

# Center for Biblical Counseling Newsletter

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## CBC Ribbon Cutting and Open House

Even though the Center for Biblical Counseling (CBC) has been around in McKinney since 2004, we decided to celebrate our latest move with a Ribbon Cutting and Open House. On Wednesday, February 27th, many Chamber of McKinney representatives and other ambassadors came out to see our new location at 1871 Harroun Avenue, Suite 300. They got a tour of our new facility and enjoyed a light lunch catered by Petra, the Essence of Mexico. We had such a great turn-out and was really excited to see local business and church staff come visit us. Keith Harrell, Director of CBC, Chuck Roberts, Staff Counselor and Ken Quinn, Staff Counselor, shared the ribbon cutting duty. They were the three

original counselors that started the center in McKinney off of Lawrence Lane back in May 2004. Since then we've grown to include three more counselors, Teri Mills-Manuel, Heather Hobbs, and Rick Polachek. Both Teri and Heather are also Play Therapists. For more information about our services or to schedule an appointment, call us at 214.585.4859.



## Parenting Tip of the Month

### Rule of Thumb:

**"Be a thermostat, not a thermometer!"**

Learn to RESPOND (reflect) rather than REACT. The child's feelings are not your feelings and needn't escalate with him/her.

### Example:

Emma comes home from her soccer game and you ask how it went...

*"It was dumb. The referee is a cheater and liked the other team better!"*

**Answer:** At this point you can reply as a thermostat (goal is to respond to the child):

or a thermometer (goal is to react to the child).

## Marriage Thoughts

by Chuck Roberts, M.A., LPC

It stands out as one of the ugliest days of my life. I recall it in vivid detail, and I feel the wash of shame whenever I do. Susanne and I were in the early stages of our “really bad year.” Our marriage was not going well, and on this particular day it was at its worst. We’d gotten up early on a Saturday morning to join friends on a workday at a home we often used for retreats. We weren’t even out of town before we started in on each other. This day it was a no holds barred fight. I found myself screaming at my wife in ways I’d never imagined I’d speak to her, and shudder to think about now. And she shouted right back at me.

What had gone wrong? Why was a marriage we’d thought was good suddenly crumbling down around us? Dan Allender, in his book *The Intimate Mystery*, identifies three things that “muddle” marriages: past baggage, contempt for differ-

ences, and failure to grow. Allender says that courtship is typically a time of great deception, that is, that we withhold parts of ourselves, especially things in our stories for which we feel shame, and we tend to offer what we hope will win the heart of the one we’re dating. Yet after we’re married the baggage finds its way to its owner, and the unsuspecting spouse must also pay the freight.

Allender suggests that we also display contempt for differences, some that have to do with personal preferences, and some that have to do with gender differences, things that men and women see and experience differently. Rather than valuing the differences for the ways they enrich our lives, we tend to hold to our preferences as “the right way.” Finally, Allender points out that many marriages suffer from a failure to grow. Our marriages don’t improve just

because we get older, we must be purposeful in growing the marriage and as individuals.

Susanne and I were guilty of all three. We had baggage, some of which we’d kept hidden, and some that, frankly, we didn’t think of as baggage, but affected the way we related. We’d grown contemptuous of our differences, and we’d coasted along in our relationship, rarely giving thought to how we could grow it. Thankfully, God healed our marriage through wise counseling and a good community of friends who walked with us through the ugliness. This led to repentance and a deeper commitment to God, both individually and as a couple.

If you’re struggling, whether in your marriage or individually, we at the Center for Biblical Counseling would like to journey with you toward healing and wholeness. Appointments can be made by calling us at 214.585.4859

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## True (and a bit strange) Facts!

- In Tokyo, a bicycle is faster than a car for most trips of less than 50 minutes!
- There are 18 different animal shapes in the Animal Crackers cookie zoo!
- Tablecloths were originally meant to be served as towels with which dinner guests could wipe their hands and faces after eating!
- A violin contains about 70 separate pieces of wood!
- It is estimated that 4 million "junk" telephone calls, phone solicitations by persons or programmed machine are made every day in the United States!

**Mark 10:31** - But many *that are* first shall be last; and the last first.

