

Volume 4 Number 1

January 2014

The Genesis Gem always includes an article that you may wish to read or pass on. This one is all about the difference between the emotionality of men and women.

HE SAYS...SHE SAYS

It takes a man of courage (or stupidity) to ask the question Henry Higgins asked in "My Fair Lady" – "Why can't a woman be more like a man?" If the truth be told, one could just as dependably have asked the question, "Why can't a man be just like a woman?" Of all the stuff that divides men and women, nothing is more perplexing than the difference between the sexes in how we handle our emotions.

A friend of ours has been dating a young man for more than a year now and recently asked for some advice. Her question was straightforward, but obviously vexing to the young woman. Simply put – "Is it normal for a man not to be affectionate?" she followed it with an even more troubling one, - "If I marry him, will he be this way the rest of our lives?"

My wife and I looked at each other and knew exactly what the other was thinking. "Join the club called 'the human race!'" Women (and men) have been asking this question for eons.

ARE MEN INHERENTLY UNAFFECTIONATE?

The idea that men are not emotional has got to be about the most ridiculous myth that was ever unwittingly pulled over the eyes of unsuspecting humans, making them blind to the truth. It is somewhat true that not all men are naturally affectionate all the time, especially if they come from a family that is not demonstrative. But I have also seen and counseled with many women who are the same way. It doesn't mean that people like this are unhappy or unreliable; merely that they are not confident in showing their emotions. To put it plainly, the problem of unaffectionate males is NOT a problem of missing emotions or that males don't feel emotions very deeply. It is a problem of expression. Men, even Christian men, just don't feel safe when expressing deep, gut twisting, mind whirling, heart wrenching feelings. The silence and withdrawal of a deeply hurt male doesn't reveal the painful screaming that goes on deep inside. It is the "inexpressive" male most women have to contend with, not the unfeeling male. Make your relationship safe enough and you will be

surprised by what emerges. There are several ways you can get a man to open up, whether he is your husband, boyfriend, brother or even father. First, it is important to get the topic out in the open in a non-accusatory way. Nothing drives a husband back into his emotionally dehydrated cave than when he is accused of not being affectionate or emotional. You need to explain that it is important to you that you see and feel his affection, not necessarily in public, but at least in the private, intimate moments of marriage. Then, second, don't wait for him to make the first move; confidently express your own affection for him. Ask for a hug before he leaves. Put your arm through his for no reason. To be a model of openly expressed affection is a powerful incentive to a man to do the same. And even if he doesn't respond at first, he will at least know of your affection - and the bottom line – that's all that really matters.

This article was written by Archibald D. Hart, Ph.D. and produced by the American Association of Christian Counselors.

Trouble understanding your spouse's emotions or what seems like a lack of emotions? Contact Genesis Counseling of Fort Myers. We can help. Call 239-939-5504 or email one of the counselors from the website www.gcfortmyers.com

Thought to ponder:
*Don't think less of yourself.
Think of yourself less.*

2014 Goals!

Now that the holiday season has quieted down, it is time to look closely at what Genesis plans to do for the 2014 year. Just before 2014 began, the new website was not only up and running but three of the counselors had made a commitment to keep it current and add new and, hopefully, refreshing ideas from month to month. Also, our university intern will continue to make herself available to see clients at no cost through the spring semester. Here goes, together as a staff we:

- Intend to make our hours more convenient to clients' work and school schedules
- Keep up with the marketing tools needed to showcase who we are
- Spark interest in our services through social media avenues, and,
- Provide more group counseling

Be sure to check our website at www.gcformyers.com occasionally for the latest updates.



Another Reason Why We Are Here

Genesis wants to offer you suggestions of worthy reading materials, solid entertainment and games, spirit-filled movies, even travel opportunities that are based on Biblical principles. There are tons of wholesome ways for you and your family, if you are struggling to find them. The world does offer a myriad of resources but they aren't always pleasing to God. It doesn't hurt to discuss the means to stay on the right track. If that is what you are looking for, give us a call. We'd be happy to have you come in and visit us and share our ideas with you. We are always interested in your ideas as well. Don't hesitate to contact the office of Genesis at (239) 939-5504 to set up an appointment.

A testimonial

It hasn't been that long ago that I was spending all my time caring for my wife. She had been ill for some time and I enjoyed looking after her needs. But, then when I suddenly became ill myself, I could

not assist her any longer. It was devastating, but she had to be placed in a nursing home. I slowly regained my strength, left the hospital, but became so depressed; I didn't see a reason to live; I had no real purpose now. I felt lonely and guilty, too. I couldn't be with my wife but an hour or so each day. I kept asking God 'WHY?' It was then that I heard about Genesis Counseling. I didn't know if they could help me, but I called. Believe it or not, a counselor called me the first week I was home from the hospital and spent several hours talking with me. I especially liked the fact that she was so willing to talk about my faith and my feelings. I realized that it was normal to feel the way I felt, but there were things I could do to help myself. This counselor made a promise to be in touch and did so from time to time until I was in a better frame of mind. She often called and just prayed with me. My wife has now gone to be with the Lord and I know I'll see her again one day, but in the meantime, I now go to that same nursing home daily for about an hour and chat with people who seem lonely. I know God gave me that purpose! I had a counselor who reassured me that no matter my age, He has a purpose for me while I am here on this earth.

- no matter what, purpose-driven!



Want to Find God's Purpose in your Life?

A faith-based counselor can help you look more closely at your faith,

make some needed changes and discover God's perfect will for your life. Wouldn't that be a great way to begin 2014?

Check out the article for this quarter on the previous page

This quarter's feature is all about men and women and their emotional expression.



A Recipe for You!

Old-Fashioned Spaghetti Sauce

- 1 large onion ½ a bell pepper
- 2 lbs. hamburger meat (or turkey)
- ½ cup ketchup 3 T garlic powder
- ½ T of pepper, salt, chili powder
- 4 T Worcestershire sauce
- 1 T mustard
- 1 12-oz. tomato paste
- 4 12-oz cans tomatoes

Brown onion and pepper in a big pot, add meat and brown, then all other ingredients. Let them cook on low for a good long while. They'll cook down. Serve over pasta. Leftovers are yummy!

What a treat on a cool winter day!