **not** the sole component of **sexual** readiness.

If you notice that someone is particularly eager to supply you with alcohol or drugs, they may be trying to take advantage of you.

There are many reasons why people should be cautious when using certain substances – getting **sick**, overdosing and making **bad** decisions all around, for example. Just be aware that, if you choose to use alcohol or other substances, someone else might see this as an opportunity. Being aware can help you avoid these people and these situations, or to take steps to make the situation safer, such as having a sober friend nearby and being moderate with your intake.

If you have considered using drugs or alcohol as a way of “loosening up” a potential partner, **remember** that an intoxicated individual **cannot** give consent. Along with being highly immoral, this tactic is also illegal. Only a sober individual can give proper consent.

Recap: Readiness, Reasons and Coercion

The information and views contained in this 3-part series (**Healthy Sexual Choices**) are intended to equip young people with an understanding of the many components of **sexual** readiness, familiarize them with reasons people choose to and **not** to have **sex**, gain an understanding of how these reasons fit in with healthy decision-making and, finally, gain skills with which to combat **sexual** coercion.

The key points are:

- Decide whether you’re ready for **sex** in general before the opportunity presents itself;
- Decide what you require in particular instances in order to have **sex**;
- Analyze the reasons behind your **sexual** choices;
- Consider whether your reasons are healthy or unhealthy;
- Identify signs of **sexual** coercion; and
- Respond to coercion in a way that upholds your values.

And **remember** this: **Sex** is a new choice every time, and only you have the right to decide when and whether to do it. Make good **sexual** choices when you are young and you are much more likely to have a full and satisfying **sexual** life when you get older.

Written by Amée LaTour

<http://www.goodchoicesgoodlife.org/choices-for-young-people/articles-158919/>

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De - mystifying the bra -- where to from here? | **Joy Slusarek** | TEDxBattenkill

This talk was given at a local TEDx event, produced independently of the TED Conferences. Joy Slusarek's looking to change the bra discussion – one that's been anchored in discomfort and dislike for far too long. In her talk 'De-Mystifying the Bra,' she brings bra sizing to the table so that women can understand the numbers and letters, what they mean, and what they **don't** mean. On a mission to help women find their joy from the inside out, Slusarek thinks that loving your bra is a good place to start. Imagine a world where women everywhere love their bras! Where could we possibly go from there? Vermont entrepreneur Joy Slusarek aced bra fit school ([yes, there is a school for such things](#)) and opened JOY all things underthings in downtown Manchester, VT in July of 2013. Her unique marketing approach includes videos that feature her wearing a bra and talking about bras in a casual, basic, and entertaining manner. She believes what you know and how you feel about your bra contributes to what you bring to the world.

<https://www.youtube.com/watch?v=bLlfPgT9ub4> 15 min

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Your Perfect Bra Fitting Guide

Did you know that 80% of women wear the wrong size bra? Watch this video for advice on how to know if you are wearing the **wrong** size and how to get the right fit. For more information, pop into your local Debenhams and speak to one of our specialist bra fit advisors for a free bra fitting.

<https://www.youtube.com/watch?v=T-lbmNOZQHg> 3 min

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You Know Him — Push the Buttons That Please Him?

Why We Choose Partners Who Push Our Buttons

... and why fixing it is all about you, **not** them.

[I recently wrote](#) about why you might have chosen a partner who is uniquely qualified to push your buttons. Now I want to start to describe what you can do about it.

Let me save you some suspense: This will involve you changing your attitude, **not** you changing your partner's behaviors.

We will often choose to partner with someone whose behaviors or very presence will trigger difficult issues from our past, usually from our [childhood](#). The reason we do this is **not** because we are masochists, but because we are on a quest for wholeness.

As long as we carry the pain and limitations from our past, we **cannot** be our best and most complete selves. There is **no** better method for liberation and wholeness, I believe, than the cauldron of a committed, long-term relationship.

Consider Carol and John, a fictional but archetypal couple who were initially head – over - heels in love with each other. Carol loved John’s spontaneity, his out – of – the - box creative thinking, and his artistic temperament. John loved Carol’s roundedness and practicality. Carol felt alive when she was with John; life had vivid colors and excitement. John felt safe and secure with Carol; in her presence he felt he could reach for the stars.

Fast forward 10 years and two children. The **romantic love** phase is long since over and the couple are eight years into a power struggle: Carol resents John’s impetuosity and irresponsibility and sees him more as a third child than an adult partner. John feels suffocated by Carol’s endless worry over money and responsibilities; she has become the proverbial wet blanket over their lives. Their household has become filled with tense sparring and each sometimes tries to enlist the children in their conflicts.

What went **wrong** here? How can this **sad** but oh – so - common tale have anything to do with wholeness? (For a nice Hollywood depiction of this, check out [*The Story of Us*](#) with Michelle Pfeiffer and Bruce Willis.)

I have a teacher who likes to say, “We hire our partners to do a **job** and then we want to **fire** them when they start to do it.” Carol unconsciously chose John because she was brought up by a philandering, irresponsible, but charming father and a responsible but martyred mother. In her parent’s power struggle she sided with her mother.

She identified with her mother’s sense of worry and adopted her **belief** system that life is a serious business and if you’re too much like Dad, the bills **don’t** get paid and **bad** things happen.

John was brought up by two happy but frivolous **parents** who knew how to have fun but **couldn’t** figure out how to make a living. They constantly moved from place to place; home life was chaotic and rules were minimal. All his friends loved to come over because his parents were so “cool.” John was brought up without many restrictions, a “free **spirit**.” Inwardly, however, he longed for the structure and routine he saw at his friends' houses, to know what he could expect when he got home from **school** each day.

As children we see life in more black-and-white terms and make concrete decisions based on this kind of thinking. Carol decided it was too dangerous to be like her father: You hurt other people when you’re too free, so it’s better to opt for the responsible path like her mother. Yet what happened to Carol’s inborn creative side?

Where could it find expression? Of course she would be smitten by John when she met him: He breathed new life into her, “I always finish my homework before going out to play,” existence.

And what about John? **No** matter how fun his childhood, he felt unsafe in a world without rules, and with the instability his parents’ lifestyle brought.

He met Carol and she seemed the perfect embodiment of all he never had — order, safety, and a home that’s a haven from the chaos of the outer world.

All of that makes sense. So why **didn’t** they live happily ever after? Why **couldn’t** they perfectly complement what the other is missing?

The answer is that we **cannot** outsource our own development to our partner. Carol must reclaim her own vivacity and spontaneity — otherwise she’s simply married to her father, someone who gets to have all the fun while she does all the work. John must develop his own capacity for structure and order and internalize it. Otherwise Carol looms as his jailer, **not** as his wife.

One further wrinkle to this dynamic is that reclaiming these lost parts of ourselves involves meeting the pain we felt as a child when we originally lost those parts. But we **don’t** like to do that, and so when a partner triggers those [memories](#), even if unconsciously, we lash out rather than sit in the discomfort of our own childhoods brought back to us.

I know this can sound like a little bit too neat of a schema to fit in the messiness of real life, but I can promise you that I see it in action time after time. When a couple really gets that they’re trapped in this dramatic re-enactment of their childhoods, then they are in position to take responsibility for their own wholeness. They can finally begin a more conscious and mutual relationship with their spouse.

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How Can Being Beautiful Be A **Bad** Thing?

Turning heads can exact a price internally and externally.

I want to open today's post with two disclaimers: a) I have never had to personally struggle with the issue I'm about to describe, b) I **don't** claim expertise in it professionally. But I still think it's an interesting and important topic to think about and I'm hoping for comments from readers to help this discussion.

I have been thinking about this **question** in regards to women primarily, although I'm sure handsome men have similar issues, while **not** as pronounced.

There is much more emphasis on beauty with women, and it infiltrates almost every aspect of our culture and marketplace. I think a more analogous situation for a man is being rich, and I dealt with some of the psychological challenges of this in another [post](#).

So what could be **bad** about being beautiful, you ask? What's so terrible about being sought out, about having an easier time getting everything from dates to jobs? Who **wouldn't** want to be beautiful? I'm going to leave aside the obvious external issue of the unwanted [attention](#) beauty triggers, since it has been so well highlighted by the #MeToo movement. Instead, I will focus more on the internal aspects.

The first thing I see is the problem with privilege in general: it cushions you from reality in a way that is **not** always healthy. If you simply have to smile to get your way in a situation, you do **not** develop the internal resources that are necessary to cope with life fully.

Connected to this is the second problem: if the world responds only to your external self consistently, how easy will it be for you to connect to your internal self or even to know it's there? Some women learn to make use of the way they're treated superficially to turn the tables on those who see them only as "dumb blonds." The movie *Legally Blond* with Reese Witherspoon plumbed this dynamic, but movies **don't** typically show the real wrinkles in such struggles. How easy is it to believe you're [intelligent](#), that you have something to offer, when all anyone seems to only notice is how pretty you are?

A third and connected issue is that it can make a woman dependent on external validation. If you grow up on a steady [diet](#) of attention, if every time you walk into a room all the men's heads turn to look at you, you may well develop a way of being in the world where external attention is the only way you can feel normal. You then become dependent on this kind of superficial validation: do you find me attractive? Can I get you to notice me?

Men are by and large complete suckers for this kind of ploy – a beautiful woman need only touch them lightly on the forearm and they are immediately in a swoon and willing to do anything for more. It **doesn't** have to be about [sex](#). It can simply stay at the level of wanting more of the beautiful woman's attention. And it requires of a beautiful woman a lot of consciousness and a lot of integrity **not** to take advantage of this kind of advantage.

A fourth issue is having to contend with the [envy](#) of other women. How many relationships have been poisoned – and **not** just in high [school](#) – because a beautiful woman, simply by walking into the room, garnered more than her share of attention?

Finally, physical beauty has a limited shelf life. At a certain age, you simply are **no** longer the most attractive woman in the room. Then what?

I used to attend a weekly Zumba class where there were probably 100 women and three men.

This rendered me completely invisible in the class, which was a good thing since I'm so terrible at the moves, but also because it let me get to experience how women behave when men **aren't** around.

I loved to watch the way women dance. The interesting thing for me is that it was the large women I found more engaging: they were fully in their bodies, moving with an abandon and in connection to the music in a way that was both earthy and beautiful.

The beautiful women with the beautiful bodies – of course they were also wonderful to watch – but to my eyes at least it seemed to me that their consciousness of their bodies and how they look interfered with their connection to the music and the dance. It was as if they were "doing the movements" as opposed to being in the moment.

In some subtle way their awareness of their looks from the "outside in" appeared to interfere with their ability to dance from the "inside out."

I suppose most of us think about beauty like we do about having lots of money: sure it has its challenges, but they're the kind of challenges I would prefer to being poor or unattractive. Would you?

<https://www.psychologytoday.com/us/blog/putting-psyche-back-psychotherapy/201601/why-we-choose-partners-who-push-our-buttons>

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You must - have and **deal - breakers** that would be in your next relationship?

The **Top 10** Relationship **Deal Breakers**

... and the research that reveals what they mean for men and women.

When we think about the kind of person we'd like to date, we often list the qualities we most desire in a partner — our dealmakers. But we also have our deal breakers — qualities that would disqualify someone as a **dating** prospect, regardless of how many other wonderful traits they have. There has been a great deal of research on dealmakers, but until recently, **not** much on deal breakers.

In a series of studies, Peter Jonason and colleagues investigated the most common relationship deal breakers and how they affect our dating choices.¹

What are the most common deal breakers for men and women?

In the first study, the researchers just wanted to get a general sense of what traits people were likely to see as deal breakers. They surveyed 92 college students who were asked to list their personal deal breakers for long - and short - term relationships. Most of the students **didn't** name that many — an average of just under 5 deal breakers for long - term relationships, and 3 for short - term relationships.

That first study generated a list of 49 possible deal breakers. In a second study, a separate **sample** of 295 students rated the extent to which they felt that each of those 49 traits was a deal breaker for them. In general, women were more likely than men to identify these traits as deal breakers. The table below shows the most common deal breakers. They tended to focus primarily on health (STDs, bad smells); dating behaviors (dating multiple partners, already in a relationship); and negative personality traits (untrustworthy, abusive, uncaring).

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Top Relationship Dealbreakers for College Students*	
Long-Term Relationships	Short-Term Relationships
Has anger issues or is abusive	Has health issues such as STDs
Is currently dating multiple partners	Smells bad
Is untrustworthy	Has poor hygiene
Is already in an relationship/ married	Is already in an relationship/ married
Has health issues such as STDs	Has anger issues or is abusive
Has alcohol or drug problem	Is bad in bed
Is inattentive/uncaring	Is unattractive
Has anger issues or is abusive	Is currently dating multiple partners
Has poor hygiene	Does not take care of themselves
Smells bad	Is racist/bigoted

**Most commonly endorsed from student-generated list of 49 dealbreakers¹*

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Of course, small **samples** of college students **don't** represent most singles. So in a third study, the researchers surveyed a nationally representative **sample** of 2,744 single American adults. These participants were given a list of 17 traits and were asked to check off the ones they felt were deal breakers (**as many as they wanted**).

The table below shows the percentage of participants who chose each of the 17 traits, broken down by **gender**. Participants chose an average of six deal breakers, with women choosing slightly more than men.

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Dealbreakers in Committed Relationships			
Dealbreakers	Overall %	% Men*	% Women*
Disheveled or unclean appearance	67	63	71
Lazy	66	60	72
Too needy	63	57	69
Lacks a sense of humor	54	50	58
Lived > 3 hours away from me	49	51	58
Bad sex	47	44	50
Lacks self-confidence	40	33	47
Too much TV/video games	33	25	41
Low sex drive	33	39	27
Stubborn	33	32	34
Talks too much	23	26	20
Too quiet	14	11	17
Blunt	14	11	17
Does not want kids	14	13	15
Had kids	13	14	12
Too athletic	9	7	10
Not athletic	6	7	6
<i>*Gender differences significant for all, but "Stubborn" and "Not Athletic"†</i>			

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How do **deal breakers** affect our dating choices?

The researchers also wanted to understand how these deal breakers affect our dating decisions. So, they conducted three other experimental studies, varying the deal-breaking information that participants received about potential mates.

In one experiment, 132 adults evaluated profiles of four potential mates who were attractive and successful.

They were asked to rate how likely they would be to consider a purely **sexual** relationship; a short-term relationship; a committed long - term relationship; or a **friendship** with each of these four people. After the participants made their ratings, they learned that each of the potential mates possessed a specific potential deal breaker (e.g., **an unhealthy lifestyle undesirable personality traits, interest only in a casual sexual, relationship when you're interested in a serious relationship or vice-versa**). Participants then re-evaluated their interest after learning about the deal breakers.

The results showed that non-dating-related deal breakers (**unhealthy lifestyle, undesirable personality traits**) made people less inclined to have any type of relationship with the person, including friendship. The deal breakers that involved discrepancies between their own and the potential mate's dating intentions, however, only **negatively** impacted romantic interest. And while one might have expected men to be more willing than women to date someone interested in casual **sex** when they wanted something more, the researchers did **not** observe this. Men were generally more willing than women to engage in both short - and long - term relationships with each of the potential mates. Finally, women had a more **negative** reaction than men to learning that a person had **negative** personality traits.

In their last two - experiments, the researchers examined the relative effect of deal breakers and deal makers. The **question**: Are deal breakers more important than deal makers in determining romantic interest?

In one study, 193 adults were asked to imagine they had just met someone new, and to rate how learning new pieces of information about that person would affect their likelihood of accepting or rejecting the individual as a short - or long - term relationship partner. Five pieces of information were potential deal breakers — poor hygiene; short tempered; has an **STD**; promiscuous; and drinks excessively—and five were dealmakers — physically attractive; kind; good **career**; good **sense of humor**; **intelligent**.

The results showed that the deal breakers had a bigger effect than deal makers on participants' interest in a potential mate. However, this **wasn't true** for everyone: Those who saw themselves as undesirable short - term mates rated deal makers as more important than deal breakers when considering the person as a short - term mate.

In a final experiment, the researchers varied the relative number of deal breakers and deal makers that participants learned about a potential mate (**deal maker: deal breaker ratios of 0:5, 1:5, 2:4, 3:3, 4:2, 5:1, or 5:0**). They then asked 271 adults to consider a situation in which their potential partner had x DEAL MAKERS and y DEAL BREAKERS. They were asked to rate how likely they would be to consider that person as a friend; a short-term partner; or a long-term partner. Like the previous study, this experiment also found that deal breakers had a bigger effect on relationship intentions than did deal makers; this tendency was greater for women than for men.

The researchers interpreted their findings as being consistent with evolutionary theory which posits that women are more discriminating in their mating choices than men. This was supported by women's slightly greater tendency to deem various traits deal breakers and their tendency to be especially affected by the presence of deal breakers in a potential mate. However, statistically, these gender differences were significant, but fairly small, suggesting that men and women **don't** differ very much in terms of their deal breakers or how important they are in their dating decisions.

This research also shows that when it comes to evaluating potential mates, we **don't** "accentuate the **positive**," as the old song goes, but rather, we put more weight on important **negative** traits.

The big unanswered **question** in this research is how this operates in people's actual mate choices. What we say we want in a mate **doesn't** always line up with what we really choose. Research on speed - dating has shown little correspondence between the traits people claim they are looking for in a mate and the traits possessed by the people who interest them at an actual speed - dating event.² In addition, research has shown that people are often willing to agree to a date with a flawed suitor if they believe that person is real, rather than hypothetical.³

Would these deal breakers really break the deal in a real - life dating context, or are we more willing to compromise than we admit?

Gwendolyn Seidman, Ph.D. is an associate professor of psychology at Albright College who studies relationships and cyberpsychology. Follow her on [Twitter](#) for updates about social psychology, relationships, and online behavior. Read more articles by Dr. Seidman on [Close Encounters](#).

<https://www.psychologytoday.com/us/blog/close-encounters/201510/the-top-10-relationship-deal-breakers>

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Top 10 Mothers You Won't Believe That Will Truly Surprise You - Unbelievable Moms

There is **no** one like a mother, to pick you up when you're down, and support you through the good times and the **bad**.

The birth of a child is a very important event, and one shall get ready for it in advance. Just imagine – the birth of a new life. But sometimes the birth the baby turns into a real surprise, both for parents and doctors.

Don't believe us?

Meanwhile, there are many mind - boggling stories surrounding childbirth, and we are about to share them with you. Today, we'll count down Top 10 Mothers You **Won't** Believe That Will Truly Surprise You - Unbelievable Moms If you like my video please like share and comment subscribe to my channel Top10 Videosworld

<https://www.youtube.com/channel/UCo62...>

https://www.youtube.com/watch?v=kvfcQNDy_ms 12 ½ min

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Now that you're emotionally ready to meet your soulmate, you have to find him.

8 Things that Happen When You Meet Your Soulmate

It's good to be in love.

Ever wonder why people seem more alluring when they're in love?

It's because something happens physiologically and emotionally that **truly** does change your overall demeanor.

While being in love changes you, meeting your soulmate changes everything.

Your overall demeanor changes, but internally you change too because you've found a part of your soul that has been missing.

Here are 8 things that happen when you meet your soulmate:

1. A change in perspective

When you've met your soulmate, you'll begin to see things differently and find joy in things you might **not** have found joy in before.

Your outlook changes because you've found a fit to your life that just feels right and makes everything look better and more **positive**.

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2. You connect with someone in a way never before

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You’ve probably connected with tons of people in your life — friends, family, and past relationships — but meeting your soulmate is a connection you’ve never had before.

Your soulmate and you connect on a level that is unlike any other.

You just get each other and it feels comfortable.

When you’ve met your soulmate, you finally understand intimacy and what it means to “get” another person and have them “get” you.

3. It’s **not all about the **sex****

Physical intimacy is important, but when you’re with your soulmate it’s **not** everything.

The **sex** with your soulmate will be great because you connect on a deeper level, but because you connect on a deeper level you’ll want more than just **sex**.

Everything you do together will be wonderful because of your connection and you’ll enjoy doing things together and spending time with them.

4. It feels okay to be vulnerable

It can be difficult to open up and let people in, but when you've met your soulmate it's easier.

You may still be hesitant — especially if you've been hurt before — but it's easier to be vulnerable with your soulmate than with anyone else.

When you have that deep connection and feel like they just “get” you and understand you, you can let your guard down and **truly** be yourself with them and trust that they will accept you and be there for you when you need them.

5. You become more confident

When anyone is in love they tend to feel more confident and that makes them more appealing, but when you've met your soulmate it's a whole new kind of confidence.

It's **not** just the confidence of being loved by someone and being happy, it's the confidence of feeling complete and **truly** yourself.

6. You're on cloud 9

When you're in love the brain releases increased amounts of serotonin in the brain.

Serotonin is the chemical that produces a “happiness” sensation.

When you've met your soulmate, just like being in love, your brain will release serotonin and you'll feel happiness and satisfaction like never before.

7. You'll be more productive

When you meet your soulmate, your confidence will boost and you'll feel more secure in being your **true** self and presenting that true self to the world.

This boost in confidence will have natural consequences, one of which is being more productive.

When you finally feel like the version of yourself you've always wanted to be but were too afraid to show, or just needed the boost of meeting your soulmate to fill in the missing piece, all the mental and emotion blocks that stood in your way will begin lifting and you'll find yourself able to complete projects you've always wanted to do or had started and never finished.

You'll be able to clean out and clear out all that emotional and physical clutter in your home, getting rid of things you might have been holding onto for years that used to have **negative** sentimental attachment.

Once you've met your soulmate, you **don't** need that box of your **ex's** stuff taking up precious closet space.

At work, your confidence will come in and you'll rise to the occasion and be able to tackle your assignments with newfound vigor and interest that you **didn't** have before.

Now that you've met your soulmate and things feel like they've clicked into place, you'll **stop doubting** your skill set and be able to produce more.

8. You'll be able to communicate better with everyone

Your soulmate "gets" you which helps you communicate well with them.

All those thoughts or emotions you struggled to put into words before will make sense to them and they'll be able to help you say it.

Since the "get" you and you're able to communicate well with them, that'll start to seep into your other relationships and interactions.

Now that your soulmate is around and able to help you put into words what you **couldn't** before, you are learning how to say what you've always needed to say.

This helps improve your communication with everyone because you're learning the best ways to express yourself.

When you fall in love you always go through some changes, but meeting your soulmate creates changes on a deeper level that have a profound impact on you and your life.

<http://powerfulmind.co/when-you-meet-your-soulmate/>

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I **don't** care how much you **hate** it: a first date is always somewhat nerve-racking?

10 Most Nerve - Racking Parts Of Setting Up A First Date

In the old days, you met someone, thought they were cute, and went on a date. You either got along or you **didn't**. You were in an instant relationship or you awkwardly bumped into them because they were usually a friend of a friend. These days, it takes a lot of work to find dates, and the hard work **doesn't** end once you actually land one.

The pre - date stage is arguably the most anxiety - inducing part of the whole process. Here are the most nerve-racking parts of setting up a date.

1. **GETTING UP THE GUTS TO ASK.** Sometimes you have to make the first move. You've been chatting with a great guy on Tinder for a while and he seems interested, but he **hasn't** brought up actually meeting and you want to just bite the bullet and ask him out. You'll probably spend a good chunk of time trying to talk yourself out of it. What if he **hasn't** asked yet for a good reason? What if he says **no**? What if this date is as **bad** as all the other ones? Eventually, you'll force yourself to type those words and he'll say yes, and you'll wonder why you were so worried (**but that won't stop you from freaking out next time, too**).
2. **DECIDING ON A PLACE.** The bar selection for a first date is pretty important. It **can't** be too dark or noisy for obvious reasons. It **shouldn't** be too far from your apartment, because who wants to travel two hours for what could be a **truly** awful date? It **shouldn't** be too close, either, because you **don't** want the guy knowing where you live – you know, safety and all that. You can suggest your go - to a place or see if he has any ideas. You'll wonder if you're being too bossy but you **won't** want him to just decide on a bar without wanting your input. It's exhausting.
3. **CHOOSING A WEEKNIGHT OR WEEKEND.** Is it better to go on a date on a Tuesday night, which is definitely **not** a romantic day of the week but **doesn't** ruin your Friday night if it **doesn't** go well? Or are weekends smarter because you have all of Sunday to recover/get your mojo back/daydream if it did go well? These are tough decisions and **no** one can make them but you. Sometimes you have zero choice in the matter since we all have pretty crazy work schedules these days, and you might be heading out to a last-minute date when you wanted a few days to prepare.
4. **ANALYZING HOW EASY - GOING HE IS.** You basically want a first date to be set up super quickly and painlessly. It's a **bad** sign if the guy makes a big deal out of anything before you've even sat across from him. And if he starts hemming and hawing about vacation plans or his crazy busy work schedule, you know the date is a **no-go**.
5. **YOU MIGHT GET A **BAD** VIBE ONCE THE DATE IS SET.** You may think everything's great because you now have a date, but it **doesn't** always end there.

I've had guys proceed to tell me it's amazing that I actually made a plan because apparently girls never do that (**really?**) or start whining about their online dating woes.

You **don't** need to be someone's sounding board for their frustrations so you can always feel free to cancel if you get a weird vibe. You might be even more tempted to cancel if you get wind of something sketchy about him on social media.

6. **KNOWING HOW MUCH TEXTING IS TOO MUCH.** It's pretty standard to exchange cell numbers so you can text the person when you get to the bar or restaurant since, you know, you've never met each other before. But sometimes people want to chat with you in the days leading up to the first date, and it can be tricky to know how much texting is a good idea. What if you run out of things to say and have gone over all the important first date questions before the first date even happens? Or what if you realize their texting personality is totally different from your initial chat and you're **not** even into it because they seem **negative**? It can be pretty confusing.
7. **GETTING MENTALLY PREPARED.** Whether you've been going on a date or two a week these days or your evenings have consisted of kale salads and Lifetime movies, it still takes a whole lot to go on a first date. You have to give yourself about a million pep talks to even convince yourself that this is worth doing. You might even be doing this up until it's time to leave your apartment.
8. **DECODING HIS INVITE.** If it's a second, third, or even fourth date, setting up the date is even worse than the first because you're wondering if his "Netflix and chill?" text means this is only something casual. Basically, anything he suggests from the classic dinner and a movie to if he can cook you dinner at his apartment is going to throw you into a tailspin of emotion, wondering what it means. It's hard to get excited about finding someone you actually like when there's so much to worry about.
9. **FINDING A SOCIAL MEDIA STALKING BALANCE.** There's a difference between seeing what bands he talks about in his Facebook statuses and scrolling through the profiles of all of his **ex**-girlfriends. You have to find the perfect balance of legit info searching and being a totally creepy stalker. This will be the deciding factor in whether you even want a second-plus date with this guy. And if it's the first date, it's even more important.
10. **FIGURING OUT YOUR EXPECTATIONS.** Sometimes we honestly **don't** care how a date ends up, and other times we're totally invested in making it a good one. It really depends on how you're feeling that day and how many dates you've gone on recently. So hold your head high, take a deep breath and try **not** to picture the two of you dancing at your wedding. You probably should get through the first and second date first.

<https://www.bolde.com/nerve-racking-parts-setting-up-first-date/>

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The real effects of single-parent households | Stephanie Gonzalez |

TEDxCarverMilitaryAcademy

Stephanie **isn't** in denial, the stats for single parents and child with single parents are pretty grim. Stephanie shares her story of overcoming those odds.

Stephanie Gonzalez is a 16 year old who grew up and was raised in Chicago by her single mother and older brother. She is an honor roll student who constantly tries to do her best in everything she does just for the sake of self - achievement. She has a great fascination for music and art. Stephanie always liked to learn new things. She plans to go to college and graduate. Stephanie will speak from personal experience of growing up in a single parent home and why our culture needs to reconsider the way we perceive single parents.

<https://www.youtube.com/watch?v=MpTefcuwbsk> 9 min

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If YOU like or YOU got some help from this MSTP PDF Part or YOU know of someone this MSTP PDF Part will help from any of the content. Copy it and send it on to someone.

If YOU have any other information on this subject above send the **MSTP PART** Doc to:

extra@marriagesecondtimeplus.org

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Join up with a volunteer non - profit program.

Volunteering is a great way to meet new people, get some exercise, and involve yourself in a **positive** project that can lift your **spirit**. It also comes without a cost (**or very little**) to you and can provide a lot of entertainment and a fulfilling day when you're in the right mindset.

I've come to spend more and more of my time **volunteering**, serving on various committees and people helping groups in the community. I am on a few local area towns and Church committees. It is hands - down the best thing I have ever done. Be a volunteer with your local **Lions Club** or other Non - Profit Org. and you will feel much better about yourself. Be only a volunteer – for a time - if later you wish, you may later to join this local **Lions Club** it is later and it is up to you. You'll be meeting other people who share your interests, which gives you an easy opener when striking up a conversation.

Meet many new people and also maybe meet the next Him or the next Her for YOUR life. This Web Site is sponsored by a **Lions Club**.

Or May E-Mail: LehrLionsClub@bektel.com

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This sponsoring Lions Club does **NOT** endorse all contained this **PDF # 30** PDF part.

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Note: Yes. Both single people, people dating and married people have reviewed (**Well Pre – viewed**) this “Web Site” and its parts so far.

As a summary of the parts and up-coming part drafts; most people are telling us that this information is also needed and wanted for them, yes, those married people too and many people found this as new information as they **didn't** even know about this stuff.

Subscription: One may have a Subscription as over age 18 Adult (**including the open part**) or the open or short PDFs on the Web Site part for only a small fee of \$13 for each month. If you like these ideas and tips – please tell a few others.

Marriage Second Time Plus . **Org => A new Web Site:**

A new Web Site: <http://marriagesecondtimeplus.org/>

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Important Facts About **Depression** in Women

Depression is a mental illness that affects millions of Americans – in fact, [Healthline.com](http://www.healthline.com) says that in any given year, about 16-million adults in the country have had at least 1-depressive episode.

However, **depression** is **not** experienced in the exact same way between men and women – there are varying symptoms due to differences in hormones, notes the same source. It's also more common in women. Let's take a closer look at 13 facts about depression and how it related to women in particular...

1. Defining **Depression**

The main definition of depression is pretty clear – [WebMD explains](#) it's defined by feelings of **sadness**, hopelessness, and helplessness. The severity of **depression** symptoms can range from mild to severe.

Clinical **depression**, also known as major **depression**, is “a serious and pervasive mood disorder,” **notes** the source. There are a number of symptoms in women that point towards **depression**, which we'll get to next...

2. It's Far More Common in Women

The same source explains that of the millions of people that experience **depression** each year in the U.S., the majority of them are women. It adds that women are 2-times more likely to develop clinical **depression** than men, and up to 1-in 4 women may have an episode of major **depression** at some point in their life.

The source adds that although women are far more likely to experience the illness, “Unfortunately, nearly two-thirds do **not** get the help they need.”

3. Symptoms of **Depression** in Women

As [Healthline.com](https://www.healthline.com) points out, **depression isn't** merely feeling down for a short time. “It’s a serious mood disorder that can affect your daily life,” it adds.

That being said, the symptoms of **depression** in women include **not** enjoying activities you’d normally enjoy, losing your concentration or your appetite, and losing “an abnormal amount of weight at one time,” it **notes**.

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Other symptoms include feeling fatigued with **no** explanation, feeling anxious or irritable, crying without specific cause, losing sleep at night, having “dramatic” mood swings, and even having thoughts about **death**, adds the source.

4. Differences in **Depression** By Gender

[Healthline.com](#) explains that men and women tend to experience **depression** differently, which can appear different to someone observing the behaviors. “Some of these differences result from the hormonal differences between men and women,” it explains.

While hormones play a role, so do social norms, adds the source. For example, it says men are “expected to be tough” and women “are often expected to be more openly emotional.” That means a man suffering **depression** may appear more outwardly angry and start fights, while a woman may appear **sad** and turn blame towards themselves, it adds.

5. Manic Episodes

In some cases, women may be experiencing bipolar disorder, which alternates between **depression** and mania, which [WebMD](#) describes as a “highly energized state with elevated mood.” These **depressive** or manic episodes can last days to months, it adds.

Mania may **not** sound that **bad**, but [WebMD](#) says it’s still a condition that needs to be medically assessed.

That’s because mania can carry some risky behaviors in women – such as increased **sexual** activity, poor judgment, and “inappropriate social behavior,” notes the source.

6. Risk Factors For Women

Why is **depression** so much more common in women than men? [WebMD](#) says it is likely tied to the hormonal changes a woman experiences throughout her life. It **notes** that the increased risk of **depression** in girls jumps during the onset of puberty.

Hormone levels **not** only change during puberty, but also during pregnancy, post-pregnancy, and menopause, it says. Also, women experience fluctuations in hormones monthly due to their menstrual cycle, which can lead to premenstrual dysphoric disorder (**PMDD**) that is marked by **depression** and anxiety leading up to menstruation.

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7. Premenstrual Dysphoric Disorder and PMS

The [Mayo Clinic says](#) PMDD is a severe form of premenstrual syndrome (**PMS**) that affects women. While PMS can impact your mood, PMDD “causes extreme mood shifts that can disrupt your work and damage your relationships,” says the source.

PMDD and PMS share timing – more specifically, the symptoms will begin 7 to 10-days before your period starts and can last for the first few days of your period, it adds.

Both can have physical symptoms including bloating, fatigue, and breast tenderness, adds the source.

8. **Depression** During Pregnancy

WebMD explains that pregnancy was once “assumed to be a period of well - being that protected women against psychiatric disorders,” but that thought has been debunked.

In fact, it says pregnant women are almost as vulnerable to **depression** as women who **aren't** pregnant.

There are specific risk factors for developing **depression** during pregnancy, such as a history of **depression** of PMDD, says the source.

Also, interestingly, the risk increases based on age – and it’s actually the younger pregnant women who are more likely to experience pregnancy **depression**, it adds. “The younger you are, the higher the risk,” it adds. External factors such as limited social support and marital conflict can also contribute to risk.

9. Perinatal **Depression**

This is another form of **depression** unique to women, and it occurs during pregnancy or soon after you’ve given birth (**more commonly known as postpartum depression**), notes [Healthline](#).

“Your body’s hormones can change wildly while you’re pregnant and after birth,” it notes, adding the changes can **negatively** impact your moods and contribute to **depression** and anxiety. It can be very concerning – especially when it turns to thoughts of **suicide** or believing you’re **not** capable of caring for your baby or your own well-being. “Things happening in your life, such as relationship issues, a miscarriage, or **not** feeling supported by friends or family, can also make you feel more depressed during this time,” it adds.

10. Perimenopausal **Depression**

This is the stage of life just before menopause, and it can cause irregular menstrual cycles, “erratic fluctuations” in hormone levels, loss of sleep (**insomnia**) and **hot** flashes, explains [Healthline](#).

There is evidence linking perimenopause with mood disorders – the source cites studies published in Archives of General Psychiatry that show women during this phase of their lives are 2-times more likely to be diagnosed with major depressive disorder, and 4-times more likely to develop symptoms. The studies also linked frequency of **hot** flashes with intensity of depression symptoms, it adds.

11. Treating **Depression** in Women

As [WomensHealth.gov explains](#), a doctor may approach treatment for **depression** with therapy, drugs, or a combination of the two. You may be referred to a doctor that specializes in mental health, it adds.

While mild **depression** often responds positively to therapy, those with moderate to severe **depression** may need antidepressant medications (**that can take up to months to improve mood**), it adds.

12. Treating **Depression** During Pregnancy

While it’s believed certain antidepressants (**and other medications**) may decrease your chances of getting pregnant in the first place, treating **depression** during pregnancy is a different challenge.

Treatment for pregnancy women experiencing **depression** includes support groups, private psychotherapy, light therapy (**using light to elevate mood**), and certain medications, [according to AmericanPregnancy.org](http://AmericanPregnancy.org).

Untreated **depression** during pregnancy can lead to risky behaviors such as drinking, smoking, and poor nutrition, which can impact birth weight and fetal development, adds the source. Always talk to your doctor about possible options if you're feeling signs of **depression**, whether pregnant or **not**.

13. Self - Care Approaches

Healthline.com explains that seeing a therapist can be very helpful in the case of **depression**, but [there are other things you can do](#) – such as getting outside in sunlight for at least 30 - minutes per day (**to treat depression for seasonal affective disorder**).

It also says that regular exercise and a healthy diet can naturally improve your mood and make **depression** symptoms less severe. “If stress is causing your **depression**, doing activities that help you feel calm, such as meditation or yoga, can relieve some symptoms of **depression**,” it explains. Try to surround yourself with supportive and **positive** people to help you cope, it adds.

https://www.activebeat.com/your-health/women/things-to-know-about-depression-in-women/?utm_medium=cpc&utm_source=google&utm_campaign=AB_GGL_US_DESK-SearchMarketing_TR&utm_content=g_c_290534697077&cus_widget=&utm_term=in%20women&cus_teaser=kwd-314100069043&utm_acid=3040947159&utm_caid=345399758&utm_agid=59561935918&utm_os=&gclid=EA1aIQobChMIu6r5usGv4gIVwbjACh05AQ-qEAMYAyAAEgL_dfd_BwE

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Lysa Terkeurst: Disappointing Relationships

We live in a world of broken relationships. From parent to child, employee to boss, neighbor to co-worker and husband to wife, we long for harmony but often it escapes us. New York Times bestselling author Lysa Terkeurst wonders if the relationship disappointments we experience are opportunities for something more. Could God be at work in the unmet expectations, the misunderstood words and the long distances that creep in between life long friends?

https://www.youtube.com/watch?v=j3miOXs_-dE 19 min

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For Women Only: How to Have the Relationship of Your Dreams

If women could just change one thing, they would find that they could have almost everything they want in a relationship. Of course, I'm talking about women who are married to the average decent non-abusive man.

I **don't** know how often I've heard a woman say, "But I **shouldn't** have to ask." Frequently, they have all sorts of expectations of their partner and become resentful and angry when he **doesn't** fulfill those expectations.

However, when I ask what he said when they asked for what they wanted, they either respond with "I **shouldn't** have to ask" or with "I told him once. I **shouldn't** have to keep telling him."

These attitudes are self - defeating and often destructive to a relationship. If women could learn to ask for what they want and ask often, many women could have the relationship of their dreams. When I tell women this, then they typically respond, "But he'll think I'm nagging him." The problem with this thinking is that women **don't** understand how men communicate.

Men are usually very direct in their communication. When they talk with one another they say exactly what they want. A man would say to a friend, "I'm going to be near your office today. Let's meet for lunch." A woman is more likely to say especially when talking to a man, "I have an appointment near your office today," hoping that the man will get the hint and suggest lunch. This may be a reasonable approach if the woman **doesn't** know the man very well and wants to test his interest without making a full commitment. However, the problem is women use the same approach with their husbands! "But I **shouldn't** have to ask."

No matter how much women may espouse equal rights and feminism, the reality is that men and women still grow up learning different ways of thinking and of approaching the world around them. In fact, the reason women have broken through more barriers in the workplace than at home is because women's demands have been more explicit. "We want equal pay for equal work." Men understand this type of direct request and therefore know how to respond.

Men usually want to please the woman they love. I teach my clients that the only thing that is important in a relationship is whether her partner is willing to be responsive to her requests. Fortunately, I learned this fairly early in my relationship with my husband although it still took me several years.

Every year on my birthday we had a major fight because I was hurt and angry that he **didn't** celebrate my birthday in the way I thought he should. He just seemed confused by my attitude because he thought that he was trying to make me happy. Gradually, I realized that he grew up in a family that **didn't** celebrate birthdays.

Then I noticed that he seemed to handle Valentine's Day and Mother's Day very well. I wondered what was the difference? It finally occurred to me that the reason he did so well on those holidays is because they were advertised. And only that, but the advertisements told him exactly what to do. I then understood that my husband truly did want to please me but he just **didn't** know how. So, I started advertising several weeks before my birthday and we **haven't** had a problem about my birthday since.

If women can get past the self-defeating thinking of expecting men to know what they want without telling them, they could be more satisfied with their relationships.

Men do **not** think they are being nagged when a woman makes a repeated direct request. Men consider it nagging when the woman becomes irritated and approaches him with criticism, "Why **can't** you do anything I ask?"

Women often become frustrated when a man agrees to a request but **doesn't** follow through.

However, if women would make a direct request explicit they can often prevent the need to make repeated requests. For instance, a request of "Please take out the garbage" means that the man can do it at his leisure. However, if a woman says "This garbage is almost overflowing. Please take it out now," the man understands the immediacy of her request.

He then has the option of doing it or letting her know he is unable to do so. However, for the most part, men are willing to be responsive to their partners and if the woman can learn to be more direct she will probably be more satisfied with her relationship.

Once a woman has learned to be more direct, there is one other thing she can do that will assure her of creating the relationship she desires. Men respond extremely well to **positive** reinforcement. Unlike women, men grow up in a very competitive environment. Their self-image is based on comparison to others. They dream of being admired for their talents and successes. When they are unable to achieve status in one area, they logically assess the probability of success and may choose to focus on something that is more attainable.

What happens when this thinking is applied to marriages? If a man is frequently criticized and he perceives himself as trying to please his wife, he comes to believe that he is incapable of satisfying her. However, he is trapped due to the commitment he made which is also very important to him. Therefore, he begins to focus more on activities which are more rewarding to him such as work or sports. His wife perceives him as withdrawing from her and frantically tries to engage him: "You **don't** talk to me anymore."

However, these attempts are seen by the man as criticisms and he further concludes that he **can't** please his wife. Thus starts a vicious cycle.

The interesting thing, though, in this process is that typically the man **truly** does want to please his wife. But he **doesn't** know how. The reason he **doesn't** know how is that criticism tells a person what they are **not** doing correctly, but it **doesn't** tell them what to do to improve. This is where **positive** reinforcement comes into play. When a woman gives her partner **positive** comments she is accomplishing a couple of things. First, she is creating the feeling in him that he had when they first met; the feeling that he is the most important person in the world to her and that she admires him. When a wife does this well, he is also more likely to listen to her when she makes a request. Second, **positive** reinforcement teaches him what she wants from him. He then feels successful and is likely to do what pleases her even more.

Frequently, when I make this suggestion to women they tell me, "But he **doesn't** do anything that I could reinforce."

I find this difficult to believe and tell them that they need to reinforce even small moves in the right direction or to reinforce things that they have always liked about him but just take for granted.

"I admire you because you are such a hard worker."

"I like the way that shirt looks on you."

"Your hugs make me feel so good."

"That's really helpful to me when you put your glass in the dishwasher."

"Thanks for taking the trash out. It gives me time to get other things done."

"You have got to be the best husband in the world."

Unfortunately, a few years ago with the women's liberation movement, women were told that they **shouldn't** have to thank a man for doing his share because thanking him implied that he was assisting her rather than doing what he was supposed to do anyway. This type of thinking is very dysfunctional because it only accomplishes divisiveness and resentment. Even when he does something that he does every day or that he should do, **positive** reinforcement makes him feel valued and more likely to continue. Also, we tend to like to be around people who make us feel important and successful.

At first, it might feel awkward to change the communication to focus more on the **positives**, but the best thing about **positive** reinforcement is that it creates a **positive** cycle.

The woman will frequently find that her husband will start to give her **positive** reinforcement in return because she is teaching him how to do it through example. This creates a more natural cycle over time.

https://www.excelatlife.com/articles/women_only.htm

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Shaunti Feldhahn: Understanding the Inner Lives of Men - Ruby Women Luncheon

Life changing! Based on the research for Shaunti's book, with data from surveys and interviews with over 1,500 men, you'll gain understanding and perspective to help you live with and love the men in your life - husbands, boyfriends, sons, even colleagues! Through this honoring and edifying conversation about men, you'll come away with a new, common language to talk about things that men deeply wished women knew.

https://www.youtube.com/watch?v=C0cFE0pg2_I **1 Hour 5 min**

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Custom Volunteer Vacations for Women

Our vacations with purpose delight and inspire women traveling alone, with their sisters, mothers, daughters, partners and friends. While all of our trips are open to both men and women, we can create custom programs for groups of women.

We also offer women - only dates, which are signified by the **(W)** symbol when looking at the dates for each trip – an excellent way to meet like-minded women! Scroll down to see the exact women-only dates offered this year.

Want to spend a week in the mountains of Peru, the beaches of Costa Rica, or on an African safari?

If you seek a meaningful trip for your sorority, book club, girl's reunion, or just a group of friends, call us., you can be sure that it will an inspiring and energizing experience for your group.

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<https://discovercorps.com/our-trips/volunteer-travel-women/>

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Rebekah Lyons: Every Woman Has A Calling

How can we rediscover the gifts of our youth? What would we learn if we gathered in and were challenged by the **question's** women are asking today?

<https://www.youtube.com/watch?v=x4a2lp2nQCw> **19 min**

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Todd White - Including God in Everything

Train with Todd White & the Lifestyle Christianity Team:

➤ Power & Love: <http://LifestyleChristianity.com/Powe...>

➤ Lifestyle Christianity University: <https://LifestyleChristianityU.com>

Todd was a drug addict and atheist for 22 years — when in 2004 — he was radically set free! Todd believes that redemption and righteousness are the foundational keys for living life as a new creation in Christ.

Todd’s foremost desire is to see the **Holy Spirit** flowing through believers everywhere that they go – at work, school, grocery stores, malls, gas stations, and more. Todd’s **true** joy is being able to reproduce a 24/7 kingdom lifestyle in every believer. His heart is to activate people in the simplicity of who they really are and confront the barriers that hold them back from being who God created them to be. **No** one is excluded.

<https://www.youtube.com/watch?v=EWZPZROEWRo> **2 Hours 11 min**

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Grab Your Girlfriends And Head To One Of These Women-Only Retreats

Family vacations and **[couple’s trips](#)** are great, but the industry has seen a massive uptick in female - only travel in recent years. A **[Google trends report](#)** for the search term “solo female travel” indicates a strong and steady rise, **[Pinterest](#)** has observed a 350 percent increase in female - related travel pins since 2014, and a **https://guce.oath.com/collectConsent?sessionId=1_cc-session_9f2eec9c-35b8-4608-84df-c926e9e06f7e&lang=en-gb&inline=false** has also shown a staggering 230 percent jump in the number of travel companies solely for women, including trendy women’s retreats.

Not only are female getaways trending, but science has also confirmed that enjoying a vacation with your girlfriends is good for your health, too.

In 2016, **[researchers noted](#)** that hanging with friends leads to a boost of oxytocin, the happiness hormone that helps make us kinder, more giving, and more trusting.

Contrarily, those who **don’t** have strong friendships, or who **don’t** **[nurture existing friendships](#)**, are more prone to feelings of depression and cognitive decline.

“Some people get their relationships in big families, others get their relationships at work, but others have social networks that help them get through the bumps of life, so when you have women going on trips and enjoying themselves, that’s part of this,” says Dr. Tim Vega of **[OSF HealthCare](#)**. “**No** matter what it is, that connectivity to other people is a part of the fabric of our well-being.”

Really, what better excuse to go on a road trip or jet set with the girls? Whether you’re **[aiming for adventure](#)** or craving some R&R, these five women’s retreats and resorts put female bonding at the top of the priority list. Bring your bestie, group of girlfriends, or pack your bags with the intention of making new friends.

Sansara Surf & Yoga Resort

Guests who enjoy surfing and yoga — or who want to dabble in the art of either — should check out Panama’s [Sansara Surf & Yoga Resort](#).

This holistic beach front property, located where the tangled jungle hits the sparkling sea in Los Santos, is technically open to both males and females, but has found that 80 percent of its guests are women. As such, the resort has really leaned into the female demographic by putting together travel packages throughout the year for women who want to chill with other women.

For **example**, there’s the year - round Warrior Goddess Package, which includes a six-night stay at the resort, daily group yoga sessions, a two or five lesson surf package, meals, massage, and transport to and from the airport for about \$3200. The resort offers lots of [other female-focused retreats](#) throughout the year, as well, ranging from The Overstressed Executive Women’s Surf & Wellness to The Dancer Restore & Explore.

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[Golden Door](#)

If you're looking to splurge on a women's retreat, a week-long stay at California's historic and tranquil [Golden Door](#) is a bucket list must. Almost every single week of the year is carved out for ladies only, and while it's certainly a splurge at \$9,650 for seven days, it's arguably a super investment in your [spiritual](#) health. Upon arrival, you're literally ushered through a set of opulent golden doors and into a 600-acre, Japanese-inspired oasis. While there, you can forget all about the notion of "planning" and instead let the staff take care of everything else for you, including gourmet portioned meals and a bespoke schedule of fitness, meditation, and relaxation.

Every day you also get pampered with an in-room massage, along with facials and body wraps. Guests have access to the pool and spa facilities, and there's also plenty of bonding opportunities with other women. Think hiking, tennis, cooking lessons, poetry lessons, twilight dinners, and more. Sounds dreamy, right?

[Hotel Som Dona](#)

The joys of an adult-only resort are boundless, but the travel industry has officially ushered in a new category: female-only hotels. [Hotel Som Dona](#), located on the western coast of Mallorca, Spain.

It is one of the world’s first female - only hotels and they’re set to take reservations starting this year. Luthan Hotel and Spa’s “[The Sanctuary](#),” located in the Middle East, is another female - only hotel. There are also a handful of hotels, including [Vancouver’s Georgan Court Hotel](#), [Atlanta, Georgia’s Ellis Hotel](#), and [Singapore’s Naomi Hotel](#), that have designated female - only floors).

The Mallorca resort calls themselves “a new space for women who are looking to disconnect from the stress of daily life,” and specializes in services that are specifically tailored to females. These range from spa treatments to cuisine and cocktails to excursions and on-site programs. President [Joan Enric Capella says](#) that the move is less about making a political statement and more about catering to the solo female travel trend and an increasing demand for women-only spaces.

At Hotel Som Dona, you’ll have access to beautiful beaches, the Caves of Drach, a lounge-worthy pool, lush gardens, and more. All of the services, excursions, and events ([like themed parties and sensorial dinners](#)) have been designed specifically for the feminine audience.

[SuperShe Island](#)

With a name like [SuperShe Island](#), you know you’re in for a good time. This ladies - only destination is a bit different from the others on this list in the sense that it’s pretty exclusive. That’s partly because the destination itself — an 8-acre island in the Baltic Sea, right off the Finland coast — is small and only accommodates 10 women at any given time. You also have to [apply for an Exclusive Membership](#) and be accepted before you can make the trip to this women’s retreat. Should you end up on the “in list,” though, it’d undoubtedly be the vacation of a lifetime.

“Women need to spend time with other women,” writes Kristina Roth, the woman who founded the resort, on the site. “Being on vacation with men can cause women to become sidetracked, whether it’s to put on a swipe of lipstick or grab for a cover-up. We want Super She Island to be rejuvenating and a safe space where women can reinvent themselves and their desires. A place where you can recalibrate without distractions.”

Honestly, once you visit, you will never **won’t** leave. Here, you’ll enjoy breathtaking views, good conversations, outdoor yoga and meditation, farm-to-table dining, and so much more. Oh, and did we mention they encourage skinny dipping? Rates are roughly \$5,000 for a week-long visit.

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Montana’s Big Sky Luxury Boutique Retreats

You **don’t** have to be a yogi to enjoy a girl’s getaway at one of Montana’s Big Sky Luxury “Boutique” Retreats. While you can certainly perfect your downward dog, the overall focus is more about taking much - needed time for yourself and reconnecting with your **spirit** – all while surrounded by scenic views and fresh air.

“As women, we’re natural caregivers and instinctively put others’ needs first. But, only by stepping back to focus on your own physical and mental health can you **truly** be at your best for your loved one,” the site reads. “Every one of our ‘Boutique’ retreats feature small groups, inspiring community, outdoor experiences, and safe spaces where you can be your authentic self — whether you’re on a yoga mat, on a horse, or on a hiking trail.”

Women’s retreats are scheduled throughout the year and range from Luxe Cowgirl Yoga to Yoga and Advanced Hiking. They also plan and host ladies-only excursions in other locales, including the French Alps and California’s vineyards. Prices start around \$2,000.

For even more female - only getaway options, we recommend checking out companies that cater to the trend. Given the 230 percent increase in options, you may be feeling overwhelmed, but some reputable options include [Adventure Women](#), [G Adventures](#),

[Routed, Wild Women Expeditions, Damesly, WHOA Travel, and REI Women's Adventures.](#)

You might also like: [8 Of The World's Most Instagrammed Hotels That Are Worth Traveling To](#)

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Anointing Oil

[Mark 16:16-20](#) => **New Living Translation (NLT)**

“¹⁶ Anyone who believes and is baptized (just like Jesus was, immersed in water) will be saved. But anyone who refuses to believe will be **condemned**. ¹⁷ These miraculous signs will accompany those who believe: They will cast out **demons** in my name, and they will speak in new languages. ¹⁸ They will be able They will be able to place their hands on the **sick**, and they will be **healed**.”

“¹⁹ When the Lord Jesus had ²⁰ And the disciples went ... worked through them, confirming what they said by many miraculous signs.”

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[James 5:14](#) => **New Living Translation (NLT)** => Are any of you **sick**? You should call for the elders of the church to come and pray over you, anointing you with oil in the name of the Lord.

[Mark 6:13](#) => **New Living Translation (NLT)** => And they cast out many **demons** and **healed** many **sick** people, anointing them with blessed olive oil.

Blessed Any Oil => Have you **stopped** and blessed any olive oil or any kind of oil and placed this blessed oil on your door post, each side and at the top, windows and on your loved ones? American's!!! Prepare NOW!!! Things are about to get **ugly** really quick, like soon.

May 2, 2015 => GOD is building an end time **spiritual** army so powerful that **satan** and **his demons** will be forced back to **hell**, for 1000 years.

THAT END TIME ARMY IS THE BRIDE OF CHRIST !!!!!!!

Use a small container and “Pray” over olive oil as a blessing oil and you can use that.

To Anoint Your Home => <https://www.youtube.com/watch?v=VpVEptRaPcA> – 5 min

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Bring It On - Line: Anointing With Oil

April 21, 2015 => I don't understand way back in Old Testament times men like Joseph and Jacob had more than one wife and today that would be considered adultery. And. Okay. Is anointing with oil required for **healing** in some cases and **not** others?

Someone told me it ... https://www.youtube.com/watch?v=vRfyVV0E_80 **7 min**

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How To Use Anointing Oil For **Healing**, etc. and Praise reports already

I am a missionary in the Philippines. I am currently traveling in the USA, and Canada to proclaim a call to repentance to prepare the Bride for Imminent rapture. **EVERYTHING FROM THIS MINISTRY IS GIVEN FOR A LOVE OFFERING THAT SUPPORTS THE ORPHANAGES AND FEEDINGS**

If you are led to help me in my travels my paypal is my email: neartochrist@aol.com Please contact me on the same email.

For the Orphans and street kid feedings: Please use our paypal choose to send to FAMILY OR FRIENDS money2receive@gmail.com God Bless

https://www.youtube.com/watch?v=WeZp3dFxZ_g **48 min**

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Why Do We Use Anointing Oil?

In this video, Pastor Mike is answering a very controversial topic "Why Do We Use Anointing Oil?" Stay tune and find out what he has to say about this topic. Thanks for watching and God Bless!

<https://www.youtube.com/watch?v=DSVW7IGIGSA> **6 min**

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The Mystery of the **Anointing Oil** | Why Anoint a person's Forehead (**Spiritual Horn**)?

Aug 27, 2015 => Answers the following **questions** & more: What is anointing oil?

What does it carry? Anointing oil.

What does it do? Does Anointing.

How to use it?	Anointing oil.
Where to anoint?	With anointing oil.
Who to anoint?	With anointing oil.

The Mystery (**which is not any mystery**) of Anointing Oil | **Spiritual** Horns / Forehead

<https://www.youtube.com/watch?v=a5hLzWOoeww> **17 min**

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MCC - **February 21, 2016** - => Are Any of You **Sick**?

James 5:13 - 16 (NLT) ¹³ Are any of you suffering hardships? You should pray. Are any of you happy? You should sing praises. ¹⁴ Are any of you **sick**? You should call for the elders of the church to come and pray over you, anointing you with oil in the name of the Lord. ¹⁵ Such a prayer offered in faith will **heal** the **sick**, and the Lord will make you well. And if you have committed any **sins**, you will be forgiven.

¹⁶ **Confess** your **sins** to each other and pray for each other so that you may be **healed**. The earnest prayer of a righteous person has great power and produces wonderful results. (Oh. **Where are his shoes? Just maybe he is on Holy Ground!**)

<https://www.youtube.com/watch?v=siXb8cOkyNM> **34 min**

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I Found Myself in **Hell**. The Reason Why Will Surprise You.

Laurie Ditto says God allowed her to experience the sure realities of **Hell** because **satan** wants people to think... otherwise.

Laurie Ditto's visions of **Heaven** and **Hell** were meant as a wake-up call for us all! Laurie's unplanned but vibrant glimpses of **Heaven** put her life in sudden focus. Today she shares from her Kingdom experiences and shows how Life in **Heaven** is THE model for believers on earth. Laurie says "Thy Kingdom come" has both purpose and power. Pursue it with expectation!

But God had something more for Laurie, including a round trip journey to **Hell** and back. Her assignment is to tell you what you **don't** want to hear — she saw relatives and believers in **torment**. Laurie even understood her own stubborn **unforgiveness** was enough to cost her for eternity. Laurie says there is an afterlife you NEVER want to experience, including:

- Five pains of **Hell**: water, bone marrow, breath, agreement and the garment
- **Demons** and **their** activities
- A sobering connection between **unforgiveness** and eternal **torment**
- The ultimate fate of those **condemned**
- How people's bodies are changed in **Hell**. Laurie's book, **The Hell Conspiracy**, relates to her very real salvation in Jesus, and yours! Her exclusive 3-CD set, **Heaven Encounters**, is enough to make you want to get there.

Laurie Ditto ministers through her testimonies of **Heaven** and **Hell** and serves as director of My Father's Reputation. She and her husband Mike have two daughters and eleven grandchildren.

 Get your copy of Glimpses of **Heaven** and **Hell** by Laurie Ditto:

<http://bit.ly/2OUaZtV>

<https://www.youtube.com/watch?v=qJP0iJ1Zbjg> 24 min

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Cancer – First way to get rid of cancer – it is through Prayer.

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Why **don't** we see more **healings**?

Why **don't** we see 100 percent **healing**?

We always want to talk about what we want to see instead of what God called us to be in Christ. **Holy Spirit** is the teacher who is teaching us to walk out who we are in Christ. Sometimes we forget why the **Holy Spirit** came to us in the first place. I hope this little clip gives you some clarity in Christ.

www.royalfamilyinternational.com

<https://www.youtube.com/watch?v=Pfb86hELqmA> 9 min

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Natural **Cancer** Cures and Why You **Don't** Know About Them

May 29, 2014 => I love you and want you to thrive, and I KNOW you can. We are fed bollocks about **cancer** by the money's interests. Two out of the three legal treatments for **cancer** are themselves carcinogenic and **kill** 2/3 of patients who try them. Treatments that really work and **heal** people like herbs and natural foods are **illegal** for practitioners to practice. We **MUST** as a culture use our innate wisdom and acknowledge the body's brilliant self-**healing** design. Watch this video to gain understanding of how we got to the place of **illness** being a trillion-dollar business and how to get back to the basics for self-**healing**. Self-**healing** is enjoyable and effective.

<https://www.youtube.com/watch?v=1g4FITsbze0> **10 min**

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Drinking Baking Soda for Health Benefits / How To Improve Your Health

Feb 21, 2014 => Here is an updated video to my previous baking soda video. Why drinking something simple like baking soda can improve your health and sports performances.

Also Drinking Baking Soda is awesome for acid reflux.

Marcus Guiliano is the chef & owner of Aroma Thyme Bistro located in the bountiful Hudson Valley of New York.

Chef Guiliano has been an advocate for over 10-years on healthy, sustainable, local & real food. He found his mission in cooking when he reversed over a handful.

<https://www.youtube.com/watch?v=MKC45xXVKKc> **10 min**

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Baking Soda **Cancer** Cure?

Jun 7, 2011 => Truther Girls T-Shirts: <http://thetruthergirls.spreadshirt.com/>

Could the cure for **cancer** be as simple as sipping baking soda and molasses?

It took a lot for me to change my views on the curability of **cancer**, but after looking into this for a long time, I realized that many of the alternative treatments worked by alkalinizing the body, which facilitates oxygenation.

<https://www.youtube.com/watch?v=eXa9TBaZDpw> **8 min**

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5 Reasons to Drink Apple Cider Vinegar

Sep 9, 2013 => Apple Cider Vinegar for detox and weight loss. Brock shares 5 reasons to start your day with 1-2 Tbsp. of apple cider vinegar.

<https://www.youtube.com/watch?v=rVR0xmvnA78> 4 min

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Cancer => The Forbidden Cures!

Feb 8, 2014 => Astounding revelations of various **cancer** cures suppressed by reptilian / Illuminati AMA and FDA

<https://www.youtube.com/watch?v=NAMYAoiCSsI> 1 hour 32 min

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2013 Oklahoma Power & Love Testimonies 701 – 452 – 2755

These are just a few of the testimonies from the 2013 Oklahoma School of Power & Love. PA Testimonies — Edited

<https://www.youtube.com/watch?v=TbOqgPJlxbM> 18 min

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Just a few Testimonies. <https://www.youtube.com/watch?v=oGh3btBQbhA> 22 min

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How To Heal Your Eyesight Naturally | Vishen Lakhiani

Ever wanted to **heal** your eyesight without having to go through any invasive procedures?

The science behind naturally **healing** your eyesight has shown us that you can train your brain to repair your eyes.

In this video, Vishen shares how he **healed** his eyesight in just 2 weeks from 20/40 to 20/25!

#mindvalley #biohacking #eyesight #vision #selfhealing

<https://www.youtube.com/watch?v=U8ebSpLA00U> 8 ½ min

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Cancer – First way to get rid of cancer – it is through Prayer.

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Cancer => The Forbidden Cures!

Feb 8, 2014 => Astounding revelations of various **cancer** cures suppressed by reptilian /
Illuminati AMA and FDA.

<https://www.youtube.com/watch?v=NAMYAoiCSsI> 1 hour 32 min

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The Power of Forgiveness - Straight Talk For Women Only

Straight Talk For Women Only

<https://www.youtube.com/watch?v=LH5-pSaJX24> 58 min

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My Testimony of **Divorce and Remarriage (the **i**nitial video)**

Please watch the entire video before commenting. This is a very difficult thing to share and I would appreciate your respect and compassion. I have updated videos on my channel that I did **not** add below. PLEASE SEE THESE VIDEOS FOR UPDATES AND TEACHING: My testimony (**o**ngoing process): <https://youtu.be/ERn0O5EUQz4>

An EXCELLENT teaching on **d**ivorce and remarriage:

<https://www.youtube.com/watch?v=Noqlk...>

My rephrasing of the above: <https://youtu.be/91F2U4B9X4M>

<https://www.youtube.com/watch?v=ERn0O5EUQz4> 45 min

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Lysa TerKeurst and Sheila Walsh: When Life Falls Apart (LIFE Today complete program)

Sheila and Lysa talk through their experiences where God carried them through hardship and pain. Original air date November 8, 2018.

<https://www.youtube.com/watch?v=GghQ3PBwoIE> 28 ½ min

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Holding On To God When You Feel Like Giving Up - Rachel Wojo

Rachel Wojo has experienced many heartbreaking tragedies, including a terminal diagnosis for her oldest daughter. Rachel describes her struggles to **trust** God, learning how to forgive, and changing her prayers from “Why God?” to “Show yourself to me in this situation.”

<https://www.youtube.com/watch?v=i1WAI6r1zda> 29 ½ min

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Controlling Your Tongue - Deborah Pegues

What you say, and **don't** say, can improve your relationships! Jim Daly & John Fuller talk with Deborah Pegues, author of 30 Days to Taming Your Tongue about how we can honor God in how we talk to others.

You can find here book on our store here: <http://bit.ly/2GVHyHA>

Deborah shares from her own journey to take a ‘tongue fast’ where she **doesn't** say anything **negative** and how all of us can avoid **lying**, gossip, and complaining.

For more about Deborah and this specific episode, go here:

<http://bit.ly/2RbwBGN>

<https://www.youtube.com/watch?v=-fmgkOWfCq4> 28 min

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Helping Your Daughter to Become a Confident Woman - Meg Meeker Part 1

As a dad, you have a powerful influence on your daughter, and you are essential to her emotional and physical well-being. Dr. Meg Meeker shares about the special bond with her own father and how it helped to shape her life.

You can find her book on our store here: <http://bit.ly/2UxkFfy>

https://www.youtube.com/watch?v=_zxC6TWqEg 25 min

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Please make **notes** on some of the many new items and subjects that have given you something in here new to you and research those places given to you in these videos.

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James 5:14 => New Living Translation (NLT) => Are any of you sick? You should call for the elders of the Church to come and pray over you, anointing you with oil in the name of the Lord.

Mark 6:13 => New Living Translation (NLT) => And they (God's true Children) cast out many demons and healed many sick people, anointing them with olive oil.

Blessed Any Oil => Have you blessed any olive oil or any kind of cooking oil and placed this blessed oil on your door post, windows and on your loved ones?

American's!!! Prepare NOW!!! Things are about to get **ugly** really quick.

May 2, 2015 => GOD is building an end time spiritual Army so powerful that Satan and his demons will be forced back to hell, for 1000 years.

THAT END TIME ARMY IS THE BRIDE OF CHRIST !!!!!!!

Use a small container and "Pray" over **olive** oil as a blessing oil and you can use that.

Also Bless you home or apartment and the far points of your property, and if a farmer Bless with Blessed **olive** oil at least all four corners of you farm, even you are renting land.

To Anoint Your Home => <https://www.youtube.com/watch?v=VpVEptRaPcA> – 5 min

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Are any of you **sick**?

If you are taking any kind of meds? Then you are **sick**.

You should call for someone to come or meet with and have them pray over you, or better, YOU should call for the elders of the Church to come and pray over you, anointing you with (olive) oil in the name of the Lord. As the Bible says:

James 5:14 => New Living Translation (NLT) => Are any of you sick? You should call for the elders of the Church to come and pray over you, anointing you with oil in the name of the Lord. ...

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Please make notes and research those places given to you in these videos.

Healing the sick, the bible way! (Dan Mohler)

Jan 17, 2014 => The same **Holy Spirit** that raised Jesus Christ from the **dead** dwells in all born again believers, we **cannot** only **heal** the **sick**, but God commissioned all HIS (**true**) children that you will do HIS work and even greater things you shall do if you only believe! It's **not** about you it's about Christ in you is the Hope of Glory!

https://www.youtube.com/watch?v=ol06eW_v-gQ **35 min**

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Does God Control Your Destiny? Tim Sheets Says NO! | Sid Roth's It's Supernatural!

On this episode of Sid Roth's, It's Supernatural! 2017: Does God control your **destiny**? Tim Sheets says **no!** Tim says the words you speak are **spiritual** seeds. **Heaven** establishes every promise — salvation, **healing**, supernatural provision and protection — through the words of your mouth! Tim simply asks, “Where are you planting?”

The words you speak in prayer are **spiritual seeds**. In the same way planting seeds in the ground produces a harvest, you can learn to pray in a way that plants the blessings of **Heaven** here on Earth.

Tim Sheets shares a revelatory new message that will take your prayer life to powerful new levels. Give your declarations **true** impact and discover the power of praying the words that **Heaven** longs to hear!

Pray with authority: learn how your prayers and proclamations are supernatural forces in the unseen realm. Pray with confidence: bring your words into agreement with God. Pray with expectation: partner with **Heaven** to transform your life, family, Church and region for the Kingdom of God. Learn how to activate God's timeless strategy for victory.

Your words have power in **Heaven** and on Earth! God has given you the seed to produce your harvest.

<https://www.youtube.com/watch?v=6q7ZeB2pWh0> 28 ½ min.

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Just focus on the real to you as the end blessing.

You are **healed** because God said so!

For your personal finance to grow.

You will have your personal finance to grow because God said so!

For your personal health to get better.

You will have your personal health to get better because God said so!

If you **don't** see or get your needs, then your situation is, as I believe, is **demonic** influenced.

You will have your personal situation needs as they will get better because God said so.

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Conditions for Miracles - **Mel Bond**

Pastor Vlad released a new book "BREAK FREE", available on iBooks, Amazon, Kindle, Audible and everywhere books are sold. For more information:
<http://www.hungrygen.com/breakfreebook>

<https://www.youtube.com/watch?v=GbjpoTB8ohQ> 56 ½ min

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Are you willing to volunteer to stay here on earth and to be going through the tribulation?

Or, are you going to be volunteering to go on to => our great **Heavenly** new great home?

How much in personal "Wealth" was increased last year for you?

We, my wife and I, **haven't** had a job or we have **not** worked a pay job for the last 28 years.

How much in personal "Wealth" was increased for us last year just for us?

If you **don't** understand – Or you **don't** know - then contact me.

Please view and get into – => and understand this video that follows.

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How To Activate God's Divine Transfer Of Wealth (**Mel Bond**).

How To Activate God's Divine Transfer Of Wealth (**Okay. Will God now move money over to your account.**) Visit <https://melbond.tv> or call (636) 327-5632 for Mel Bond Miracle Services, Crusades, or resources. **Also. Send** your prayer requests to Mel Bond: <https://melbond.tv/contact/>

https://www.youtube.com/watch?v=4C_xi3ktxqY 1 Hours 15 min

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How To See In The **Spirit** World - **Mel Bond** - Extended Christian Teaching Video

Aug 11, 2016 => Mel Bond teaches people How To See In The **Spirit** World in this extended Christian teaching video. Visit <https://melbond.tv> or call (636) 327-5632 for Mel Bond Miracle Services, Crusades, or resources. Send prayer requests to Mel Bond: <https://melbond.tv/contact/> This video covers Gifts of Discerning Of **Spirits, Healing,** and Working Of Miracles. How To Release The Anointing Of God. Extended Teaching Version.

If you **can't** click, then copy and paste it in or on this web site address then type it in.

<https://www.youtube.com/watch?v=jDdvq7phw6M> 2 Hours 2 min

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Is there a “**HELL**”? Really, this is for real?

Are there “**Demons**”? Really, this is for real?

Is there “Really” **demons** and a **Hell**? “Yes”!

Then there is “Really” a God and **Heaven**.

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“Magicians” Prove A **Spiritual** World Exists =>

Demonic Activity Caught On Video (**New Edition**)

April 7, 2017 => <https://www.vaticancatholic.com>

<https://www.mostholyfamilymonastery.com>

His video is an examination of some of the most well - known “magicians” in the world.

The video examines many of their “magic” acts. These acts are impossible for a human being to perform without the assistance of a **spirit** or **spirits**. The video also shows overwhelming evidence that connects many different "magicians" to **demons**.

The video proves that these "magicians" are really **sorcerers** who use **demonic** power to perform their "tricks".

Note: In this video, the term "supernatural" is **not** used in the strictly theological sense, which would distinguish between the "supernatural" (**that which is above nature**) and the "preternatural" (**that which is beyond nature**).

Rather, all things that are beyond nature are called "supernatural," as the term would be understood by the majority of people in the culture.

If you **can't** click on this web site address - then type it in.

<https://www.youtube.com/watch?v=7fKrFeX8dRY> **2 Hour 41 min**

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If you go to Church. I am sure you have sung, “I walk with HIM and I talk with HIM.”

“HE walks with me and HE talks with me.” Well with me HE does. How about YOU?

Well, if God the **Holy Spirit doesn't** do that with you. You get some help right now.

These next two videos will help you a lot. I'm **not** saying to get video package, but only if you want to.

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“Hearing God” by Kris Vallotton - **May 25, 2011** => Kris shares his thoughts on hearing God, and how Jesus often spoke in parables.

"Jesus tells parables to hide truth **not** from us, but for us to find."

Used with permission of Bethel Media. Check out Kris Vallotton's site:
<http://www.kvministries.com/>

<https://www.youtube.com/watch?v=wLMkNkswkh8> 11 min

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Guest: **Dr. Dennis** and **Dr. Jennifer Clark**

April 8, 2018 => When toxic emotions are resolved, spontaneous **healing** follows! Dr. Dennis and Dr. Jennifer Clark teach you how to be **healed** of emotional baggage by yielding to JESUS in your heart. It will transform YOU! **28 ½ min**

https://sidroth.org/television/tv-archives/drs-dennis-jennifer-clark/?src=weeklybroadcastemail_050718

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I am sure (as a Church goer) you've sung, "I walk with HIM and I talk with HIM."

"HE walks with me and HE talks with me." Well with me HE really does.

How about YOU?

God says, "MY Children hear MY voice, well do YOU?"

Well, if God the **Holy Spirit** **doesn't** do that with you. You should get some help right now.

These videos will help you out a lot. I'm **not** saying to get the video package, but only if you want to.

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When YOU call someone "YOU "Basted". YOU are saying that they were born out of wedlock.

When YOU say, "I hope you, you basted you, are happy!"

"Then so may YOUR words be reflected back on to you." As in "I hope YOU are happy."

"YES. Those **bad** words RE - reflected back on to you, from any **true** Child of God."

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An Angel Whispers in Her Ear. Then This Happens...

Dec 9, 2018 => What if you could defeat **sickness** by prophesying words of **healing**?

For yourself, and you are to release to others! Becky Dvorak wants you to discover the prophetic and **healing** power of your words. Create an Atmosphere for the Miraculous! What if every believer could receive **healing** for themselves - or release it to others - by simply speaking prophetic words God gives them?

Through her book, *The Prophetic & **Healing** Power of Your Words*, and exclusive 3-CD series, *Speaking Miracles*, Becky Dvorak mentors you on how to prophesy your **healing** by using words charged with the power of God. You will learn how to:

- Understand and operate the (**God's**) law of the spoken word
- Release blessings and reverse **curse**s
- Create atmospheres of **healing** through faith-filled words
- Activate prophetic gifts of the **Spirit** Becky Dvorak is a prophetic **healing** evangelist who conducts **healing** services, seminars, and conferences globally.

She and her husband David have been full-time missionaries since 1994, in Guatemala and Central America. They are founders of **Healing** and Miracles International and Vida Ilimitada.

Get your copy of *The Prophetic & **Healing** Power of Your Words* by Becky Dvorak: For \$39 donation. <http://bit.ly/2Pqff2Z>

<https://www.youtube.com/watch?v=LQndw0IXKF8> 41 ½ min.

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Life After **Death** Live Event with **Gary Wood & Jim Woodford**

Jun 15, 2017 => Join me today at 5 pm ET on the It's Supernatural! Network (**ISN**) for a one-of-a-kind broadcast — our Life After **Death** Live Event!

My special guests — Gary Wood and Jim Woodford — are ordinary people who actually **died** and returned to life!

Gary and Jim will share their vivid, first-hand accounts of **Heaven** and their encounters with the chilling reality of **Hell**. We are also releasing the *Journeys to **Heaven** Package (2 Books and 2 - CD Set)* featuring Jim's book **Heaven** — An Unexpected Journey.

Through this set, you will hear real-life, modern testimonies that will inspire your faith that **no** matter what happens on earth, all troubles are momentary compared to the glory that awaits you in **Heaven**!

<https://www.youtube.com/watch?v=UIN2o4M0Vj4> 1 Hour 23 min

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Miracles Of Jesus Today - Mel Bond

March 11, 2017 => Visit <https://melbond.tv> or call (636) 327-5632 for Mel Bond Miracle Services, Crusades, or resources. Send prayer requests to Mel Bond: <https://melbond.tv/contact/>

<https://www.youtube.com/watch?v=z-dKuOSjtZI> 27 min

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Please make **notes** and research those places given to you in these videos.

How To Receive A Miracle - Mel Bond

March 29, 2017 => How To Receive A Miracle. Visit <https://melbond.tv> or call (636) 327-5632 for Mel Bond Miracle Services, Crusades, or resources. Send prayer requests to Mel Bond: <https://melbond.tv/contact/>

https://www.youtube.com/watch?v=xT3XvW_prvM 1 Hour 13 min.

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How to See in the Spirit World - Mel Bond

July 13, 2013 => Pastor Vlad released a new book "BREAK FREE", available on iBooks, Amazon, Kindle, Audible and everywhere books are sold. For more information: <http://www.hungrygen.com/breakfreebook>

<https://www.youtube.com/watch?v=KjpyEnxdMG0> 2 Hours 3 min.

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Guest: Krissy Nelson

October 14, 2018 => Krissy Nelson => When Krissy Nelson encountered **Holy Spirit**, HE simply said, "God thinks you can do anything. I want you to know that!" And Krissy learned that God delights in your impossible. **28 min**

https://sidroth.org/television/tv-archives/krissy-nelson/?utm_campaign=weekly-broadcast&utm_medium=email&utm_source=luminate&src=weeklybroadcastmail_1015
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Guest: Loren Sanford

September 16, 2018 => Loren Sanford => God has given Loren Sanford visions of soon coming events. Loren says we are in a season of favor, but God wants to do more! Your worship and hunger are the keys. **28 min**

https://sidroth.org/television/tv-archives/loren-sanford/?utm_campaign=weekly-broadcast&utm_medium=email&utm_source=luminate&src=weeklybroadcastemail_101518

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Taking The Limits Off Of God (Part 1) - Mel Bond

Mel Bond => Feb 8, 2017 => Visit <https://melbond.tv> or call (636) 327-5632 for Mel Bond Miracle Services, Crusades, or resources. Send prayer requests to Mel Bond: <https://melbond.tv/contact/>

<https://www.youtube.com/watch?v=MZksZI5MHKo> **43 min.**

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Taking The Limits Off Of God (Part 2) - Mel Bond

Feb 9, 2017 => Visit <https://melbond.tv> or call (636) 327-5632 for Mel Bond Miracle Services, Crusades, or resources. Send prayer requests to Mel Bond: <https://melbond.tv/contact/>

<https://www.youtube.com/watch?v=NHhd4HHZ4RU> **1 Hour 27 min.**

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How God Is Calling His Army (Mel Bond)

Jan 23, 2017 => Visit <http://bond.tel> or call (636) 327-5632 for Mel Bond Miracle Services, Crusades, or resources. Send prayer requests to Mel Bond: <https://melbond.wordpress.com/contact/>

<https://www.youtube.com/watch?v=nBPwbDhbceg> **1 Hour 23 ½ min**

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May view three big God events.

<http://www.cbn.com/tv/3132172053001> 30 min

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What Do You Do When Every Direction In Your Life Has Trouble (Mel Bond)

Feb 14, 2017 => What To Do When Every Direction In Your Life Has Trouble. Visit <https://melbond.tv> or call (636) 327-5632 for Mel Bond Miracle Services, Crusades, or resources. Send prayer requests to Mel Bond: <https://melbond.tv/contact/>

<https://www.youtube.com/watch?v=qIXaoH5wREM> 43 min.

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What To Do When **Nothing** Seems To Work - Mel Bond

April 27, 2017 => What To Do When **Nothing** Seems To Work. Visit <http://melbond.com> or call (636) 327-5632 for Mel Bond Miracle Services, Crusades, or resources. Send prayer requests to Mel Bond: <http://melbond.com/contact/>

<https://www.youtube.com/watch?v=VStjN7STAtE> 43 ½ min.

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Don't Give Up (Mel Bond)

Jan 6, 2017 => **Don't Give Up.** Visit <https://melbond.tv> or call (636) 327-5632 for Mel Bond Miracle Services, Crusades, or resources. Send prayer requests to Mel Bond: <https://melbond.tv/contact/>

If you have any **Anxiety** and **depression** – view this video.

<https://www.youtube.com/watch?v=MT8LRgt2J0E> 1 Hour 20 min

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God's Special **Anointing (Mel Bond)**

March 1, 2017 => God's Special Anointing. Visit <https://melbond.tv> or call (636) 327-5632 for Mel Bond Miracle Services, Crusades, or resources. Send prayer requests to Mel Bond: <https://melbond.tv/contact/>

<https://www.youtube.com/watch?v=rDeqf-RC5hY> 1 Hour 32 min

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God's Special Anointing (Part 2) Mel Bond

March 8, 2017 => Visit <https://melbond.tv> or call (636) 327-5632 for Mel Bond Miracle Services, Crusades, or resources. Send prayer requests to Mel Bond:

<https://melbond.tv/contact/>

https://www.youtube.com/watch?v=b2eP676wR_Y 54 min.

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How To Have Faith (Mel Bond)

Feb 22, 2017 => How To Have Faith. Visit <https://melbond.tv> or call (636) 327-5632 for Mel Bond Miracle Services, Crusades, or resources. Send prayer requests to Mel Bond:
<https://melbond.tv/contact/>

<https://www.youtube.com/watch?v=xBXMx6HgWFA> 1 Hour 12 min

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What's Blocking My Healing? | Ask Sid

Sept 29, 2013 => Download my FREE eBook of Biblical healing Scriptures for you to meditate on and pray over your life daily: <http://bit.ly/19QnhGz>
Why am I **not** getting healed? Sid answers your questions on healing.

<https://www.youtube.com/watch?v=0jPFA2JOj-A> 15 min

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Why Am I Not Healed? Steve Hannett Has the Answer | Sid Roth's It's Supernatural!

Feb 12, 2017 => On this episode of Sid Roth's It's Supernatural! 2017, Steve Hannett says your breakthrough, your healing, your miracle is just a breath away. Steve says that ANY believer in Jesus can be healed of ANYTHING if you get connected with heaven! And he wants to connect you.

<https://www.youtube.com/watch?v=fttx6E0CVTI> 28 ½ min.

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The Office Of Angels (**Mel Bond**)

Feb 1, 2017 => The Office Of Angels. Visit <https://melbond.tv> or call (636) 327-5632 for Mel Bond Miracle Services, Crusades, or resources. Send prayer requests to Mel Bond: <https://melbond.tv/contact/>

<https://www.youtube.com/watch?v=4WVgZOemGGA> **1 Hour 16 min.**

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God Has A Wonderful Plan For Your Life - Mel Bond

April 1, 2017 => God Has A Wonderful Plan For Your Life. Visit <http://melbond.com> or call (636) 327-5632 for Mel Bond Miracle Services, Crusades, or resources. Send prayer requests to Mel Bond: <http://melbond.com/contact/>

<https://www.youtube.com/watch?v=LmDbPXo6ulo> **49 min.**

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Sid Roth's Show Me Your Glory LIVE with Dr. Keith Ellis, Diane Nutt, & Leonard Jones

March 22, 2018 => Dear Friend, Will you recognize the next move of God?

Join me **March 22** at 5 pm ET on our It's Supernatural! Network (**ISN**) as we partner with GEB America, Middle East Television (**METV**) and Inspiration TV to bring you our exclusive Show Me Your Glory LIVE Event! My guests - Dr. Keith Ellis and Diane Nutt - have had notable experiences with the Glory of God. They want to transfer their own expectations to you for the coming move of God's Glory!

During the broadcast, Leonard Jones will usher us into God's manifest presence where miracles are easily obtained. If you or a loved one need a miracle, be sure to watch the full program on the FREE ISN app. Shalom and Love, Sid Israel Roth

<https://www.youtube.com/watch?v=izozPy3MiWo> **1 Hour 38 min.**

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Nov. 1, 2018 => Please go to:

<https://www.gofundme.com/heart-attack-and-heart-surgery>

You may help with money but please mostly with your prayers.

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Guest: **Joan Hunter**

January 6, 2019 => Joan Hunter says the key to 2019 is to raise your level of expectancy — to receive what God has in store for every area of your life, starting now!

https://sidroth.org/television/tv-archives/joan-hunter-4/?src=weeklybroadcastemail_010719&utm_campaign=weekly-broadcast&utm_medium=email&utm_source=luminate

28 ½ min

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Guest: **Becky Dvorak**

December 9, 2018 => Extended version of interview. What if you could defeat **satan's sickness** by prophesying words of **healing**? For yourself, and to release to others! Becky Dvorak wants you to discover the prophetic and **healing** power of your words.

https://sidroth.org/television/tv-archives/becky-dvorak-2/?src=weeklybroadcastemail_010719&utm_campaign=weekly-broadcast&utm_medium=email&utm_source=luminate

41 min.

Or may put in the address as: SidRoth.org/becky

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Guest: **John Kilpatrick**

November 25, 2018 => Extended version of interview. John Kilpatrick says the blessing and the glory of God are meant to be a covering over you in every area of your life. Now more than ever! **60 min**

https://sidroth.org/television/tv-archives/john-kilpatrick-2/?src=weeklybroadcastemail_122418&utm_campaign=weekly-broadcast&utm_medium=email&utm_source=luminate

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It's Supernatural! LIVE with Richard Roberts and Hank Kunneman

April 3, 2017 => Click here to order your copy of the **Healing** and the Prophetic Package: <http://bit.ly/2n4kXhO>

Join me for our **Healing** and the Prophetic LIVE event on the It's Supernatural!

Network (ISN) with **Richard Roberts** and **Hank Kunneman**. Richard says this show will be one of the great live **healing** services of all time. And he should know — he witnessed some of the greatest miracles under the ministry of his father, Oral Roberts. Hank says when prophecy and **healing** are combined, the results are multiplied. How would you like to see a tag team of the two of them?

Plus: Eddie James will lead us into worship!

<https://www.youtube.com/watch?v=TeeabeyBgfc> **1 Hour 28 min**

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I am sure you have sung, “I walk with HIM and I talk with HIM.”

“HE walks with me and HE talks with me.” Well with me HE does. How about YOU?

Well, if God the **Holy Spirit** **doesn't** do that with you. You get some help right now.

Give me a call.

These next - two videos will help you a lot. I'm **not** saying to get video package, but only if you want to.

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700 Club Interactive - **September 11, 2018** => Minnesota Twins veteran starting pitcher **Kyle Gibson** talks about his struggles on and off the mound.

Baseball's Kyle Gibson Makes a Pitch for Faith

Kyle Gibson **doesn't** just make his pitch -- the Minnesota Twins starting pitcher targets the game inside the game – arming his heart, mind and emotion while the 6-year veteran takes the stage in baseball's performance-based business!

Gibson says, “From the time where I'm sitting at my locker when I'm listening to worship music, honestly, and really trying to make sure that my heart's in the right spot!

Releasing a Miserable Job to a Hopeful Future

Lori had always loved her job at a local insurance agency. “I answered the phones and took payments. **27 min**

<http://www1.cbn.com/video/700clubinteractive/2018/09/11/700-club-interactive-september-11-2018?show=700club>

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I am sure you have sung, “I walk with HIM and I talk with HIM.”

“HE walks with me and HE talks with me.” Well with me, HE does. How about YOU?

Well, if God the Holy Spirit doesn't do that with you. You get some help right now.

These following two videos will help you a lot. I'm not saying to get video package, but only if you want to.

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“Hearing God” by Kris Vallotton - May 25, 2011 => Kris shares his thoughts on hearing God, and how Jesus often spoke in parables.

"Jesus tells parables to hide truth not from us, but for us to find."

Used with permission of Bethel Media. Check out Kris Vallotton's site:
<http://www.kvministries.com/>

<https://www.youtube.com/watch?v=wLMkNkswkh8> 11 min

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Healing the sick, the bible way! (Dan Mohler)

Jan 17, 2014 => The same Holy Spirit that raised Jesus Christ from the dead dwells in all born again believers, we cannot only heal the sick, but God commissioned all HIS (true) children that you will do HIS work and even greater things you shall do if you only believe! It's not about you it's about Christ in you is the Hope of Glory!

https://www.youtube.com/watch?v=ol06eW_v-gQ 35 min

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Does God Control Your Destiny? Tim Sheets Says NO! | Sid Roth's It's Supernatural!

On this episode of Sid Roth's, It's Supernatural! 2017: Does God control your destiny? Tim Sheets says no! Tim says the words you speak are spiritual seeds. Heaven establishes every promise — salvation, healing, supernatural provision and protection — through the words of your mouth! Tim simply asks, “Where are you planting?” The words you speak in prayer are spiritual seeds. In the same way planting seeds in the ground produces a harvest, you can learn to pray in a way that plants the blessings of Heaven here on Earth.

Tim Sheets shares a revelatory new message that will take your prayer life to powerful new levels. Give your declarations **true** impact and discover the power of praying the words that **Heaven** longs to hear!

Pray with authority: learn how your prayers and proclamations are supernatural forces in the unseen realm. Pray with confidence: bring your words into agreement with God. Pray with expectation: partner with **Heaven** to transform your life, family, church and region for the Kingdom of God. Learn how to activate God's timeless strategy for victory. Your words have power in **Heaven** and on Earth! God has given you the seed to produce your harvest.

<https://www.youtube.com/watch?v=6q7ZeB2pWh0> 28 1/2 min

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Guest: **Laurie Ditto**

April 7, 2019 => God allowed Laurie Ditto to experience powerful glimpses of **Heaven** and **Hell**. Now she reveals **Hell's** best kept secret! Also see **Something More** with Laurie! 28 1/2 min

https://sidroth.org/television/tv-archives/laurie-ditto/?src=weeklybroadcastemail_040819&utm_campaign=weekly-broadcast&utm_medium=email&utm_source=luminate

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Guest: **Mark Biltz**

March 10, 2019 => Why has Mark Biltz had so many attacks on his life? Threatened twice with a gun.

Rescued from a pack of lions. Mark believes it's because he discovered keys to decoding the Antichrist. 28 1/2 min

https://sidroth.org/television/tv-archives/mark-biltz-2/?src=weeklybroadcastemail_040819&utm_campaign=weekly-broadcast&utm_medium=email&utm_source=luminate

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Print off a few (like five copies) copies of the following **NOTES**:

And post one each Wednesday for the next 24 weeks

Cut out these notes Post these **notes** around – =>

In places where people will see them.

These NOTES Have Inspired Six People

To Change Their Minds and

Not Commit – Suicide!

Go down to the next page below.

There is a one page option => and then down a little a two page option

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One option: Even though things are difficult YOUR Life matters!

You're a shining light in a **Dark world – Just hold on!**

If YOU **End it**

Now YOU will be Deeply Missed

YOU Matter, YOU are Loved

And people would be - **Worse off If YOU **Died****

Fight With All YOU Have

Tomorrow is Always a Better Day

YOU Have the Power to Say

This is **NOT How => My Story Will **End!****

Really Look How Far

YOU Have Come

And Then Just Keep Going

****Don't** YOU Dare Give Up On This Life ==>**

==> **NOT Tonight**

==> **NOT Tomorrow**

=> **NOT** Ever

Step Back =>

YOU'RE Really Worth It!

Suicide Hot Line

1 – 800 – 273 - 8255

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Copy the above page and post a few so people may see it.

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The Incredible **truth** about Angels - (**Must Watch**) 2019

- 1) This video has **no negative** impact on the original works (**It would actually be positive for them**)
- 2) This video is also for teaching purposes.
- 3) It is **positively** transformative in nature.
- 4) I only used bits and pieces of videos to get the point across where necessary.

https://www.youtube.com/watch?v=gPVHvd8N_Gs **12 ½ min**

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Proof of Heaven?

Meet a brain surgeon whose near-**death** experience convinced him **Heaven** was real.

<https://www.youtube.com/watch?v=4GsoQRqnwV4> **5 min**

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Woman On ‘Crossing Over’ During **Cardiac Arrest:**

I’m **No Longer Afraid Of **Death** | **Megyn Kelly** TODAY**

Cherie Aimee underwent a life-changing event during cardiac arrest when she **died** for **90 minutes** — and miraculously came back to life.

She joins Megyn Kelly TODAY to describe her profound experience, the phenomenon of crossing over to another “realm” and what happened when she experienced a “life review.” Later, Dr. Sam Parnia, author of “Erasing **Death**,” weighs in on the science behind Aimee’s near-**death** experience.

<https://www.youtube.com/watch?v=MJZCjLNhpik> **10 min**

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Think Fast, Talk Smart: Communication Techniques

Communication is critical to success in business and life. Concerned about an upcoming interview? Anxious about being asked to give your thoughts during a meeting? **Fearful** about needing to provide critical feedback in the moment? You are **not** alone!

Learn and practice techniques that will help you speak spontaneously with greater confidence and clarity, regardless of content and context.

Recorded on October 25, 2014, in collaboration with the Stanford Alumni Association as part of Stanford Reunion Homecoming and the Graduate School of Business Fall Reunion/Alumni Weekend.

Speaker: Matt Abrahams, '91 Matt Abrahams is a lecturer at the Stanford Graduate School of Business, teaching strategic communication; he also teaches public speaking in Stanford’s Continuing Studies Program.

<https://www.youtube.com/watch?v=HANw168huqA> **58 min**

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Fifteen Things God **WON'T** Ask: - (Author Unknown)

1. God **won't** ask what kind of car you drove => but will ask how many people you drove who **didn't** have transportation.
2. God **won't** ask the square footage of your house => but will ask how many people you welcomed into your home
3. God **won't** ask about the fancy clothes you had in your closet => but will ask how many of those clothes helped the needy.
4. God **won't** ask about your social status => but will ask what kind of class you displayed.
5. God **won't** ask how many material possessions you had => but will ask if they dictated your life.

6. God **won't** ask what your highest salary was => but will ask if you compromised your character to obtain that salary.
7. God **won't** ask how much overtime you worked => but will ask if you worked overtime for your family and loved ones.
8. God **won't** ask how many promotions you **received** => but will ask how you promoted others.
9. God **won't** ask what your job title was => but will ask if you performed your job to the best of your ability.
10. God **won't** ask what you did to help yourself => but will ask what you did to help others.
11. God **won't** ask how many friends you **had** => but will ask how many people to whom you were a **true** friend.
12. God **won't** ask what you did to protect your rights => but will ask what you did to protect the rights of others.
13. God **won't** ask you if you loved your Grandma and Grandpa => but will ask you if you stayed with them a week each spring and each fall – if you had a real relationship with them.
14. God **won't** ask in what neighborhood you lived => but will ask how you treated your neighbors.
15. God **won't** ask about the color of your skin => but will ask about the content of your character.
16. God **won't** ask how many times your said deeds matched your words => but will ask how many times it **didn't**.

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Update 2019 | Pole shift, EARTH'S MAGNETIC FIELDS CHANGE - **Bad** things are happening!

Mar 23, 2019 => Update 2019 | Pole shift, EARTH'S MAGNETIC FIELDS CHANGE - **Bad** things are happening! I am Ms. Daisy, graduated from university specializing in aerospace research.

For more than a century, astronomers have always suspected that some giant object is lurking on the edge of the solar system. Some researchers believe that if a Nibiru - like planet approached the Earth, it would cause earthquakes, tsunamis, volcanic eruptions, thereby creating a completely new geographical and climate situation.

<https://www.youtube.com/watch?v=DN7yjMxl8Xo> 37 min

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Earth's Weakening Magnetic Field is Accelerating

April 14, 2019 => Earth's Weakening Magnetic Field is Accelerating - Earth's magnetic field is getting significantly weaker, the magnetic north pole is shifting at an accelerating pace, and scientists readily admit that a sudden pole shift could potentially cause "trillions of dollars" in damage. (**Yeah, But how long will the Magnetic Field be real low?**)

<https://www.youtube.com/watch?v=CVwsp74FtrM> 7 min

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Secrets of the **Spirit** World LIVE! with Sid Roth, Perry Stone & Kent Henry

Sept 6, 2018 => Get your copy of Mysteries of the Feasts by Perry Stone:

<http://bit.ly/EqDiY4>

Dear Friend, You **don't** want to miss our Secrets of the **Spirit** World LIVE Show TODAY at 5 pm ET! The supernatural side of my guest - Perry Stone - will amaze you! And during the broadcast, worship leader Kent Henry will usher us into the Glory of God. Kent's music is what I use during my personal worship time! Creative miracles are commonplace in the Glory!

If you or a loved one are in need of a **healing**, miracle or breakthrough, be sure to watch us on ISN or on the free ISN app. To download the app, go to the App or Google Play stores and search "Sid Roth."

https://www.youtube.com/watch?v=GKXT_iXcqgl 1 Hour 28 min.

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This story will remind you - you really are **not** alone. There are many forces helping us, helping you and me on our life's path and if we would but ask God. There are also **bad unseen forces** to mess us up along our life's path. But good forces can keep us from harm; they will whisper or nudge us in the right direction or at times even shock us.

If you are **not** yet aware in your life, this story's intention is to take you on a journey that touches upon individuals' lovingly and some very extraordinary **true** real - life experiences.

Help for YOU also to get in touch with your **spiritual** self, the real you. Today is a time to seek even your own gifts from God in your time of a lot of mixed emotions. At first there's sense of innocence. That is back when music had **no** color; just like the TVs, when all TV were black and white. Women will also enjoy this story.

This story has; romance, **death**, heroism, humor, friendships, **sex** and some **NOT** so loving **sex** in places. This also has a different side that has never been done in any story that we know about. Of course, James, himself, **hasn't** been an Angel in his life.

He tried to better his self, but he is being the fool like always, well a lot of times, he felt he could do it better all by himself. Later he fell ... , but, Now as he walked, they talked, like they did many years ago.

Then with him being emotionally crushed everyday he placed **bad** women, one after another **bad** women in his life, never giving himself the chance to realize that **not** all women are alike, that some women are really **true** rare gifts until he woke up! Until he truly understands that ...

We are told to trust in HIM and things will be fine, but when the fool part of a person comes out and things get off track. We get **mad** at He thought that he had lost all he had by being a fool but **Don't** take him wrong, he is **no** Angel, but he is now getting better

We get emotional; again, we see others only for what they can provide to or for us. But, in the **spiritually** whole we should consider others more important than ourselves and themselves. Are Angels "HERE," today?

Are Angels really visiting and taking to other people all around us!

You may be thinking or saying, "Okay, then "WHY" **don't** I hear from my Angels?"

"WHY **don't** I get any visits?" messages?

Have YOU ever even asked for and have YOU accepted God's love? Yes. They are here, today, Angels.

The Angel that maybe you closed out when you put the **veil** over you own mind, so, as **not** to hear or see any more of your Angel. Maybe I know why you have chosen this to read.

HIS Angels will serve and for some of you will be recounting a few of the events in some people's lives. Angels that use their personal unique position to tell you more about some past events.

Talk about great insight from above, and some on personal lives, hardships, and **bad** mishaps that are out here each day as a real part of this real earth life. Where both the worst and best of human nature comes out and is placed is on center stage for others to see. Many people have asked and have received God's **true** love and today, and they are at times are used by God to give out HIS Power and Love to others.

At times one or more of us get a word of God's knowledge, receive flash vision, thoughts and other times we are just moved to a place.

Angels would put us at a place at just the right time.

We believe our Angels get us to where we are supposed to be. Right there to be used to bring through people (**not always God's people but does and can be through anyone, even you**) to pray for God's Kingdom is at hand on earth.

With God's "**Signs and Wonders**" – with God's good Prophetic Insights – with God's "**Words of Knowledge**" – with God's Miracles – with God's "**Healings**" – with God's Smiles – God's personal Forgiveness given out to and for others.

And also, practical acts with God's service to all people our lives path cross. With God's **Healings** and with God's Miracles "HERE," today, all around us!

Now, you may be thinking or saying, "Okay, then "WHY" **don't** I hear about Miracles?"

Or - You may be saying, "Okay, "WHY" **don't** I see or I get any Miracles?"

Maybe because you think or you know deep down inside, you **don't** deserve any of God's **Healings** or Miracles.

Look for people that hurt - normally today always people end up too hurt other people. Bitterness forces people to live in the past.

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What's Blocking My **Healing**?

WHY **don't** I get any **healings**?

Nov 2, 2011 => Please go to www.powerandlove.org to order the whole session and see when the next school comes near you! Subscribe to their Official Channel...

<http://www.youtube.com/SchoolofPowera...>

<https://www.youtube.com/watch?v=0MOJBxaKWxo> 16 min

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Todd White WHEN HEALING DOES NOT COME - als genezing niet komt

June 17, 2014 => MEER ONDERWIJS: genezing.weebly.com More info on Todd White's ministry: <https://lifestylechristianity.com/> Dear everyone: wanna be encouraged? check this amazing movie: <http://www.dutchquest.com/watch-now/> Zeer bemoedigend om

DOOR TE GAAN ! er is alleen een PLAN A. Het is Gods Woord die zegt dat Hij goed is, liefde is, geneest en dat elke ziekte/kwaal moet wijken. Als het niet gebeurt is het nog steeds waar. Nederlandse ondertiteling beschikbaar via cc onderaan of bij instellingen met dat radartje onderaan.

<https://www.youtube.com/watch?v=ppOLPHwDgZc> 20 min

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What's Blocking My **Healing**? | Ask Sid.

Sept 29, 2013 => Download my FREE eBook of Biblical **healing** Scriptures for you to meditate on and pray over your life daily: <http://bit.ly/19QnhGz> Why am I **not** getting **healed**? Sid answers your **questions** on **healing**.

<https://www.youtube.com/watch?v=0jPFA2JOj-A> 16 min

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Healing Is Simpler Than You Think! | Steve Stewart on Sid Roth's It's Supernatural!

Feb 26, 2017 => Click here to order your copy of When Everything Changes & Moving in the Rhythm of the Kingdom: <http://bit.ly/2lEv1Kp>

On this episode of Sid Roth's, It's Supernatural! 2017, Steve Stewart started out too afraid to pray for others. Now his successful prayers are leaving doctors baffled! He wants to teach you how to access God's Kingdom! Let God propel you into a place of anointing (**and favor**) by which you can do more — faster — than you ever thought possible. Steve Stewart says there is more of God to be experienced, especially HIS call to represent HIM.

There are benefits, and Steve demonstrates just how real the Kingdom of **Heaven** can be in your life. He specifically shares:

- Keys to releasing **healing** and miracles

• The implications of the revolutionary gospel that Jesus preached Steve says these simple lessons are for everyone who does **not** already see God moving in their life. He challenges you to step into the front lines of what God longs to do around you.

<https://www.youtube.com/watch?v=4VX-u72r1oQ> 28 ½ min

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700 Club Interactive - April 5, 2019 => Widow of Chris Kyle ("American Sniper"), Taya Kyle discusses her life and work with families of military service members and first responders as well as her new book, "American Spirit."

Childhood Michael Jordan Fan Now Coaching MJ's Team

In a game of rebounds - James Borrego has the knack - for bouncing back! His resiliency and persistence turned heads.

Man's New Identity Leads To Extreme Weight Loss

"Yeah, when people see pictures of me when I was younger and they look back at those pictures, they really **can't** believe that's who they're looking at, that it's me." From an early age, Justin had a passion for food.

He recalls, "Food was like my best friend.

25 ½ min

<http://www1.cbn.com/video/700clubinteractive/2019/04/5/700-club-interactive-april-5-2019?show=700club>

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Okay – Why **doesn't** God answer prayers and always **heal** people?

Or – more so. Why **doesn't** God answer your prayers and **heal** people around you?

It **doesn't** matter whether you believe this or **not**, your personal body **spirit** energy does come out around you, most people out for 3 to 4 feet, it is your **aura**, a few others can see this **aura** around you and know your truth and your important parts of life.

Like when and whether a person needs any real inside help with health, love life, family, or in any other area, with that person can get some prayer help?

Yes - You may have a close friend that knows some about this. But – most people will do anything to avoid what they should do or they will just go on to just ignore it and each person has their deep down hope it would all go away.

Many folks fall down today into this trap, the trap of **enough**. What I do is good **enough**, everybody else is doing it – it’s good **enough**, and it must be for me, well, as its good **enough**. I will think about it in my later years, yeah, I will, when I get older.

When I have more time, but right now what I do, well, for me it’s good **enough** for now. Then the person never finds time or gets or do people make the time. They all say I’m too busy just working to paying my bills and have some fun.

People go on all the time to say: I **don’t** have any more-spare time for God and I **don’t** any time for any more pray’en; I’ll have more time later, when I’m older. What a person is really saying is that what they are doing, well, it’s good **enough**, for now.

You need to look around at all there is, this land, at earth, life, human birth, all the other births, trees, birds, wind, rain, snow, and so forth. Okay, so, God made frogs. The spend the winter under water, so, where do the frogs get air to stay alive? In Spring how do the small black with only a head and tail grown into a Frog? Oh, but folks think that’s okay, because they have done better than so-and-so over there. Judging themselves on other, people’s value and **not** on God’s value. They think they do and did and are doing, ah, I am doing good **enough**. Many people are making that choice that their life paths are good **enough** and I think that kind of life’s trail is very wide.

Folks should ask if they, **you** are on that wide **earth** path with many others or **you** are on the Lord’s narrow pathway in life. Are others really are receiving many blessings.

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Mark 16:16 - 20 => New Living Translation (NLT)

“¹⁶ Anyone who believes and is baptized will be saved. But anyone who refuses to believe will be condemned. ¹⁷ These miraculous signs will accompany those who believe: They will cast out **demons** in my name, and they will speak in new languages. ¹⁸ They will be able They will be able to place their hands on the **sick**, and they will be **healed**.”

“¹⁹ When the Lord Jesus had ²⁰ And the disciples went ... worked through them, confirming what they said by many miraculous signs.

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James 5:14 => New Living Translation (NLT) => Are any of you sick? You should call for the elders of the church to come and pray over you, anointing you with oil in the name of the Lord.

Mark 6:13 => New Living Translation (NLT) => And they cast out many **demons and **healed** many **sick** people, anointing them with olive oil.**

Blessed Any Oil => Have you blessed any olive oil or any kind of oil and placed this blessed oil on your door post, windows and on your loved ones? American's!!! Prepare NOW!!! Things are about to get **ugly** really quick.

May 2, 2015 => GOD is building an end time **spiritual** army so powerful that **satan** and **his demons** will be forced back to **hell**, for 1000 years.

THAT END TIME ARMY IS THE BRIDE OF CHRIST !!!!!!!

Use a small container and “Pray” over olive oil as a blessing oil and you can use that.

To Anoint Your Home => <https://www.youtube.com/watch?v=VpVEptRaPcA> – 5 min

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James: The Anointing Oil

<https://www.youtube.com/watch?v=g9x3l2qgZQU> 27 min

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Type Of Folks. (**Note:** On the **blue words**, if you get a small hand, you may click.)

Humans came from only **one cell**?

Type one folks: Some folks say, believe, and think we all came from a one cell whatever thing, that came out of the ocean and we just developed over time.

Like a lot of time (**maybe way over a billion years**) and maybe just by chance developed into human's like we are today.

All Species Evolved From Single Cell, Study Finds Creationism called "absolutely horrible hypothesis" — statistically speaking.

All life on **Earth** evolved from a single-celled organism that lived roughly 3.5 billion years ago, a new study seems to confirm.

The study supports the widely held "universal common ancestor" theory first proposed by Charles Darwin more than 150 years ago.

Using computer models and statistical methods, biochemist **Douglas Theobald** calculated the odds that all species from the three main groups, or "domains," of life evolved from a common ancestor — versus, say, descending from several different life-forms or arising in their present form, Adam and Eve style.

The domains are bacteria, bacteria-like microbes called Archaea, and eukaryotes, the group that includes plants and other multicellular species, such as humans.

The "best competing multiple ancestry hypothesis" has one species giving rise to bacteria and one giving rise to Archaea and eukaryotes, said Theobald, a biochemist at Brandeis University in Waltham, Massachusetts.

But, based on the new analysis, the odds of that are "just astronomically enormous," he said. "The number's so big, it's kind of silly to say it" — 1 in 10 to the 2,680th power, or 1 followed by 2,680 zeros.

(Also see "[Evolution Less Accepted in U.S. Than Other Western Countries, Study Finds.](#)")

Theobald also tested the creationist idea that humans arose in their current form and have **no** evolutionary ancestors.

The statistical analysis showed that the independent origin of humans is "an absolutely horrible hypothesis," Theobald said, adding that the probability that humans were created separately from everything else is 1 in 10 to the 6,000th power.

(As of publication time, requests for interviews with several creationist scientists had been either declined or unanswered.)

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Putting Darwin to the Test

All species in all three domains share 23 universal proteins, though the proteins' DNA sequences — instructions written in the As, Cs, Gs, and Ts of DNA bases — differ slightly among the three domains ([quick genetics overview](#)).

The 23 universal proteins perform fundamental cellular activities, such as DNA replication and the translation of DNA into proteins, and are crucial to the survival of all known life-forms — from the smallest microbes up to [blue whales](#).

A universal common ancestor is generally assumed to be the reason the 23 proteins are as similar as they are, Theobald said.

That's because, if the original protein set was the same for all creatures, a relatively small number of mutations would have been needed to arrive at the modern proteins, he

said. If life arose from multiple species — each with a different set of proteins — many more mutations would have been required.

But Theobald hoped to go beyond conventional wisdom.

"What I wanted to do was **not** make the assumption that similar traits imply a shared ancestry ... because we know that's **not** always **true**," Theobald said.

"For instance, you could get similarities that are **not** due to common ancestry but that are due to natural selection" — that is, when environmental forces, such as predators or climate, result in certain mutations taking hold, such as claws or thicker fur.

Biologists call the independent development of similar traits in different lineages "convergent evolution." The wings of bats, birds, and insects are prime **examples**: They perform similar functions but evolved independently of one another.

But it's highly unlikely that the protein groups would have independently evolved into such similar DNA sequences, according to the new study, to be published tomorrow in the journal [Nature](#).

"I asked, What's the probability that I would see a human DNA polymerase [[protein](#)] sequence and another protein with an E. coli DNA polymerase sequence?" he explained.

"It turns out that probability is much higher if you use the hypothesis that [[humans and E. coli](#)] are actually related."

(Related: ["Future Humans: Four Ways We May, or May Not, Evolve."](#))

No Special Treatment for Evolutionary Theory?

[David Penny](#), an evolutionary biologist at Massey University in New Zealand, called the grand scope of Theobald's study "bold."

Penny had been part of a similar, but more narrowly focused, study in the 1980s. His team had looked at shared proteins in mammals and concluded that different mammalian species are likely descended from a common ancestor.

Testing the theory of universal common ancestry is important, because biologists should **question** their major tenets just as scientists in other fields do, said Penny, who **wasn't** part of the new study.

"Evolution," he said, "should **not** be given any special status."

Editor's note: Two corrections have been made to this article. In the first sentence "million" has been changed to "billion."

In the seventh paragraph, "10 followed by 2,680 zeros" has been changed to "1 followed by 2,680 zeros." Many thanks to readers for pointing out these typos.

How and why single cell organisms evolved into multicellular life

Throughout the history of life on Earth, multicellular life evolved from single cells numerous times, but explaining how this happened is one of the major evolutionary puzzles of our time.

However, scientists have now completed a study of the complete DNA of one of the most important model organisms, *Gonium pectorale*, a simple **green** algae that comprises only 16 cells.

Read more at: <https://phys.org/news/2016-04-cell-evolved-multicellular-life.html#jCp>

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This microscopic organism is helping to fill the evolutionary gap in our understanding. The two year research project was a global collaboration between Kansas State University, Universities of Arizona and Tokyo, and Wits University. It is documented in the prestigious journal *Nature Communications*.

Pierre Durand, a researcher in the department of Molecular Medicine and Haematology and the Evolutionary Studies Institute at Wits University is one of the project collaborators.

"The evolution from unicellular to **multicellular life** was a **big deal**. It changed the way the planet would be forever. From worms to insects, the dinosaurs, grasses, flowering plants, had edas and humans, you just have to look around and see the extraordinary forms of multicellular existence," says Durand.

"It has been difficult to explain how this occurred because it was **not** an easy thing to have happened. So, **questions** like 'why did single cells live together in groups at the very beginning of **multicellularity** when it puts them at a fitness disadvantage?' challenged us for a long time," says Durand. We still **don't** know most of the answers but this project has certainly filled one of the gaps in our current understanding.

Read more at: <https://phys.org/news/2016-04-cell-evolved-multicellular-life.html#jCp>

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There are many model systems for studying multicellularity but nothing quite like the volvocine **green** algae, the group to which *G. pectoral* belongs.

"The evolutionary transition to multicellularity has occurred numerous times in all domains of life, yet the evolutionary history of this transition is **not** well understood.

However, the volvocine **green** algae include a diverse variety of unicellular, colonial, and multicellular species," says Durand.

There are many members of the volvocines with varying degrees of complexity, so it is possible to examine different stages on the road to multicellularity.

The volvocines also evolved relatively recently (**during the Triassic period about the time when the first dinosaurs appeared**) and the mysteries of multicellularity are **not** lost in evolutionary time.

Reporting on the genome sequencing of *Gonium pectorale*, the scientists uncovered some of the genes that regulate cellular growth and division in this organism. This finding helps explain how single cells live together in groups - one of the earliest steps on the path to a multicellular existence.

Explore further: [Scientists solve](#)

Read more at: <https://phys.org/news/2016-04-cell-evolved-multicellular-life.html#iCp>

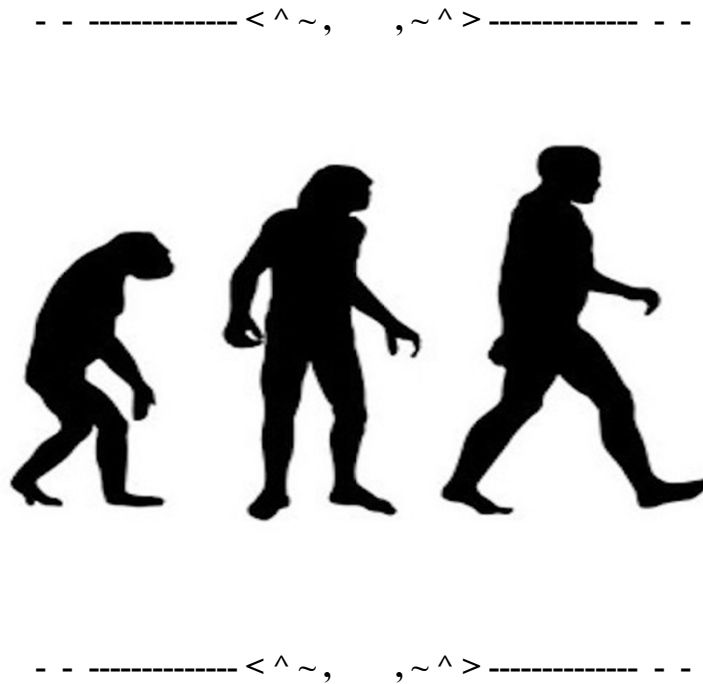
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Humans came from Apes

Type two folks: Some folks say, believe, and think we all came from the Apes or whatever the thing was that was walking around out there on two legs and we over time – a lot of time (**maybe way over a billion years**) and maybe just then we by chance developed into humans like we are today.

Then? Why **Haven't** All OR Some Other Primates Evolved into maybe Humans or maybe like into some half Humans, today?

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Humans did **not** evolve from apes, gorillas or chimps. We are all modern species that have followed different evolutionary paths, though humans share a common ancestor with some primates, such as the African ape.

The timeline of human evolution is long and controversial, with significant gaps. Experts do **not** agree on many of the start and end points of various species. So, this chart involves significant estimates.

To say we are more "evolved" than our hairy cousins is just **wrong**. (See [how long you last naked in the Congo Heartland, and then tell me who's got the evolutionary upper hand](#).)

Thinking that a species evolves in order to survive is to put the cart before the horse.

Genetic mutations happen all the time, without fanfare and often without any measurable change in the organism's lifestyle. In general, the mutations most likely to be passed to future generations are those that prove useful to either individual or species survival.

The "usefulness" of a mutation depends largely on shifting environmental factors like those of food, predators, and climate, and also on social pressures. Evolution is a matter of filling ecological and social niches. African apes are still around because their environment has encouraged the reproductive success of individuals with different genetic material than ours.

Evolution is an ongoing [process of trial and error](#), of which all modern primates are still a part.

Humans came from God

Type three folks: Folks believe and think we as humans were created by a supreme being, like God, and were created in HIS image. And Yes! There is really a [heaven](#) and there is really a **Hell**.

How could humans have evolved and still be in the "Image of God

Evolutionary creationists believe that God created humans in his image, and that God created humans using natural processes that scientists describe as evolution. How can these beliefs work together?

The precise meaning of the “image of God,” or “imago Dei” in Latin, has been debated for centuries in the Church. It could relate to our unique cognitive abilities, to our [spiritual](#) capacity for a relationship with God, to our commission to represent God’s kingdom on earth, or to some combination of these. All of these interpretations may be consistent with the scientific evidence for evolution.

Along with all Christians, we affirm that the image of God is foundational to Christian thinking about human identity, sanctity of life, human stewardship of creation, bioethics, and other topics.

Many people assume that evolution is incompatible with the belief that humans are created in the image of God. **Doesn’t** image-bearing require miraculous creation of humans rather than shared biological ancestry with other creatures?

When in the evolutionary process did humans attain this image?

These **questions** are tied to many other issues concerning human origins, including [the soul](#), [the Fall](#), and the [historicity of Adam and Eve](#), but in this article we will focus specifically on the meaning of the image of God.

Image of God in Scripture

The phrase “image of God” does **not** appear many times in the Bible, but the importance of the concept is emphasized by its repetition in the Genesis 1 account of creation:

Then God said, “Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.”

So, God created mankind in his own image, in the image of God he created them; male and female he created them ([Genesis 1:26 - 27](#)).

From this text, it is clear that both males and females bear God’s image, and the stated purpose for why God makes mankind in his image is “so that” they may rule over the animals. [Genesis 9:5 - 6](#) reveals another aspect of image bearing: all human life is sacred because all humans are made in the image of God.

The emphasis in Judeo - Christian thought on the sanctity of human life is derived in part from this passage. In the New Testament, the idea is expanded further as Christ is revealed as the **true** image of the invisible God ([2 Corinthians 4:4](#), [Colossians 1:15](#)).

For centuries, theologians have discussed these and other passages, debating the meaning of the image of God. Here we discuss three common interpretations and consider how these ideas intersect with evolution.

Image of God as our cognitive abilities

One view is that the image of God refers to uniquely human cognitive abilities. When people talk of the things that “make us human,” they often refer to abilities like reason and rationality, mathematics and language, laughter and emotions, caring and empathy, and cultural products like music and art.

Theologians have historically connected image-bearing with humankind’s unparalleled capacity for rational thought.

Saint Augustine ([354 - 430 A.D.](#)) wrote, “Man's excellence consists in the fact that God made him to HIS own image by giving him an intellectual soul, which raises him above the beasts of the field.”¹ Saint Thomas Aquinas ([1225 - 1274 AD](#)) also emphasized intellect and rationality in his discussion of image bearing.²

Some people today challenge whether there is a substantial difference between the cognitive abilities of humans and other animals. Studies of animal behavior (**particularly of chimps and other apes**) show that animals **not** only laugh and cry and care for each other but can learn some sign language and even have basic reasoning ability.

But while some think these similarities mean that humans are “just another animal,” a strong case can be made for human distinctiveness from a host of disciplines — and often by scholars who have **no** obvious religious motivations.³ We might even say that from a scientific point of view, we differ in kind and **not** just in degree from other species. Kevin Laland, Professor of Behavioral and Evolutionary Biology at the University of St Andrews, writes,

A hundred years of intensive research has established beyond reasonable **doubt** what most human beings have intuited all along; the gap is real.

In a number of key dimensions, particularly the social realm, human cognition vastly outstrips that of even the cleverest nonhuman primates.

The often - misunderstood part of this claim for human distinctiveness is that the capacities that set us apart from other animals (**morality, reason, language, culture, and so on**) are dependent upon other components of behavior and even brain structures that have evolutionary stories. This explains why we find hints or precursors of them in other species. Nevertheless, the gap between modern humans and other species is real.

We should be cautious, though, in defining the image of God as our unique human cognitive abilities. It is possible that the gap could have been filled by other species that are now extinct. We now know of many extinct **hominin** species, some of which even interbred with anatomically modern humans. Would the cognitive abilities of these species reveal only a difference only in degree? Some scientists think that is the case,⁵ and if so, that would raise a challenge to understanding the image of God as our unique cognitive abilities.

Another challenge for this interpretation of the image of God is the status of people with mental disabilities.

If a person is impaired in reasoning or language, are they bearing less of God’s image?

Are they **not** showing his **true** likeness?

The Christian answer to these **questions** is a resounding **no!** The Bible repeatedly teaches that God values all people, **particularly those who are rejected by society or unable to care for themselves.**

In fact, **Genesis 9:5 - 6** points to image bearing as the reason that all human life is valuable . This is a major motivator for Christians who seek to protect the unborn, the poor, and the aged. This challenge may be addressed in part by recognizing that the image of God was bestowed in **Genesis 1** on humanity as a whole — it may **not** be a property of individual per se but of the whole human family.

These cautions notwithstanding, the idea that God may have bestowed his image on humanity in the fullness of time — at some point during evolutionary history when humans had sufficient cognitive capacities — is consistent with the traditional theological view of the image of God as relating in some way to our cognitive capacities.

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Image of God as our **spiritual** capacities

Another common view is that the image of God refers to our capacity for a relationship with God. Following Thomas Aquinas’s view of “aptitude for understanding and loving God,” the Catholic catechism **says,**

Of all visible creatures, only man is able to know and love his creator. ... he alone is called to share, by knowledge and love, in God’s own life. It was for this end that he was created, and this is the fundamental reason for his dignity. Being in the image of God, the human individual possesses the dignity of a person, who is **not** just something, but someone. He is capable of self-knowledge, of self-possession and of freely giving himself and entering into communion with other persons. And he is called by grace to a covenant with his Creator, to offer him a response of faith and love that **no** other creature can give in his stead.

John Calvin (1509 - 1564) and other Reformers⁶ wrote of the image of God as the original righteousness of humans before the Fall. When first created, we reflected God’s “**wisdom, righteousness, and goodness**”⁷ but, as Paul teaches, that image with Adam and Eve, was tarnished by **sin** and is being restored in Christ. In his Commentary on Genesis, Calvin writes, Since the image of God had been destroyed in us by the fall, we may judge from its restoration what it originally had been.

Paul says that we are transformed into the image of God by the gospel, by God’s soft spoken word. And, according to him, **spiritual** regeneration is nothing else than the restoration of the same image. (**Colossians 3:10, Ephesians 4:23**)⁸

Neuroscientists have looked for evidence of such things as selfless behavior or the ability to perceive the transcendent. But science is simply **not** capable of fully testing such **spiritual** realities; the evidence that scientists do find is open to many interpretations.⁹

For many evolutionary creationists, humans’ **spiritual** capacity to enter into a relationship with God (**for which certain cognitive abilities seem to be necessary**) is a significant part of what it means to be made in God’s image.

Image of God as our commission

A third understanding of the image of God rests on the **question**: What did the “image of God” mean to the first audience of **Genesis 1**?

The Old Testament frequently uses the word “image” in the context of idol worship. In the ancient cultures of Egypt and Canaan, people made images of their gods from metal and wood and set them up in local temples to worship.

Hebrew scholar Joseph Lam **writes** that the idol “was believed to be the **true** manifestation of the God in the midst of the people.” In the Ten Commandments, God prohibits HIS people from making such images (**Exod. 20:4 - 6**), because God **cannot** be contained in, or even represented by, an idol made by human hands (**see Isaiah 44:6 - 20**). Therefore, Israel’s temple contained **no** human physical representation of God himself.

With this in mind, we now can see the “image of God” in a new light: it suggests the role we are called to play as God’s representatives in the world. God has named us as his living images. We represent God here on earth better than any idol made by human hands. Lam **writes**:

In fact, it is possible to argue grammatically for the validity of the translation ‘as the image of God’ as opposed to ‘in the image of God’. ... The Hebrew phraseology here denotes **not** so much the manner of the creation of the human being (**i.e. the “mold” out of which humans are created**), but rather the intended function of the human being in the world. Humans **aren’t** just made in God’s image, they are called to be his image in the world.

Or as N. T. Wright put it;

It seems to me that God has put humans like an angled mirror in HIS world so that God can reflect HIS love and care and stewardship of the world through humans and so that the rest of the world can praise the creator through humans.

This analogy helps us to see the connection between the image of God and caring for creation, as discussed previously.

The idea that the imago Dei relates to our imaging of God — our representing him and going about our Kingdom work for God — is fully compatible with an evolutionary picture of humanity's origins.

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Human Skeleton



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All these different Human Skeleton bones derived from just one cell? Just look at each bone and think about how those bones work together with or in response to your muscles.

And people really, we as a human came from only one cell out of the ocean? I **don't** think so.

Connections to evolution

How might these models of the image of God fit with evolution?

At BioLogos [we believe](#) that God created humans in biological continuity with all life on earth; the distinct cognitive abilities we have were given to us by God through this gradual process.

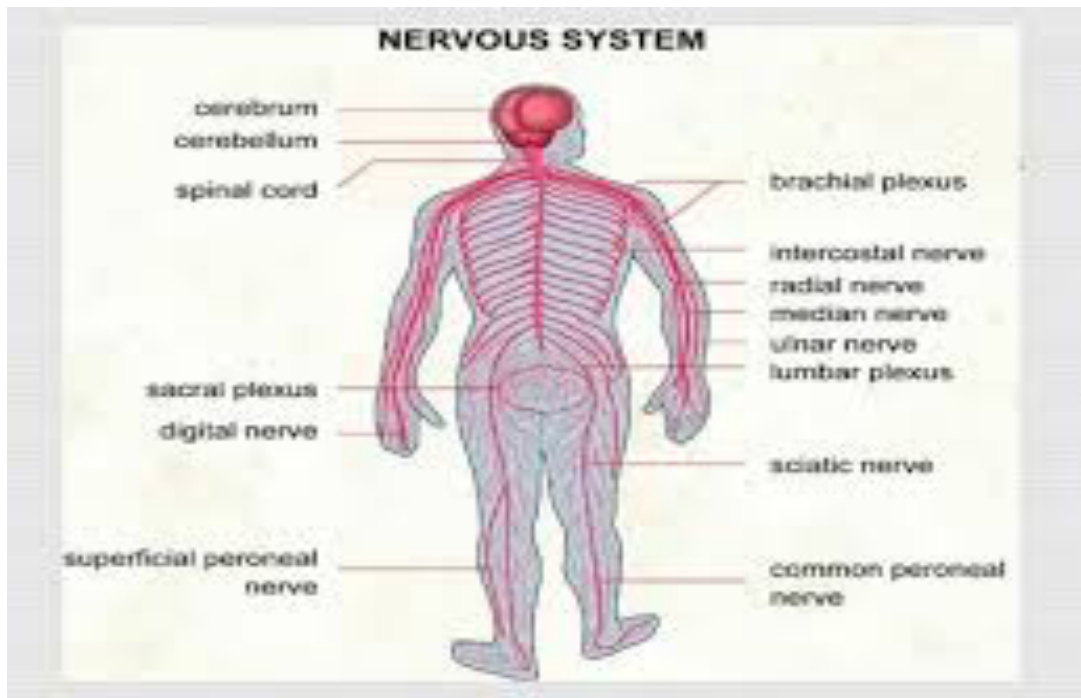
We also believe that God created us as **spiritual** beings; God established a unique relationship with humanity by endowing us with his image and calling us to an elevated position within the created order. Science **cannot** judge our **spiritual** capacities or divine calling, so there is **no** contradiction. These various views are affirmed by individuals in the BioLogos community, and in fact the views are **not** mutually exclusive.

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Human Nervous System

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All these different Human Nervous System derived from just one cell into us?

I touch your toes or the bottom of your feet and you laugh? Is all from one cell into us?

I don't think so.

You are bare foot and step on a small snake in the grass. That is felt through your Human Nervous (**feeling**) System and that tells you to scream out real loud is all from one cell into us?

I don't think so.

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Living out our calling as image bearers

While the academic debate is important, it should **not** distract us from our essential calling to live as people created in God's image. Let us **remember** to:

- Value every person as a fellow image bearer. All people are created in the image of God ([Genesis 1:26 - 27](#)). All of humanity is equally valued in God's eyes and should be in ours ([Genesis 9:5 - 6](#)).
- Seek to attain the whole image of God in Christ ([Eph. 4:23](#)). As the **Holy Spirit** works in us to bring about the new self, we are being molded more and more into the **true** image of the Creator.
- Care for the creation. As representatives of the Creator, we are charged to rule over the Earth and subdue it ([Genesis 1:26 - 28](#)) which includes helping creatures fulfill their God-given mandate to be fruitful and multiply ([Genesis 1:22](#)) and tending this earth garden God provided ([Genesis 2:15](#)).
- Worship the Creator. Of all the created order, humanity is the leading voice to [speak our praise back](#) to the One who made us.

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Back at the "T" tent table talk, many subjects are on them talking about our Loving God, but **don't** even God's Love and God's Mercy have to have some limits. Has everyone who denied the truth is to work to push God to HIS limit, like back in the time of the flood and Noah?

When the, ah, God's "Rapture" comes, after that is there a second chance?

When like "AFTER" the "Rapture" comes if then a person is left behind is there anyone having a second chance for the people left behind?

What if the "Rapture" came tonight because **no** one really knows when it will come, really **no** one has any idea, **NOT** really any kind of idea, just when.

Okay - If anyone is left behind is there really a second chance for them?

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The Gifted One

Aug 18, 2015 => The Gifted One (1989) TV Movie | 25 June 1989 (USA). A young boy can transfer his body energy into ESP and **heal sick** people. While the subject of scientists' studies, he runs away to try to find out about his past and why he is the way he is.

<https://www.youtube.com/watch?v=fB2-XE0RE9w> 1 hour 36 min.

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Left Behind, The best Original Movie

Dec 30, 2015 => The Biblical prophecy of Armegeddon begins when the Rapture instantly takes all believers in Christ from the Earth. A reporter who is **left behind** learns that the **Anti-Christ** will soon take power. Director: Vic Sarin

<https://www.youtube.com/watch?v=d-veeckZyAw> 1 Hour 36 min

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Left Behind II Tribulation Force

Dec 30, 2015 => After the Rapture and the revealing of the identity of the **Antichrist**, a group of converts form the Tribulation Force, a secret society with the sole purpose of converting non-believers to Christianity.

Director: Bill Corcoran Writers: John Patus (**screenplay**), Paul Lalonde (**screenplay**)
Stars: Kirk Cameron, Brad Johnson, Clarence Gilyard Jr. | See full cast & crew »

<https://www.youtube.com/watch?v=OhGsSS1IKjs> 1 Hour 35 min

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Learning to hear God

May 17, 2010 => So, you think that you **can't** hear God speak to you... well you better guess again. Doug Addison shows you how you are hearing God.

<https://www.youtube.com/watch?v=qrhjtP61v-Q> 5 ½ min

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How To Activate God's Divine Transfer Of **Wealth** (Mel Bond)

Jan 9, 2017 => How To Activate God's Divine **Transfer Of Wealth. Visit <https://melbond.tv> or call (636) 327-5632 for Mel Bond Miracle Services, Crusades, or resources. Send prayer requests to Mel Bond: <https://melbond.tv/contact/>**

https://www.youtube.com/watch?v=4C_xi3ktxqY **1 Hour 15 min.**

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Oh. Yeah, then where was I?

The men and women's God, the **Holy Spirit** and HIS Angels talked to them in their **spirit** visions (**Mark 16:16 – 16:20**) and in their dreams. Bring your open mind and yourself over here and sit a spell and I'll tell you this next story part.

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Mark 16:16 - 20 => New Living Translation (NLT)

¹⁶ Anyone who believes and is baptized will be saved. But anyone who refuses to believe will be **condemned**. ¹⁷ These miraculous signs will accompany those who believe:

They will cast out **demons** in MY name, and they will speak in new languages. ¹⁸ They will be able They will be able to place their hands on the **sick**, and they will be **healed**.”

¹⁹ When the Lord Jesus had ²⁰ And the disciples went ... worked through them, confirming what they said by many **miraculous signs**.

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James 5:14 => New Living Translation (NLT) => Are any of you **sick? You should call for the elders of the church to come and pray over you, anointing you with oil in the name of the Lord.**

Mark 6:13 => New Living Translation (NLT) => And they cast out many **demons and **healed** many **sick** people, anointing them with blessed olive oil.**

Blessed Any Oil => Have you **stopped and blessed any olive oil or any kind of oil and placed this blessed oil on your door post, each side and at the top, windows and on your loved ones? American's!!! Prepare NOW!!! Things are about to get **ugly** really quick, like soon.**

May 2, 2015 => GOD is building an end time **spiritual army so powerful that **satan** and **his demons** will be forced back to **hell**, for 1000 years.**

THAT END TIME ARMY IS THE BRIDE OF CHRIST !!!!!!!

Use a small container and “Pray” over olive oil as a blessing oil and you can use that.

To Anoint Your Home => <https://www.youtube.com/watch?v=VpVEptRaPcA> – 5 min

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Bring It On - Line: Anointing With Oil

Apr 21, 2015 => I don't understand way back in Old Testament times men like Joseph and Jacob as they had more than one wife and today that would be considered adultery. And. Okay. Is anointing with oil required for **healing** in some cases and **not** others?

Someone told me it ... https://www.youtube.com/watch?v=vRfyVV0E_80 **7 min**

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Healing through anointing oil

May 11, 2012 => Filipe's testimony on his **healing** after using the anointing oil. Receive your free bottle of anointing oil on May 13th.

<https://www.youtube.com/watch?v=0NiD9fPBOKQ> **5 min**

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Why Do We Use Anointing Oil?

In this video, Pastor Mike is answering a very controversial topic "Why Do We Use Anointing Oil?" Stay tune and find out what he has to say about this topic. Thanks for watching and God Bless!

<https://www.youtube.com/watch?v=DSVW7IGIGSA> **6 min**

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Most reading this story will think they sense one or more truths that are kind of hiding in between the lines within this story series parts. And they are, in fact it is hidden right out in the open, but most do **not** find it out before the story series end, but most feel something is **not** right and or that they are missing something, and they just could **not** put their finger on it.

Then at the end most readers will learn one or more of the hidden **true** facts.

Some will get it and laugh, some may get **angry**, but those who read this story series again (**for the second time or the third time**) will receive a totally different view of the whole story as they read this story the second or third time.

Some will tell and will tell others that they really did find out before the end – they enjoyed – and did enjoy this misdirection. In real life, all is **NOT** always as it seems.

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Wisdom for Parents

What purpose do parents serve in the modern world? Sometimes parents feel like unpaid chauffeurs, driving the children to and from ball games, band practice, whatever. With families on the move, each member pursuing his own individual plans, and precious little time for family togetherness, parents wonder if they're really necessary for their children.

Surrounded by educational and psychological "experts" on child-rearing, too many parents feel inadequate to the task. Odd, since parents have been raising their children for centuries and, usually, have been pretty successful at it.

The Bible gives parents a much more important role than chauffeurs. In fact, they are so important that one of the Ten Commandments concerns them:

"Honor your father and mother. Then you will live a long, full life in the land the LORD your God will give you." [Exodus 20:12](#)

Going against the grain of the world, the Bible imposes an important role on parents: discipline. It is an unpopular word these days. When have you seen a TV sitcom family that had a sane view of discipline?

So, many schools are lacking in discipline these days, so where will it come from if **not** from parents? In fact, parental discipline is an imitation of God himself.

The LORD is like a FATHER to HIS children, tender and compassionate to those who **fear** HIM. For HE understands how weak we are; HE knows we are only dust. [Psalm 103:13 - 14](#)

The LORD corrects those HE loves, just as a father corrects a child in whom he delights. [Proverbs 3:12](#)

Teach your children to choose the right path, and when they are older, they will remain upon it. [Proverbs 22:6](#)

Don't fail to correct your children. They **won't die** if you spank them, well do so correctly. Physical discipline may well save them from **death (into hell)**. [Proverbs 23:13 - 14](#)

Does this sound harsh? It **shouldn't** -- nothing in the Bible condones child abuse. In fact, Christian parents are often reminded to temper discipline with kindness.

Now a word to you fathers. **Don't** make your children **angry** by the way you scold them. Rather, bring them up with the discipline and instruction approved by the Lord. [Ephesians 6:4](#)

In both the Old and New Testaments, people of faith are given a critical role: passing on the heritage of faith to their children.

We will **not** hide these **truths** from our children but will tell the next generation about the glorious deeds of the LORD. We will tell of his power and the mighty miracles HE did. For HE issued HIS decree to Jacob; HE gave HIS law to Israel. HE commanded our ancestors to teach them to their children, as even today YOU are to teach YOUR children, so this next generation might know them -- even the children **not** yet born -- that they in turn might teach their children. So, each generation can set its hope anew on God, **remembering** HIS glorious miracles and obeying HIS commands.

Then they will **not** be like their ancestors -- **stubborn, rebellious, and unfaithful, refusing** to give their hearts to God. [Psalm 78:4 - 8](#)

Bible Verses about Fathers

Fathers and Children

"Fathers, do **not** provoke your children to **anger**, but bring them up in the discipline and instruction of the Lord." [Ephesians 6:4](#) ESV

"Fathers, **don't** scold your children so much that they become discouraged and quit trying." [Colossians 3:21](#) TLB

"The father of a righteous child has great joy; a man who fathers a wise son rejoices in him." [Proverbs 23:24](#) NIV

"But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him." [Luke 15:20](#) NIV

Children and Fathers

"Listen to your father, who gave YOU life." [Proverbs 23:22](#) NIV

"Honor your father and your mother, so that you may live long in the land the LORD your God is giving you." [Exodus 20:12](#) NIV

"My son do **not reject** the discipline of the Lord or loathe HIS reproof, for whom the Lord loves HE reproofs, even as a father corrects the son in whom he delights." [Proverbs 3:11 - 12](#) NASB

God the Father

Many people have difficulty viewing God as a loving father because their own fathers were emotionally or physically **absent** or **abusive**. Some imagine God as an angry entity waiting to condemn and rain down **fire** and **brimstone**.

But scripture provides a more accurate picture of God the Father, the ONE who cares deeply about our hurts and wants only the best for us.

"HE will cover you with HIS feathers. HE will shelter you with HIS wings. HIS faithful promises are your armor and protection." [Psalm 91:4](#) NLT

"Yet YOU, Lord, are our Father. We are the clay, YOU (**God**) are the potter; we are all the work of YOUR hands." [Isaiah 64:8](#) NIV

"Your Father knows what you need before you ask him." [Matthew 6:8](#) NLV

"The Lord is like a father to HIS children, tender and compassionate to those who **fear** HIM." [Psalm 103:13](#) NLT

"I will be a father to him, and he'll be a son to me. When he does wrong, I'll discipline him in the usual ways, the pitfalls and obstacles of this mortal life. But I'll never remove MY gracious love from him." [2 Samuel 7:14 - 15](#) MSG

"I will be a Father to you, and you shall be MY sons and daughters, says the Lord Almighty." [2 Corinthians 6:18](#) NKJV

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What Is Intercessory Prayer?

A family member faces a **deadly disease**. Your neighbor desperately needs Jesus but turns away every time you try to share Christ. A nation begins to crumble because its people follow their own **evil** ways. But what can you do?

Often, the problems we face seem too big for us. **No** matter how much we try, we **cannot** solve them on our own. It's times like these when we need to turn to the Lord in intercessory prayer.

WHAT IS INTERCESSION?

Intercession is prayer that pleads with God for your needs and the needs of others. But it is also much more than that. Intercession involves taking hold of God's will and refusing to let go until HIS will comes to pass.

Intercession is warfare -- the key to God's battle plan for our lives. But the battleground is **not** of this earth. The Bible says, "We are **not** fighting against humans.

We are fighting against (**satan**) forces and (**satan**) authorities and against (**satan**) rulers of **darkness** and (**satan**) **spiritual** powers in the **heavens** above" (**Ephesians 6:12**).

Intercessory prayer takes place in this **spiritual** world where the battles for our own lives, our families, our friends and if our nation are won or lost.

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A PLAN FOR BATTLE

If you are born again, you are God's son or daughter (**John 1:12**). As HIS child, you have a direct "**hotline**" to God. At any time, you can boldly come into HIS presence. (**Hebrews 4:16**)

This incredible access to God is the basis for intercession.

Once you are in God's presence, you can now discover HIS battle plan for the situation you are facing.

Because our plan prayer alone is **not** enough -- you need a DIRECT target for your prayers!

To discover God's plan, all you have to do is ask. The Bible says that "if any of you need **wisdom**, you should ask God, and it will be given to you" (**James 1:5**). When we ask God for **wisdom**, HIS **desires** will become the focus of our prayers. "Let God change the way you think. Then you will know how to do everything that is good and pleasing to HIM" (**Romans 12:2**).

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ARMED FOR BATTLE

Intercessory prayer is a **serious** matter.

And just like soldiers who are preparing for battle, we **cannot** take on the **enemy** if we leave our weapons behind. That's why we must go into "**battle**" armed for **spiritual** conflict (see **2 Corinthians 10:3, 4**).

First, recognize that Jesus is in control of the situation. Jesus "rules over forces, authorities, powers, **sickness**, and rulers ... over all beings in this world and will rule in the future world as well" (**Ephesians 1:21**). HE is King of Kings and Lord of Lords. Then, put on "all the armor God gives" (see **Ephesians 6**) so that you will be ready to fight with God's weapons.

These are the "weapons of our (**prayerful Spiritual**) warfare" that can pull down (**satan**) strongholds in the **spirit** world (see **2 Corinthians 10:3, 4**). They will also protect you from the (**satan**) **attacks** that are sure to come once you begin the **spiritual** battle.

Next, bind the work of **satan**, knowing that Jesus has given you authority "to defeat the power of your **enemy**" (**Luke 10:19**).

If God shows you the identity of specific **spiritual (satan) strongholds** that are at work, take authority over these strongholds in the name of Jesus. And always **remember** that "God's **Spirit** is in you and is more powerful than the one that is in the world" (**1 John 4:4**).

Finally, as you begin the **spiritual** battle, take comfort knowing that you are **not** alone: Jesus also is interceding on your behalf! The Bible says that Jesus "is able to save forever those who draw near to God through HIM, since HE always lives to make intercession for them" (**Hebrews 7:25**, NASB; see also **Romans 8:26, 27, 34**).

PERSISTING IN BATTLE

Intercessory prayer is also prayer that **doesn't** give up. It's the kind of prayer that endures all setbacks and overcomes every obstacle. It's prayer that "presses on" until we "apprehend" God's will in whatever situation we are facing (see **Philippians 3:12**, KJV).

This kind of prayer is the key to seeing breakthroughs in your life and in the lives of those around you.

Jesus gave a great model for intercession in the story of the persistent friend. Here we see a friend who knocks on his neighbor's door at midnight to ask for three loaves of bread. The neighbor does **not** want to get up, but Jesus said, "because of his friend's persistence he will get up and give him as much as he needs" (**Luke 11:8**, NASB).

Then Jesus said, "Everyone who asks will receive, everyone who searches will find, and the door will be opened for everyone who knocks" (**Luke 11:10**). Those words mean keep on asking, keep on seeking, keep on knocking.

"In God's time, your persistence in intercessory prayer will reap a **spiritual** harvest in your life and the lives of those around you!

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BATTLING FOR YOUR NATION

Throughout the Bible, God searched for those willing to fight the **spiritual** battle for their land.

In **Ezekiel**, God says, "And I searched for a man among them who should build up the wall and stand in the gap before ME for the land, that I should **not** destroy it (**that is to allow satan to go ahead and to do his dirty work**), but I found **no** one" (**Ezekiel 22:30**, NASB).

Through intercession, you can take the offensive in the **spiritual (satan)** battle, building up your community, your nation and your world.

As you follow God's call to rise up and take your place in the **spiritual (satan)** battle, God promises to "**heal their land**" (**2 Chronicles 7:14**, NASB).

JOINING THE BATTLE

God is calling Christians to join HIS battle plan for this world -- to join in intercessory prayer. HE is **not** looking for perfect prayer warriors, just willing hearts who want to see HIS will come to pass on the earth. All you have to do is turn to the Lord in prayer:

"Father, I come into YOUR presence and ask YOU to give me the heart of the intercessor. Help me to be persistent in prayer until the breakthrough comes.

"Thank YOU for this powerful weapon of **spiritual (satan)** warfare -- and for YOUR faithfulness in my life. In Jesus' name. Amen."

GOD'S WORD ON INTERCESSION

"We live in this world, but we **don't** act like its (**the world**) people or fight our battles with the weapons of this world. Instead, we use God's power that can destroy (**satan fortresses**). We destroy **arguments** and every bit of pride that keeps anyone from knowing God. We capture people's thoughts and make them obey Christ" (**2 Corinthians 10:3 - 5**).

SCRIPTURES FOR STUDY

Isaiah 59:16; Galatians 6:2; 1 Timothy 2:1 -- Our responsibility to intercede

Genesis 18 -- The importance of righteous believers

Isaiah 58:6 - 7 -- The need for intercession

Romans 8:26 - 34 -- Help to intercede

Ephesians 6 -- The "armor" for spiritual battle

Unless otherwise noted, Scripture references are from the Contemporary English Version of the Bible.

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Psalm 40:2 New Living Translation (NLT)

² HE lifted me out of the **pit** of despair, out of the mud and the mire. HE set my feet on solid ground and steadied me as I walked along.

Related Topics => (YOU may Ctrl and Click below.)

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Why Am I - Here on Earth?

In other words, why are we even born if we are only to **die** some 70 or 90 - years later? **Isn't** there more to life than to say, "Eat, drink, and be merry for tomorrow we may **die**?"

Probably **not** if you believe the earth was created from a "Big Bang," that man evolved from amoebas millions of years ago, or that there is **no** Creator. Science is even discovering that the universe is getting old. It's **dying**, just like man, and it's **not** going to last forever. Something makes us wonder, "**Why am I even here?**" That something is God.

In the beginning God created the **heavens**, the earth, the humans, and the amoebas. The Bible tells us that God specifically created man and woman in HIS image and that HE desired to have "fellowship" (**companionship or friendship**) with HIS creation. HE "blessed them" and gave them "rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground" (**Genesis 1:1 - 28**).

We are here to tend the earth. We are also here for God's pleasure, which ends up being pleasurable for us — if we know HIM personally.

There is more to just living and **dying**. Each person is born in God's image, which is personable, able to love, to laugh, to feel, and to think. HE does **not** want anyone to be destroyed but wants everyone (**really**) to **repent** (**2 Peter 3:9**). What is **repentance** and why do we need it? When the first man Adam **sinned**, **sin** entered the world. Adam's **sin** brought **death**, so **death** spread to everyone (**Romans 5:12**).

Without recognizing that we **inherited** that **sin** status and trusting that God made a way through Jesus Christ to change our status through **repentance**, we can never have a relationship with God; for HE is **Holy** and we are **sinful**. We are here on earth to honor God, to know God, and to share the benefits of this experience with others while on earth so we can **ultimately** spend eternity in a place called **Heaven**. We can only do that if we know Jesus as our Savior.

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Why Do **Bad** Things Happen to Good People?

I've found that when most people ask this **question**, there's a hidden personal pronoun in it. It usually is "Why do "YOU" [**YOU** God, **let...**] **bad** things happen to people?"

It's an accusation we bring to God, sometimes because we **don't** understand.

But most usually when we are experiencing an acute pain in our life... a relational **hurt**; a physical **problem** or **illness**; maybe even a **painful** circumstance, like being falsely accused, blamed, **fired**, or generally put upon.

You get the idea. Now, let's take the most gut-wrenching **example**, the **death** of a child, and see if together we **can't** make better sense of why God would allow the **bad** to exist.

Why would God allow that?

Why would God allow a child to lose his or her little life?

(Oh, really? **Did they really lose their life?**)

From God's perspective, that life is **not** lost. God is able to restore to that child their **life**, so THERE IS **no** loss is suffered on the part of the child. Life is **not** lost to the ONE who can restore it.

What about the grief that parents and family experience? In our loss, the presence of God is available for us to experience HIS strength.

HIS comfort, HIS sustaining love and assurance in the face of the **evil** that exists. God sustains those who grieve for those HE calls to Himself.

What about the skeptics, who wonder how a loving God could allow such a thing?

The taking home of a child to be with God can awaken in the most hardened of skeptics the moral reality of God. In asking "How could YOU God?" It presupposes a moral authority who chooses the "how's" of life, the "how's" that it works by.

So, whether it's the child, family or skeptic... all have a witness of the reality of God. The existence of **evil** points to the reality of a God who can overcome even the **bad**. And we'd want **no** less a God.

My hope is that in asking this **question**, you will find HIS in the comfort of HIS presence breaking through the hurt to reveal the love of HIS Son Jesus right where you are.

Where is my life headed?

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[Ed Rodgers](#) => What about all the wars that have been fought in the name of Christianity?

Whenever this **question** is asked, the implication seems to be that war in the name of Christ is contrary to HIS mandate to “turn the other cheek” ([Matthew 5:39](#)).

Otherwise, why would anyone argue with the right to fight a religious **war**?

To understand the “big picture,” we must first understand that the “turn the other cheek” passage is part of the Sermon on the Mount.

Its messages pertain to individual believers. HIS famous sermon shows how believers should respond to temptation, injustice, and the everyday trials of life. It says nothing about **warfare**.

For some instruction regarding this, we must go to [Romans 13](#), which discusses some of the purposes of government as well as the proper relationship between believers and government:

"... For it [[government](#)] is a minister of God to you for good. But if you do what is **evil**, be afraid; for it does **not** bear the sword for nothing; for it is a minister of God, an avenger who brings **wrath** upon the one who practices **evil**." ([Romans 13:4](#))

God has given the state the power of life and **death** over its subjects in order to maintain order. Government also has the right to protect its people from **evil** by wielding the same “sword” in warfare. Some will argue that God has commanded, “Thou shall **not kill.**”

Therefore, Christians **cannot** engage in warfare. Actually, God’s command was against **murder, not killing.** Nowhere does the Bible say that believers should **not** join the military and thus, should **not** participate in defending their country.

Numbers 25:8 - 13 is one of many Biblical accounts where **killing** was required to eradicate **sin.**

However, the bottom line is that while the God of the Bible is a righteous judge, HE is also a God of love and mercy WHO detests the shedding of any **innocent** human **blood.**

Having laid this background, let’s look at what I believe is at the heart of the **question** — the **atrocities** committed in the name of Christianity — the Crusades, the Pogroms, the Holocaust, and the Inquisitions. While one could justify the Crusades as a response to the **Muslim** invasion of the **Holy Land**, there is **no** justification for the wholesale **slaughter** of **Jews**, or for the **killing** of “Christian brothers” along the way because their attire and customs were “different.”

Defending innocent lives or even a **Holy** site is justifiable. However, campaigns to eradicate an **enemy** or a race (**like the Jews**) are indefensible. Those alive today whose families have been affected by any of these tragedies **don’t** really care if the perpetrators (**or bystanders**) were truly Christians. The simple truth is that Christians today need to ask forgiveness for all the **bloodshed** in the name of Christianity.

When it comes to violence in the name of religion, Christianity is often compared to **Islam.** One could conclude that they are both equally guilty when it comes to **bloodshed.** Here’s the difference. All of the events listed above are an embarrassment to Christianity. Everything that happened was in direct violation to the teachings of the Bible. In contrast, every battle fought by believers in **Allah**, however **brutal** and **bloody**, was done with the blessing of the **Koran.**

Followers of **Allah** must **kill** all the **infidels** (**any Allah unbelievers**) in order to go to their **Allah heaven.** Followers of Jesus are commanded to **love** their **enemies** because they (**Jesus’ followers**) are assured of a place in **heaven**, and God wants even HIS **enemies** to be there, too.

#1. **John 19:30** NIV

#2. **Jeremiah 29:11** NIV

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Angels and Demons - An Overview

What Are Angels?

Angels are **spiritual** beings created by God to serve HIM. They are very powerful beings who also function as God's messengers. Many times, in the Bible they appeared to people and said, "I have come as a messenger from the Lord."

The New Testament tells us they are also ministering **spirits** sent to look after human beings who are the heirs of salvation (see **Hebrews 1:14**).

Jesus seemed to indicate that little children have Angels assigned to them, for HE said their Angels always behold the face of God (see **Matthew 18:10**). So, the concept of Guardian Angels has its basis in the Bible.

In addition to the worker Angels, there are Archangels -- Angel princes such as Michael (see **Jude 9**). Scripture seems to indicate that he represented an entire nation (see **Daniel 10:13**).

Although we do **not** know for sure what Angels look like, by most people here on earth, the Bible mentions some Angelic features. The first chapter of **Ezekiel** tells of a vision in which the prophet saw a group of Angels who were so **Holy** that they appeared as **flames of fire**. These creatures seemed to be like men, yet they had four wings and multiple faces (see **Ezekiel 1:5 - 6**). They responded instantly to God's **Spirit**. The book of **Isaiah** mentions Angels called "seraphim" who have six wings (see **Isaiah 6:2, 6**). Another group of Angels is called "cherubim."

Seemingly, cherubim were present to cover the very **Holiness** of God HIMSELF, and on the lid of the Ark of the Covenant their wings formed the throne for the presence of the Lord (see **Exodus 25:18 - 22**).

Angels are magnificent creatures, **not** at all like the tiny, childlike cherubs that we see in some Renaissance art. Their power is so great that just one Angel was able to destroy 185,000 Assyrian soldiers in one night (see **II Kings 19:35**).

Their presence is so awesome that those who see them have been known to fall unconscious on the ground or to voluntarily prostrate themselves (see **Daniel 10:9**).

The first government was a theocracy, where God dealt directly with the people. When God was in charge of things, **no** other government was necessary. HE worked through the family, clan, or tribe. The father or patriarch acted as the agent of God for the rest of the family.

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What Is A **Demon**?

Well; A **demon** is a **fallen angel**. When **satan**, who was the very highest angel, rebelled against God, **he** took a large number of the angels with him in rebellion. When their **rebellion** failed, they were cast out of **heaven**. Those angels are now **demons**.

(see **Isaiah 14:12 - 15**, **Ezekiel 28:12 - 19**, **Luke 10:18**, **Revelation 12:3 - 9**, **Matthew 12:43, 45**, **Matthew 25:41**, **II Peter 2:4**, **Ephesians 6:12**, **Jude 6**.)

In the same way that Angels can reach the very heights of **spirituality**, **demons** have the ability to reach down into great depths of **hatred**, **bitterness**, and **perversion**. **Demons** seem to be interested in **tormenting** people, **possessing** them, and leading them **away** from God and HIS **truth**.

Although **sexual lust**, **homosexuality**, **drunkenness**, **gluttony**, and **witchcraft** are expressions of **sinful** flesh, these things can also be expressions of **demonic** activity in the lives of people. I am persuaded that many grossly **perverted sexual** practices, such as **sadomasochism** and **pedophilia** (**sexual preference for children**), have **demonic** roots.

In a similar manner, **schizophrenia** (**split personality**) can be a mental **disease**, but it can also be caused by **demon possession**. I believe that Adolf Hitler and Karl Marx were both **demonized**.

Just as the Angels have archangels and higher powers, the **demons** have what are called "**principalities** and **powers**." It is possible that a single **demon prince** is in charge of New York, Detroit, St Louis, or any other real big city. Particular **sins** are prevalent in certain cities. One city might have rampant **homosexuality**, while another might be troubled by excessive **lust**, for money, material greed or of the oppose **sex**. In another, it may be **witchcraft** or **spiritism**. Nations, as well as cities, can be gripped by **demon** power. This could explain the willingness of the German people to tolerate the attempt of Adolf Hitler and the Nazi SS to exterminate all of the Jews in Europe.

There is conflict in the **invisible** (**SPIRIT**) world between God's loyal messengers and **demonic** hosts. Somehow in God's wonderful order, HE uses the prayers of HIS people to **restrain demonic** activity and (**are**) to direct the action of Angelic powers to control **demons**. The book of **Daniel** tells of a struggle between the Archangel Michael and the **demonic "Prince of Persia"** (**Daniel 10:12 - 13, 20**).

The Bible says, "HE who is in you is greater than **he** who is in the world" (**I John 4:4**). The Christian believer, by having the **Holy Spirit** within him, he has power over all **demons**.

When Jesus Christ sent HIS apostles out on their mission, HE said HE was giving them authority (**exousia**) over all the power (**dunamis**) of the **enemy**.

Jesus' authority is greater than **satanic** power. When the disciples returned, they told of casting out **demons**. The Lord said, "Nevertheless do **not** rejoice in this, that the **spirits** are subject to you, but rather rejoice because your names are written in **Heaven**" (**Luke 10:20**).

The **true** Christian believer has unlimited authority over **demons** in the name of Jesus, but that authority is nothing compared to the glory and authority we will know in **Heaven**.

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How Powerful Is **Satan**?

In a message addressed to the king of Tyre, but obviously meant for **satan**, we have these words, "You were the seal of perfection, full of wisdom and perfect in beauty.... You were the **anointed** cherub who covers; I established you; you were on the **Holy** mountain of God.... You were perfect in your ways from the day you were created, till **iniquity** was found in you" (**Ezekiel 28:12 - 15**).

And in **Isaiah**, "How you are **fallen** from **Heaven**, **O Lucifer**, son of the morning! ... For you have said in your **heart**: 'I will ascend into **heaven**, I will exalt my throne above the stars of God... I will be like the 'Most High'" (**Isaiah 14:12 - 14**).

Satan was the highest of the created beings. As such, **he** is extraordinarily powerful. **He** is also **subtle**, **deceitful**, **vile**, and **hateful** beyond imagination. Jesus called him the "**prince of this earth**" and the "**father of lies**." (See **John 8:44**)

His name **Lucifer** means "the light one." **His** name **satan** means the "**adversary**." **His** name Beelzebub, according to some, means the "lord of the flies" or the "restless lord." **His** name **Apollyon** means "**destroyer**."

(See **UNGER'S BIBLE HANDBOOK** (Chicago: **Moody Press**, 1966), 520 - 521.)

The apostle Peter said that **he** is like a roaring lion going to and fro seeking whom **he** may **devour** (see **I Peter 5:8**).

Christians must **remember** that **satan** appears as "**an angel of light**" -- very beautiful, very seductive, very appealing (**II Corinthians 11:14**).

His initial appearance is **not** that of some hideously deformed creature. That view comes later. **Satan's** guile and power **notwithstanding**, every Christian has the power, in the name of Jesus, to resist **him** and to overcome **him**. Jesus gave HIS disciples authority over all the **power** of the **enemy** (see **Luke 10:19**, **I John 3:8**, **James 4:7**).

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What Is **Demon** Possession?

Demon possession is the seizure of a human being by a **demonic** being to such a degree that the individual **is controlled** in whole or in part by the **demon** (see [Matthew 8:28 - 32](#), [Mark 1:23 - 27](#), [7:24 - 30](#), [Luke 9:37 - 42](#)).

The person who is **demon possessed** can manifest **demonic qualities** on minute and then be back in his right mind the next. The **disease** known as **schizophrenia** could, in certain individuals, be **demon** possession.

This could be the case in instances where the person may speak in **different voices** and act in **bizarre** ways. One minute he could be a nice, calm, normal individual, and the next minute he could **rage**, **foam** at the mouth, and speak in an entirely different voice, **blaspheming** God.

In certain instances, **demon-possessed** individuals hear voices – voice's that tell them to **kill** somebody, or to commit **suicide**, or undertake various kind of **sins**. Such people may have an uncontrollable **lust**.

They may have an uncontrollable desire to have harm done to themselves. **Masochism** and **sadism** and other **perverted sex** practices are, in many instances, the result of **demon possession**.

Demon possession can be manifested in many ways. But the goal of **demons** is to **debase**, **defile**, and ultimately **destroy** a human being who is made in the image of God. That is what **satan** wants to do: Attack God by **destroying** people who are precious in God's sight. However, people who serve **satan** -- the **satanists** and **devil** worshipers -- will eventually be **destroyed** by that **which** they worship.

It is interesting to note that those who volunteer to serve **satan** -- the **fortunetellers**, **spiritists**, **witches**, **warlocks**, and **satanists** -- are themselves consumed by **satan**.

Not only will they share **satan's** ultimate **punishment** by God, but they will be **tormented** and **debased** by **satan** himself prior to final judgment.

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Can A Christian Be **Demon** Possessed?

People disagree over whether or **not** a Christian can be **demon possessed**.

I recall an incident from my own life when I was staying in a motel near Seattle, Washington. One morning, when I was in that stage between sleep and waking, an awful **depression** seized me.

I felt that everyone was against me, that people around me were failing, and that everything I was doing was falling to pieces. Discouragement overwhelmed me like a **dark** cloud.

As I struggled to wake up, I realized I was under **demonic attack**. I immediately took control over it and said, "**Satan**, in the name of Jesus, I cast **you** forth."

The minute I said that, my mind was free, and my **despair** was gone. I realized later that the Seattle - Tacoma area led the nation in **suicides**.

The **spirit** that was coming upon me was a **suicidal spirit**, the sort of influence that would lead to such **depression** that a person would wish to **kill** himself. I was in an area where many had been gripped by this kind of **demon**.

Had I **not** recognized what I was dealing with, I could have gone into a very deep **depression** that would have been hard to get out of. Even **Spirit**-filled Christians are subject to this kind of **demonic** influence upon their minds or in their bodies.

However, I believe that if our **spirits** are joined to Jesus Christ, there is **no** way a **demon** can possess them. We have given our **spirits** to the **Holy Spirit** who keeps them safe. HE is stronger than **demons** (see **I John 4:4, Revelation 12:11**). So, I believe it would be impossible for a Christian to be possessed in his **spirit** by a **demon**.

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What Is **Exorcism**? How Can A **Demon** Be Cast Out?

Exorcism is commanding, in the name of Jesus, a **demon** to come out of an individual, a house, or wherever the **demon** happens to be. Exorcism is accomplished by even the soft-spoken word, in the name of Jesus, through the power of the **Holy Spirit**, and it is done simply and quickly (see **Acts 16:16 - 18**).

The person who is doing the exorcism should be filled with God's **Holy Spirit**. He should **not** have any un-surrendered **sin** in his life, because the **demon** will take advantage of any weakness. (see **Acts 19:13 - 16**). So, this person has to be pure of ulterior motives, **sexual** impurities, greed, and any other things that might lay him open to some charge by the **devil**, who is the accuser of the brethren.

Another word of caution: People should **not** go out looking for **demons** or make up **demons** where they do **not** exist. A believer should be prepared to confront **demons** when the need arises, but he or she should **not** go out looking for this kind of encounter.

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What Is Going To Happen To **Satan**?

Several things will happen to **satan**. The Bible says that **he** comes to earth, knowing that **he** has only a short time (see [Revelation 12:12](#)). Because **he** knows that **his** days are short, **he** will be filled with **wrath**.

We are going to see manifestations of **satan** in this world that will be frightening to those who do **not** know Jesus. We have already seen some hideous manifestations of **demonic power**.

For **example**, I think that Adolf Hitler was **demon** possessed and that the terrible crimes he committed against humanity were **satanic manifestations**.

I also believe that Karl Marx was a **satanist priest** and that his hideous philosophy, which has resulted in the **massacre** of tens of millions of people, is clearly based on **satanism**.

The persecutions of innocent people in the gulags of the Soviet Union and other Communist countries are manifestations of supernatural inhumanity. In the future we may see a flood of **evil** that will attempt to **destroy** all human **witness** to God on earth.

Another thing that will happen to **satan** is that **he** will possess a human being who is known as "**the beast**," or "the **Anti - christ**," who will become a worldwide **dictator**.

This **individual** will exercise power in the name of **satan** for at least three-and-a-half years (see [Revelation 13:4 - 8](#)).

There will be an attempt to set up a **satanic kingdom** on earth, with all manner of **lying signs** and **wonders** to back up the **authority** of the **Antichrist**. Finally, the people will be told to worship this **creature**. At that point, there will be a revolt against God and an attempt to **destroy** Israel. But when this happens, Jesus Christ will come back to earth and **destroy** the **Anti-christ**. The **devil** will then be bound for one thousand years (see [Revelation 20:1 - 3](#)).

During that time, we will have a period of peace on earth. Men will **no** longer be under **demonic oppression**. It will be a time of love, brotherhood, and **no** more war; even the animals will be at peace.

But at the end of this time, after man has seen the paradise that results when God's will is done on earth for 1,000 years, the **devil** will be set free one final time. **He** will lead one final assault on God.

But **he** will lose, and **he** will be cast into a lake of **fire**. **He** and **his angels** will be there for the rest of eternity with **no** possibility of escape. (see [Revelation 20:7 - 10](#)).

Does **satan** Know What I Am Thinking?

We do **not** know precisely how much **satan** knows or does **not** know of what we are thinking. Scientists have shown that electrical current is generated by the human brain.

According to at least one source I read, this current takes on the transmission qualities of radio signals.

This **explains**, in some measure, why people who are very close often know what each other is thinking without spoken words being exchanged. For this reason, it is possible that **satan** knows at least a little bit about what we are thinking.

It would seem, also, that **satanic forces** are aware of blessings and opportunities that **lie** before believers. It seems that **demonic forces** do everything they can to discourage the Christian just at the moment of blessing.

That has happened repeatedly in my life. Just before some great blessing comes, a time of maximum **attack** or **discouragement** seems to occur.

We do **not** know how well-informed, intelligent, or powerful **satan** and **his demons** are for sure. We understand something of **their** abilities, but we **cannot** be too definitive.

What we do know is that as believers, we have authority over **satan** and **his entire army**.

We also learn that God has placed a hedge of protection around us (see [Job 1:10](#)). We have the ability to attack and defeat **satan** while being defended by God against **satan**.

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Excerpt from [Answers to 200 of Life's Most Probing Questions](#) by Pat Robertson. CBN

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Can God change your life?

God has made it possible for you to know HIM and **experience an amazing change** in your own life. Discover how you can **find peace with God**.

Angels: God's Messengers

Angels are **spiritual** beings created by God to serve HIM. They are very powerful beings who function as God's messengers. Many times, in the Bible they appeared to people and said, I have come as a messenger from the Lord. The New Testament tells us they are also ministering **spirits** sent to look after human beings who are the heirs of **salvation** (see **Hebrews 1:14**). Jesus seemed to indicate that little children have Angels assigned to them, for HE said their Angels always behold the face of God (see **Matthew 18:10**). So, the concept of Guardian Angels has its basis in the Bible.

In addition to the worker Angels, there are Archangels -- Angel princes such as Michael (see **Jude 9**). Scripture seems to indicate that he represented an entire nation (see **Daniel 10:13**).

Although we do **not** know for sure what Angels really look like, the Bible mentions some Angelic features. The first chapter of **Ezekiel** tells of a vision in which the prophet saw a group of Angels who were so **Holy** that they appeared as flames of **fire**. These creatures seemed to be like men, yet they had four wings and multiple faces (see **Ezekiel 1:5 - 6**). They responded instantly to God's **Spirit**.

The book of **Isaiah** mentions Angels called seraphim who have six wings (see **Isaiah 6:2, 6**). Another group of Angels is called cherubim.

Seemingly, cherubim were present to cover the very Holiness of God Himself, and on the lid of the Ark of the Covenant their wings formed the throne for the presence of the Lord (see **Exodus 25:18 - 22**).

Angels are magnificent creatures, **not** at all like the tiny, childlike cherubs that we see in some Renaissance art. Their power is so great that just one Angel was able to destroy 185,000 Assyrian soldiers in one night (see **II Kings 19:35**).

Their presence is so awesome that those who see them have been known to fall unconscious on the ground or to voluntarily prostrate themselves (see **Daniel 10:9**).

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Can God change your life?

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Are **Demons**, Exorcisms Real?

The Exorcism of Emily Rose and the legion of Exorcist films raise important **questions** about the **spiritual** realm. Having personally witnessed what I believe was a very real exorcism with very real **demons**, my answer to the **question** is "yes."

"My mom is completely flipped out. I mean, she sees **demons** everywhere. Just this morning the car **died** on the way to school. She got out, pounded on the hood, and yelled, 'In the name of Jesus, I command the **foul spirits** of engine stalling to come OUT!'"

Tina [**all names have been changed**] was one teen I could always count on to be in church and youth meetings. She shifted in the office chair and twisted a strand of her blonde hair.

"It's really weird, Pastor Jim. She threw out my Oxy - 10 and tried to cast out the **demons** of clogged pores. Now she's convinced that my room's a wreck because I have an '**unclean spirit**.'"

Tina stared out the window as she tried to sort it all out. "Mom's acting really weird. But after last week, I know that **satan** and **demons** are real."

Last week, Tina, her friend Karen, and two guys from the youth group, Kevin and John, a couple of guys had been at our house playing Uno when the phone rang.

"Pastor Jim, Bret's growling and snarling like a wild animal and trying to jump off the balcony! He keeps saying that **satan's** coming for him." I yelled for Kevin and John to come with me, and for Tina, Karen, and my wife to pray for Bret -- and for us.

When we arrived, Bret was thrashing around on the second-story balcony, with two other guys from the youth group sitting on his chest.

"Stay away from me or I'll **kill** you!" Bret screamed. I decided that was good advice.

"Do you know if he's taken anything like 'PCP' or 'speed'?"

"**No**, he's been right here all night!" Roy yelled from the balcony.

"He was okay until we started talking about the Lord."

Bret showed up occasionally for videos and pizza, but he always seemed to avoid the Bible studies. I cautiously began climbing the stairs.

"I told you I'd **kill** you! He's **mine**!" The screeching voice sounded nothing like Bret's - it reverberated with a raspy, hollow sound.

The August air hung **hot** and heavy, but I instantly felt chilled and my body began to shake. Still suspicious that he was on something, I sniffed the air. I nearly gagged on the rotten - egg smell of sulfur.

"In the name of Jesus Christ and by the power of HIS **blood**, I command you to come out of Bret." The words coming out of my mouth even surprised me, as if someone else had voiced them. I was even more amazed when Bret instantly relaxed and stared at the two young men sitting on his chest while he laid sprawled on the balcony.

"What's happening? What are you doing here . . ." Bret completed the sentence by sneering "Pastor Jim" in a threatening voice, his eyes burning straight through me. He tossed his two friends against the house wall with **no** apparent effort. "I told you that you **can't** have Bret. If **we can't** have him, neither can you." Bret bolted for the edge of the balcony as all five of us pounced on him.

For over an hour we struggled, prayed, and we pleaded for Christ's power over the **evil** that seemed to **possess** Bret. Finally, and only after Bret himself asked Christ to come into his life did the **attacks** cease.

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Demon Possession

Now, one week later, I **couldn't** explain away **satanic manifestations** as merely primitive superstition or mental disorder.

"I think we now know, and Tina, that **demons** are real -- even in America."

We talked about the animal sacrifices that police were investigating in a nearby cemetery.

Officers had found black candles, inverted pentagrams etched in the dirt, and the charred remains of cats and chickens. We also talked about the **satanic** images and messages in some heavy metal song albums.

"It seems as if **satan** is doing everything **he** can to get people's attention off Christ, Tina. Whether or **not** those people in the cemetery and the heavy metal groups are **demon possessed** is anybody's guess. But **satan** certainly is keeping people's attention off Christ with **occult activities** and **music** that praises **death** and **satan**.

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Demon Obsession

Now it was my turn to stare out the window.

"Your mom has probably been listening to someone whose entire ministry consists of preaching against **satan**. **Don't** get me wrong, Tina.

Last week taught me that we need to talk in youth group about **his** power and activities -- and soon.

"But if we spent all our time in youth meetings talking about **satan**, the **occult**, **satanic lyrics**, and **demons**, we'd be taking our attention off Christ. I wonder if **satan** is just as content with **demon obsession** as **he** is with **demon possession**?"

"You know, Pastor Jim, now that you mention it, Mom's been watching that preacher on TV who's always casting out "**foul spirits**" of someone or something. And she's bought a bunch of this tapes and books."

"**Satan** is subtle. **He** can cause even sincere Christians to take their focus off Christ's power and to direct it to **his**. And that creates the kind of **fear** that grips your mom. The **enemy** is powerful, but we need to **remember** that 'greater is HE [**Jesus**] that is in us, than **he** [**satan**] who is in the world.'"

"Thanks, Pastor Jim. Oh, could you give me a ride home? Our car's in the garage with a clogged - up carburetor or something -- but **not** any **demons**."

Editor's Note: Since posting this article on his Web site, the author has received numerous comments from readers. On his site, he responds to one comment he received.

One particular comment, I need to address:

"Amen! Just yesterday a sister from our church got a **demon(s)** casted out of her.

It was pretty wild... it was saying all these things in this low raspy voice (**of which this woman does not have**). I, as well as the other brothers and sisters in church, as well as the Asst. Pastor who laid hands on her prayed and **it** was cast out! Praise God! That's **not** the only time I've experienced someone with **demons** being exorcised.

In fact, ... that's **not** the only time I saw anyone with **demons**... anyone with a serious "mental" problem is possessed by **demons**. Schizophrenia, Bipolar Disorder, Manic Depression... those are the names of those **demons**. However, Greater is HE who is in us than **he** that is in the world! – Alan (**September 2005**)"

Satan attacks people at their area of weakness. **He** tempted Jesus after HE was famished from a fast of forty days in the desert. And the very first temptation was aimed at HIS hunger (**Matthew 4:1 - 11**).

It would make sense that if someone had a mental weakness, such as a chemical imbalance, that is the area **satan** would attack. That **doesn't** mean, however, that that mental illness is caused by **satan**.

It's amazing how the anti-psychotic drug Haldol casts out the "**demons**" of voices in one's mind. Before claiming anyone is **demon possessed**, he or she should be thoroughly examined by a qualified professional for any physical or mental issues in concert with a qualified **spiritual** advisor such as pastor or priest.

To accuse someone with schizophrenia or any other mental disorder as being **demon possessed** is **not** only inaccurate, but incredibly cruel.

Break off your love affair with the **world**. The world and all **material** things. Break off your love affair with the earth's **flesh**.

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Demon of mental sickness.

Wash away my pain of my past.

All sadness, any pain, any **doubt** – I command to be gone. And God just said back to you, "I love you."

Say, "I am **not** satisfied where I am with God.

"Make Jesus your messiah and Lord."

You tell Jesus YOU are really **sorry** for all of YOUR **sins**.

"Lord, Jesus I am **sorry** for all my **sins**."

Jesus says, "I have the power to break YOU of from any and all **sin**."

"Jesus, I command with YOUR power to break me from any and all **sin**."

"Now you say." "Lord Jesus come live inside of me. Become real to me. Let me fulfil my Destiney. In Jesus Name, Amen."

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700 Club Interactive - July 10, 2017 => Dr. Michael Roizen, co-author of the new book "Age-Proof" will discuss the link between **health** and **wealth**; how someone can add years to their life while adding dollars to their bank account.

Devastated by Surgery, Man Needs a Miracle

Joseph is a retired Navy man, husband, and father. In 2013, he was diagnosed with esophageal cancer and successfully treated with chemo and radiation. **26 min**

<http://www1.cbn.com/video/700clubinteractive/2017/07/10/700-club-interactive-july-10-2017>

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Break off your love affair with the world. The world and all material things. Break off your **wrong** love affair with the flesh.

Demon of mental sickness.

Wash away my pain of my past **sins**.

All sadness, any pain, any **doubt** – I command to be gone. And God just said back to you, “I love you.”

Say, “I am **not** satisfied where I am with God.

“Make Jesus your messiah and Lord.”

You tell Jesus YOU are sorry for YOUR **sins**.

“Lord, Jesus I am sorry for all my **sins**.”

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“Now you say.” “Lord Jesus come live inside of me. Become real to me. Let me fulfil my Destiney. In Jesus Name, Amen.”

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She has 4 older brothers, an older sister and 1 younger brother and then 1 younger sister as she comes from a family of eight children. Roxane came from a happy childhood as far as she knows because that life is the only one, she knows. Roxane is at 5’ 6” - nice chest as a 35C inches but as she said she **didn’t** know that for sure so she guessed – beautiful **brown** hair - nice just right built legs - nice-shaped hips at 35 inches round as I am guessing - but as she said she **didn’t** know for sure - **brown** eyes - smooth skin – she is **not** athletic. She **doesn’t** like talking about herself as a woman personally to me as a man.

Roxane has her goal set as: **Now to find a good man, learn to really trust him and settle down and have two kids, a boy and a girl.** He asked if he could say grace and she said please do. Yeah, she really did say, "Yes, please do."

Their food came and the talk is very light and is all off of her. At the end James told her she is just way too tense with him and asked if he could pray for her about that and she agreed.

He is holding her hands and he is saying a soft prayer and she did loosen up her whole body up. She opened her eyes seeing that he is looking right at her, **OoPpSs** to her.

"Just relax and receive God blessings for you. May I ask for God's help in you forgiving those two men?" Her eyes got bigger, then that idea seemed to please her, as she told him, 'yes, please'. As he is praying, he felt a lot of tingles come from her go up through and out of him. A lot is being pulled off of her. James softly spoke in tongs for a minute. "God told me it is finished you are now a new woman. Yes, you do have MY, God's personal sent Angel just for you. She, your Angel is behind me so look and you can see your Angel." Her face expression totally changed.

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Lies You Should Never Tell Your Husband or live in man friend

9 Little **Lies** You Should Never Tell Your Husband - By [Jenna Birch](#)

*Names have been changed

"These jeans were only \$30!" "No, I **don't** care that your feet are on the coffee table." White **lies don't** doom a marriage, right? "We **don't** want to upset, annoy or scare our spouse, so it's easier to **lie**," says biological anthropologist Helen Fisher, PhD, Chief Scientific Officer of [Chemistry.com](#) and [Match.com](#).

But fibbing is a slippery slope. "When you **lie** continually, you **won't** be able to keep your **lies** straight. Your husband will find out you're **lying**, and then there's **no** trust." And a marriage like that **isn't** one you want to be in. Here, experts explain common **lies** women tell, how they can harm the relationship and what you can do instead of stretching the **truth**.

1. "I never talk about our personal life with my friends."

Some women tell their girlfriends about relationship problems, knowing their guys would be upset if they found out. "It's important for spouses to feel like their marriage is a secret, sacred space," says licensed marriage and family therapist Carin Goldstein, creator of [Be the Smart Wife](#). Taking private information to a friend means you're running from a problem to avoid confrontation.

Venting about your husband's messy closet is one thing, but **don't** take serious issues public. "If you're constantly asking a friend how to solve a problem in your marriage, then you're going to the **wrong** source," says Goldstein. "You're stunting your relationship by trying to [fix the issue](#) with another person."

2. "I had only one glass of wine at dinner."

Your husband may have told you he **doesn't** like how you act when you drink too much. "Maybe you flirt with other men or yell, which makes your husband critical of you," explains [Andra Brosh, PhD](#). So now you hide how many glasses of wine you've had so he's **not** on the lookout for **bad** behavior.

The problem grows when you start layering **lies**. "You might **stop** telling your partner where you're going out or make up stories about why you drank, which erodes trust even more." Instead of covering up your drinking habits, address your husband's concerns and work on solutions for valid issues together.

3. "I've never seen Jim outside of work."

If you think your husband **can't** handle your friendship with another man, you may think telling him about your relationship would create tension.

"Partners **lie** about meeting up with friends of the opposite **sex** because they believe they **won't** get caught-and they'd prefer **not** to open a can of worms," says Dr. Brosh.

But if you say you **don't** see a male friend and then do, innocent interactions can feel like betrayal if your husband finds out. "Tell your spouse you **don't** want to jeopardize your marriage for a friendship with your coworker, but you'd like to understand what bothers him about the relationship," says Dr. Brosh. "Work on what's triggering the jealousy. When two people feel a sense of safety in the relationship, having an opposite - **sex** friendship becomes less of an issue."

4. "I always watch what I eat."

"I buy these amazing coffee cakes sometimes on my way to work," says Renee* from Dearborn, MI. "I think I'll have just a piece at lunch but end up eating half the cake. I **don't** want my husband to know I've had that much."

Although some men may care about their wives' munches, the pressure to eat well is usually internal. "Women often make presumptions about their partners without ever hearing them say anything judgmental," says Dr. Brosh.

"You're judging yourself and then blaming him for preventing you from owning up to it." Cut yourself some slack about the occasional food indulgence. Tell your husband and laugh about it with him. **Lying** about a non-issue only corrodes trust in your marriage.

5. "I **wasn't** with Katie; I was only with Jennifer and Susan."

If one of your friends continually butts heads with your husband, you may feel like spending time with her means aligning with her. "So she'll tell him she went to lunch with someone else," says Dr. Fisher.

"**No** one wants to defend her choice of friends," says Dr. Brosh. "But you may resent your partner for 'making you **lie**.'" The solution: Have a conversation with your spouse about Katie's role in your life. Your husband may better understand the importance of your friendship - and like her a little better too.

6. "These new shoes? They were on sale."

"I bought electronic toothbrushes from my dentist," says Anna* from Fairfield, CT. "They were \$70 a piece and I said they were \$50 a piece. I know my husband would've said our regular toothbrushes were fine if the price was too high." Dr. Brosh says **lies** about purchases stem from the "power differential in the relationship, often modeled by parents growing up. The man controls the money, and the wife thinks she needs permission to purchase something."

Agree to discuss buys over a certain amount with each other, and feel free to keep mum when the total is under that (**knowing that he'll do the same**).

If your husband asks about a particular item, tell the **truth**. Past generations of men may have held the purse strings, but that **doesn't** mean your hubby does or wants to; he may just be curious.

7. "I **didn't** forget to go to the bank. I got busy and figured I'd go later."

You may **not** realize you tell the tiniest **lies**, but it probably comes from a sense you have to give a more legitimate excuse than the real reason, like simply spacing out. "**Lying about little things** is an avoidance of feeling shame," says Dr. Brosh.

Small **fib**s signify a deeper issue of insecurity. "If your partner tends to be condescending, **lying** might be a direct response to that," explains Dr. Brosh.

If you notice a pattern of senseless **lies**, be upfront with your husband so he can have a broader view of the situation and help you work through it.

8. "Of course you're great in bed. I'm totally satisfied."

Whether it's singing his praises or faking an orgasm, **lying** about between – the – sheets fulfillment happens a lot. "Wives **don't** want to feel responsible for their husband's shame," says Goldstein.

Dealing with dissatisfaction this way actually deepens the issue. "If a need's **not** being met, the problem will get bigger," says Goldstein. So nip it in the butt.

"First, ask yourself why you **can't** orgasm. Figure out what works for your body, and then say, 'I love it when you do this. Let's keep doing that.'" **Positive** reinforcement encourages your husband to continue doing the things you like in bed, which ultimately satisfies you both. **Bonus:** You build his confidence and spare his feelings.

9. "**No**, that **doesn't** bother me at all."

The honeymoon phase causes newlyweds to insist things that really bug them **don't** - and the annoyance can persist for years. If you're afraid of rocking the boat, you may hold grievances in until you're bubbling over with anger. "Spouses blow off little things, avoiding having to [talk about feelings and resolve issues](#)," says Goldstein. "But it's a major issue. I just dealt with this in practice and it ended in **divorce**."

A little recurring thing is a big deal. "With Twitter, Facebook and social media, there's so much room to act out what **isn't** getting resolved in marriage, confiding in another person," says Goldstein. Avoid that and be honest with your spouse. Try: "This may sound silly, but it annoys me when you put your feet on the coffee table. You leave smudges. Could you please use the footstool?" It may take some time (**and reminders**) to tweak his habit, but he'll get there-without you holding a grudge against him.

*Names have been changed

Original article appeared on [WomansDay.com](#).

Related: [Discover the 10 things your husband's friends are hiding from you.](#)

10 Things Your Husband's Friends **Won't** Tell You

Ever wonder what your husband's friends really think of you — and your marriage? You may be surprised to learn that your joking eye rolls at your spouse's corny jokes make his friends feel **bad** for him — or heartened to find out that his closest pals want to see you more. "People outside your marriage can often see blind spots we **can't** see," says Julie Hanks, LCSW, BCD, director of [Wasatch Family Therapy](#), which has multiple locations in Utah. We asked men to share their thoughts on their buds' wives.

Read on to see if you recognize yourself in any of the below and discover how you can benefit from these guys' feedback.

“We think you're judging us.”

Scott* is convinced that his oldest friend's wife is a snob. “Whenever we tell stories from years ago, she rolls her eyes as if to say we're pathetic for living in the past.” Even if you never say a thing about your husband's and his pals' antics, your eye-rolling can send the message that you think you're above them when you like them just fine. Perhaps you feel threatened by the amount of time your husband spends with his buddies, especially if their association predates you, says Elizabeth Lombardo, PhD, author of [A Happy You](#). So avoid setting up a “you versus them” dynamic. You need **not** adore all your partner's cronies, but your husband will appreciate it if you accept them cheerfully, noting the positive things they give him, like sharing memories of college.

“We wish you'd spend more time with us.”

The good news from this obvious compliment is that they like you. The **bad** news? They think you **don't** want to see them.

“It's cool that they want to get to know you; they value your husband enough to want to spend more time with the whole family,” says Hanks. So take the hint. You **don't** have to go to every softball game but consider inviting them and their significant others out for dinner.

Or when they call, at least talk to them for a minute (“**How's work? What's new at home?**”) before handing the phone to your hubby.

“We **hate** when you call him 10 times during poker night.”

Jeff* gets annoyed and defensive when his friend's wife phones more than once during a guys' night. “Why **doesn't** she trust him after all these years? It's **not** like he's doing anything wrong!” But it might **not** even be a matter of trust, says Dr. Lombardo.

“Often, when the husband is out and the wife is home, maybe with the kids driving her crazy, her stress levels go up and make her do things she **wouldn't** ordinarily do — like texting or calling incessantly.” But you **don't** want to be seen as a nagging wife. And how would you feel if your husband called you every few minutes when you're out with a friend? Unless you need him for a legitimate reason, **don't** check in multiple times.

“We're annoyed that you often come up with an ‘emergency’ to cancel plans.”

When you chronically cancel on a friend, they feel devalued, says Hanks — **no** wonder his chums **don't** think you take their relationship with your husband seriously. Ask yourself: Is there a pattern of forcing your husband to back out of plans with all his friends? Or does it happen only with a particular friend you **aren't** crazy about?

Instead of sabotaging time your spouse spends with his friends, “take a page from his book and arrange your own social plans,” recommends Dr. Lombardo. That said, if he truly is spending more time with the boys than with you, Dr. Lombardo suggests explaining what you want assertively (“**I would love some time for just the two of us. How about we go on a date this weekend? I’ve already lined up a babysitter.**”), rather than passive-aggressively (“**Oh, sure, go out with them again. I don’t care!**”).

“You can be dismissive of your husband.”

“If your husband’s friends are **true** ones, they’ll defend him if they see you putting him down,” says Hanks. That describes Frank’s* experience: “My good friend’s wife always belittles what he says. It makes me feel terrible for him and angry with her.” While this loyalty is a tribute to your husband, it’s a wake-up call for you. Maybe your tongue is too sharp or your attempts at humor are taken the wrong way. Or perhaps you correct his mistakes to prove you’re smarter. Explore whether there’s some buried resentment that’s making you disparage your husband in public, and deal with that behind closed doors, says Hanks.

It’s better to keep your mouth shut rather than put him down, which shows a lack of respect, she adds. In the meantime, try to see your spouse the way his friends see him — as a great guy who deserves your support.

“We **hate** that you begrudge him every dime he spends when you throw cash around all the time.”

Do you think the money your husband drops on restoring his classic car is extravagant? Perhaps he and his friends think it’s frivolous that you get your roots touched up every six weeks. “This comes down to a mismatch in values, a common issue in marriage,” says Hanks. “Unless one of you is spending large amounts of money without telling the other, tolerate (**within reason**) what your husband spends on his hobbies, knowing you have your own priorities.”

Hanks advises having regular check-ins about financial matters during which you discuss the big stuff (**college savings, retirement**) as well as your personal spending. If you’re worried about how much money he’s going through, tell him, and ask him if he has any concerns about your spending, says Hanks.

“You’re a beautiful 40 - year-old; why are you dressing like you’re 21?”

Jake* is uncomfortable when he sees his good friend’s wife dressing like her teenage daughter. “It makes me wonder if she thinks her husband **doesn’t** find her attractive anymore.” Your man’s friends may, like Jake, guess at what’s behind the Forever 21 look — others might simply feel uncomfortable around you. If you dress the way you do purely because you love it, **don’t** worry about what anyone else thinks.

That said, **notes** Dr. Lombardo, “be careful you’re **not** trying to be someone you **aren’t** or solicit extra attention.” And if it’s **true** that your husband and his friends think you’re beautiful when you dress and act your age, well, that’s one good reason to shop where grown women do.

“You’ve changed your husband for the better!”

“I have a friend who was kind of a mess before he got married. His apartment was like a dorm room, he never exercised and he always ordered fried food,” says Rod.* “Now that he’s married, the rough edges are smoothed out.” And Rod completely credits his pal’s wife for the **positive** change. Guys like Rod may never share this praise with you because they **don’t** want to offend you or your husband, **don’t** feel close enough to you or **aren’t** comfortable bringing up the subject. But take this as a reminder to work to bring out the best in your husband, says Dr. Lombardo. “It’s good for him, sure, but also for you because it fills you with **positive** energy.”

“It’s annoying when you intercept texts and phone calls.”

Steven* was shocked to discover that a friend’s wife had been reading texts her husband received. “It made me think she’s insecure, and it turned me off her,” he says. Same goes for interrupting phone calls, assuming the friends **aren’t** ringing at **bad** times, like when you sit down to dinner or are putting the kids to bed. “His pals might perceive that you’re keeping him on a short leash,” says Hanks.

Again, think about why you’re acting this way. Are you envious that he’s on the phone with the guys and **not** plopped on the couch next to you? Are you worried they’re talking about topics that would upset you? Then tell your husband directly, says Dr. Lombardo.

“You flirt with us.”

True, some women are friendlier than others. But if you’re trying to get your husband’s attention — by sparking jealousy, say — his inner circle may notice.

“Try to see how people around you perceive your behavior,” suggests Dr. Lombardo. Is everyone having a good time and joking back and forth? That’s fine.

But if you suspect you’re making someone uncomfortable, rein it in. And if you’d like more attention from your husband, “flirt with him!” says Hanks.

*Names have been changed.

Read more: [Things Your Husband's Friends Won't Say - Tips for Talking to Your Husband - Woman's Day](#)

Related: [Learn 10 things your husband should never do.](#)

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10 Things Husbands Should Never Do

Guys, we love you, we really do. But as wonderful as you are, every so often you do something that makes us want to jump out the nearest window (or push you out first). Please, please, **don't** ever...

1. Offer to “babysit” your own kids. When your 16-year-old neighbor does it, it’s called babysitting. When a parent does it, it’s called child care, and it lasts for at least 18 - years (or at times many more years). Get it?

2. Imply that office work is harder than housework. At the end of a hard day, there may be smoke coming out of your ears, but let’s face it: You’ve basically been sitting on your butt. That same smoke is coming out of our ears too — but we’ve cleaned the house, shuttled the kids around, run errands all over town and lugged grocery bags besides. When we say we’re exhausted, we are exhausted.

3. Give a home appliance as a gift. Forgive us if we **can't** work it up for this one. A new washing machine? Really? Can we get you some new snow tires?

4. Buy us the “cougar” perfume. Under our crew-neck sweaters may beat the heart of an untamed vixen — but most of us **don't** want to smell like one. (Nice try, though.)

5. Brag about your driving. This is supposed to let us know that ours **isn't** so great. If my husband tells me one more time that he’s been “accident - free since 1978,” I’m going to reach over, grab the wheel and make the car swerve into something, just to shut him up.

6. Be unimpressed by a meal that took a lot of time and trouble. I **don't** know whose fault this is (Food Network? Julie and Julia?), but every so often we get the idea that it would be fun to make stock and spend the day basting. If the result is less than earth-shattering, say something nice anyway.

7. Buy clothes without trying them on. We know that the second you get into a department store you start to feel faint but do us a favor and take the extra five minutes. Otherwise, you know who gets stuck with the returns?

8. Know it all, especially in public. Oh, honey. While you’re going on at length about whatever it is, we’re taking the temperature of the room, and we know everyone’s starting to fidget.

9. Say anything remotely critical about our new haircut. Sometimes getting a new cut goes well; sometimes it **doesn't**. Usually we know the difference. **Don't** rub it in.

10. Expect a medal for doing a little housework. Umm... it's your house too, right? For now, we'll give you the bronze. Maybe someday, if you work hard enough, you can pick up a gold.

Read more: [Marriage Humor at WomansDay.com - Husband and Wife Humor - Woman's Day](#)

Related: [Check out the 8 secrets of sexually satisfied couples.](#)

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8 Secrets of Sexually Satisfied Couples

Your sister, your best friend, your cubicle-mate — you keep hearing about these women who enjoy fabulous **sex** lives with their partners. But how do they manage to keep it **hot**, especially when they have a couple of kids and more than a few years together? So you **don't** have to broach the subject yourself, we asked a few lucky women for their secrets to a satisfying **sex** life. Here's what they had to say — and how you can apply their advice in your own bedroom.

1. They schedule **sex**.

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What? Put "Have **sex**" on your calendar? " Absolutely!" say couples happy with their **sex** lives.

Rather than **killing** the mood with a lack of spontaneity, scheduling **sex** tends to "take away all the very real excuses I could otherwise use, like that I'm exhausted after working and getting the kids to bed," says Holly Jenkins,* who has been married for two years and has three boys under the age of 10. "For couples in long-term relationships, planning a romantic interlude leads to a higher-quality, more enjoyable **sexual** experience," says Victoria Zdrok Wilson, JD, PhD, who cowrote [The 30-Day Sex Solution](#) with her husband, John Wilson. Instead of thinking of calendar **sex** as unromantic, view it instead as a delicious form of foreplay. Send each other anticipatory texts, plan what you'll wear (**or not**), and so on.

2. They lock the bedroom door.

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This little bit of hardware is essential in a home with children, says Jennifer Flanders, who's been married 24 - years and has 12 children, ranging in age from 11 months to 23 - years. She jokes that whenever the family moves to a new home, a new lock on the master bedroom tops the to - do list. Even if you **don't** have a physical lock, creating a sense of boundaries is key, says Sacha Mohammed — married 14 - years, with 7- children. "I always made sure the children were put to bed on time when they were little so my husband and I could have our time together; the kids were also taught to always knock to announce their presence." According to Dr. Zdrok Wilson, "each couple needs to evaluate their environment and determine the optimal conditions for great **sex**." For some, a lock may be enough to create an adults - only barrier.

Others may need to go further to create a **sensual**, relaxing haven in their bedroom by banning electronic gadgets, computers and TVs, **not** to mention kids and their toys!

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3. They have perfected the quickie.

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During certain critical periods in a marriage — particularly when you're new parents — time and energy are both at a premium. Couples who maintain a good **sex** life during these challenging times have learned to make the quickie something that's good for both of them. If you've avoided speedy **sex** sessions in the past because it takes time for you to physically get in the mood, **don't** underestimate the power of the mind - body connection. Try thinking of a place or time when the **sex** was amazing, and use it like a meditation, taking yourself back there in your mind, says Sharon Gilchrest O'Neill, marriage and family therapist and author of [A Short Guide to a Happy Marriage](#).

And "**don't** be afraid of fantasizing," she adds, because if you can figure out how to use 20 minutes to your advantage, you can avoid dry spells in your **sex** life.

3. They experiment.

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"Be open to different ways of expressing yourself **sexually**," says Jenkins. "As with music, people tend to like a mix of the predictable and unexpected." You have to find the right balance between being adventurous and being conventional: **Don't** be so conventional that it's boring.

But **don't** be so adventurous that you lose your intimacy - or level of comfort. This could mean everything from positions to the overall attitude you bring to the intimate encounter. **Sexual** ruts — always doing it on a certain day, at a certain time, in a certain room — can breed boredom. Something as simple as mixing it up on the living room floor or in the shower can add some much - needed spice.

Or get out of the house entirely. "Many couples report that they have the best **sex** when they're **not** at home," says Dr. Zdrok Wilson.

"I call it 'the dirty little motel' syndrome." And it **doesn't** have to be limited to when you're on vacation — hire a babysitter or drop the kids off at their grandparents' house every once in a while so the two of you can book a room even if it's only for a couple of hours.

5. They keep communicating.

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Mohammed says that "excellent communication skills" is the top reason she and her husband continue to enjoy a satisfying sex life. "Before we got married, my husband told me we would talk about everything, and he meant it," she says. There's no other way to understand what your partner wants, needs or enjoys other than talking.

And don't make assumptions: You may be surprised to learn that what you thought was foolproof doesn't really float his boat anymore, says Gilchrest O'Neill. "Save those conversations for when you're not having sex, though in the actual moment, speak up about small adjustments your partner can make to increase enjoyment."

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6. They avoid or reject excuses.

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"Many of the excuses other couples use to avoid **sex** — like headaches, stress, tiredness or arguments — are some of the exact same reasons we choose to make **sex** a priority," says Flanders. "**Sex** relieves pain, reduces stress, promotes better sleep and motivates us to settle our disagreements quickly."

Beware of letting excuses take on a life of their own, because, to use one example, the kids **aren't** needy babies forever, and before you know it **sex** is so far on the back burner it's fallen completely off the stove. "Brainstorm solutions to the things that get in the way of having **sex**," suggests Gilcrest O'Neill. Tired? Go to bed earlier. **Not** enough time? Get creative with the hours or minutes you do have. However, if the root of your excuses **isn't** fixable with practical changes (**for example, if there are underlying problems or resentments**), consider seeing a therapist.

7. They trust each other.

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Jenkins cites her and her husband's adventurous **sex** life but is quick to add that for adventurousness to exist, it has to be preceded by trust. "Great **sex** is a reflection of the overall rapport and communication you have in other rooms of the house. To have trust with your spouse, you have to always try to build each other up outside the bedroom.

If you say or do something critical or disrespectful to your partner during the day, why would he want to be naked and try something new with you later that evening?" she asks. Trust, comfort and ease with each other happens when you engage in active listening, says Dr. Zdrok Wilson. "You have to work on listening to your partner in an active, empathetic way and reciprocate by confiding in him, and baring your own feelings," she says.

Once you two feel like allies — and **not** adversaries — your **sex** life will feel more honest and, hopefully, a lot **hotter!**

8. They care about their appearance and health.

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"We still take pride in how we look for each other," says Mohammed. Certainly staying in shape and paying attention to appearance helps you and your partner maintain the mood. But it's **not** just about pleasing your partner's eye; taking care of yourself makes you feel good about yourself. **Not** only that, but your libido is dependent on your overall health. "When you feel unhealthy, tired, ill or lacking in energy, you're **not** likely to be motivated to engage in regular **sexual** activity," says Dr. Zdrok Wilson.

So, hit the gym, put on some makeup or dress up even if you're **not** going out anywhere. Do whatever makes you feel **sexy** and he's guaranteed to notice.

* Name has been changed.

Read more: [Sexually Satisfied Couples Tips - Secrets of Couples Who Have Great Sex - Woman's Day](#)

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You Might Also Like:

10 Marriage Rules You Should Break

Forget age - old axioms for long - term wedded bliss

The two of you should do everything together; work out every disagreement (**without actually fighting**); spend every night in the same bed; and never, ever be bored. Say what?! These and other so-called “rules” for marriage need some serious debunking. And it’s **not** just because rules your mother may have passed on are outdated; some may be downright damaging.

In fact, “breaking some marriage ‘rules’ may be the best thing you can do for your relationship,” says Barbara Bartlein, RN, MSW, psychotherapist and author of *Why Did I Marry You Anyway?* Here are 10 rules you can break with confidence.

4. Never go to bed **angry**.

Where did this one come from? Turns out, it may go as far back as the Bible, which advises **not** letting the sun go down on your anger. But trying to work through a problem when you’re tired and stressed **won’t** get you anywhere, says [Elizabeth Lombardo](#), PhD, psychologist and author of *A Happy You: Your Ultimate Prescription for Happiness*. “Agree to disagree for now, and to revisit the issue when you’re rested.”

5. Never vacation without each other.

The received wisdom here is that if you have time off from your jobs and lives, you should naturally prefer to spend it together. One problem with this rule is that you and your spouse may **not** have the same definition of a great getaway (**you like to ski, he’s a beach bum**). The other danger, says Dr. Lombardo, is the belief “that you have to be each other’s everything, and that’s just **not** realistic.” Sometimes, you need a spa weekend, and he may want to go camping (**or vice versa**). Just be sure that you **don’t** always take off without each other.

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6. If you fight, you're headed for **divorce**.

Actually, says Bartlein, research shows that couples who never fight — assuming that means they're holding back to avoid conflict — are more likely to split. You need to find ways to fight healthily and productively (**without blaming, name - calling and the like**), but that said, being committed to respectfully airing out conflicts is a far better rule than “keep your mouth shut.”

7. Always be 100% honest.

In marriage, **no-holds-barred honesty is not** always the best policy. For example, “you **don't** need to share details of past relationships,” says Bartlein. “That invites comparisons, and when you compare, someone comes up short.” The bottom line: You need to be polite and caring when it comes to your partner's feelings.

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8. Once you have children, they come first.

“So often, I see couples who have put their relationship on hold in order to be good parents,” says Dr. Lombardo. But those couples, she says, have it exactly backward. Making your relationship top priority is better **not** just for you, but for your children, who need to see you in charge and who feel safer and more secure with parents who have a loving relationship. “Create couple-only time during which you do **not** discuss bills or children, where you do fun activities and enjoy each other's company.” The kids will be all right.

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9. You should never sleep in separate beds.

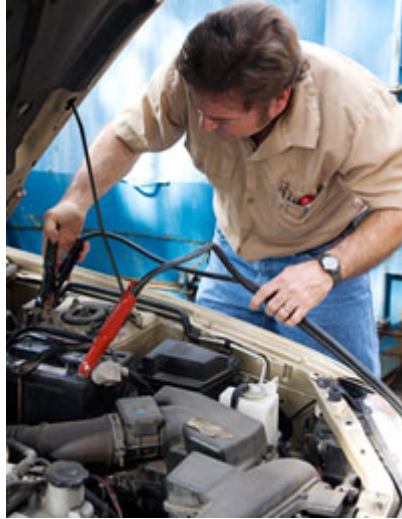
Um, snore much? It's a myth that couples always sleep better and more cozily together than apart. One partner may be a toss-and-turner, or one may hit the hay early while the other keeps a reading light burning till the wee hours. So if one of you occasionally decamps to the guest room, **don't sweat it. "Getting a good night's sleep is crucial to the health of your mind, body and marriage," says Dr. Lombardo.**

Just be sure a separate - bed habit **isn't about avoiding **sex** or physical intimacy.**

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10. Partners should sync up their hobbies.

Though spending every free moment you have training for a marathon while your spouse works on his classic car **isn't** good for your marriage, neither is subscribing to the notion you should quit doing what you love just because your husband **doesn't** love the same things. Giving up your passions is akin to forgoing your independence, and “without independence in a marriage people feel trapped,” says Bartlein.

Pursue your separate interests and find activities you both enjoy.

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11. If there's **no spark, you're doomed.**

Many married couples understand intellectually that they **won't** always experience that I've – been – drugged – by - love feeling in a long - term relationship.

“But many still believe that when the spark **dies** out, it means they're in the **wrong** relationship, and seek something new,” says Bartlein.

Long-term relationships survive on commitment and trust, out of which grows love. The mistake here is to believe that you can live forever on fireworks, or even just love, alone.

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12. Boring is **bad**.

The problem with this so - called rule, says Bartlein, is when couples confuse a calm, predictable union with a **bad** one.

A drama - filled relationship may feel exciting, but in the long run it's **not** likely to be healthy. **Isn't** it better, she says, to "boringly" know where your spouse is every night than to be "excited" by constant ups and downs? "Better to have a safe, relaxed, 'boring' life together in the everyday. You can always inject excitement with vacations and activities."

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13. You should have **sex** with your partner to make him / her happy.

This may be a particular problem for women, especially new mothers.

“**Sex** becomes yet another item on your to-do list, and you think you have to do it for the sake of your marriage, and the happiness of your spouse,” says Dr. Lombardo.

While neither of those reasons is **wrong**, they **shouldn't** be the only reasons. “**Sex** is for both of you.”

Read more: [Marriage Rules - Best Marriage Rules and Advice to Break - Woman's Day](#)

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7 Instant Mood Boosters

Brighten your **spirits** in **no** time flat with these easy tricks

Read more: [How to Feel Better - Mood Boosters - Woman's Day](#)

Reach for the sky

Get on your feet, look to the ceiling and stretch your arms straight up, spreading your fingers. "The simple act of standing prompts a boost in circulation, delivering oxygen - and energy - rich **blood** to your cells," explains psychotherapist Kimberly Willis, PhD, author of [The Little Book of Diet Help: Expert Tips and Tapping Techniques to Stay Slim for Life](#). And smile as you hold the stretch: It will trigger the release of feel-good brain chemicals.

Read more: [How to Feel Better - Mood Boosters - Woman's Day](#)

Turn "to - do" into "it's done!"

Turns out that just having a to - do list can seem overwhelming and make you feel tired instead of inspired to finish the tasks. So, create an "it's done" list to give yourself a sense of achievement, suggests Tamar Chansky, PhD, author of [Freeing Yourself from Anxiety](#). Take a minute to write down 10 quick things you've accomplished today or this week.

Read more: [How to Feel Better - Mood Boosters - Woman's Day](#)

Use your imagination

Has a hectic day left you longing for a relaxing beach vacation? Go there — in your mind. "Your brain responds the same way to a vividly imagined experience as it does to a real one," says George Pratt, PhD, coauthor of [Code to Joy: The Four-Step Solution to Unlocking Your Natural State of Happiness](#). Close your eyes and focus on the sights, smells and tastes (**the sensory parts**) of your chosen escape.

Read more: [How to Feel Better - Mood Boosters - Woman's Day](#)

Go for the good carbs

To boost your levels of serotonin, a calming brain chemical, try a carb - rich snack. **No**, this **isn't** a free pass to binge on chips: It only takes about 30 g of carbohydrate (**4 cups of air-popped popcorn**) to get the lift.

Try half of a whole - grain English muffin with 1 Tbsp jam, or 1/2 cup oatmeal.

Read more: [How to Feel Better - Mood Boosters - Woman's Day](#)

Put on something bright

Just changing out of that gray or black shirt and putting on one in a bold color can give you a lift, says Jennifer Baumgartner, PsyD, psychologist and author of [You Are What You Wear](#). Bright shades of **red**, **pink** and **yellow** are best for stimulating your brain.

Read more: [How to Feel Better - Mood Boosters - Woman's Day](#)

Try acupressure

One quick way to ease stress from a **bad** mood? Rub an acupressure point that helps release tension in your body, suggests Dr. Willis. Grab the skin between your thumb and first finger with the thumb and first finger of your other hand. Gently massage in circles for a minute, then repeat on the other hand.

Read more: [How to Feel Better - Mood Boosters - Woman's Day](#)

Choose your words wisely

"Nothing's going right! Everything is out of control!" Sound familiar? When you get stressed, it's easy to slip into an all-or-nothing mentality. But that can just drag you down, says Dr. Chansky. A simple solution: Use the word some.

In other words, "Some things are going right, some things, like a few **aren't**." Suddenly, the glass is looking half-full.

Read more: [How to Feel Better - Mood Boosters - Woman's Day](#)

9 Ways to Initiate **Sex**

Jump - start your love life by learning how to put the moves on your man

Read more: [Initiating **Sex** - How to Initiate **Sex** - Woman's Day](#)

You've heard all about the [benefits of having sex](#)—it can improve your health, help you sleep and, obviously, strengthen your relationship. And the best way to have more **sex** is to ask for it. But for some women, that's easier said than done.

It may be because you **can't** figure out a way to get the message across, or you're exhausted, shy or just plain out of practice, says Aline Zoldbrod, Ph.D., **sex** therapist and author of [Sex Talk](#). **No** matter what the reason, if you're **not** sure how to give your man the hint, read on for nine tips to initiate romance.

3. Put it in writing.

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Sometimes, saying, “I want you, now” out loud can feel intimidating or embarrassing, especially if that kind of talk **doesn’t** come naturally to you, says Tammy Nelson, Ph.D., a couples and **sex** therapist and author of [Getting the Sex You Want](#). But writing down your desires can help shake off your inhibitions, since you can get your point across without face – to – face contact. Pop a **note** in your husband’s coat pocket before you leave for work, send him an email (**to his personal account!**) or tap out a quick text message. What you say depends on your relationship, but, “Try to break out of your comfort zone to help build erotic anticipation,” says Dr. Nelson. Texting things like, “**Can’t** wait until tonight,” or “Having a naughty thought about you right now” can work to build excitement for what’s to come.

Or, Dr. Nelson says, you can be more graphic than you might feel comfortable doing in person, saying something like, “Tonight, I’m getting into bed naked and will do XYZ to you...”

4. Establish an “I’m in the mood” code.

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Between the two of you, come up with a word or phrase that is a secret call for **sex**. “Make it something that you can say in front of your kids, or even your in-laws,” says Dr. Nelson. The contrast between how ordinary the code sounds to others and what it really means to you stirs up excitement and fosters intimacy. Try something like, “Honey, can you help me balance the checkbook later?” or, “I really have a headache!”

3. Get — and stay — in the mood.

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When it comes to summoning **sex**, getting yourself in the mood is half the battle. “You are more likely to initiate **sex** later if you pay attention to your own feelings first,” says Dr. Zoldbrod. Look at some erotic images, such as those in the [Kama Sutra](#), or read a few passages from a favorite romance novel to put you in a **sexual** state of mind.

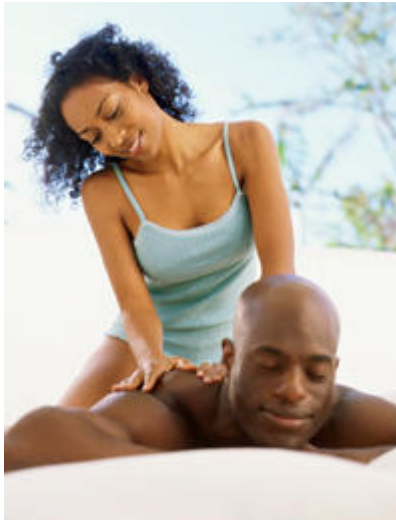
If that’s **not** your speed, just spend some time thinking in detail about the last time you had **sex**, which will help rev your appetite.

Dr. Zoldbrod also recommends going for a walk to boost endorphins, wearing lingerie to work or even thinking about your favorite celebrity crush. By reminding yourself to keep **sex** at the forefront of your mind all day, the **positive** vibes will last well until bedtime, inspiring you to make a move.

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5. Send a nonverbal cue.

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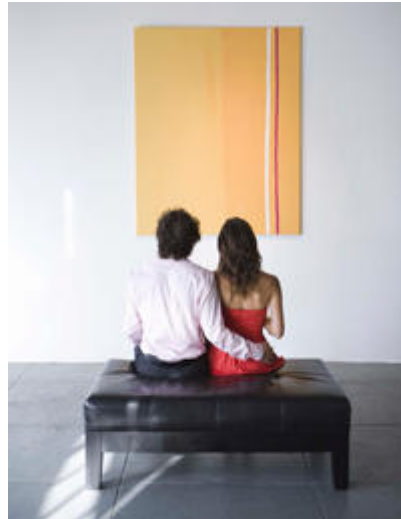
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If verbal requests for **sex** are out of your comfort zone, **don't** worry: non-verbal initiation can be just as powerful. Try a kiss on his neck or a little ear-nibbling while he's on the computer or watching TV, suggests Dr. Nelson. Then escalate the gesture by stroking his arm while you're sitting near each other. Ramping it up slowly like this serves two purposes: First, the element of surprise can boost **sexual** feelings; secondly, the non-verbal come-on can be unexpected, which could pave the way for spontaneous **sex**, says Dr. Nelson.

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5. Try something new together.



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Explore unknown territory as a couple, whether that means attending a free art class at your library, going to see a foreign movie or signing up for a volunteer opportunity in your community. “When couples do new things together they produce more dopamine, the feel-good brain chemical,” which will help make you feel closer, says Dr. Zoldbrod.

And if you enjoyed that foreign film or art class and ended up making love when you got home? That tradition will likely catch on, so doing it after any excursion may become a delicious habit.

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6. Be generous with compliments.



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As relationships progress, couples are often less inclined to court and complement one another.

Noticing — and appreciating — each other’s **positive** attributes **not** only fosters affection but will also remind you both of the early days of your relationship, when **sex** was likely intoxicating and frequent. The key here is to identify those times that your partner looks **sexy** or really impresses you, and tell him rather than keep it to yourself, says Dr. Nelson. Try something like, “I was looking out the window when you were mowing the lawn. You looked so **hot** in those shorts!” Or, “Honey, you just look so **sexy** to me when you’re cooking us dinner.” That kind of appreciation is an ideal segue into **sex**.

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7. Change the timing.



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Instead of initiating **sex** as the two of you are brushing your teeth or settling into bed with a book, make your move during unusual-for-you at times, says Dr. Nelson. The idea is that by taking him (**and yourself!**) by surprise, you may shed a few of your inhibitions, since the experience will feel out of context. “Try anything that’s out of the ordinary, like hugging him from behind when he’s washing dishes and whispering, ‘Wanna do it?’ in his ear,” says Dr. Nelson. Turning the expected on its head sparks excitement — for both of you. Conversely, the same thing might happen when you make the effort to schedule **sex**; the anticipation — and the habit — all build **sexual** excitement as you count down towards “go” time.

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8. Play the “remember when” game.



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As you’re sitting on the couch together, or over dinner, recall your best, **sexiest** memories.

“Saying things like, ‘Hey, **remember** that time when we went to Jamaica on that vacation and it took us a whole afternoon to even leave the hotel room?’ tells him that you are thinking about him in a **sexual** way,” says Dr. Zoldbrod. And reminiscing together about past experiences will **not** only pave the way for a romp in the hay, but will also reinforce the bond between you as a couple.

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9. Be straightforward!



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Being absolutely direct is natural for some women, and a little harder for others. If you can master it, nothing works better, says Dr. Nelson. What man **doesn't** want to hear, "I'm taking a shower. Care to join me?" Or, "Get in bed. Now."

The perks of being direct are that you **don't** have to worry about being clever or creative, or expending loads of time and energy conjuring up ways to ask for it. And in this case, practice makes perfect! The more you directly ask for **sex**, the more second nature it will become.

Read more: [Initiating Sex - How to Initiate Sex - Woman's Day](#)

20+ Perfect First Date Ideas

Skip the dinner and a movie and get close with these unique [date ideas](#).

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Go to the Beach

Frolic on the sand at a local beach. Whether you live by an ocean or a lake, take a blanket and a picnic lunch for a guaranteed fun time. Play touch football near the water, and talk about your favorite summer vacation trips. If you're really getting along, let him reapply sunscreen to your back later in the day.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Botanical Garden

Smell the roses at a botanical garden. Wind your way through manicured lawns and groves of blossoming trees, taking the time to sit near the fountains. Sip cups of tea at the outdoor café, and enjoy the romantic scenery.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Cornfield Maze

Get lost together in a corn maze. It might take hours for you to find your way through, but who cares! After you get out, warm him up with a cup of **hot** cider and some cuddling. Check the Corn Maze Directory at cornmazedir.com for one in your area.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Beer Brewery

Suggest a brewery tour and he'll think you're the coolest girl in the world. Make the factory setting more romantic by playing footsie during the introductory video and holding hands during the bottling demos. By the time you're ready to taste-test, he'll already be drunk on love.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Comedy Club

Laugh together at a comedy club improv show. Be prepared to play along if the actors pull you onstage at some point in the evening. Your date will think you're easygoing and fun, and he **won't** be able to **stop** talking about the girl with the wonderful sense of humor.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Amusement Park

Spend the day running around an amusement park. Find time to chat as you wait in line for rides and share a bag of cotton candy at the dolphin show.

As a cheesy memento, offer to buy the photo of you both screaming as you plummet downhill on the big roller coaster.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Aquarium

Filled with angel fish, tiger sharks, and ancient sea turtles, **no** place exudes romance more than an aquarium.

Stroll through the hushed, darkened rooms, pointing out your favorite creatures, and he'll notice how beautiful you look, illuminated by the glow of fish tanks.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Learn to Dance

Sign up for an hour of swing dancing lessons. Even if he's **not** light on his feet, he'll enjoy grabbing your waist and twirling you around. Stay for the all-couple dance session afterward to get more practice — or as an excuse to keep touching each other.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Play Games at the Arcade

Challenge him to a Dance - Dance Revolution duel at your local arcade. Buy a bucket of quarters and play each game at least once, keeping track of your wins. After you're out of tokens, count up your tickets and the one with the highest score gets to pick out a prize.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Play Ball

Practice hitting curveballs at the batting cages. Keep increasing the speed after each round if you're feeling athletic and tell him you think he would look great in a pair of tight baseball pants. Who knows?

You could end up playing on the same coed softball team in the very near future.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Practice Your Golf Swing

Book an hour or two at the driving range. If you really end up hitting it off, play a game of nine holes and grab a drink at the clubhouse for even more one-on-one time.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Go Bungee Jumping

For the ultimate dating adrenaline rush, get your **blood** pumping by going bungee jumping. Ask for a double harness, and cling to each other as you soar through the air... just resist screaming in his ear. Once you survive the experience, plan your next extreme date: skydiving.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Shop the Farmers' Market

Browse the stands together at your local farmers' market. Ask growers for their recommendations on fresh fruits, artisan cheeses, and homemade loaves of bread, and take your organic goods to a nearby park for a delicious feast. **Remember** to pack utensils, plates, and a blanket from home.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Feed the Ducks

Gather up your stale bread and feed it to ducks at a pond. Share some crumbs with children hovering around and laugh at their excitement. Bring along fresh sandwiches and drinks for a picnic lunch next to the water.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Race Go - Karts

Race around a track in go - karts. Take turns behind the wheel to prove you **don't** "drive like a girl," and have fun trying to knock cocky teenage boys off course. If you're really feeling frisky, suggest driving your own cars for the ultimate Speed Racer showdown.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Go Horseback Riding

Take the reins and plan a get - together on horseback. Find the nearest stables and rent two trail horses for the afternoon. If neither of you have much equestrian experience, take a couple of laps around the arena before trotting out into nature. Hopefully, you'll be galloping together in sync before you know it.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Check Out a Jazz Club

Groove to sensual sounds at a jazz club. Sip martinis at a table for two and tap your toes to trumpet solos and the thumping of a stand - up bass. You'll feel sophisticated and relaxed, and he'll be mesmerized at your beauty by the glow of candlelight.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Fly a Kite

Take a kite to the beach or a local park for an afternoon spent with your heads in the clouds. First, work together to get the kite up, then brush hands as you pass the handle back and forth.

If the wind **won't** cooperate, head to the swing sets and catch some air there.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Hit Up a Karaoke Bar

Sing your hearts out at a karaoke bar. Down a couple of drinks for courage while you peruse the song list. Belt out a crowd - pleasing favorite together, and then judge everyone else's performances à la Simon Cowell.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Go to the Spa

Your **hot metrosexual** will enjoy an hour of pampering at the spa just as much as you. Suggest a polish-free mani and pedi, then stroll down your town's main street, window shopping along the way. **Stop** at a sidewalk bistro for cappuccinos and biscotti.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Play Mini Golf

Maneuver your way around windmills and closing doors at a mini golf course. Ask him about his putting technique, as you wait for the slow families in front of you. Add up your strokes for each hole, and loser buys the winner slushies at the concession stand.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Visit the Museum

Marvel over dinosaur bones at the natural history museum. Trail behind a tour group to hear folklore from ancient Mesopotamia and spend a couple of hours analyzing Egyptian artifacts. Once you've walked through all the rooms, grab a table at the café for sandwiches and intellectual – yet - flirty conversation.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Plant Trees

If you're the eco - conscious types, check with local environmental groups for an afternoon of planting trees and flowers at a city park. Your date will appreciate your commitment to the Earth, and you will appreciate working together for a good cause. Afterward, hit up a nearby health food store for fruit smoothies.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Stroll Through the Park

Keep it simple with a stroll through the park. Pick out your favorite frozen treat from an ice cream vendor, and get to know each other, while you people-watch from a park bench. Find a Little League team to root for and share favorite memories from your childhood.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Take a Wine-Tasting Tour

Wander through vineyards on a wine - tasting tour. Rent a van to shuttle you from place to place, so you **don't** have to worry about driving. Set up private tastings at several different wineries, then pretend to taste the oak in a glass of pinot noir.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Go Rowing

Glide around a lake in a rowboat. Take turns mastering the oars and try **not** to capsize your tiny craft. If you're feeling brave, recreate the "Kiss the Girl" scene in The Little Mermaid... minus the singing fish.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Sail Away

Rent a sailboat and take to the water. Play first mate to his captain by shoving off and rigging the mast. Then let him steer you to a secluded alcove, where you can drop anchor and enjoy the ripple of the waves — and each other's company.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Get ta Cooking

Channel Julia and Paul Child at a French cooking class. Master the art of separating egg whites and taste each other's tarts straight out of the oven. If your soufflé falls flat, promise to make him your infamous pesto linguine another night.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Play Tennis

Impress him with your **killer** serve on the tennis courts. Keep the competition friendly by volleying back and forth, then challenge him to a real match to show off your skills. For a low - impact option, take him to a recreation center for a lively game of Ping-Pong.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

Trivia Night

Combine powers to form a dream team at trivia night. You'll laugh as you wrack your brains for the capital of Zimbabwe and bond over your shared knowledge of obscure horror films. If you end up winning, put the prize money toward your next great date.

Read more: [Romantic Date Ideas - First Date Ideas - Marie Claire](#)

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Research for: Mother – Daughter week end (**To add in here.**)

Research for: Mother – Daughter week (**To add in here.**)

Research for: Father – son week end (**To add here.**)

Research for: Father – son week (**To add here.**)

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Her Guardian Angel manifested behind me. He can see by her face, with more wide - open eyes.

“She will shrink down to a bright small speck of energy and she will always be right by your ear, always.” He is looking at her, watching her face expression.

This small 10 - inch or so Angel floats past him and her Angel is now on the table facing her and her Angel goes down in to a blue - white speck and her Angel moves up to her shoulder as she is smiling back at him. “God says for me to tell you to look by both of my ears and right now for they will only show you their selves for a short few seconds you can see my two Angels as small specks.” She nods yes that she sees them.

James prays for a short time more now and he ends it as, “In Jesus Name. Amen.” She just sits there. “Well you now know that God loves you and our great Jesus took all of that past situation away from you and God will take care of that. And yes, you know now you do have an Angel. Your Angel has always been with you and she will stay with you.”

She asked him if he knows. “Yes.”

“It was just so terrible for me. Will I ever be aright with a man?”

“Yes. You are Okay now, you, Roxane are alright now.”

She moves her head yes but James thinks she has a lot of **doubt**. “There is a table and chairs out back and we would be alone.” She moves her head yes.

He checks the two lunch tickets, he put 15 dollars down which is a six-dollar tip and they leave with her on his arm. In back there is two tables and four chairs at each one in the shade. They sit across and she tells him she has been getting ready for these few days for a long time. They hold hands across the table.

He tells her, this **bad** event with her is gone but God today is just using me to let you know that your **bad** event Jesus has taken from you and Jesus will deal with this for you, you are to please just receive HIS love back to you. She agreed.

“God wants you to know HE had sent special Angels to your brothers Angels to have them to come right up to the timber line shack.

“You were only age 16 and they were both age 18. You were right **not** to fight them much undressing you because they would have hurt you really **bad**. Yes, the one man took your virginity but you did **not** get any of his seamen in you. HE says, “I, God looked ahead and they were never going to come back to ME.

“I have sent many special Angels to and for your brothers and both is doing well with ME and themselves. I, God loves you and you are right now alright. I have allowed you to see three of MY Angels.

“You may talk or call on ME anytime. I have sent James to you and you please learn to love and trust ME again.”

After a few minutes, “Oh wow. God is real. HIS Angels are real and I have seen three of God’s Angels. I am alright now, ah, **didn’t** God said so.” James agreed.

He got her hands and pulled her up, he told her please **don’t** move or react at what I do and then when I kiss you then you may react to your today new feelings, okay? She agreed. He placed his left hand on and around her right breast and he squeezed softly. He felt her tense up and which she showed to him her dislike and her tension build up, he **stopped**. He moved his left arm around to her back and he passionately and slowly kissed her for a full minute. As they kiss, he placed his right hand on and around her left breast and squeezed softly a few times and he felt her nipple firm up as they kissed. He pulled back away, “Feel my right hand.” Oh. She could now feel his hand on her other breast. “Now check your left breast nipple.” She did and she could feel her nipple is out more and more firm.

“Understand you are fixed and you are alright.”

She pulled him back to her and she gave a passionately and slowly kissed him again.

“Wow. I liked the first kiss and the second kiss, let’s do that again.” James told her **no**, that her bloomers would catch on **fire**. She smiled and hit him gently on his arm and told him her bloomers would **not**.

He asked her if she felt better. She told him yes. He asked her if she felt more like a woman. She thought on that for a moment, “Yes I do and your kiss kind of tingle me inside.” She wanted to change to lighter clothes because it is warming up and they went to her room two doors from his own motel room door. He would knock on her door in 10-minutes and she told him **no** please come in.

She got out a **yellow** draw string over her head top; a cream peach skirt that goes down below her knees as he sat in the chair. “I need to do this for me,” Roxane said. Her sweater came off, she is facing him with only her bra on top and placed her sweater on her bed over the pillows, she got the other top and slipped it over her head.

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Many years ago, two Angels had promised James that it is their job, to keep him safe. For his 28 days MIA as James's situation in the jungle when he became more desperate for his life, he wondered if both Angels did, have exhaust every avenue to protect him?

His 28 - day event being in Vietnam war MIA journey changed his life. It is now James’s hope that this story will inspire you in your life’s path too.

You know that this story is in part an Angel narrated story. Life could be especially tormenting if you did more than dated a most beautiful young woman and then he lost. But what does it really mean with God in the middle of her Life?

Maybe this will help you too. Ah, for in one story part as - She got her period back. For him I have attempted to present his story with the needed details, which rest upon the **true** facts to maybe help a few others still on their earth life path.

Hopefully, this story will give people some answers, guidance and comfort to those people who have or will experience any similar circumstances. Many today, as you have to deal with these same conditions.

If **not** all, then for some answers then maybe some help with the **true questions** a person has and maybe where to research those answers you as any person are seeking.

I hope to encourage you to use these people’s stumbling blocks as positive hurdles, to show you that they, as you do, have the advantage to overcome any devastation in their lives and maybe even in yours. May research: “New Living Translation” – [PSALM 91](#)

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[Psalm 91](#) New Living Translation (NLT)

¹ Those who live in the shelter of the Most High will find rest in the shadow of the Almighty.

² This I declare about the Lord: HE alone is my refuge, my place of safety; HE is my God, and I trust HIM.

³ For HE will rescue you ([that is me](#)) from every trap and protect you from **deadly disease**.

⁴ HE will cover you with HIS feathers. HE will shelter you with HIS wings. HIS faithful promises are your armor and protection.

⁵ Do **not** be afraid of the **terrors** of the night, nor the arrow (**and I include any VC bullets**) that flies in the day.

⁶ Do **not** dread the **disease** that stalks in darkness, nor the disaster that strikes at midday.

⁷ Though a thousand fall at your side, though ten thousand (**how about upping that to over 20,000 VC**) are dying around you, these **evils** will **not** touch you.

⁸ Just open your eyes and see how the **wicked** are punished.

⁹ If you make the Lord your refuge, if you make the Most High your shelter,

¹⁰ **no evil** will conquer you; **no** plague will come near your home.

¹¹ For HE will order his Angels to protect you wherever you go.

¹² They will hold you up with their (**Angel**) hands so you **won't** even hurt your foot on a stone.

¹³ You will trample upon lions (**that includes and Tigers too**) and cobras; you will crush fierce lions and serpents under your feet!

¹⁴ The Lord says, "I will rescue those who love ME. I will protect those who trust in MY name.

¹⁵ When they call on ME, I will answer; I will be with them in trouble. I will rescue and honor them.

¹⁶ I will reward them with a long life and give them MY salvation."

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Angel Frank looked at Angel Sadie, "Yes, and they will choose to read this story again with a whole different view.

"More Angels are on the way here to help hold up the veil," Angel Frank shares with them as 35 other Angels also hear this as they come in.

We go on about these two Angel Frank and Angel Fred – through his life path in these story parts and also you and I meet up with Angel Sadie and Angel Simon.

For now, we start with these two. Yes!

The Angels will at times serve as narrators, in recounting some events in people's lives, in what they told James as we pass them in life. Think about going back to your youth and about starting this story out from a young person viewpoint. Think about the small details of what any young person will grow up with and through in the first twenty-some-years of their life that affects them even up until today.

Think about what YOU went through back through your young life growing up. For events back in life that makes some people uncomfortable. Older people will do whatever they can to resist any change. Some of what you are about to read may shock you. Some of it may even **anger** you.

But **remember** this story is **not** meant for you to in any way change you. But is only meant to encourage you to look inside, deep inside you, for you to learn what you really do think and for you to challenge some things you were miss-led to believe maybe that time may have been many years ago.

Who are you?

What are you?

Why are you?

Who is your "father" that really put you together in your mother's womb?

You are part of the divine: in your body, your soul and in your **spirit**. Your **spirit** is the one who is really you!

This is an attempt to open your insight also into you, what is really inside you. For you to find out what you really do stand for. About what you and who you are, as what most people **don't** see about you, **don't** feel about you, and most **don't** even know about you. Use this story as you're starting point. As you read also really use your Mind, Soul, and **Spirit**.

Okay, man is an animal by his body and in his human flesh by his Mind, Soul or Self, and you're Inside **Spirit**: you are a real complex organized intelligent person. That is what we are! That is really what you really are!

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Throughout history tells about Angels and Guardian Angels. Angels have appeared and otherwise do even today communicate with humans. This is the first story, in part, from Angels engaging, communicated in a person's life.

This is unique in and presents accounts of persons having communication, real interactions with Angels.

It may have some of your own **questions** that have gone unanswered. Interaction with Angels and it is our intention to tell some insights to your Guardian Angels.

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Guest: **Dr. Sandy Kulkin**

January 20, 2019 => Dr. Sandy Kulkin says it is time to discover who you have been created to be — and the secret is hidden in your personality.

28 ½ min

https://sidroth.org/television/tv-archives/dr-sandy-kulkin/?src=eappeal012619&utm_campaign=eappeal&utm_medium=email&utm_source=uminate

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When we speak of gifts to Jesus (**that is to Jesus – to God – to the Holy Spirit – back to us**). When we ask Jesus to do this.

When we ask for a massage or a “**Word of Knowledge**” of who God wants to **heal** and let us get back a word of God’s will. Same as when we ask for whom God wants us to bring HIS Kingdom to today. For all of us to sow seed or water today. We each may ask for miracles – we may ask for **healing**. If it is a missing hand that has instantly is grown – it is a miracle.

If the hand is cut or hurt and is fixed - it is a **healing**. We have but just started in this story too touched on some of the gifts anointed by God to us.

Remember!

USAF Special Forces Team => We **don’t** shoot to **kill**; we shoot for the team only to stay alive.”

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Shed **Sexual Shame** (**and Your Clothes Along the Way**) | Alyse Kelly-Jones | TEDxCharlotte

Almost everyone is a victim of **sexual shame**, over anything from who you want to have **sex** with to where you want to have **sex**, or even if you want to have **sex** at all. This **shame** sneaks into almost every other facet of your personality, causing trouble for you and those you interact with every day. Though it will be difficult, getting rid of **sexual shame** is possible and is something you can start to do right now. Dr. Alyse Kelly-Jones is nationally recognized speaker on obstetrics & gynecology, as well as female **sexual** health issues.

She has testified before Federal Drug Agency investigative committees in support of Addyi, a newly developed medicine designed to help women suffering from hypoactive **sexual** desire disorder. An iron-distance triathlete, Dr. Kelly-Jones also founded Tri It For Life, an all-volunteer organization, dedicated to mentoring and training women to compete in their first triathlon. Over 2,500 athletes have completed their first race with Tri It For Life and have made live-long friendships and found new fitness along the way. She guides the vision for this organization with chapters in Charlotte, Huntersville, Raleigh and Charleston.

Born in Iowa City, IA, Dr. Kelly - Jones soon moved with her family to Melbourne, Florida, where she grew up as an athlete and academic leader. She said she has wanted to be an OB/GYN since she was in third grade. She attended the University of Florida, graduated from its College of Medicine and arrived in Charlotte in 1999 to join Mintview Women's Care. She currently serves as the managing partner for her group. She is married to the fabulous Richard Jones and mother to their three amazing children, Rich, Ben and Nate. This talk was given at a TEDx event using the TED conference format but independently organized by a local community. Learn more at <https://www.ted.com/tedx>

<https://www.youtube.com/watch?v=0WsV5utzvSA> 14 min

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The woman's Hymen: A Membrane That Is Widely Misunderstood

The **truth** behind all those **bloody** sheets.

"Hymen" derives from the Greek for membrane. Hymen was also the Greek god of [marriage](#). These two facts summarize the conventional [wisdom](#) about this widely misunderstood tissue, that this fabled membrane covers the vaginal opening, and is "pierced," "broken," or "torn asunder" when women wed and have intercourse, presumably for the first time.

For thousands of years, many cultures have believed that "breaking" the hymen caused pain, hence the [belief](#), still current, that women experience -- in fact, should experience -- pain on first intercourse. In addition, some cultures have believed that if **questions** arose about a young woman's virginity, an examination could determine whether she was or **wasn't**. An intact hymen demonstrated her virtue while anything else proved she'd already been deflowered. Many cultures have also believed that "piercing" the hymen caused **bleeding**.

In these cultures, shortly after weddings, new husbands were expected to produce **bloody** sheets to prove they'd (1) married virgins, and (2) consummated the marriage.

Ridiculous. Here's the rare **truth** about the widely misunderstood hymen.

For reasons that remain unclear, female babies are born with membranes surrounding their vaginal openings. Most hymens are doughnut shaped and open in the center. Newborns' hymens tend to be prominent and thick.

But as the years pass, most hymenal tissue thins and the opening widens. During [childhood](#) most hymenal tissue wears away as a result of washing, walking, athletics, self-exploration, and [masturbation](#), though little bits may remain around the vaginal opening, particularly in the area closest to the anus ([hymenal tags](#)).

The intact hymen almost never covers the entire vagina. If it did, virgin girls could **not** menstruate. However, the opening may **not** look like a doughnut hole. In some women, it has a ladder - like appearance with bands of tissue extending from one side to the other. In others, it resembles a honeycomb with multiple small openings. And in rare cases, an estimated one in 200, the hymen's single opening is so small that fingers, tampons, and erections may **not** be able to enter comfortably or at all ([imperforate hymen](#)). For women with imperforate hymens, a simple surgical procedure snips away the excess tissue.

But in most women, by [adolescence](#), any remaining hymenal tissue offers **no** significant impediment to using tampons or enjoying pain-free intercourse.

If hymenal tissue has largely worn away by adolescence, why do so many women experience pain on first intercourse? The **sexological** literature is oddly quiet on this issue. But I have a few ideas:

Pain on intercourse is a fairly common gynecological problem. It may be caused by many conditions. Some pain on first intercourse may have to do with medical issues.

Because of the mythology surrounding the hymen, many (**most**?) women expect first intercourse to hurt, which may become a self - fulfilling prophecy. The expectation of pain causes [anxiety](#), which can turn minor discomfort into pain.

According to the National [Health](#) and [Social Life](#) Survey (1994), about one-third of women recall **not** wanting [sex](#) their first time or recall being forced into it during incest, **sexual** assault, or other coercion or exploitation. Exploitive or assaultive **sex** can cause tremendous anxiety and produce or aggravate pain.

Even when women fully consent to first intercourse, an estimated "75 percent feel unprepared and find their initial **sexual** experience distasteful," according to the late **sex** therapist Sandra Leiblum, Ph.D. "Young Romeos, even those who care deeply about their girlfriends, typically lack the **sexual** skill and finesse for enjoyable intercourse." **Fearful** that women may change their minds, young men often rush into intercourse before women feel emotionally ready for it, and before their vaginas have become sufficiently relaxed and

receptive for pain - free intercourse. Once erections enter young women, the men they're attached to often imitate the pounding, piston-like action of [pornography](#). Such mechanical, non-sensual **sex** can also cause pain.

Even if first intercourse is totally consensual and loving, sweet, and sensual, natural anxiety around their first time may interfere with women's release of vaginal lubrication. Poorly lubricated intercourse also contributes to painful intercourse.

Residual hymenal tissue may also contribute to discomfort or pain, but for the vast majority of women, hymen issues play a minor, if any role in pain on first intercourse ([unless the woman has an imperforate hymen that has not been reduced beforehand](#)).

Finally, what about all those **bloody** sheets? Rushed, non-sensual, poorly lubricated, piston-like intercourse might abrade sensitive vaginal tissue enough to cause **bleeding**. But throughout history, in cultures that have insisted on female virginity at marriage, the stakes have been very high. **No blood** on the sheets deeply dishonored the bride's family and might even bring charges of marital fraud. Many brides have taken **no** chances.

Often under their mothers' direction, they have filed a fingernail to a sharp point and on their wedding night, cut themselves on the thigh, producing enough **blood** to stain the sheets and satisfy tradition -- and the mythology surrounding the hymen.

<https://www.psychologytoday.com/us/blog/all-about-sex/201103/the-hymen-membrane-widely-misunderstood>

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Body Language secrets, How to Deal with Difficult People, Danger Phrases, Power Phrases, and more!

In this free online effective professional communication skills training course video on **Body Language** secrets, How to Deal with Difficult People, Danger Phrases, Power Phrases, and more, you'll learn professional tactics you can immediately use both at work and at home to communicate with more power, clarity, and precision.

If you're looking for more professional communication skills courses online, with topics that include **body language** secrets, dealing with difficult people, speaking with power, tact, and finesse, developing a personal compass, effective customer service skills, making presentations, closing the sale and much more, you've found it.

This professional English communication training will help you communicate with confidence, tact and finesse by giving you the professional tactics that will help with both personal and professional development.

World - renowned communication skills expert Dan O'Connor shows you the secrets to successful communication both at work and at home. This professional communication skills training video teaches you simple, powerful, and easy-to-use visual communication strategies that you can start using today to be seen as more powerful and competent at work. If you're looking for professional development training from the world's best, Dan O'Connor is a keynote speaker and author specializing in communication skills, and Dan is the creator of "Tactical Communication Skills Training System" which has revolutionized the communication training industry. For more information, click Dan's link above, or check out all of his videos, books, audios, and other resources at

<http://www.danoconnortraining.com/tra...>

Looking for a motivational keynote speaker, communication skills trainer, or workshop facilitator for an upcoming event? Contact us at info@danoconnortraining.com or call us at 877-570-1573.

Please like, share, and comment on this video, and make sure to subscribe to get all Dan's latest videos before your competition does.

If you like Dan's YouTube training, you might want to consider Brian Tracy, Leo Gura, Brian Johnson, Les Brown, Tony Robbins, or Evan Carmichael. Then please write me to let me know what you think!

<https://www.youtube.com/watch?v=Gaj3XI9vasc> 35 min

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19 Military **Lessons** that Made Me a Millionaire

If you removed the military from all of my life experiences, I **wouldn't** be who I am today. Here are 19 - military lessons that made me a millionaire.

#1: Managing Chaos - [5:29](#)

#2: Mission Driven - [6:26](#)

#3: Limited Resources - [6:53](#)

#4: Multi-Task - [8:05](#)

#5: Perform Under Pressure - [9:16](#)

#6: Managing Risks - [11:19](#)

#7: Thick Skin - [12:34](#)

#8: Build a Tribe - [14:19](#)

#9: Leadership - [16:45](#)

#10: Learning About Other Cultures - [18:02](#) #

11: Adapt - [19:09](#)

#12: Survivability - [19:56](#)

#13: Independence - [20:02](#)

#14: Strategy - [21:00](#)

#15: Health - [21:07](#)

#16: Preparation - [22:06](#)

#17: Paranoia - [22:13](#)

#18: Work Ethic - [23:02](#)

#19: Discipline - [23:06](#)

Subscribe to the channel: <http://www.youtube.com/valuetainment?>... Valuetainment -
The best channel for new, startup and established entrepreneurs.

<https://www.youtube.com/watch?v=6w0Q3xe4Cxs> 26 min

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**Manifest your Gifts – Dr. Myles Munroe | Steve Harvey |
Denzel Washington Testimony**

Speakers:

Dr. Myles Munroe

Steve Harvey

Denzel Washington

These men books are available at Amazon.

These three - men expressed the importance of Identifying your gifts if you want to live life to the fullest. They also give their own testimony on how difficult life was before developing their own gifts.

CONTACT INFORMATION: Inspirationalhabits@gmail.com \

<https://www.youtube.com/watch?v=pVM1-ZFZGac> 29 min

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Cancer – First way to get rid of cancer – it is through Prayer.

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Why **don't** we see more **healings**?

Why **don't** we see 100 percent **healing**?

We always want to talk about what we want to see instead of what God called us to be in Christ. **Holy Spirit** is the teacher who is teaching us to walk out who we are in Christ. Sometimes we forget why the **Holy Spirit** came to us in the first place. I hope this little clip gives you some clarity in Christ.

www.royalfamilyinternational.com

<https://www.youtube.com/watch?v=Pfb86hELqmA> 9 min

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Natural **Cancer** Cures and Why You **Don't** Know About Them

May 29, 2014 => I love you and want you to thrive, and I KNOW you can. We are fed bollocks about **cancer** by the money's interests. Two out of the three legal treatments for **cancer** are themselves carcinogenic and **kill** 2/3 of patients who try them. Treatments that really work and **heal** people like herbs and natural foods are **illegal** for practitioners to practice. We MUST as a culture use our innate wisdom and acknowledge the body's brilliant self-**healing** design.

Watch this video to gain understanding of how we got to the place of **illness** being a trillion - dollar business and how to get back to the basics for self- **healing**. Self-**healing** is enjoyable and effective.

<https://www.youtube.com/watch?v=1g4FITsbze0> 10 min

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Drinking Baking Soda for Health Benefits / How To Improve Your Health

Feb 21, 2014 => Here is an updated video to my previous baking soda video. Why drinking something simple like baking soda can improve your health and sports performances.

Also awesome for acid reflux.

Marcus Guiliano is the chef & owner of Aroma Thyme Bistro located in the bountiful Hudson Valley of New York.

Chef Guiliano has been an advocate for over 10-years on healthy, sustainable, local & real food. He found his mission in cooking when he reversed over a handful.

<https://www.youtube.com/watch?v=MKC45xXVKKc> 10 min

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Baking Soda **Cancer** Cure?

June 7, 2011 => Truther Girls T-Shirts: <http://thetruthergirls.spreadshirt.com/>

Could the cure for **cancer** be as simple as sipping baking soda and molasses?

It took a lot for me to change my views on the curability of **cancer**, but after looking into this for a long time, I realized that many of the alternative treatments worked by alkalizing the body, which facilitates oxygenation.

<https://www.youtube.com/watch?v=eXa9TBaZDpw> 8 min

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5 Reasons to Drink Apple Cider Vinegar

Sep 9, 2013 => Apple Cider Vinegar for detox and weight loss. Brock shares 5 reasons to start your day with 1-2 Tbsp. of apple cider vinegar.

<https://www.youtube.com/watch?v=rVR0xmvnA78> 4 min

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Cancer => The Forbidden Cures!

**Feb 8, 2014 => Astounding revelations of various cancer cures suppressed by reptilian /
Illuminati AMA and FDA.**

<https://www.youtube.com/watch?v=NAMYAoiCSsI> **1 hour 32 min**

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2013 Oklahoma Power & Love Testimonies 701 – 452 – 2755

These are just a few of the testimonies from the 2013 Oklahoma School of Power & Love. PA Testimonies — Edited

<https://www.youtube.com/watch?v=TbOqqPJlxbM> **18 min**

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Just a few Testimonies. <https://www.youtube.com/watch?v=oGh3btBQbhA> **22 min**

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How To Heal Your Eyesight Naturally | Vishen Lakhiani

Ever wanted to **heal** your eyesight without having to go through any invasive procedures?

The science behind naturally **healing** your eyesight has shown us that you can train your brain to repair your eyes.

In this video, Vishen shares how he **healed** his eyesight in just 2 weeks from 20/40 to 20/25!

#mindvalley #biohacking #eyesight #vision #selfhealing

<https://www.youtube.com/watch?v=U8ebSpLA00U> **8 ½ min**

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Learn How To Control Your Mind (USE This To BrainWash Yourself)


Joe Dispenza - You Are The Creator Of Your World - DO THIS ONE THING To Control Your Mind

Original Interview by the one and only Tom Bilyeu from Impact Theory:

<https://www.youtube.com/channel/UCnYM...>

<https://www.youtube.com/watch?v=v7KQsS2kLM4> 17 min

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 **Don't Let a Bad Cycle condemn you - Dan Mohler**

April 12, 2019 => *Something**** to ****confess**** everyday + links to **other resources** in the comment section below.**

Original Video: <https://www.youtube.com/watch?v=MC3 b...>

<https://www.youtube.com/watch?v=jwixfLhmhDc> 2 Hours 13 min

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Live Out Love // **Dan Mohler**

Feb 17, 2019 => <https://www.youtube.com/watch?v=QkZu7bGzJH4> 1 Hour 12 min

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Dan Mohler - Free from Guilt, Shame, and Condemnation

March 24, 2019 => <https://www.youtube.com/watch?v=Qq3fElpIHPM> 2 Hours 2 min

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Todd White - When Finances Are Stolen

Support What God Is Doing Through the Ministry Financially:

➤ text-to-give: text 'DonateNow' to 41411

➤ give online: <http://www.LifestyleChristianity.com/...>

➤ give by mobile app: Search App Store or Google Play for "Lifestyle Christianity"

➤ store: <http://www.LifestyleChristianityStore...>

<https://www.youtube.com/watch?v=o4ZtHyJ8Cq8> 40 ½ min

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Todd White: Jesus is real!

Jesus is real! He is **not** a figment of my imagination, said Todd here on the Power and Love Conference in Bergen, Norway.

This recording is from Credokirken 23 June 2017, and Todd's daughter, Destiny, also shares her story, how she experienced to go out with her father and pray for people. She is telling how she, when she got into the teens was ashamed of this, but **not** now longer.

Todd again shared his amazing story how Jesus picked him out, and how he in a supernatural way was rescued from being shot.

Short after he decided to go out on the streets to pray for people for **healing**. But at first it didn't happen so much and he **didn't** fully understand why.

But at last he got the answer, and after that he sees **healings** all the time.

<https://www.youtube.com/watch?v=IBBViwQk0gc> 1 Hour 13 min

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Nick Vujicic at Telford State Prison

For more information about Nick Vujicic and Life Without Limbs please visit <http://LifeWithoutLimbs.org>.

<https://www.youtube.com/watch?v=tZ0nmqx9qnU> 1 Hour 2 min

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Healed & Whole | Full Edpisode | 700 Club Interactive

May 1, 2019 => A woman is given a hopeless diagnosis, but God had other plans. That & more on today's 700 Club Interactive.

<https://www.youtube.com/watch?v=DPGitksOZPg> 26 min

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Healed Through Prayer | Full Episode | 700 Club Interactive

May 14, 2019 => He beat the odds and overcame a scary doctor's report & his family says it all goes back to prayer. That & more on today's 700 Club Interactive.

<https://www.youtube.com/watch?v=zV9DbzUAG9E> 26 min

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The 700 Club - May 14, 2019

A pastor's wife attempts to keep her secret life under wraps until her addiction became too big to ignore. Witness her confession on today's 700 Club.

<https://www.youtube.com/watch?v=H5UeRUo4lfg> 51 min

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Over 21 Questions to Ask a Guy

Looking for **questions** to ask a guy? Penetrating into the brain of a man can be a difficult task equally like the hardest physical work!

Women are prone to resort to various tactics, and even wiles to understand what is going on in the minds of their partners, but the best and simplest way is to start a conversation and ask the right **questions**.

Every woman, at the beginning of the relationship, should ask a guy the following **questions**, and some even in the phase of seduction and courtship. Some answers you might **not** like it, but it's better to find out the **truth** before the development of deeper feelings.

1. What are your personal goals?

It is one of the best **questions** to ask a guy. You need to accept that you could **not** be included in all of his life goals. After all, some are created before you became a part of his life.

2. What kind of childhood did you have?

Knowing the way in which he grew up, the better you will understand his personality and why he is as he is. It is a must-ask **question** to ask a guy you like.

3. What makes you insecure?

Somebody's insecurity is good to know before they come to light. In this way, you will **not** be confused, but you will know how to deal with them at the critical moment. Hence, it is another good **question** to ask a guy.

4. What do you expect from a love relationship?

Still confused about what to ask a guy? Ask him this! **Not** everyone has the same idea about relationships. Therefore, it is good to clarify that in the beginning and know what a love relationship for him is.

“Love is like the wind, you **can't** see it but you can feel it.” — Nicholas Sparks

5. Do you want children?

Some couples never talk about it, so when one partner says he would like to have children, remain shocked and broken with the knowledge that the other never wanted to become a parent. **No doubt**, it will be a great **question** to ask someone.

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6. What do you find attractive in a woman?

Everyone has a unique perception of an ideal partner which is **not** just a physical attraction. **Not** a very serious **question**, and therefore can be easily taken as fun **questions** to ask a guy.

7. What expectations do you have of yourself?

What a guy expects from himself is very likely to expect from you. Therefore find out in time what awaits you with this partner. Another good **question** to ask your crush.

8. What are your professional goals?

For future relationship is good to know whether he is planning to move for a career, or if he spends a lot of time at work and the like. So, it will be an interesting **question** to ask a guy, in any given condition.

9. What do you expect from your partner?

What does he want from you? What does he need? What is the most important to him that his wife could give him? To be very honest, it is the best **questions** to ask a guy.

10. Who are your family and friends?

Who are they, what are they doing, what are the mutual relations? The simplest, find out all about his family and friends. A cute **question** to ask boys.

11. What would you do if you had a million dollars?

The answer to this **question** can reveal his interests, hobbies, and dreams. You will see if he is materialistic oriented. His adventurous **spirit** will be revealed when he says that he would like to travel the world with a backpack, while the altruistic souls would say that would donate money to charity. Just random **questions** to ask a guy.

12. The **worst** thing you've done?

Weird **questions** to ask a guy:- This issue is **not** only fun but will also reveal some worldviews and values that has your heart's crush. If the **worst** thing is, that he stole gum in the store as a child, then you will know that you come across a guy with high moral principles. If he says that the **worst** thing is that he once almost did is **not** open the parachute when jumping out of a plane, then you should know that you are dealing with a restless **spirit**.

13. Where would you like to move?

As far as this answer you can determine whether it is an urban guy. If he would like to live in a kind metropolis, it is very likely that now enjoys the pace of life and nightlife. If he answers in the house in the suburb with a garden, he probably wants the children and pet. A simple, good and cute **questions** to ask a guy to get to know him better.

14. How do you feel working for (**company**)?

You will find out whether he loves his job and do the job with passion or it is only for survival. This **question** will give you some insight into his vision of the future for himself, how are his goals and how he intends to achieve them. It is one of the random things to ask a guy.

15. What's the result of (**insert a sport**)?

Boys love to talk about sports. If the opportunity arises, ask for the result and to explain you the rules, provided he has **not** surrounded by the partners and you altogether closely monitored party. This can be a good start. You might feel like it is an awkward **question** to ask a guy, but the **truth** is that – it is **not**! It is actually one of the best 21 **questions** to ask a boy.

16. If you could describe yourself with one word, which would it be?

Pay attention to whether it is a simple or compound word. The short words are characteristic of fast, skilled guys. However, even if takes a long time, probably never thought about the meaning of life and their goals. It is an excellent **question** to ask a guy to get to know him.

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17. What is your favorite food?

If you are still confused about what **questions** to ask a guy, you can ask this straight away... Food can sometimes say a lot about the man. So if he takes care of nutrition, and his favorite dish is fish, you'll know that it's a modern guy who cares about his health and appearance. However, if it is a gourmet, you'll know that with this partner in the future, you are going to spend hours and hours in the kitchen. You should overcome some culinary techniques in time.

18. What is your favorite character from childhood?

It would be desirable that the reply is Superman, Spiderman. Every woman wants a superhero in her life. But what if he instead chooses one of the ninja turtles? That would **not** be good. Another good and funny **questions** to ask a guy.

19. What kind of animal do you love the most?

It is very important if your loved one loves animals. And the answer can help you to check whether he is a cuddly puppy or wild tiger. Just a cute **question** to ask a guy.

20. Would you rather choose fishing or hiking?

Fishing is a characteristic of calm and concentrated people who are able to keep for hours and hours a rod submerged in water, just to get hooked a fish. However, more preferably is a man who is ready for adventure. The man with whom, in the middle of the night, you could go hiking.

21. Are women equal to men?

Important! Important! Important! A serious **question** to ask a guy. Only **not** to happen later in the marriage that you're **killing** with the job, and that he only says famous one "that is women's work," it is important to say that men and women are equal. If he is a typical chauvinist, make sure to prove him who is the boss in the relationship.

Of course, is **not** the only purpose of these **questions** to find out some answers that interest you. You show him that you are really interested in him and you will show that you are a good and attentive listener. This will certainly enchant him.

Bonus / Random Questions to Ask a Guy:

1. What's on your bucket list?
2. Which social media do you use the most often?
3. What kind of music do you like and which places in the city you like to go out to?
4. If you could only eat one food for the rest of your life, what would you choose?
5. Which fictional character scares you the most and why?

6. What is your favorite movie of all - time?

7. What's your dream job, where he would like to work, and do you have any ambitions for the future?

8. Do you believe in God? Do you have role models and idols, and who are they?

9. Is the physical appearance of girls the most important?

10. If you could live anywhere in the world, where would it be?

11. What is the happiest event of your life?

12. Are you brave and have you ever done something bravely which makes you proud?

These **questions** were taken from [Questions to Ask Your Boyfriend](https://lifehacks.io/questions-to-ask-a-guy/).

<https://lifehacks.io/questions-to-ask-a-guy/>

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If YOU like or YOU got some help from this part or YOU know of someone this part will help from the part above. Copy it and send it to someone.

If YOU have any other information on this subject above send the **MSTP PART** Doc to:

extra@marriagesecondtimeplus.org/

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Join up with a volunteer non - profit program.

Volunteering is a great way to meet new people, get some exercise, and involve yourself in a **positive** project that can lift your **spirit**. It also comes without a cost (**or very little**) to you and can provide a lot of entertainment and a fulfilling day when you're in the right mindset.

I've come to spend more and more of my time **volunteering**, serving on various committees and people helping groups in the community. I am on a few local area towns and Church committees. It is hands - down the best thing I have ever done.

Be a volunteer with your local **Lions Club** or other Non - Profit Org. and you will feel much better about yourself. Be only a volunteer – for a time - if later you wish, you may later to join this local **Lions Club** it is later and it is up to you. You'll be meeting other people who share your interests, which gives you an easy opener when striking up a conversation. Meet many new people and also maybe meet the next Him or the next Her for YOUR life. This Web Site is sponsored by a **Lions Club**.

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Note: Yes. Both single people, people dating and married people have reviewed (**Well Pre – viewed**) this “Web Site” and its parts so far.

As a summary of the parts and up-coming part drafts; most people are telling us that this information is also needed and wanted for them, yes, those married people too and many people found this as new information as they **didn't** even know about this stuff.

Subscription: First - one may have a Subscription as over age 18 Adult (**including the open part**) or the open Web Site part for only a small fee of \$3 for each month. If you like these ideas and tips – please tell a few others.

Marriage Second Time Plus . **Org => A new Web Site:**

A new Web Site: <http://marriagesecondtimeplus.org/>

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How does He Deal With Her **Past?**

Getting Past the Past Jealousy

How to overcome your anxiety about your partner's past relationships.

Jason had been **dating** Nadia for four months, and everything seemed to be going well, except that Jason could **not** get it out of his head that Nadia had been intimate with other men in the past.

Even though he felt that the communication between the two of them was going well; even though their **sex** was extremely passionate; and even though Nadia told him that she loved him, Jason kept ruminating about Nadia and other men.

Retrospective **jealousy** — or jealousy about your partner’s past — is a common issue for couples.

You may feel that their past is something that threatens your current relationship, and so you keep dwelling on it. For Jason, his thoughts kept triggering his **anxiety**:

- I wonder if he was a better lover than I am.
- I wonder if she might want to go back to him.
- I wonder if she is thinking about how great it was with him.
- I wonder if she will want other men and will reject me.

Jason could acknowledge that the relationship was going well, but he also realized that these thoughts were plaguing him. Her past experiences created for him a sense of uncertainty — “I **don’t** know how she feels about them” — and a sense of lack of control — “I **can’t** keep her from having **fantasies**.” He thought that her thoughts and feelings about the past were a threat to his current relationship.

What could we do to help Jason?

1. Normalize your feelings.

This kind of jealousy is normal and simply reflects the primitive human desire to be the only one — ever. In fact, in some cultures there remains an insistence on “virginity” for new partners, although it is often **not** possible, practical, or desirable. Any **competition** is viewed as a current threat. So **don’t** think that you are crazy because you have these feelings.

2. Validate the pain.

It’s difficult to have jealous feelings. They make you anxious, angry, **sad**, and helpless, and they interfere with your current relationship. So give yourself some compassion when these feelings arise.

3. **Don't** turn your relationship into a trial.

Sometimes your **anxiety** about the past leads you to do things that only add to your anxiety and alienate your partner. Try to minimize interrogation, reassurance seeking, accusations, and withdrawing. These strategies only make matters worse.

4. Realize that there is a reason the past is in the past.

Most relationships end for good reasons.

Maybe your partner's past relationships ended because one or both partners found it unrewarding. If that relationship ended, it may **no** longer be important to your partner. You **don't** need to resurrect the past to get on with your life.

5. Thoughts and feelings are **not** dangerous.

We often want to control the thoughts and feelings of our partner — a kind of romantic **perfectionism**. This is unrealistic and only adds to your partner's feeling that satisfying you will be impossible. If you accept that everyone has private thoughts, feelings, and fantasies, you will be living in the real world where a real relationship is possible.

6. Everyone has a past — including you.

Imagine if your partner insisted that you did **not** have a past — that you had to be completely “pure” and unentangled by **memories**. How would you feel? **Isn't** there a reason why your own past relationships ended?

7. Would you really believe someone who never had a past?

This may be an antiquated wish — that your partner has **no** past with other people. But we are **not** living in the 16th century. In the modern world, people learn from their past experiences and often use those lessons to make their present experience even better. After all, would you really believe someone over the age of 21 who told you, “I have never found anyone else **sexy**?”

8. Focus on making the present better.

It's less important what happened in your partner's past and more important how the two of you deal with the present. Interrogating, accusing, seeking reassurance, and withdrawing will **not** strengthen the bond between you. Rather than ruminate about the past, try doing everything you can to love and appreciate each other.

Make daily and weekly plans for pleasure, growth, and communication, rather than litigating what has been over for quite some time. The current relationship will thrive on its own merits. The past can be left — in the past.

<https://www.psychologytoday.com/us/blog/anxiety-files/201804/getting-past-the-past-jealousy>

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How does She Deal With His Past?

10 Ways to Deal With Your Partner's **Sexual** Past (Because You Have To)

There's **no** way around it — the person you're dating probably had **sex** with someone else before they had **sex** with you. Maybe a lot of people. Maybe in wild, kinky ways that you thought only happened in the most secret clubs in Bangkok. Maybe they lived in Bangkok. In any case, if you want to be involved with this person, it's your responsibility to get over it.

No one's going to say that it's easy to deal with your partner's **sexual** past, especially if it's more colorful than your own. If you're finding it difficult to get past the jealousy, you're **not** alone. The Frisky recently published a piece about a boyfriend who made his girlfriend feel ashamed of her **sexual** history. The Gloss had a post yesterday in which a variety of women explored whether or **not** they could be with a man who had slept with a prostitute. Though **not** everyone experiences debilitating rage when they think of a partner's past, it would be safe to say that jealousy is something that most people have to deal with at one point or another.

The good news is, you can. We may be hard – wired to rid the world of **sexual** competitors, but it is an impulse that can be controlled and even used to our advantage in relationships. Here are a few things to keep in mind.

1. The fact that they're telling you about it at all says something _____ .

STDs aside, your partner's **sexual** past is really their business. If they're telling you about it, it's probably because they care enough about you to be upfront. **Remember** that, before you fly off the handle. They're being honest, which gives you license to be honest about your feelings about it. Just try to be aware of when you're sharing your feelings and when you're irrationally blaming your partner for hurting you with their past behavior.

2. Experience = Better **Sex**

Dating someone who's had lots of **sex** could mean they're better at **sex**. Consider yourself lucky that someone else got the brunt of their awkward phase.

3. There's nothing they can do about it now

What would you actually have your partner do about their **sexual** past? Go back in time and erase it? First of all, changing the past could do irreparable damage to the space/time continuum. Second, it's impossible. If you need time to deal with it, take it. But make sure you're **not** punishing someone for that happened before you met and **can't** be undone.

4. They **didn't** know you when it happened

Whoever else they had **sex** with, however many of them there were, IT HAD NOTHING TO DO WITH YOU.

6. They may have gotten it out of their system

Just because someone has a promiscuous past **doesn't** necessarily mean you have to worry about their insatiable **sexual** appetite. They may have been sowing their wild oats.

And now they're all "sown" up. You **don't** have to worry so much about them leaving you at 45 to go on a motorcycle tour of the nation's brothels. Or seducing the pool boy, depending. __

6. It's how they treat you now that's important, right? ____

Right. If everything else about them works for you, that's what matters. Of course, if they're **not** treating you how you think you deserve to be treated, that might be what you're really upset about.

7. Their past has made them who they are

That sincere confidence? That may have come in part by having their attractiveness confirmed in the past. It may have also come from getting screwed over and **healing**. **Remember** that, if you like this person, it's every experience they've ever had that made them into the person you like.

8. **Remember**, this is YOUR issue

While your partner should be as sensitive as they can to your insecurities (**we're all human**), they **shouldn't** be made to feel guilty. Your jealousy is your own responsibility. Maybe you need to take a break and go have **sex** with a bunch of other people. Maybe you just need to talk to a friend. But do something. **Don't** just stew.

9. Jealousy can be your friend

Just because you're jealous **doesn't** mean you're a psycho. Jealousy can be kind of **hot**. Feeling like someone wants you all to themselves can be a huge turn – on. Go ahead and tell the person you're dating all about how you feel. **Don't** whine, **don't** apologize. You want to murder everyone they've ever had **sex** with? Own that feeling. Just **don't** actually do it. __

10. Be the best they ever had __

The best **sex** is **not** necessarily the kinkiest **sex**. It's **not** necessarily with a "perfect ten." The best **sex** is with the person who understands you the best. It's with the person who is the most turned on by you. Pay attention, stay open and rock their world. You'll be amazed at how little the past matters when you're both having the best **sex** of your lives.

<https://www.glamour.com/story/10-ways-to-deal-with-your-part>

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Ask: How Much Do I **Hate** My past Wife?

I **Hate** My Wife: 20 Circumstances => When It's Okay to Feel this Way

I am just going to say it — marriage is **NOT** easy. If you often feel like saying, I **hate** my wife, take heart. We both **hate** each other sometimes.

That phrase breaks my heart. If I had a dime for every time that I have heard a guy say, I **hate** my wife, I would own a jet plane...

Yep, that is right; I **don't**. The **sad** reality is that any woman would be absolutely devastated to know that a man would say he **hated** her.

If you are a guy and you seriously feel like you **hate** your wife then, you have two options. You try to make things better, or you walk away. Walking away is never easy after saying "I do," but if you **can't** find solace in her presence, then it is a little more than irritation.

I **hate** my wife: The 20 reasons to say I **don't** anymore...

We all **hate** our significant other at times. Some of us admit it while others go on their merry way, burying their head in the sand.

It is normal to **hate** each other once in a while, but if it is a perpetual feeling and involves some critical things, then it is time just to say goodbye.

#1 Your fighting affects the kids. Anyone who grew up in a house where fighting was the norm knows that it **isn't** fun. If you **hate** your wife to the point where you **can't** even smile at each other or “make nice,” then it is time to move along and find a new happy.

If you stay for the kids, **don't** make the mistake of thinking it does them any favors. Even if you ditch out of fights to avoid them, the carnage is around when you **aren't** there. If you **hate** your wife, she probably suffers too. Let everyone off the hook and just leave.

[**Read:** [How do you know when your marriage is over: And is it too late?](#)]

#2 She's unwilling to take responsibility. If your wife makes you feel like it is always your fault and she **doesn't** have anything to do with it, then there **isn't** anything you can do about it. Finding a compromise involves two people who work on a problem together.

If she thinks the problem lands just on you, then it is time to vacate and let her see how things are without you. Maybe good, maybe **bad**, but you finally find your happy.

#3 She is or has cheated on you. If your wife cheated on you, then there is a good reason to feel disdain towards her. Trust is the cornerstone, **not** just of marriage but love. If you **can't** trust someone, then it is hard to let her in your life.

If forgiveness is **not** something that you can realistically give and you **hate** her for what she did, you have a right to. It is okay to feel you **can't** be with her anymore if she has betrayed your trust.

[**Read:** [Should you ever forgive a cheating partner?](#)]

#4 She wears the yoga pants in the family and **won't** give up any control. If she orders you around like a slave or generally just **doesn't** have any respect for you or your feelings, then that is **not** someone to spend the rest of your life with.

Some women feel as if their husband should be at their beck and call. It is normal for a woman to want certain things or to have a “honey do” list once in a while, but if you feel like a hired hand or an indentured servant, then it might be time to say “goodbye.”

#5 She drains your accounts. If she thinks your savings account is her petty cash drawer, then it is time to tell her to cut it out or cut her out. Nothing is **worse** than working full time to get ahead to find that you never have any money.

Like a bottomless pit, it is hard to love someone who continues to **negate** all your hard work by spending all you have on herself.

[Read: [10 biggest clues you're dating a genuine 24K gold digger](#)]

#6 She is so controlling you **can't** breathe. If you **can't** pee without her permission, then that **isn't** a healthy way to live. A partnership involves just that, a partnership.

If you **can't** make half of the decisions about the relationship or any about your own life, that is **not** how you can spend it. If you **hate** her because she owns you, then it is time to move along.

#7 She uses **sex** as a tool, if you even want to have it with her anymore. If **sex** has become nothing but a tool to manipulate and control you, then that **isn't** a very loving union. **Sex** is supposed to be about pleasuring one another. If she uses it to manipulate or punish you, then that makes any man **hate** his wife.

#8 She belittles you. If she tells anyone who will listen how much you fail, the stupid things you do in the privacy of your own home, or how you are just dumb as rocks, then you have a reason **not** to like her.

You deserve to be with someone who thinks you are something special and **not** only tells you, but everyone else too. We all do stupid shit, that is why the person you marry is there to accept your idiocy and keep it under wraps.

[Read: [How your self respect affects you and the relationship you're in](#)]

#9 There is **no** appreciation in her body. If she **doesn't** appreciate anything you do, like anything, then it might be time just to let her go her own way. Being loved and appreciated is something everyone deserves.

If everything you do she just expects and **doesn't** ever say thank you, that is never going to change. She obviously feels she's entitled to you, which is **not true**.

#10 She **doesn't** contribute anything but bills to the household. If you work full time and she sits on her ass full time, it **isn't** that difficult to start feeling resentful.

It is okay if you have an arrangement where she runs the household, and you run the money. But if you run around doing everything, then what is the benefit for you?

For better or **worse doesn't** mean for her better and your **worse**.

[Read: [Am I being taken for granted? 16 signs you definitely are](#)]

#11 She physically attacks you. If in rare instances the heat of battle gets so intense that she throws water over your head that is one thing. But, if she takes a swing at you, throwing really heavy shit at your head, or kicking you around on a weekly basis, it is time to get out.

Sooner or later someone is going to get hurt, and if it is her, you **don't** want to be on the hook for striking back to defend yourself.

#12 Her relentless verbal assaults never **stop**. If she **can't stop** verbally accosting you every time you walk through the door, then it is time to tell her that she either must start showing you some respect or you are going to find someone else.

Sometimes verbal abuse can be far **worse** than anything physical. Cuts and bruises **heal**, emotional wounds have a tendency to stay in the soul forever. [Read: [15 signs of a verbally abusive relationship](#)]

#13 Nothing you ever do will ever be good enough. If nothing you ever do is good enough, then it is time to say goodbye. Sure, in every relationship there comes a point where the other person seemingly **cannot** be pleased.

But, if you have consciously really tried to listen to her and change your ways, and you receive **no** response or change from her, then it **isn't** worth it. Spending a lifetime being wrong and chastised **isn't** fair or right for anyone.

#14 Her girl's weekends never end. If she spends all her time away from home while you play daddy dearest, first of all, you might want to make sure that they are just "girl's weekends." Secondly, you might just want to start taking your own time away to gain some freedom.

Marriage should be about two people having equal amounts of time together and apart. **Not** one person getting to do whatever they want, whenever they want.

#15 She has a vice more important than your family. If she is a drug addict, alcoholic, or has some other vice ruining your family, staying with her just makes you codependent and keeps her stuck. If you **hate** her, but really love her, walk away, or she will never straighten out or up

[Read: [10 scary signs of codependency in your relationship](#)]

#16 She **lies** about everything or you just **can't** trust her. **Lying** is something that **can't** be tolerated in a marriage. If you **can't** trust what she says, then you **can't** share her bed.

#17 You **can't** seem to find a way to get along. A continual roller coaster **isn't** fun! If you **can't** seem to get past the same old argument that keeps surfacing time and time again, then it is time to get off the ride and find some normalcy. You might find that you **don't hate** her so much when you **aren't** continually battling.

#18 You **don't** think she is a good person. If you **don't** think that she is generally a good human being and you **no** longer see the woman you fell in love with, then it is time to get out of the marriage for both of your sakes.

#19 The thought of her makes you anxious. If you would rather run a drill through your teeth than spend one more second with her, then you know what you have to do.

[Read: [Secrets of a love-hate relationship – Can it work?](#)]

#20 You are afraid of her. If you are afraid to be you, make a move, or do anything, I **don't** have to tell you that sooner or later you must make a move. It **isn't** going to be any less painful if you wait. You only waste time and make your own life miserable for something inevitable anyway.

If your love turned to **hate**, there is very little hope that it will turn back the other way. When you tried everything you know to make the marriage happy, and it just **isn't**, sometimes you must rip the bandage off and let the **healing** begin.

If you're just experiencing the ebb and flow of marriage, maybe it is time to sit down and have a real conversation about what is going on. Perhaps if you communicated what your needs are to her, she would accommodate them.

Maybe she has **no** idea that you feel the way you do and would gladly change to meet you halfway. If the above **doesn't** apply to you, then my dear, you have it pretty good.

<https://www.lovepanky.com/love-couch/broken-heart/i-hate-my-wife>

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Ask: How Much Do I **Hate** My past husband?

Hate Your Husband? (Or man friend?)

The ironic thing about this month of love is that the first six weeks or so of the New Year are the busiest time of the year for **divorce** lawyers (or so [they say](#)). Seems that many people are **not** feeling as much love and romance as Hallmark would hope. Many are actually feeling **hate**.

I have a theory about this.

If I asked my grandmother if her late husband was her best [friend](#), her provider, her lover, and her partner in [parenting](#) and life — her go-to guy for emotional fulfillment, practical help, AND the center of her social universe — she would have laughed uproariously.

She did love her hubby until the day he **died** and still misses him so much she weeps talking about him, more than 30 years after his **death**. But my Opa **wasn't** her best friend (her girlfriend Beulah was). She **didn't** rely on him for help raising the kids or with the housework ([times have changed!](#)), nor did she expect him to understand her feelings. She relied on herself for [happiness](#) and fulfillment - and **truthfully**, she **didn't** have high expectations there, either.

But she'd tell you she had a wonderful [marriage](#). When I asked her if she had had a happy life ([she's now 104 years old](#)), she giggled at the absurdity of the **question**. Clearly she has.

And yet, like most of my peers, I would **not** sign up for her life — or, in particular, her marriage. Today, we expect our spouses to be our partners in just about every realm. We expect them to be our co-parents, our household running mates, and to help provide for our family financially. We'd think there was something **wrong** if they **didn't** consider us their soul mate, their go-to buddy, and their lover.

Like individuals, couples are increasingly isolated from the outside sources of support that previous generations had, and so our partners have become our primary sources of emotional ([and for some, spiritual](#)) fulfillment. When we **aren't** happy, it is easy — and quite common — for our generation to blame our spouse for it.

There is an expectations paradox here: The demands put on our relationships have become so great - and our expectations of them have gotten so high - that we are more likely to be disappointed when we **don't** get what we want from our partners than we are to feel **grateful** when we do.

My grandmother expected very little from her husband — only that he provide her with financial stability, and that he be faithful to her.

My grandfather delivered on these things, and as an added bonus, shared with her a love of dancing, a **social life** full of mutual friends and dinner parties, and a muted joy in raising children and grandchildren.

My grandmother was content **not** so much because of what she had in her husband, but because of what she lacked in her expectations. This is both ironic and instructive for our generation.

Consider the study where Duke professor Dan Ariely, author of the book Predictably Irrational, had research subjects try two different types of beer. One was Budweiser; the other was Budweiser with balsamic vinegar added to it.

The majority of subjects vastly preferred the Bud and vinegar concoction - when they **weren't** told what it was. When they were informed before they tasted it, they **hated** it.

Ariely's conclusion is that when people believe that something might be distasteful, they'll experience it **negatively**, even if they would have liked it otherwise. The reverse is also **true**.

In other words: Our expectations hugely influence our perceptions, and therefore our decisions, our experiences, our judgments, and ultimately, how we feel.

"Help! I **hate** my husband!" **a reader** recently wrote to Iris Krasnow, author of **The Secret Lives of Wives**.

Krasnow's reader, Cindy from Dallas, emails her that "[**this**] **hate** I feel, it simmers and I wonder if it's a sign that there could be a better partner out there for me. Little things grate on me every day. My husband chews his food loudly. I **hate** his father. I **hate** our domestic hum - drum. This **can't** be love!"

Krasnow clarifies that this **hated** husband is **not** a philanderer or **dead** - beat dad. He is **not** a compulsive gambler, nor is he physically or verbally abusive.

He is a warm, hands - on father who makes a good living. Cindy from Dallas clarifies: "My **hate** comes from this feeling that I'm missing out on something else."

Ah-ha. We Americans are born and bred to expect, well, everything. The American Dream - which, from a happiness habit standpoint, is a bit more of an American Nightmare - teaches us to always be striving. We can always have it better than our parents' generation, if only we work hard enough.

More than that, we are entitled to more, and better. We expect that we should have unlimited choice when it comes to shoes, housing, cars, types of jam at the grocery store ... and spouses.

Barry Schwartz's [research](#) shows that this expectation of unlimited choice hurts our happiness for two reasons. First, more choices **don't** actually make us happier - they just make us long for what we give up. The more choices we have, the more likely we are to feel unhappy with the choice that we do make, because we see all that we could have had in the other choices.

And second, if we're constantly gazing over our partner's shoulder for the next best thing, we **won't** be gazing into his or her eyes. Feeling gratitude for our partners is key to a successful relationship.

But we're unlikely to feel grateful for what we have when we feel entitled to something better, something more. We **cannot** feel **truly** committed to someone if we also feel that there might be someone else out there for us.

The abundance of choice in our society - and the [advertising](#) and [media](#) culture that (**quite effectively**) makes us feel that we **won't** be complete until we acquire that next great thing - is taking its toll on our relationships.

Of course, there is someone else out there for you. There always is. The real **question** is about whether or **not** you can be happy with the person you are already with.

All of this raises several more **questions** for me: How much can we really expect of our spouses and still be happy? How can we let go of unrealistic expectations?

We know that expectations can lead us to relationship - **killers**, like nagging, contempt, and criticism; how can we respond constructively when our expectations **aren't** met?

<https://www.psychologytoday.com/us/blog/raising-happiness/201203/hate-your-husband-or-your-wife>

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When you sleep with someone, you're also sleeping with all her or his previous **sexual** past partners?

How Many People You're Actually Exposed To During **Sex**

Ever wonder how many people you're indirectly touching when you bang someone?

Don't worry, I COME BEARING ANSWERS.

In a new [study](#), [CollegeStats.org](#) and [Dr. Ed](#) looked into the **sexual** habits of 2,000 people to find out how many people we were sleeping with and how many people we're exposed to as a result of that.

First, they looked into how many partners we've all had, both overall and in college.

([May view the charts at the web site listed below.](#))

While the average woman has slept with 11.41 partners overall, the average man has slept with 14.22 partners overall. So people, in general, have slept with an average of about 13 partners.

Now, let's get to the juicy stuff.

For every one of those 13 partners, how many people are you indirectly coming into contact with?

Here's a handy, little infographic laying it out for you visually:

If the visuals were a little confusing for you, let me break it down for you like this: When you're having **sex** with someone, you're exposed to that person directly (**duh**), but you're also indirectly exposed to everyone else they've had **sex** with.

Because the average person has slept with 13 people, let's assume you're this person's 13th **sexual** partner. That means, when you're having **sex** with him, you're also being exposed to 12 other people from before you.

And, if we're counting him in the number of people you're being exposed to, you're exposed to 13 people total for that one **sexual** encounter.

So, to estimate out how many people you've been indirectly exposed to, given ALL the people you've ever slept with, take the number of **sexual** partners you've had and multiply that by 13 (**the average amount of partners for all those people**).

If you're STILL not getting it, you should seriously look into getting a math tutor. But in the meantime, I made life a little easier by doing the math for you below:

Sex with one partner means you've been exposed to 13 people.

Sex with two partners means you've been exposed to 26 people.

Sex with three partners means you've been exposed to 39 people.

Sex with four partners means you've been exposed to 52 people.

Sex with five partners means you've been exposed to 65 people.

Sex with six partners means you've been exposed to 78 people.

Sex with seven partners means you've been exposed to 91 people.

Sex with eight partners means you've been exposed to 104 people.

Sex with nine partners means you've been exposed to 117 people.

Sex with 10 partners means you've been exposed to 130 people.

Sex with 11 partners means you've been exposed to 143 people.

Sex with 12 partners means you've been exposed to 156 people.

Sex with 13 partners means you've been exposed to 169 people.

Yes, **Sex** with 13 partners means you've been exposed to 169 people.

Obviously, this number will vary based on whether or **not** your partner's number of past **sexual** partners is above or below the average, but in general, you've been indirectly exposed to around a whopping 169 people and 2,704 Generational **curse**s.

If anything, this is just another **reminder** to USE RUBBERS, => Ah = PEOPLE.

<https://www.elitedaily.com/dating/sex/sexual-partners-exposed-during-sex/1828781>

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How does She Deal With His Past?

Boyfriend's Past Getting You Down? Here's What You Need To Know

Can't Stop Thinking About Your Partner's Past?

Note: Although I wrote the following article for women jealous of their boyfriend's past, the same principles can apply to any retroactive jealousy sufferer.

Struggling with a boyfriend's past **isn't** fun.

Overcoming retroactive jealousy is a massive topic ([I've built a website](#), [wrote a book](#), and [designed an entire online course around it](#)). There's a lot for me to get into, [here](#).

But in the early stages of [overcoming retroactive jealousy](#), any woman struggling with her boyfriend's past would do well to keep the following principles in mind.

1.) His past made him who he is today.

Before you groan, hear me out:

If any aspect of your boyfriend's past was different, he would be a different human being. Pause and consider that for a moment.

And what's more: if your boyfriend was a different human being, you might **not** be attracted to him at all.

Whoa.

To a certain extent, we are all a compilation of our past experiences, good and **bad**. And thus, if we generally like who we are today, we should be enormously grateful for those experiences, good and **bad**.

There may be certain elements of your boyfriend's past which you **don't** like. But as long as your boyfriend's [values](#) and your values **don't** contradict each other, what are you really worrying about here?

Retroactive jealousy is usually based on [insecurity](#). Take a long look in the mirror the next time you have the instinct to go [snooping into your boyfriend's past](#).

2.) When we date someone, we take the good with the **bad**.

This is an idea I've been thinking a lot about lately.

Because I'm a straight guy, and it would be a bit odd to write about my "boyfriend's past," let's pretend I'm struggling with my girlfriend's past – or present, for that matter.

Let's say I'm threatened by my girlfriend's **sexy exes**. Let's say one of them is a body building multi-millionaire with three yachts in his backyard. Let's say another is an Academy Award winning actor.

And let's also say that my girlfriend is funny, gregarious, outgoing, independent-minded, warm, and loving. Let's say my girlfriend is a great girlfriend, and a whole lot of fun to be around. Let's say my girlfriend is highly attractive.

I like her because she's highly attractive.

Attractive people tend to attract other attractive people. Funny people generally like being around other attractive people. Pretty girls tend to draw the attention of the men around them.

I choose to be with my girlfriend because she has a number of attractive qualities. So why would I be upset that other men also notice these qualities? Why should I be angry at my girlfriend for having attracted men in the past?

The older I get, the more I realize how important it is to be honest with yourself about who you are and what you want. And my truth is this I want to be with an attractive, funny, warm woman.

There are other **truths** that accompany that **truth**. For example: attractive, funny, warm women tend to have a number of aspiring male suitors. So if I want to be with an attractive woman, it's inevitable that there will be other men interested in her.

I need to make peace with this... or, I'll lose her. And end up with a "safer," less attractive woman who **doesn't** move me in the same way.

Similarly: there is probably a challenging flipside to all of the things you love about your boyfriend.

For **example**: let's say your boyfriend is highly attractive, spending hours at the gym every week. Shocker: other women in his past, and present, will notice this, too, and be drawn to him.

It's pretty unlikely to date an attractive person who **no** one else finds attractive. Other women will thus be drawn to all of your boyfriend's attractive traits.

So what's the alternative, here? Dating someone you, and **no** one else finds attractive just so you can feel "safe?"

Doesn't sound so great to me.

When we choose to be with someone, we have to do a couple of things.

One, is to accept them for who they are.

Step two is to acknowledge that we are drawn to be with them because of who they are, both good and **bad**.

And we can look at the challenging aspects of being with them in one of two ways – we can be frustrated, wishing we could have the good without the **bad**.

Or, more realistically, we can accept that there is a little **bad** occasionally challenging element that comes as a result of their good qualities.

Let's say your boyfriend had multiple girlfriends in the past, some of them highly attractive. **Don't** you want a man who other women find attractive? And if your boyfriend can attract highly attractive women, and he's currently choosing you, what does that probably say about you?

Trust your boyfriend when he chooses you. Trust his love, his attention, his affection. **Remember** that human beings are selfish – he's **not** spending time with you because he feels sorry for you, or he's "settling." He's with you because he knows that, right now, you are the best choice for him.

What a beautiful thing.

3.) You should be grateful for the women in your boyfriend's past.

I look back on my earliest relationships and cringe. Hard.

As a younger man, I **didn't** begin to understand women. I made constant mistakes. I could be mean to the women I was seeing. I **wasn't** confident enough.

Suffice it to say that I was seriously lacking, in several areas.

Today I am so grateful to the women in my past for teaching me – about love, about relationships, about women.

If you have a good boyfriend – a boyfriend who is kind, empathetic, respectful, confident – I can just about guarantee that his greatest teachers have been women, **not** other men.

I have learned far, far more about relationships, communication, masculine and feminine polarity, empathy from woman compared to men. The same is almost certainly **true** of your boyfriend.

So if you met your boyfriend before he knew the women in his past, before he had those experiences, those lessons, you'd likely be disappointed.

You might **not** even be attracted to him.

If your boyfriend had been a virgin, or extremely inexperienced when you met him, take it from me: he **wouldn't** know much about women.

So if your boyfriend came to you as a “clean slate,” he **wouldn't** know anything about how (**and how not**) to treat you – what you want, what you **don't**, how to communicate with you, how to turn you on. Your boyfriend would be a shell of the man he is today without his past dating experiences.

So try to be grateful for them. And **remember**:

Your boyfriend's past is just that – his past.

You have his present. So ask yourself: which would you rather have?

If you understand all of this intellectually, but are having difficulty overcoming painful, unwanted thoughts and curiosity about your boyfriend's past, you are **not** alone.

Click here to receive a free video mini-course that will show you how to start moving forward and gaining peace of mind about your boyfriend's past.

<https://www.retroactivejealousy.com/boyfriends-past/>

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“We, well He brought **demons** into this marriage?”

How Do I Recognize **Spiritual** Attack In My Marriage?

Transcript

Chris Grace: Welcome to another Art of Relations podcast, it's good to have you.

Tim, we've been spending some time talking about **spiritually** defending your marriage and the ability for an **enemy** to come in and disrupt that which is a very close, intimate relationship that we have with another person in our marriages and even in our relationships.

Chris Grace: So, it's been a great topic, and it's a tough one because there's a lot of debate out there, and a lot of misinformation and then you can kind of fall on one of two sides, we talked about. Either over emphasizing this or under emphasizing this. So I look forward to talking more about it.

Tim Muehlhoff: And, **don't** you think, Chris, that a lot of mistakes modern Christians make, it's **not** that we attribute everything to him, but that most Christian marriages **don't** attribute anything to **satan**. And **satan's not** a blip on the screen.

Tim Muehlhoff: What I find fascinating, Chris, is that roughly 25% of everything Jesus said to do with **spiritual** battle. So it was a regular topic for him, and he did **not** shy away from the fact that this is a world in **spiritual** battle is happening, and that couples need to realize marriage **doesn't** happen on a romantic balcony, but rather on a **spiritual** battlefield.

Chris Grace: It does, and Tim, the amount of time spent, literally almost every author in the Bible in the New Testament talked about this idea, the reality of a **spiritual** warfare, right? Paul elaborates on it in many different places.

Chris Grace: But, literally every book in there, it was just clear that this was an accepted reality and the world **hasn't** changed all that much.

Tim Muehlhoff: But that's evident. Chris, if we watched the news. If you just take a look at headlines, it's just obvious that something is **wrong** with the world today. That politics can fix, economics **can't** fix, but it feels as though there is a war happening.

Tim Muehlhoff: And we're kind of caught in the crossfire, and that's a biblical view of what's happening in the world today.

Chris Grace: Yeah, so let's continue the conversation, talking a little bit about different ways that **satan** approaches this and that we then can be more aware of this battle in our own marriages and in relationships.

Tim Muehlhoff: So, in researching this topic, I was really curious. How can you definitively know, this is a **spiritual** attack or just, Marin and I having a **bad** day or if the kids are having a **bad** day, or you and your colleague at work? It's just a **bad** day and human beings rub each other the **wrong** way sometimes.

Tim Muehlhoff: But, how can you tell if they're **spiritual** attacks? Or, Chris, I read about 40 books on **spiritual** battle, and I wanted to see, were there signs of the **demonic** that everybody mentioned?

Chris Grace: Right.

Tim Muehlhoff: And I came up with a top five list that made everybody's list. I also have an honorable mention list we can kind of kick around, but before we get to the top five, we have to answer a really frightening question for many people. And that is, is it possible for **satan** to plant thoughts in your mind?

Chris Grace: Yeah.

Tim Muehlhoff: And, most of the illusions I've read assert that, in fact, Satan can do that. **He can't** read your mind. But **he** can plant thoughts. Now, what's the biblical evidence for that? Well, I think there is evidence in the Old Testament and New Testament.

Tim Muehlhoff: For **example**, in the Old Testament, we learned that **satan** rose up against Israel and incited David to take a census of Israel, that's 1st Chronicles. Now, it may seem wise for a king to take census of his troops, troop strength.

Tim Muehlhoff: But what the Scriptures say is that he had put his trust in the army and **not** God. But, he was in sighted to take a census for the **wrong** reasons, by **satan**. And then, we also see that in the New Testament we see that **satan** is able to put the idea of betrayal into the heart of Judas, and greed into the mind of Ananias to **lie** about an amount that he had given as an offering to the church. That's Acts chapter 5.

Tim Muehlhoff: We even get evidence that Jesus had thoughts planted in his mind by **satan**. For example, in the wilderness tempting, **satan** is taken to the top of a mountain and shown all the splendor of Earthly kingdoms by **satan**. Now, theologians will **note** that on that small mountain top, he **couldn't** see all the kingdoms.

Tim Muehlhoff: Right? But **satan** was able to give him a panoramic view of all the kingdoms of the world, past, present, future, and that's what Jesus was looking at. **Satan** was able to even plant thoughts into the mind of Jesus. So, we do think that **satan** can plant thoughts of anger, betrayal, jealousy, greed, things like that.

Tim Muehlhoff: So, that's important because when we get to the top five list, we're gonna see that a lot of them have to do with thoughts that we have.

Chris Grace: Yeah, and I think, too, Tim, and when you spend time reading in this area, you recognize again that, that kind of craftiness.

We also recognize there are limits, right? To **satan's** capacities and abilities, **he's not** omnipresent, **he's not** everywhere at once. **He's not** like God in that way.

Chris Grace: And yet **he** has hosts of **people** and **fallen angels**, and **they** can, very well do **his** bidding. And so each of us, while maybe **not** directly confronted by **satan himself** are, on a regular basis dealing with **enemies** of Jesus and **enemies** of God, who have **fallen** and in the **spiritual realm**.

Tim Muehlhoff: Yeah, two great points. It's a great point to say that **satan's not** omnipresent, **he's not** everywhere. So, we kind of use that term kind of in a loose way. So, **satan** most likely **isn't** dealing with your marriage, right? You probably **don't** rank that high on the **hit** list.

Tim Muehlhoff: Most likely, it's a **demon** that's doing that. And we do know that **satan's** kind of localized. Being from Michigan, I know he's localizing Columbus, Ohio, the home of Ohio State, which we know are **satan's** spawn. So, but, as probably, I digress a little bit.

Chris Grace: Quite a bit.

Tim Muehlhoff: As I, well-. I have a lot of evidence, Chris, that **he** lives there, very often. But, okay, so what are the top five?

Tim Muehlhoff: If you read 40 books on **spiritual** battle, what would be signs that would come up in everybody's book? So here's the very first sign of the **demonic**, is that you where Ohio State paraphernalia. **No**, okay, I digress. Okay, here we go.

Tim Muehlhoff: The first one is inappropriate anger. Right? Paul says in Ephesians 4:26, in your anger do **not sin**. So, anger in itself can even be a righteous emotion, right? We get angry about things because it's righteous that we would get angry about it.

Tim Muehlhoff: But here, Paul's saying, but here you have been given full vent to your anger. Your anger has turned inward or it's turned outward towards a person, and that is harming your relationship with that person. So, this is inappropriate anger towards yourself or another person.

Chris Grace: Yeah, and I think that's what that emotion of anger does, Tim. Anger becomes a very selfish emotion because now you've turned very much inward, you're dealing with almost an overwhelming sense of feeling. But, what it does is it colors our perceptions, and so therefore everything that a spouse is doing is **wrong** or **bad** during those times.

Chris Grace: So we misinterpret their behaviors oftentimes, and I think that's a pretty common and well found psychological behavior of the role of anger can underly so, many

of our perceptions and views of another person. And so, therefore, you are now interpreting or misinterpreting a lot of the other person.

Tim Muehlhoff: You know, Solomon said in [Ecclesiastes 7:9](#), he says, "Do **not** be quickly provoked in your **spirit**." And so, what happens is, right?

Everything you do provokes me. And that's what you're saying is that this anger overwhelms you and now you no longer think good thoughts about your spouse or a child or a coworker and every -.

Tim Muehlhoff: We've been there, right, Chris? Every single thing your spouse does bugs you.

Chris Grace: Yup.

Tim Muehlhoff: That's a sign that maybe **satan** is, and, by the way there may be things that your spouse does that provokes you that needs to be talked about, but **satan** is using that provocation. Wanting it to cement, and as you said, color everything. So if you find yourself just overwhelmed with anger, right?

Tim Muehlhoff: And we've all had that. You **can't** even go to sleep at night 'cause you're so angry at a person. That's really a good sign that **satan** is getting a foothold, **he's** stoking the **fires** of anger, and that's when I would take action.

Chris Grace: I think that's so good, Tim. You know, going back to Ephesians 4, that 31. Listen to how many times he uses a variation of the word anger.

Chris Grace: "Let all bitterness," which, anger **not** dealt with, anger that is given root and allows to grow turns into bitterness. So, "Let bitterness," Watch this. "And wrath, and anger, and clamor, and slander, along with all malice," how many words could he use for? [[crosstalk 00:09:16](#)]. Put that off, and so Tim you're right, that is really an important sign.

Chris Grace: And for couples who are dealing with this, most of the time it's something that's manageable, but sometimes, Tim, this anger can get to a point where it's just really leads into some very **bad** things. And that's where couples that are struggling with, it turns into physical violence or verbal abuse.

Chris Grace: We've talked about that in other podcasts, they need to seek immediate professional help, and **not** be, yeah, call it a **spiritual warfare** battle but there's also some other things going on that you need help with in this relationship.

Tim Muehlhoff: Oh, I totally agree with that. All right, the next one. A sense of impending doom.

Chris Grace: Yeah.

Tim Muehlhoff: So, due to financial pressures, potential parenting issues, disagreements, unexpected health issues, all marriages go through anxiety producing stretches. Of course, what if one of our jobs gets axed? Are we saving enough? Are the kids making the right kind of friends? Will we ever be able to have children?

Tim Muehlhoff: All right, that's all normal. I get that. We live in anxious times. What these writers have talked about, these Christian writers who talk about **spiritual battles** is, this is a sense that we are gonna be doomed, right?

Tim Muehlhoff: If you **don't** get this promotion, we're done. If we give more money to church, it's gonna ruin our bank account. I know this is gonna be **cancer**, and if it's **cancer** I know I'm gonna **die**. So, you **can't** shake a sense of doom that has totally saturated you.

Chris Grace: Yeah, and Tim, from again, a psychological standpoint, anxiety is common and normal in everyday life. We just simply will deal with things. Here's that, what doom, if you wanna know more what that means, it means the inability to **stop** the cycle, thoughts to get out of this pattern of thinking.

Chris Grace: And so, it escalates and it spirals downward and at the bottom of that spiral is where you're coming up with this world doom. But what it means is, we just, I worry about this or I worry about that, but the inability to **stop** thinking about that is when it becomes what we call abnormal or the anxiety comes to a point where it becomes overwhelming.

Chris Grace: That is an important point of recognizing, "Ah, is this one of those times where **satan** is pushing, or **not** allowing me to get control of a thought or **stop** the thought or break this chain?" And so, that's a great sign.

Tim Muehlhoff: And you've said this in the past, Chris, and I hope listeners hear us when we say this. Again, so if you feel like you're having this overwhelming sense of doom. We're **not** saying the only response is like, **warfare** prayers. We're also saying go see a doctor.

Tim Muehlhoff: There could be chemical reasons for this. There could be depression reasons for this. So we will always wanna take a wholistic approach to all of these issues which are **spiritual**, physical, emotional, medical.

Tim Muehlhoff: So, please hear us when we say that. All right, another one.

Tim Muehlhoff: This one surprised me, Chris. Violent dreams.

Tim Muehlhoff: You wake up with your heart pounding. Images of your spouse **dying** or children being separated from you during a violent accident seems so incredibly real, and it produces overwhelming sense of **fear**.

I have a friend of mine who teaches classes on **spiritual battle**, and he often pulls his students and says, "What are the signs of the **demonic**?" Every single time, he said violent dreams is one of the top indicators that **satan** is literally wanting to scare us, to make us tentative to take away this sense of safety and he uses violent dreams to do it.

Chris Grace: Yeah, and part of that, Tim as well, it's **not** only violent dreams but it's also the **fear** that you are about to **die** or **fear** that something is **bad**, is about to happen to you. And I do think that it's pretty common at times for people to wake up with anxious dreams.

Chris Grace: I mean, the physiology of the body during the dream allows for this variation and our **fear** and anxieties, but when it becomes a pattern or a habit, and sometimes if you wake up, you sense that or feel it. And you begin praying and seeking God's comfort and you are comforted, and you are able to go back, that could have very well could have been a sign.

Chris Grace: It's **not**, every single time. Because, if so, you know, you say every night I wake up kinda anxious and worried, but it is more, is it every night? And is it a pattern? And is there something going on that maybe is **not**, maybe dealt with or **not** resolved?

Tim Muehlhoff: Yeah, and so we mentioned this book I wrote called "Defending Your Marriage: Inniversity Press". One thing that got me thinking about the book is, as you know, I served as the intern teaching pastor at a church that was looking for a new pastor, and so, Chris.

Tim Muehlhoff: When I was presented with this idea that I was gonna add this to a teaching schedule, that night, Chris, I had a dream that people were coming up our stairs. They **weren't** there to rob me and Marin, they were there to **kill** us. And I literally, I'm standing by our door, my heart is pounding like crazy.

Tim Muehlhoff: My hands are made into fists. And I'm gonna attack these people as they come through the door. And Chris, I stood there, I **don't** know how long and then I thought, "Why **didn't** the alarm go off? Why **didn't** the dog bark?" I open the door, there's nobody out there.

Tim Muehlhoff: I go back to bed, again my heart is pounding. Next night, exact same dream. Next night, exact same dream. One of the elders from the church called me and said, "Hey we wanna pray for you as you're making this decision whether to do this," and I said, "Hey, can I mention this dream to you?" He's like, "Yeah."

Tim Muehlhoff: And I mentioned it, he said, "Listen, we're calling the elders together tonight to pray for you. This is **spiritual battle**."

Chris Grace: Yup.

Tim Muehlhoff: So, I've **not** had many of those, right? But that was amazing for three nights in a row. It was frightening.

Chris Grace: Yeah, that's a great example, Tim, of a way that you can see that this comes into play in something like a dream state.

Let me ask you about another one that I know you've been thinking about, and that is, are different views or perceptions of ourselves and of God?

Chris Grace: Do those get influenced in some of this as a sign? And it seems like, one of the ways we can find that is all of a sudden we start to believe very **negative** things, not just about other people, but even about God.

Tim Muehlhoff: Oh, yeah.

Tim Muehlhoff: That made everybody's list. Right? Paul says in Romans Chapter 8, he asks this interesting **question**. If God is for us, who can be against us?

Tim Muehlhoff: His answer is going to be, well, God is absolutely for you, thus nobody can ultimately be against you. So if you start to feel that, you know, I **can't** trust God anymore, why pray? He's **not** there for us anymore.

Tim Muehlhoff: Paul would later say, "Nothing can separate us from the love of God that is in Christ Jesus." That's Romans 8:39. Well, we feel like, but I have been separate from the love of God. God **doesn't** love me anymore. Now, listen, **doubt** is just part [inaudible 00:16:08] of being a Christian, we all go through seasons of **doubt**. I **don't** think this is what they're talking about.

Tim Muehlhoff: They're talking about, you have become convinced God is **not** in your corner and you **can't** trust HIM anymore. I think they're saying that's a sign of **spiritual battle**.

Chris Grace: Yeah, that's a good one. So, we've covered a couple of these, Tim, signs and we have one more, I think is really important, and that's this idea that we now also begin to see how we do this thing called self-talk. This view about the things, I say to myself.

Chris Grace: And so another sign is, what, that the idea that we just **don't** believe even the best things about, what we used to think about ourselves, or that we are these **evil, bad,**

wrong, unhappy or we just are unable to do or look at other people with compassion. And what do you think?

Tim Muehlhoff: Right, so listen, in every marriage, and certainly with parenting. You just kind of think, "Man, I coulda done that better."

I really could've been a better spouse this weekend. I was consumed with business, I was consumed with different things. I overreacted to my child."

Tim Muehlhoff: Okay, that's fine. And that might even be the guilt of the **Holy Spirit**, saying, "Hey, yeah, man, you were a little bit harsh with your wife, or you were a little bit harsh with the kids." I **don't** think that's **spiritual battle**, but I like what Kurt Thomson says.

Tim Muehlhoff: He's a psychologist and an author. He said this. "Guilt is something I feel because I have done something **bad**. Shame is something I feel because I am **bad**."

"So, if I begin to think, "I'm the **worst** husband there is. There is nothing good about me being a husband." Then, I think we're talking about **spiritual battle**."

Chris Grace: I think that's really important for listeners to understand, too, that difference between guilt and shame. Shame is one of those topics that, and one of those things that comes in and can invade, and it can devastate people. Because what you start doing, Tim, is you start to compare yourself unfavorably with other people.

Chris Grace: You are the **worst** husband, you are the **worst** spouse, and then the shame takes over, and I think that can very well... When that starts to be a constant theme, it could very well be a sign of some other things you need to deal with, between something that you're dealing with, but it could also very well be this **spiritual attack** or **battle** on you. And so that's one sign to look for.

Tim Muehlhoff: Hey, let me mention one topic that I think we should probably a little bit about, and that is. People might be thinking, "Well, okay, so I can be influenced by **satan**, but what about **demonic possession**? Can **satan** ever **demonically possess** a believer?"

Tim Muehlhoff: Now, this we **don't** have time to go into this, and quite frankly, it's probably above our pay grade. But I think most theologians would agree that certainly influence can happen, oppression can happen. In other words, you've given a lot of footholds to **satan**, but can **demonization** happen?"

Tim Muehlhoff: And most theologians agree that, since the **Holy Spirit** indwells you, if you're a believer, and that'd be John chapter 14, verse 7, 8, 9, 1st Corinthians 6:19-20, it's impossible for a **demonic** entity to also indwell you and consume you and be in full control

over a believer. So, simply put, **demons** do **not** have the ability to kick out or evict the **Holy Spirit** in the life of a believer.

Chris Grace: Well, Tim, let's continue this and talk a little bit about, what are some different ways, if it's **not** possession, if it's **not** inhabiting or, there is very clearly **spiritual influence**, right? And we've been talking about that.

Chris Grace: So, after the break, let's talk about that. How does that sound?

Tim Muehlhoff: Sounds great.

Tim Muehlhoff: (Theme music)

Chris Grace: If you enjoy this content, please share it with people around you.

Tim Muehlhoff: With podcasts, the best promotion is often word of mouth. So, tell someone who may be interested in the content to take a look, listen to us.

Chris Grace: Yeah, that's right. And another way you can do that is by giving us feedback and rating the podcasts on iTunes.

Chris Grace: (Theme Music)

Chris Grace: All right, we're back. Tim, we've been talking about **spiritually** defending your marriage, the reality of the **spiritual battle**, and now we've been talking about the actual specifics when it comes to things like signs of **bad spiritual** and **demonic activity** and **spiritual influence**.

Chris Grace: So, one of the things that happens is we begin to see that there are clearly moments when we feel the presence that there's something that's going on that's **not** good, that is **evil**. And other times we're just simply **not** aware of it. And so, talking about these signs could be very helpful for couples to identify when it is that they're actually facing this.

Chris Grace: What would you say about that?

Tim Muehlhoff: Yeah, so we mentioned just a couple that a lot of people write about **spiritual battle** from a Christian perspective, talk about it, and we said that it was inappropriate anger, we said that it was impending doom, **not** believing the best about God anymore, not believing the best about yourself anymore, violent dreams. Things like that.

Tim Muehlhoff: It would be fun, though, to put together an honorable mention list. In other words, it **wasn't** mentioned by all authors, but these ones regularly came up. And so here are just a couple that we can kind of, just very quickly.

Tim Muehlhoff: It would be Ohio State winning a national championship in football. That **wasn't** mentioned by everybody.

Chris Grace: No, just one person.

Tim Muehlhoff: Well, yeah, me, but it was person. No, here are just some honorable mentions. A strong aversion to the name of Jesus. **Isn't** that interesting, Chris?

Chris Grace: Yeah, and I think because for the most part, he was well known and is well known, that name Jesus throughout the world, through all different religions, as a good man, and there are very few people that would identify him in a **negative** way. They may **not** recognize him as God or the son of God, or who he was. But, he was even seen by many others in different religions as being a wise, high moral epitome of what is good.

Chris Grace: But when there's some reactions to that name, that seem to be far greater, of almost that biblical notion when they said even the **demons** know this, when they hear the name of Jesus, and they shudder at that name, right? And that's a reaction that's very different.

Tim Muehlhoff: Yeah, another one was an inability to pray. So, again, that could be caused by a multitude of reasons, but I have met people who have said, "Listen, just, I **can't** pray anymore. I just feel like I'm in a dark hole, I feel like God's **mad** at me, I feel like he **doesn't** wanna listen to me. HE answers everybody's prayers but HE **doesn't** answer my prayers, so I **don't** wanna pray anymore."

Chris Grace: Yeah, I **remember** my roommate in college, we, I'd only been a Christian for about a year and he talked about it, and it really surprised me and shocked me when he said, he's struggling with prayer and I said, well, what? I **don't** understand that.

Chris Grace: And he said, "I just feel like my prayers simply bounce off the ceiling. They **don't** go any further, and so what's the use? And I **remember** we were looking at him like, oh my gosh, I **don't** want that to ever happen.

Chris Grace: But he was clearly struggling with this idea of **spiritual dryness** and that was what he called this inability to feel like he should or could pray, and even if it did, God **didn't** care or hear.

Tim Muehlhoff: And that's a go do way to put it, Chris. Listen, all of us have **spiritual dryness**. All of us go through times when I **don't** feel like praying. I **don't** feel like going to church, I **don't** feel like reading my Bible. I **don't** think we're talking about that.

Tim Muehlhoff: We're saying when you do try to pray, and you do feel like you're hitting a brick and that brick wall just seems to go on and on and on and on. Hey, another one is personal or family problems that do **not** respond to therapy.

Chris Grace: Right.

Tim Muehlhoff: Again, we're pro therapy. My goodness. But, so we, I've met people, Chris, where I'll say to them when they talk about their marital problems, "Hey, have you thought about therapy?" And they'll say, "Yeah, we've been in therapy for 10 years." Have you thought about switching therapists? "Yeah, we've switched, this is the third one."

Tim Muehlhoff: Well, then I think you start to think, "Okay, this could be **demonic activity** is why therapy just **isn't** working at that particularly time."

Chris Grace: Yeah, and there's a whole lot out that is, it could very well just simply be the lack of finding the right drug, the right medication, or the right therapist, and we have to recognize that.

But it does make the honorable mention list, because it very well can be a sign. Same with even connecting may be, Tim, with other people in a healthy, intimate way, especially Christians.

Chris Grace: So, that's kind of a subset of that, but the ability to make connections like that or feeling an overwhelming sense of loneliness, even in the midst of, you know, a great church setting, where you just **don't** make those connections. So, that's another one.

Tim Muehlhoff: One that was convicting to me was, physical problems that do **not** respond to medication. So, let's talk about this for a second. Let's kind of mess things up for a little bit. So, I'm a migraine sufferer. I've been suffering from migraines ever since grad school, to be honest. So that's like, what? That's 15, 16, 17 years.

Tim Muehlhoff: And I've tried everything. I've tried all the medications you can think of, I've actually tried Botox. This has actually been approved by the FDA.

Chris Grace: You are looking a lot younger, by the way.

Tim Muehlhoff: Thank you. And, then God bless people when they hear me talk about migraines. Just, God bless them because they come with all the homeopathic stuff. You know, have you tried peppermint? And yes, I've tried peppermint. Have you tried, okay, so I've tried all these things.

Tim Muehlhoff: And, to be honest, these migraines just continue to work. Now, here's what I think is interesting, Chris. Never once have I thought migraines acquitted with **spiritual battle**. Never once. I think the apostle Paul would look at me, right?

Tim Muehlhoff: I think Jesus would look at me and say, "Tim, I **don't** get it. That has never even crossed your mind?"

That your migraines might be some form of **spiritual battle**?" And to be honest, Chris, it has never crossed my mind until now, when I think, "Boy, **isn't** it interesting?"

Tim Muehlhoff: And again, I'm **not** gonna **stop** taking medication, but I'm maybe gonna augment that with fighting back **spiritually**.

Chris Grace: Yeah, and praying specifically for relief, for help. But also the strength and the ability to, when it does hurt, right, or when the pain is there, to be able to respond in a way. I feel the same thing over here.

Chris Grace: Since I was young, same thing. For me, it's been lower back issues, right? And just, constant, It seems like periods of time where it just hurts.

It's **not** easy to see that **spiritually** or at least the battle there, but I do think it's very important to be able to recognize those kinds of things.

Chris Grace: Even if it's **not** a **spiritual battle**, to then by praying and saying, "Lord, I know you know this."

I mean, this is what Paul talked about. His thorn in the flesh. He identified it and said, "Lord, if it's possible, remove this. But if **not**, I know you're giving me the strength and the ability and help me to see the way in which I can use this in some way to bring you glory."

Tim Muehlhoff: Those are hard. You know, one thing We've been saying over and over that's kind of popped up is prayer. Need to pray about this. And, yet, a lot of people are confused like, what's a **warfare** prayer? Is that a different kind of prayer? Is it like a super prayer?

Tim Muehlhoff: So, maybe that's a topic we should dive into in our next podcast.

Chris Grace: I think it's a great battle approach for the battle, too. So that sounds great. Tim, it's good talking with you.

Tim Muehlhoff: Yeah, interesting stuff.

<http://cmr.biola.edu/podcast/2018/oct/10/how-do-i-recognize-spiritual-attack-my-marriage/>

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She suffers from terrible **guilt** and **shame** about her past **sins**, and I **don't** want to make her feel **worse**, but I'm wondering how to get past my own feelings. Do I ask for details? Do we **not** talk about it at all? Am I stuck with these feelings forever if I marry her? What's the biblical way for me to deal with this as a boyfriend and maybe husband?

Answer:

These are important **questions**, and (**sadly**) the issue comes up a lot. Unfortunately, there's **not** a magic answer to dealing with the feelings you describe. It's a matter of prayer; preaching to yourself the **truths** of Scripture about **sin** (**hers and yours**), forgiveness and our position in Christ; growing in affection for your wife; enjoying the relationship God gives the two of you; and embracing the biblical version of servant leadership. I know that sounds like a lot, and the feelings you describe can feel like a lot to get past. The **truth** is most marriages these days involve one or two people who have **sinned sexually** in the past with a person other than their spouse. Many people get past their feelings about their spouse's past **sexual sin** and go on to have godly, Christ-centered, intimate marriages.

If, apart from these feelings, you believe marriage to this woman might be the right thing, I would encourage you to try to do the same. Let me offer some biblical principles and general advice that I hope will help.

Fundamentally, this is an issue of **forgiveness**. Assuming your **girlfriend becomes your wife**, the **sexual sin** in her past was against you (**as her husband**) as well as God. Your feelings of hurt and **sadness** are entirely understandable. But if she is in Christ now, she is "a new creation. The old has passed away; behold, the new has come" (2 Corinthians 5:17).

If she has confessed her past **sins** to God as a child of HIS, then HE has **not** only forgiven them but has "cleansed [her] from all unrighteousness" (1 John 1:19) and has thrown those **sins** into the sea to **remember** them **no** more. God **doesn't** just forgive; HE forgets. When HE looks at HIS children, HE delights in us because HE sees HIS perfect Son.

HE calls us to view our brothers and sisters in Christ in the same way — and Jesus himself has harsh words and a stark **warning** for those who are forgiven but **cannot** forgive (Matthew 18:21-35).

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The following is taken from: **34 Ten Women Plus XX # 1**

Woman # 06=> She screams out and yells for "HELP"!

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This is only the next or first story part of this story. Later you may share your view as to how you think this story goes on in the next two parts for this one woman.

Women’s photos and names are close to those who prayed for God’s help. I have heard it said so many times, “God works in mysteries ways.” “God works in strange ways.”

“God works in funny ways.” “God works in different ways.” These story parts took place over less than four years.

People pray, and God does come to these women in ways they had never expected. This one woman also had – yes, she had her womanly value taken away by **satan** in her flesh and given back to her in God’s way. You may learn something about yourself or for you to use or for someone else and enjoy. **Story of Woman No. # 06 out of the first 10** women, Roxane Carter. James took a few photos of Roxane.

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Women # 06 => Roxane Carter => Roanoke, VI.

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Angel Frank goes on telling those other Angels there with him, then she met him this woman # 06 of this set of ten women. => This woman Roxane Carter and she works and manages with her brothers 17 - restaurants in this town and around this area. At her age of 16 Roxane was **raped** by two young men. Her two brothers busted in on them and after one had had intercourse with Roxane, they beat those two up so **bad** and that they **killed** both young men. And their businesses are out a 75 to 100-miles around Roanoke. They meet when James is down South East of there for about 30-miles out on an air craft crash. When he is on a five-day break from his aircraft crash work.

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James and a few others are checked into their motel only a block from a big mall. A few other team members are in this motel and some, well most are in other motels. He goes for a walk towards the mall and asked people where there is good food for lunch. Five of the five people he had asked said, "Joe's Pancake" and Joe's has other great food too. There is a waiting list and he is asked if they may seat another with him. "Okay, but she is to be a young female and a beautiful young lady." (**Okay, satan's two demons are there with him, both are smiling, again.**) How do we know about **satan's two demons**? James two Angels told him later about **them** later. Soon they seat him off in a small side area. A moment and they seat her. "Hello, I'm James." As the hostess left.

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Staying in old hotel in Roanoke, VI.

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"Hi, oh, I mean hello. (**As she smiles at him.**) They asked me if I would mind being seated with a single young man from out of town and I agreed. I am Roxane Carter and people and my friends call me Roxane. Are you really away from this town and area?"

“Well, kind of as I am down here from up north – I am in from DC (James is **not really** from DC, but that is where he is assigned. Well. Okay, James is really assigned to DC, but he is never really there in DC, well **not much**, only eight days over his 14 - years. James was (but **not** his whole special SMART unit team) there for only eight days, as for a day or two, at different times out of fourteen years in the USAF. But he was for his special missions’ team gets all his and their missions from DC) working down South East of here about 30 miles out there for the last month living in a tent. And what do you do?” As the lady came for their order, drink order, both order coffee and they waved her off for food as we are **not** ready.

“I am kind of a part owner along with my four - brothers (ah, **20% each**) in a couple or so restaurants around the area.”

“You sure **don’t** look like you have cooked and wash dishes for the past 40 - years.”

“Well, I’ll have you know I can cook very well, thank you, but I work in the office. I’m a little shy with a man personally but I **don’t** seem to feel that way so much with you. We, ah, I mean I had some love pain personally a while back and well I think I am, ah, that it is all okay now. I think I am over here to deal with that.”

They have lunch and small talk. She is working really hard to keep our visit talk very general and mostly on many non-personal subjects.

“This one of your restaurants?” She says **no**. James is sure he just got a “**Word of Knowledge**” on her. “One of the five men courting you was to meet you here and he **didn’t** show up. That is his loss, I would **not** stand up a beautiful young woman as you.”

(It is **not** only what she says but more so what she is **not** saying. She is kind of a part owner. Maybe she owns **20%** or is it less but what matters right here is really her. She said we or is it her that had some love pain or went through love pain a while back?)

“Oh, please **don’t** misunderstand. I did have three or four boyfriends back in high school but then when I was age 16 got into a **not** so good situation and I gave up any boyfriends for a while.”

“Such a beautiful young woman like you and you have warded yourself off all men now for five years. What about all those great young men that come into the restaurants?”

(She is the one who had that love pain, as she said, ‘I was age 16 and I got into a **not** so good situation.’ And that situation turned her off of any man. She is a sweet and a beautiful young woman and I am sure she can attract men. What was so **bad** for her?)

“Oh. **No** man friend for five - years now but I am working on me trusting men again, I mean me finding me a man and to trust him. I am here in the hotel for five days away from work and just to be out with me being with some different people who **don’t** really know me.”

James finds out Roxane came from a mid-size town **not** far from here and she is from a loving and kind of traditional every Wednesday and each Sunday religious home with kind of a good supporting family. She has 4 older brothers, an older sister and 1 younger brother and 1 younger sister as she comes from a family of eight - children. Roxane came from a happy childhood as far as she knows because that life is the only one she knew. Roxane is at 5' 6" - nice chest at 36C inches but as she said she **didn't** know for sure so, she guessed – from what she buys (**but, she didn't say from her bra size**), beautiful dark **brown** hair - nice just right built legs - nice-shaped hips at 35 inches round as I am guessing - but as she said she **didn't** know for sure - **brown** eyes - smooth skin – she is **not** really athletic.

She **doesn't** like talking about herself as a woman personally to me as a man nor with any man. She told James she really **doesn't** know why she is with him like this.

Roxane has her goal as: **Now to find a good man, learn to trust him and marry, settle down and have two - kids, a boy and a girl.** He asked if he could say grace. “Yeah,” she said, “Yes, please do.”

Their food came, and the talk is very light, and she pushes all of our talk off of her. At the end James told her she is just way too tense with him and asked if he could pray for her and she agreed. He is holding her hands and he is saying a soft prayer and she did loosen her whole body up. She opened her eyes now, kind of shocked seeing that he is looking right at her, he has his eyes open as he is praying for her.

“Just relax, receive God’s blessings for you.” He is holding her hands, ready to say a soft prayer. “May I pray for you and ask God’s help with you forgiving those two men?”

Her eyes got bigger, is she going to say **no**, then that idea seemed to please her, as she told him, “Yes, please.”

As James is praying, he felt a lot of tingles come from her and go out of her out through him. A lot is being pulled off her heart over to James, which James is releasing out for her. James softly spoke in tongs for two - minutes.

“God told me it is finished, you are now a new woman. You do have God’s personal sent Guardian Angel who is just for you. Your Angel is behind me so look and you can see your own personal Guardian Angel.” Her face expression totally changed.

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“This is your Guardian Angel. She will shrink down to a bright small speck of energy, and then she will vanish from human sight, well our view, but she will always be right by your one ear, always.”

(Guardian Angels will, only when a there is a real - really - big need, and will always appear the same to that person, and will manifest in the same visual form to that person. Also, any other Angel can appear, at any time, in any way, in any form to that person they are visiting or bringing a message too, in a way that person would accept.)

He is looking at her. Her Guardian Angel shrinks down to 10 - inches tall or so and she, her Angel floats past him and her Angel is now on the table facing her and for a few seconds. Her Angel shrinks down to a blue - white speck of energy and her Angel energy speck moves up to her shoulder as Roxane is really smiling. “God the Holy Spirit says for me to tell you to look by both of my ears, right now for they will only show, only appear for you to view for a short minute, you can see my two Angels as small blue-white specks.”

She nods yes, she sees them. James prays in tongs for a time more and ends, “In Jesus name. Amen.” She just sits there looking at him.

“Well you now know that God loves you and our great Jesus took all of that past bad situation from you and God will take care of that. And yes, you know now you really do have a Guardian Angel. Your very own Guardian Angel has always been with you and your Guardian Angel will always be with you.”

She asked him if he knows. “Yes,” James tells her. (He knows only that there are two - young men for her to forgive, plus herself. James doesn't know the why for her as yet.)

“Have you seen many Angels?”

“Yes, lot of God's Angels. Even many times before I was 5 – years - old,” James tells her.

“It was just so terrible for me. I guess you now know that was taken away by God, but. Will I ever be alright with a man? You know what I mean, me being with a man?”

“Yes. You are Okay, you, Roxane are alright now.” She moves her head yes, but James thinks she still has a lot of **doubt** in her heart. “There is some table and chairs out back and we would be alone.” She moves her head yes. He checks the two lunch tickets, he put 15 - dollars down which is over a five - dollar tip and they leave with her locked on his arm. In the back, there is two tables and four chairs with each table in the shade. They sit across, and she tells him she has been getting herself ready for these few days for a long time. They hold single hands across the table. He tells her – that very **bad** event is gone, God is just using me here to let you know that on your very **bad** personal event, that Jesus has taken this event from you, HE will deal with this for you, you just receive HIS love back.” She then agreed with James.

“God wants you to know back then HE had sent a special Angel to help your brother's Angels and on to them to have them to come right up to the timber line shack. You were only age 16 and the **bad** boys were both age 18. You were right **not** to fight them much undressing you because they would have hurt you very **badly**. Yes, the one man took your virginity, but you did **not** get any of his cum or semen in you.

“Then, God looked ahead, and they were never going to come back to ME, God. God has sent back many special Angels for your brothers and both are doing well with ME, God and themselves.

“I, God loves you and you are now alright. I have allowed you to see three of MY Angels. You may talk or call on ME anytime. I have sent James to you and you please learn to love more and come back to trust ME again.”

After a few minutes, as she is pondering this, “Oh wow. God is real. HIS Angels are real, and I have seen three of God's Angels. I am alright now, God said so.” And James agreed.

He moved over and got her hands and pulled her up, she put her hands on his sides, he told her please **don't** move or react very much at what I do, but then when I kiss you, then you may react to your today new person feelings, okay? She agreed. He placed his left hand on and around, well on her right breast and he squeezed softly.

He felt her tense up and she is showing him her very much dislike and her inside tension build up, he **stopped**. He moved his left arm around to her back and he passionately and slowly kissed her for a long minute. As they kiss he placed his right hand on and around her left breast and squeezed softly a few times, he checked, and he felt her nipple has firmed up as they are still kissing. He pulled back away, "Do you feel my right hand."

Oh. She could now feel his hand on her other breast. "Now check your left breast nipple." She did, and she could feel her nipple is out more and more firm.

"Understand you are fixed and you are alright." She pulled him back closer to her and then she passionately and slowly kissed him back, again, for a long time.

"Wow. I liked both the first and second kiss, let's do that again." James told her **no**, that her bloomers would catch on **fire**. She smiled and hit him gently on his arm and told him her bloomers would **not**.

He asked her if she felt better. She told him, "Yes." He asked her if she felt more like a woman. She thought on that for a moment, "Yes. I think I do and your kiss kind of tingle me inside." She wanted to change to lighter clothes because it is warming up and they went to her room two - doors from his own hotel room door. He would knock on her door in 10 - minutes and she told him **no**, please just to come on in.

She got out a **yellow** draw string over her head top; a cream peach swirl skirt going down below her knees as he sat in the chair. "I need to do this for me," Roxane said. Her white sweater came off, she is facing him with only her bra on top and placed her sweater on her bed over the pillows, she got the other top and slipped it over her head. She removed her skirt and her slip facing him and put them on her top on her bed. She came over and she leaned down and she kissed James, his one hand went around her bear leg right under her cotton under pants leg. She stood back up, "Thanks I really needed that kiss. Did you like what you saw of me?" James told her that he had better **not** say.

She moved back by the bed and put on her other slip and skirt. She is ready to go; she **didn't** know this area very well but thought there is a nice park close. Ask at the desk and it is nice park 3 - blocks away.

Walking she told him thanks that a lot of her tense man **fears** are almost gone. James reminder her that God had done that and for her to just accept herself as a totally new young woman and she agreed.

They sit on a city park bench. "You, as a strange man to me and in less than three hours, and I undressed right in front of you and you had your hand on my bare leg and with me there with **no** skirt on. Wow. That was sure a God blessing for me. I had **no terror** shot through me, **no terror** with you seeing me and touching me. Maybe I am fixed. James, I am thinking that I am in love with you. Even of you **don't** love me, just as me. Please help me through my next few steps to make sure I am all fixed, please."

James told Roxane, maybe. Roxane's look back told him she **didn't** like his maybe.

Sitting on a small park bench they are enjoying the lake view. James senses, like something is about to happen. James looked all ways around and **no** one is even close to them except an age - 7 or so girl coming fast on her bike and her mom is following, **not** far away when a low flying bird goes across right in front of her on her bike and a good size dog is coming behind the bird real fast.

This dog hits her front bike wheel and she turns off the path and "bam" she hits her head on a low tree limb and she falls off and over on the grass. He and Roxane are to her before her mom is. She is dizzy, but she is coming around as a good goose egg rises up on her head. He asked her mom if they may say a prayer for her daughter. Mom says yes, Okay, but ice would work better.

They each put a hand on her head and he said a soft prayer. They feel the tree bam egg bump going down. "In Jesus name. Amen."

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Then an old Spanish small woman is there (**right out of nowhere**) with a small cooler and she gives mom a chipped off chunk of ice. As her mom reaches for her girls' head and then she sees the lump and **OoPpSs**, her bump is gone, and her girl wants up.

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Remember, Angels, are a lot like people, they come with different looks, in all shapes and all people regular sizes and even in other plus sizes. But, **not** normally in real heavy sizes, unless they needed to be to appear that way to that person's Angels manifest for.

Also, an Angel can appear in any way to the person they are visiting or bringing a message too who would accept this Angel, but maybe **not** really expect by them, an Angel to look like any Angel or they may even come in any kind of human form.

Angels will come as this person will accept. When Angels manifest, they do only 20% of the time will have wings. Many Angels **don't** have wings but when they manifest they can have wings. Because that is what the person expects with an Angel.

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Mom turns back to thank the lady and she is gone. “Where did the old Spanish lady go?” Mom asked. James and Roxane check each way fast and for some long ways each way and there is **no** Spanish lady with any cooler anywhere. But they both had seen her.

“We had an Angel visitor. She is my fourth Angel I have seen today,” Roxane said.

“Mom. Let’s go I **don't** have any hurt. I am fine, so let’s go, okay” Her girl says.

They thank mom for letting them pray for her daughter and they thank God for **healing** that lump on your girl’s head. “Well I saw that lump and it is sure gone fast. I wonder where that old Spanish lady went,” Her mom says again.

Her girl rides back, “Lady.” To Roxane the girl asked, “Was that lady a real Angel cause I did see her too?” Roxane told her yes that was a real Angel. The girl seemed happy with that answer that she was a real Angel and she rode off.

She asked James; “God talked to me through you, right?” Yes. “God **healed** me today, right?” Yes, and God forgave you, it is to remind you that you are HIS daughter and God took your past away. “God **healed** the lump on that young girl, right?” Yes. “That woman was an Angel for real?” Yes. “I’ll be thanking God for a long time for these blessings for me just today, right?” God has faith in you that you do that. “Yes, I will.”

They sit on a park bench and Roxane kind of cuddles up real close to him. A half an hour goes by with **no** words. “Yeah know what?” James said. She looks up at him. “God loves me in spite of me.”

“God loves me too, because I am me. Yeah, God really does love me.”

“You are a very valuable person with a lot of real worth young lady.” She pulls his arm in closer to her. “Have you noticed that you now have a spring in your step? Right out here in a public park you got down on your knees and prayed with me for that girl. What do you think?”

“That is good for me, right?”

“**No.**” She looks up at him.

“You are **not** the same young woman. You know now God loves you and you are HIS daughter. You have Jesus in your heart. Jesus put God the **Holy Spirit** in you a lot more. You now have a special glow about you.”

She moves up and she turns to him, “I am sure I can get past my **sexual** damaged part now, ah, well, I think so.”

“Yes. You were **sexually** damaged, but God took that part away, just like it **didn't** ever happen. You get that fact down deep into your heart and in your head. You got that!”

“It is hard for me to believe that because that of my **rape** part was real.”

“Did Jesus **die** on the cross for you?”

“Yes, now today I do, I know that part is real for me too.”

“What is it for you when Jesus **died** on the cross for you?”

“Jesus paid the price for my past **sins** to be forgiven.”

“Ah. Yes, but more important than that you now have what?”

She looks up at him, “I am **not** sure.” (She is really saying that she **doesn't** know.)

“That also moved your personal woman's value and your worth back to even before Adam and Eve even **sinned**. Jesus **died** for you and now you got your value and all your personal worth back to your original value and that value has opened the door, so you are now becoming God's awesome daughter.”

“Wow, God, Jesus, God the **Holy Spirit** and you James are just so sweet. In only the last three or so hours my life all has really changed.”

“Your five - day plan was to come here and find a man or two to see if you could really go through your personal **rape fear** and pain and to have a man even touch you and then do his **sex** to you. However, God's plan for you was to wipe away your past and give you back your womanly value. For you to know now that you are **not** a damaged woman anymore and you are to accept that. God's plan was for you to see a few real Angels. That you are God's daughter for real.”

“I think we need to go back to my room, ah my tears of joy are messing up my face make up. I want some more time alone with you; think we can get a Pizza and soda for our dinner back at my room.”

“I have been in a chow tent with about 75 stinking GIs, well they **don't** really stink. We do have tent showers there.

“But that was for the last month and I would like a sit-down dinner with other real men and real women around me even if we **don’t** stay long. I agree for these few special days are for you too and **not** just for me.”

“James. When I asked people in my church **questions** their answers were always very vague to me and were **not** really any answer for me. Now, today, I **don’t** think they even knew what they were talking about. I know God a lot better now. I think I know more than they do. James, I like calling you James. James, I do, I really do feel like a different person. I think I am maybe a real woman.”

“You are now different, and you are now fixed, and you are now a more beautiful young woman. God loves you and I love you.”

After two minutes James asked her what was and is going on in her love life. And they have some general talk and visiting as Roxane tells him.

Roxane says that “In high school with some very superficial teen love kiss pecks and a little dating and that got to me, before now I had blocked out any guys, ah, men until after I got older. Ah, I thought maybe up to my age 25. I have made a proclamation for myself outside of work as for men, it is none, “**No Promises**” and that is with **no** exceptions allowed.” He sat there and just looked at her in a caring way. She says, “I’m now 21 years old and I thought I knew what I’m doing. I am **not** really looking very hard for my lifetime man, well **not** yet, but I am now keeping an eye out and he will come along to me someday.”

James told her some about this fallen **satan sinful lust** flesh world and about this fallen **satan sinful sex** flesh world of the men and women’s real world out here and she knows a lot on all the **bad** stuff out there. Then he asked her how she is with God?

“Oh. I think I am now right with God.”

James put his self-made (**that he had carved out**) small **redwood** wooden pocket cross out on the table. Roxane picked it up and she is checking it. Roxane noticed it is worn down and the hard grain is out a lot more than the soft wood grain. She looks up at James. He asked her, “Do you know how many promises **true** Christians and now you have from God?” She says maybe 30. “That number is **not** correct, your number is **not true**, and your guess is very low but by you cutting yourself off all with your “**No Promises**” to anything and you mostly meant for any man, you have also cut off all God’s promises to and for you?”

“I **didn’t** realize I have done that to myself. I have never really even thought about that.”

“Please. I am **not** judging you, and God still loves you Roxane. You are still very valuable to God. I feel that there are still a few issues here to consider; the **sin** of the flesh or in this case of your flesh as you say to the two men in your life and as I see this the past years of your past life. I may **not** be correct, but I am getting that with you Roxane.”

Tears start rolling out, down from her beautiful eyes. “I came from a loving and church every Sunday religious and every Wednesday night prayer time and then my home. What are you really telling me? What is it I **don’t** really understand?”

“I am **not** sure. We need to pray and ask for God through HIS son to forgive all those past generational **sins** mainly from that young man who really penetrated you **sexually**. Doing that he attached his past generational **sins** from him also on to you.” Roxane told James she understood that part and she asked James to help her pray for that.

James held both of her hands and he prayed with her, “... In Jesus Name, Amen.” She squeezed his hands. “What is your place as your role as a man’s wife, is what?”

“Oh, you know. Oh, you want to know if I know. To keep a clean house, to manage part of the money for the house, care for the children, present myself well for his friends and maybe his boss, be a woman available for him, you know same as other wives do.”

“What have you, Roxane been told or instructed from any other married women in your church as your role as a wife?”

“Oh. That part. As a wife, ah, I **must** let my husband touch me and have his way with me. Ah, I **must** then part my legs and give myself to him. As a good wife to let him have **sex** with me almost anytime he wants. I must do that part, but I **don’t** have to like that part. It is a woman’s duty and job to have children for him. Is this what you mean?”

“You have seen God the **Holy Spirit heal**. You have seen four of our great God’s Angels today. Do you know in your heart God made all this world?

“Do you know God made Adam from the dust of earth and breathed life into Adam?”

“Do you know our God made Eve from the rib of Adam?”

“Do you know our God made both men and women the same?”

“Yes, yes, yes, and **no**. I did see, and I now know the **Holy Spirit** and **Jesus** does **heal**. I did see and now I know I have God’s Angel with me. I did see and now I know God made our **Heaven** and all in this world. I know there is a **Heaven** and **hell**. I do, I know God made Adam and Eve. **No**, I think God made both men and women very different.”

“When in love **sex** is great for both the man and woman.”

“It was just so terrible for me. I am **not** sure I will ever be alright even with a man touching me?”

James got both of Roxane's hands in his and he softly prays, "God the **Holy Spirit** give Roxane more woman's love understanding of herself in her heart. **More. More.**" Roxane opens her eyes and looks at James.

"Roxane. You are now God's valuable daughter. You can now always look up when you pray to your Father God. Just receive. **More. More.**"

He senses things going through him over to Roxane. She seems to glow. "More." She smiled and said she felt it. "Roxane God made both men and women alike. God put the same parts and same senses and feelings almost the same in both men and women."

She is making a face back as to this she does **not** agree. "Men's breast are plane and women's breast are beautifully puffed up for a man and for baby's milk, but they are really the same. Man's penis and testatrices are external and in a woman's body all are internal. God pushed a man's penis and testatrices or scrotum up inside a woman. The penis forms her vagina and uterus and a man's tentacles were formed as the woman's two ovaries. Men's tentacles make seaman and sperm in a men's cum. A woman's ovary makes the women's cum and the human egg each month. God made the man's **sex** feelings strong when a man cum.

"But God also made women's **sex** feelings with love soft and also strong when a woman cum also. Does this help you?" Roxane nods yes, and then she asked James, do women really cum?

"What may I give, or I do to you, something that will wake you work up in a cold sweat in the middle of the night, with your hands clutching your covers, your body gets rigid with **terror**. Think about this. What scares you to **death**? What other people think?

"Any of your humiliation, disfigurement, pain, terminal illness, a man touching you or poverty? Just what?"

"I thought it was a man even touching me and doing **sex** to me but here with you today and seeing my Angel and others are getting me to change that in my mind and in my heart."

"What will you do anything for to avoid? What have you already done to avoid, what is your greatest **fears**?"

"You know what that is. What I was planning for these next five days and nights?"

"Yes, I do know that. And if you became really **afraid** and **terrified** then what?"

"I thought of that before I came here. If he is doing his **sex** to me became too much for me I planned on kicking, screaming and yelling for help. Someone here in a big motel would hear me and would come save me."

“You were going to try to pick out some young man that you hoped **didn't** look like he would **kill** you, right?” Roxane bowed her head and she nodded yes. “Did you think about what he would think about you and the kind of young woman, he would think you are?” Roxane’s head is still bowed she softly said **no**. “Any one of those four or five men may have over powered you and gagged you. Bound you up and left you there hurt **bad** or even **dead** when he is done.”

Roxane’s head is still bowed, she then slowly looks up. “I **didn't** think it out that far. You are holding my hands, and then softly talking with me (**with her not to her**). I believe this has helped me more than all my help over the last five years. I think I can, but now it is only for me is to only know for sure.”

“Your **true** woman character is what's inside of you – is what you're really made of when things get **ugly**, when your **bad** inter **fear** sets in, and is **hard** for you to react. Whether you'll tell the **truth**, even if **lying** is easier, whether you'll be faithful to God and to your up-coming husband, when you are presented with the perfect opportunity for a **no-strings-attached sex** as for only one-night, maybe with four or five different men. Are you ready to confront the thing you **fear** the most and go through it, to overcome it, your **fear** of a man touching you in order to win the thing your heart desires the most? Do you still want a man who **doesn't** love you to touch you and have **sex** with you?”

“Thank you. **No**. Your prayers, God the **Holy Spirit** are touching me, seeing God’s Angels and seeing that girl’s lump go away and that old Spanish lady who just vanish, wow and all that in just a few hours.” James asked Roxane to tell him about her first kiss.

“I had my first kiss years ago at my age - 15. I was still in high school and got the permission to take out my dad’s classy sedan for the first time. I had a date; well I called him my boyfriend, whom I **hadn't** even kissed yet.

“Back in those days, first kisses were a big deal, and you **couldn't** just kiss someone on the first date like it is these days, it was like maybe on our 20th date. I never did get an opportunity to get my first kiss because all we did was sit in ice cream parlors or in soda shops and part ways hold hands with a pat or his hand on my shoulder. The week later was the week of my first kiss. It was a perfect day. Again, I asked my dad to allow me to take the car out the next Saturday and told him that I wanted to take my few friends out, and surprisingly, he agreed. I excitedly called my boyfriend again, he is a year younger than me and told him that I’d like to see him on Saturday, and I’d love to drive him around town. He was quite excited too.

“But when I told my friends, all they could talk about was the opportunity for me to have the first kiss of my life.

The car's windows were deeply tinted and considering that I had the car for myself the whole day, I knew that I just might be able to pull off the stunt of my first kissing with my boyfriend. I was rather excited about getting my first kiss and claiming my place in the pages of first kiss stories. What girl **wouldn't**? Well it turns out he gave me a quick peck half on my mouth and he got out of the car, it **wasn't** much."

"Do you, Roxane really know what is really inside your mind and inside your heart that God did make **sex** great for both man and a woman very pleasing?"

"They are to enjoy each other in God's way in their marriage made love. God **didn't** make a woman to just to have to do **sex** or do **sex** where she does **not** have to like **sex**. I guess where I am going is do you really know yourself enough with some of your woman's body responses?"

"Why of course I do."

"Did you expect your breast nipple to be out and more firm when you were kissed?"

"**No.**"

"Okay. Touching the woman's clitoris gets a woman moist, more touching, more rubbing and a woman gets wet inside her woman's part."

"Then with more touching, more rubbing and a woman gets a thick tingly creamy fluid inside her, and with some more touching, rubbing gets a woman her **sexual** climax and for a woman, she gets her climax cum. Do you know and understand that?"

"**No.** Of course **not**. I am Catholic, and that stuff only comes for only a very few women and then maybe only after her marriage for a long time."

"Do you know why you did that, you masturbated?"

"**No.** Of course **not**. I know what that means. I know most boys do that. I know that some girls do that. **No.** Of course **not**. I'm Catholic; I know that only wild teens do that."

"Do what?"

"You know, do what you said."

"Wild teens masturbate?"

“Yeah. I know that only wild teens do that.” (Roxane wouldn’t say masturbate.)

“Okay. Roxane, what were the three most upsetting things for you growing up?”

“Oh, my, the three most upsetting things. Ah, I guess I would have to say me having a baby. For a long time, I was mad at God for me being a girl.

I had heard a lot of bad stories. Then I think I noticed maybe over 300 women in our church that had – had children. Some four and five children and they seemed to be happy after having children. I guess I change my mind that having children wasn’t too bad, maybe.”

“Roxane, how many people do we have here in the United States?”

“I don’t know maybe 100 million.”

“There are maybe over 600 million and I really don’t know for sure. How many of those 600 million are women?”

“I’ll guess 300 million.”

“So, I’ll say about 200 million have had children. Those 200 million go on and are house wives; most today have jobs and a lot of women professional careers. As they say, life really goes on. Most have sex with their husbands four or five times a week. Most women I know say they not only enjoy sex, but often women go after their husbands to have sex with them or even a lot as they even have seduced their husbands into having sex.”

“Wow. I never ever even thought about that one. I think my second most upsetting thing is the idea a young man would put his penis up inside of me.”

“I told you that God wants you to know HE had sent a special Angel to your brother’s Angels to have them to come right up to the timber line shack. You were only age 16 and they were both age 18. You were right not to fight them much undressing you because they would have hurt you badly. Yes, the one man took your virginity, but you did not get any of his cum and his seamen in you. Did it hurt when he put his penis up inside of you?”

“I really don’t know about that. I know that I did scream really loud with him pulling my legs apart and when he put his penis up inside of me. The other one held me down.

“I don’t know if I had any pain or it was just that I was so mad at him. But I do know I had my blood in my under ware after that. Not much but I did have some blood, well a little. After that bad rape, ah, sexual event they checked me at the hospital and the lab report said that I had no seamen in me, so I couldn’t be going to have any baby.”

“What is the third most upsetting things for you growing up?”

“Yeah. I thought about this one. If I could be even wanted by any man as his wife, you know as me a woman being damaged, to any man, ah, maybe to be my husband.”

“I think we have covered all that one, **didn't** we?” Roxane nods back yes.

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Roxane

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James asked Roxane if, “Do you really know the “WHY,” the real reason why you came here to this hotel for five days.”

“When I came here today I thought I was **sex** wise, a damaged woman, **no**, I knew I was. I had planned to find two or more young men, maybe even up to five young men and I planned to get them to do **sex** with me to see if I could even stand to have a man even touch me down there and if I could really get past him, ah, or them to be feeling me and touching me. But if I could **not** I planned to push him away from me and I would scream, kick and yell for help here in the hotel and you or someone like you would have come over and helped me even if we had **not** met.

“But if I was okay with him I would then undress, and I would let him have me. I knew if I was ever to be a real woman again with any man and to be a woman worth anything to a man I need to get through this part. I was sure I could get past my damaged part now after so long, ah, that I am ready. It was so terrible for me. I need be okay with a man even touching me. I was only age 16 and they were both age 18.

“I guess I was right back then **not** to fight them very much undressing me because they would have end up getting me, ah, my **sex** anyway.

The one man took my virginity, but I **didn't** get any of his semen in me, ah, his cum, because my brothers **stopped** them, and they **killed** them both. I have change so much today with you, James, as I have now seen God's Angels and I even feel like now God loves me now, yeah, God does love me, for real.

When you pulled me up and you placed your hand on my right breast and squeezed softly **bad fear** shot all through me. When you put your arm around me and kissed me for a minute it was wonderful for me.

“As you kissed me and put your hand on my left breast and squeezed softly a few times and I think I really liked that, but I **didn't** know my nipple would firm up like that as we kissed. You asked me to check my left nipple and I felt and my nipple is out more and more firm. I think I really do understand, I am maybe fixed, and I am alright now.

“When I took off my sweater top right in front of you and I am facing you with only my bra on top of me I really felt good in front of you. I took off my skirt and my slip off facing you I felt more like a real woman for the very first time.

“I am sure I would have given myself to you right then. I was so please with myself I had to kiss you and even with your hand on my bear leg, up close to me made me feel more like a real woman worth a man wanting just me.

“I felt wonderful and God loves me and when that old Spanish woman Angel just vanished. I knew right then I must forgive those two men for what they did to me even though they are both **dead**. It would be for me. I loved it when you told me my bloomers would catch on **fire**. I did notice when I changes clothes in front of you I got very warm and a little wet down there. I am sure I can get past my damaged part now. Yes, I do feel I am now a different and fixed and I am a more beautiful young woman, than I was.

“God and you love me. I **didn't** know before men and women have the same parts. You are telling me all that really helped me. I **don't** know yet, but I am pleased women do cum too.

“I hope I find out soon touching the, ah, my clitoris gets a woman moist, more touching and a woman to get wet inside, more touching and a woman gets a thick tingly fluid, and with some more touching gets a woman her **sexual** climax and with that then her cum. I have never felt that part as a woman yet. My heart and my body tingles with just the thought of you, maybe touching me, as my heart fills up looking into your eyes.”

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WARNING

Ten Women Plus **XX** This part is very “**Graphic**”!

ADVISE => Photo FOLLOWING => IS VERY GRAFIC! !! !!!!

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“My heart wants you to be my next real man that touches me and always my man, but my mind tells me there is **no** way for me to keep you.

I would thank God for my blessing if I find a man that is half the man you are because I love you so much right now, well right after God and Jesus,” Roxane Carter said.

“Do you still want a man who **doesn’t** love you to touch you and have **sex** with you?” Roxane’s head is still bowed, she then slowly looks up and she moved her head, **no**.

“I need to freshen up some before we go out to eat.” James agreed to wait in her room. They left the park, back to the hotel and went to her room.

“I need to do this for me,” Roxane said.

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WARNING

Ten Women Plus **XX** Part here is very “**Graphic**”!

ADVISE => PHOTO FOLLOWING => ARE VERY GRAFIC! !! !!!!

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Her **yellow** draw string over her head top; came off, she is facing him with only her bra on her top, as he sat there, waiting for them to go, in her hotel room chair. She placed her top on her bed over by the pillow; she removed her cream swirl peach skirt that goes down below her knees and her slip still facing him and she put them on her top on her bed. James is sure she just wanted to change into a different blouse and skirt.

She is a beautiful woman there in just her bra and cotton panties.

She came over and she leaned down and kissed James, his one hand again went around her bear leg right up under her cotton under paints leg edge. She stood back up, “Thanks I really needed that kiss. Do you still like what you see of me?” James told her that he had better **not** say.

She moved back by her bed and she removed her bra, and then her cotton panties. James was **not** expecting her to do this. Do you still like what you see of me?”

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Roxane Carter

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She came over and she leaned down and she kissed James, “Please, just touch and feel me. I really do need for you to do that, just for me, for me to really know.” He wet his finger, rubbed his finger around a few times on both her nipples.

He wet his finger again and he stroked her courts a few times. He pulled her down some with his hands on her arms and kissed her on her lips.

“See you are very culm. I am sure you would be Okay even if I had done more. But it is **not** that, I am sure. It is what do you think and feel?”

“Wow. I never expected this reaction with me with a man doing that to me. James, I love you. I really want you to have me, ah, I really want you inside me, I want to give you me, my, so it is done, my new woman’s **sex**. I am even shocking myself right now. I am maybe Okay. But I want to really know I have cum and to give you my cum and I want you’re cum inside me. Thank you.

“I know already that I **don’t** need any four or five men who **don’t** love me to have my **sex**. Oh, **OoPpSs**, I now have a new situation. I am **not** sure I can even be with you four more days without me giving myself to you.”

She leaned down and kissed James, with her very passionate kiss.

She moved back over close to her bed, and she very slowly got dressed. With her same under clothes, top, slip and skirt on she is ready to go.”

She **didn't** know this area very well but thought there is a Pizza place close. Ask at the desk and it is 1 block away. Walking she told him thanks, that a lot of her tense man **sex fears** are really gone.

James reminder her all that God had done and for her to just accept herself as a new woman and she agreed. James West and Roxane Carter spend the next four days together. For sure night and day. Please try to **remember**, **not** all things are as they seem, in real life.

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Roxane

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Please, you may respond with your view as to how this story part # 6 story's next part # 06 part # 02 and the next part might go on in general or over the next one or up to four more days.

The above part is taken from: **MSTP # 46 Ten Women Plus XX # 6**

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Before We Met: Dealing With a Spouse's Imperfect Past => [Lee Wilson](#)

"Couples who've had **sex** before **marriage** will inevitably have **sexual** difficulties in marriage."

That's what Joe Beam, marriage expert at Marriage Helper, said to a large audience of married couples. Through Marriage Helper's work with thousands of couples, we've learned that the emotional results of premarital **sex**, in most cases, negatively affect many aspects of a marriage.

More than half of those who marry today bring sexual histories into their marriage and wringing our hands over the issue **isn't** going to help those struggling with the consequences in their relationships today.

So, what can be done about marriage difficulties that result from premarital **sex**? I have some suggestions that have helped others who've approached me about the issue.

1. **Confess.** It's good for the soul, they say. It's also good for your marriage. If he **doesn't** know you had **sex** with someone before you married him, he needs to know.

He especially needs to know if it is responsible for struggles in the bedroom. He **can't** fight an **enemy** he **doesn't** even know exists and if you want **true** intimacy with him then you need to share everything about yourself.

Your spouse will probably be hurt by the news. I **didn't** say it would be easy, but if you want to overcome the guilt and intimacy issues that often come with having a **sexual** past, you have to eliminate secrets (**except of course, what you're getting him or her for Valentine's day**). I **don't** mean you flood your spouse with all the details of your past encounters. Usually telling the basics will suffice but tell as much as he or she wants to know. That way he knows you aren't keeping secrets from him, and so do you.

An intimate marriage with **no** secrets can overcome most of life's obstacles. So, the first step to overcoming a **sexual** past is to strengthen your relationship by bringing your past out in the open. Obviously, this is a two-way street.

2. **Differentiate.** Sometimes each spouse enters marriage with a **sexual** past. Even if you are guilty of having a **sexual** past, it's hard to fight the feeling of betrayal if you also discover your spouse committed **sexual sins** before marriage.

The reason it hurts to learn of the **sexual** past of our spouse is due to something I believe God put inside each one of us -- the desire for privileged rights with another person. We want to share the most personal parts of ourselves with another person and to experience the same from that person.

We want to share something with our spouse that is different and separate from any experience he or she has ever had with anyone else.

When we learn that another person has experienced the deepest, most hidden parts of our spouse, we feel cheated. We feel as though we've been robbed of something that should only belong to us. We actually feel violated by sharing our spouse with another person, even if it happened a long time ago.

Therefore, it is essential that we are able to reclaim that privileged right to our spouse. We've got to have something together that **no** one else has (**or can have**) with him or her.

Think and pray long and hard on this: Determine why you chose your spouse over anyone else. Determine what makes your marriage special and unique. Find something that the two of you can cling to as sacred and shared only by the two of you.

Use that as a focal point and a continual source of security when you or your spouse experience the guilt, regret, or pain that results from your **sexual** pasts.

3. **Pay attention** to the link between your **sex** life and your emotional health. Many times, your **sex** life reflects the overall health of your relationship. If you have feelings of comfort and happiness at the thought of **sex** with your spouse, usually your relationship is in good shape. But when you have **negative** thoughts about **sex** with your spouse, with the exception of periodic physical complications, many times it means that you and your spouse are emotionally distant.

When your relationship is in good shape, **sex** should be a natural result. It's the outcome of a good relationship where each spouse feels secure, appreciated, understood and loved. And, after a certain level of emotional health is reached, **sex** makes vital contributions to the emotional health of a marriage. Make sure you understand the importance of your **sexual** and emotional relationship with your spouse and act accordingly.

Though these suggestions are **not** a quick fix, I believe they are effective in addressing the problems that arise from having a less-than-perfect past. Other couples have put these suggestions into practice, and it has worked. I'm convinced they will work in your marriage as well.

Lee Wilson helps promote [Marriage Helper](#), an organization that helps married couples in danger of separation and **divorce**. He also helps promote [GraceCentered.com](#).

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IANDS of Santa Barbara Meeting **August 8, 2018**

Santa Barbara International Association of Near Death Experiences {**IANDS**} Meeting August 8, 2018. Speaker/Retired **Fire** Captain Bill Letson talks about his experiences and his book "Full Contact Kundalini". One hour 20 min. talk and 45 mins of questions and answers.

https://www.youtube.com/watch?v=HJYig-z_R28 **1 Hour 58 min**

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A Woman Brought Back To Life Describes What **Heaven** Looks Like | In Deep Shift | OWN

Dr. Mary Neal, an orthopedic spine surgeon, says she has been to **heaven** and back. After drowning in a kayaking accident in 1999, Mary describes what she saw and how she was forewarned of the future **death** of her oldest son. For more on **#InDeepShift**, visit **Oprah.com**.

<https://www.youtube.com/watch?v=2GVFaybuIRA> **3 min**

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Dr. Mary Neal - Raised from the dead Part 1 Converging Zone with Robert Ricciardelli

Dr. Mary was **dead** and then alive. Make sure you see her part 2 video here <https://youtu.be/ULsI92H-Noc>

<https://www.youtube.com/watch?v=DX473dF7ChY> **34 min**

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Dr. Mary Neal - Raised from the dead Part2 Converging Zone with Robert Ricciardelli

Make sure you see part 1 here <https://youtu.be/DX473dF7ChY>

<https://www.youtube.com/watch?v=ULsI92H-Noc> **31 min**

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Scarred Beautiful – **Dr. Mary Neal**, her loss, her hope.

April 26, 2018 => Spinal Surgeon and New York Times Best Selling Author, Dr. Mary Neal, reveals the pain of the tragic loss of her son, but shares that hope was never lost. Hear her story. Find her book on Amazon: <https://read.amazon.com/kp/embed?asin...>

For more inspiring stories from other women please subscribe to our channel and visit us at scarredbeautiful.com

<https://www.youtube.com/watch?v=2ptvjDKnms4> **7 min**

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How To Read **Auras** - Meaning of Colors

Auras can reveal information about your thoughts, feelings, and dreams. The colors vary and can be light or dark shades. When reading an **aura**, you must take into account the shade of color in order to be precise.

All living things radiate an aura from the energy they emit. These special vibrations and colors can be seen by gifted people and those trained in the **healing** arts, who can manipulate energy fields for effective **healings**.

<https://www.youtube.com/watch?v=9mbNcKoG7nk> 16 min

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If YOU like or YOU got some help from this **Web Site PDF part 30** or YOU know of someone this part will help from the part above. Buy and Down Load a Copy it and tell it to someone.

If YOU have any other information on this subject above send the **MSTP PART** Doc to:

[extra@marriagesecondtimeplus.org/](mailto:extra@marriagesecondtimeplus.org)

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Language of God **Don't** say "it's just a dream", DREAMS! Lou Engle II VFNtv II

Dreams; Language of God **Don't** say "it's just a dream", Lou Engle - <http://VFNB.com> Can you imagine God, the Creator of the Universe talking to you?

Would you say, 'oh that's just God'?

God speaks to us in dreams. So many people hear about how God is speaking and they say, 'it's just a dream'. We **cannot** respond to the voice of God this way. During a recent panel of Lou Engle, Bill Johnson, and Benny Hinn, Lou Engle was asked to expound about hearing God's voice in dreams.

As Engle is asked this **question**, he cuts right to the core of the topic and points out these important words; "The last days language of the **Holy Spirit** is dreams." When we comment saying 'it's just a dream', we are dismissing the voice of God in our lives and in the lives of others. Engle asks this powerful **question**, "Who knows what Angels had to fight through to break into your world, to give you their thoughts and you say, 'it's just a dream'? He continues by reminding us all, "I think the Church needs to **stop** saying 'it's just a dream'!" Continue Reading Full Description Below... ([At the video web site.](#))

<https://www.youtube.com/watch?v=xsySew7KasY> 20 min

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Join up with a volunteer non - profit program.

Volunteering is a great way to meet new people, get some exercise, and involve yourself in a **positive** project that can lift your **spirit**. It also comes without a cost (**or very little**) to you and can provide a lot of entertainment and a fulfilling day when you're in the right mindset.

I've come to spend more and more of my time **volunteering**, serving on various committees and people helping groups in the community. I am on a few local area towns and Church committees. It is hands - down the best thing I have ever done.

Be a volunteer with your local **Lions Club** or other Non - Profit Org. and you will feel much better about yourself. Be only a volunteer – for a time - if later you wish, you may later to join this local **Lions Club** it is later and it is up to you.

You'll be meeting other people who share your interests, which gives you an easy opener when striking up a conversation. Meet many new people and also maybe meet the next Him or the next Her for YOUR life. This Web Site is sponsored by a **Lions Club**.

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Note: Yes. Both single people, people dating and married people have reviewed (**Well Pre – viewed**) this “Web Site” and its parts so far.

As a summary of the parts and up - coming PDF part drafts; most people are telling us that this information is also needed and wanted for them, yes, those married people too and many people found this as new information as they **didn't** even know about this stuff.

Subscription: First - one may have a Subscription as over age 18 Adult (**including the open part**) or the open Blog part for only a small fee of \$1 for each month. If you like these ideas and tips – please tell a few others.

Marriage Second Time Plus . **Org => A new Web Site:**

A new Web Site: <http://marriagesecondtimeplus.org/>

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If YOU like or YOU got some help from this MSTP PDF or YOU know of someone this part will help from this part above. Down Load it or Copy it and send it to someone.

If YOU have any other information on this subject above send the **MSTP PART** Doc to:

extra@marriagesecondtimeplus.org/

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More is to be added here.

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If you have any comments please E-Mail us: [info@marriagesecondtimeplus.org/](mailto:info@marriagesecondtimeplus.org)

Visit: Tri-CountyRegion.US

Visit a new Web Site: <http://marriagesecondtimeplus.org/>

Or May E-Mail: LehrLionsClub@bektel.com

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More is coming right here or in the second Part of:

MSTP > 30 Adult “A” FOR WOMEN ONLY – Part “A”

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Research for: Mother – Daughter week end (**To add here.**)

Research for: Mother – Daughter week (**To add here.**)

Research for: Father – son week end (**To add here.**)

Research for: Father – son week (**To add here.**)

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Here is the link to the books ([stories PDF](#)) you can use.

The store files with the books ([PDF](#)) and checkout. <https://tri-countyregionbooks.com/>

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If you have any comments please E-Mail us: [info@marriagesecondtimeplus.org/](mailto:info@marriagesecondtimeplus.org)

Visit: Tri-CountyRegion.US

Visit a new Web Site: <https://marriagesecondtimeplus.org/>

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A new Web Site: <https://marriagesecondtimeplus.org/>

Also: may like to visit: www.Tri-CountyRegion.US

Also: may like to review books: <https://tri-countyregionbooks.com/>

Or May E-Mail: LehrLionsClub@bektel.com

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May download this or many others at **MSTP PDF** for a donation of \$5.

May download this as a **MSTP** member the **PDF** for a donation of \$3.

Here is the link to the books (**stories PDF**) and **MSTP PDFs** - you can use.

The store files are with the books (**PDF**) and checkout.

<https://tri-countyregionbooks.com/>

Visit a new Web Site: <https://marriagesecondtimeplus.org/>

This sponsoring Lions Club does **NOT** endorse all contained this **PDF # 30** PDF part.

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