

Practical Points Radio Ads

Conversation Journal

This is Scott Wiley with a Practical Point. Couples having a hard time discussing hot topics might try a conversation journal. This is a notebook or email chain where you take turns clearly writing your point of view – whether it's about money, sex, in-laws, kids – it's easier to get your real message across if you can write it out – just keep it hopeful and keep it brief. And check out Practical Christian Counseling Incorporated at practicalcc.com.

Sandwich Method

This is Scott Wiley with a Practical Point: When you need to bring up an issue with a spouse, child, or employee, try the sandwich method. Start with a positive, then the issue, followed by a positive. So it might sound like: "Bob, I really appreciate your attention to detail, but it's also important to get projects done by the due date. Remember, Bob, you're an important part of this team." And check out Practical Christian Counseling Incorporated at practicalcc.com.

Re-Entry Plan

This is Scott Wiley with a Practical Point: Most working parents look forward to the end of the day when they can just be at home and relax. But normal family life can be hectic and leave you feeling frazzled. Work out a Re-entry Plan with your family – like, the first 30 minutes is for the family's needs, then you get some time to unwind. Everyone's needs should be attended to, including parents'. And check out Practical Christian Counseling Incorporated at practicalcc.com.

3 C's

This is Scott Wiley with a Practical Point: If you are level-headed and matter-of-fact, you can solve problems easier and gain the respect of others. Avoid being the hothead everyone has to tip-toe around. Remember the 3 C's – Calm, Cool, and Collected. In stressful times, you be the sane one who is calm, cool, and collected, and you'll gain the respect of family, friends and coworkers. And check out Practical Christian Counseling Incorporated at practicalcc.com.

Relax On Demand

This is Scott Wiley with a Practical Point: Does anxiety cause you problems? Do nervousness, runaway thoughts, or a feeling of dread seem to take over? Learn to relax on demand. Take deep breaths, say to yourself, "I'm Ok, God is with me", feel your neck and shoulders relax. Practice this when you're not anxious so you can apply it later. And check out Practical Christian Counseling Incorporated at practicalcc.com.

Panic Attacks

This is Scott Wiley with a Practical Point: Panic Attacks can be scary and debilitating, but they don't need to ruin your life. Counseling can help you learn to be in control of these episodes instead of them controlling you. Learning to mentally prepare, ground yourself with your senses, relax on demand, connect with God, and change your self-talk can help you find freedom. And check out Practical Christian Counseling at practicalcc.com.

Boundaries

This is Scott Wiley with a Practical Point: Boundary lines define where my property ends and yours begins. It's important to have healthy boundaries so that you take responsibility for what is yours, but not for what is someone else's. We can help each other, but ultimately we are responsible for our own

words, behaviors, choices, and feelings. Learn more about healthy boundaries from Practical Christian Counseling at practicalcc.com.

Male Sexuality

This is Scott Wiley with a Practical Point: You can be a normal, hardworking, and otherwise upstanding Christian man and still struggle daily with your thought life. Unhealthy beliefs, attitudes, and behaviors about sexuality pervade our society and even our pews. To get free takes a strategy, a team, and God's power. Start your strategy by contacting Practical Christian Counseling Incorporated at practicalcc.com.

Practical Points for couples

Get Help Early

This is Scott Wiley with a Practical Point. If you're feeling stressors in your relationship, the time to get help is now. The sooner you begin to address issues and figure out what's getting in the way of harmony, the *more likely* you will be able to make your relationship more like what you want. Get help early, and you'll have a better chance of success, and it will cost you a lot less time, effort, money...and heartache! God wants you to thrive in your relationship. Check out Practical Christian Counseling Inc at practicalcc.com.

Marriage is Worth It

This is Scott Wiley with a Practical Point. I recently heard a TV character say that once people get married, their relationship goes downhill. Well this may be the experience of some, but it doesn't have to be for you. Marriage is valuable because it brings the security of a commitment that signs-on-the-line, and says before God and witnesses, "til death do we part". This is good for partners, for children, and society. With care & attention, your marriage can be better than your dating years. Check out Practical Christian Counseling Inc at practicalcc.com.

Non-Defensive Response

This is Scott Wiley with a Practical Point. When your spouse is angry, the adult thing to do is offer a non-defensive response. Instead of saying "but you're worse because you did this", or "I only did this because you did that", it's better to give an adult response like "OK, tell me more", or "I see what you mean", or "you may be right", or even "I'm sorry I hurt you". Jesus says, be a peacemaker. A non-defensive response paves the way to good communication. Check out Practical Christian Counseling Inc at practicalcc.com.

Drama Triangle

This is Scott Wiley with a Practical Point. Is there a lot of drama in your relationship? Drama comes from people playing the roles of Persecutor, Victim, and Rescuer. People jump around from role to role to get an emotional benefit, like attention, self-worth, or control. The way out of drama is to simply act like an adult. Instead of rescuer, victim or persecutor, you can be a caring adult who takes responsibility for yourself and doesn't intrude on others' boundaries. Christ will give you strength. Check out Practical Christian Counseling at practicalcc.com.

Assertive Communication

This is Scott Wiley with a Practical Point. Talking is key to your marriage, but how you talk is important. The Passive talker doesn't speak up about hurts. The Aggressive talker uses excessive talking, shouting, and insults. The passive-aggressive talker uses guilt trips and subtly. But the Assertive talker uses clear,

direct, and loving language. It's "Honey, I love you, and we need to talk." Jesus said let your yes be yes and your no be no. Check out Practical Christian Counseling at practicalcc.com.

I Messages

This is Scott Wiley with a Practical Point. Successful partners know how to use the "I" message. "I" messages are better than "You" messages. Instead of "You're spending is selfish and makes me angry", try "I start to feel angry when you spend that much before we talk. I'd like us to discuss these purchases together." It's less accusatory, and you own your own feelings. Colossians 4:6 says to let your conversation be full of grace and seasoned with salt. Check out Practical Christian Counseling at practicalcc.com.

One Topic at a Time

This is Scott Wiley with a Practical Point. In marriage conflict, it's important to stick to one topic at a time. When you're arguing about a topic, it's tempting to bring up another one to strengthen your position. Say you're concerned about a messy house and your partner brings up how you overdrew the account last month. To handle this, you calmly say "You're right, I did. So now we have two topics. Which one do you want to deal with first? Housekeeping or finances?" It's hard to discuss more than one topic at a time. Check out Practical Christian Counseling at practicalcc.com.

Not My Enemy

This is Scott Wiley with a Practical Point. Conflict in marriage can injure partners and children. But if handled well, it can also bring greater intimacy. The important thing to remember in conflict is that your partner is not your enemy. The next time you are in a conflict with your spouse, grab a pillow, throw it on the floor and say "this pillow represents our problem – the problem is our problem, not each other – you are not my enemy and I'm not yours." Separate persons from problems and you'll better be able to solve them. Check out Practical Christian Counseling at practicalcc.com.

50% Divorce Rate?

This is Scott Wiley with a Practical Point – According to researcher Shaunti Feldhahn, the divorce rate has never actually hit 50 percent like we always hear. That's a prediction based on weddings and divorces in a given year – which is not a good way to do statistics. The divorce rate is closer to 25 percent for first-time marriages – and among committed, church-going Christians it's more like 13-19 percent. God does make a difference. Check out Practical Christian Counseling Inc at practicalcc.com.

Daily Check-In

This is Scott Wiley with a Practical Point: It's easy for couples to drift apart, lost in their separate worlds. To prevent this, make sure you have a Daily Check-In with your partner. Ask her what happened in her day, what is she worried about, what is she excited about. A daily check-in helps couples stay connected and present with each other. And check out Practical Christian Counseling Inc at practicalcc.com.