

PSYCHOLOGY FOR  
**Living**

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# Take One More Step: Copi

by Lori Brodzinski

**F**reefalling into a bizarre pit of psychosis, I awoke in a psychiatric unit with a lost identity. In a surreal mist of confusion and hallucinations, God's arms surrounded me, but at the moment I couldn't experience His presence.

He wasn't the only one. "Hi," my friends cheerfully called out as they came to visit. But, I fell to the floor shaking with fear. Holding me, they tried to calm me with the words from *Psalms 27:1 (NIV)*, "The Lord is my light and my salvation- whom shall I fear? The Lord is the stronghold of my life- of whom shall I be afraid?"

Perplexed and still somewhat fearful, I stared at a picture in a magazine. What did it mean; there must be a deep plot I wasn't grasping? Pointing to the pictures, my mom gently answered my questions and said, "No, it's just an advertisement." I wasn't convinced.

Once home, a major depression, suicidal thoughts, anxiety, and panic attacks clawed at my throat threatening to suffocate me. Cradling me in her arms, my mom wept with me as I strained to sing praise music to calm me.

At a later doctor visit, my mind raced as my psychiatrist said, "You have bipolar disorder." Disbelief flooded my mind as I wondered, "What's next?" "Will people make fun of me...will they be afraid of me...will they stay away from me?" I felt ashamed and embarrassed, but both my psychiatrist and psychologist reminded me that I had a chemical imbalance. It was not a reflection of my personality.

I continued wading through the deep waters of the grieving process. In an effort to help, my parents took me on a walk. As we neared the top of a hill I complained, "I don't want to go any further." My father, like a



coach, urged, "You have to keep going." I knew I had no choice but to "Take One More Step."

The Lord walked beside me like a father who knew all my needs. In the midst of my mental anguish, my soul cried out, "Help me." He did. He sent me a friend who had endured a major depression. She understood me as only someone who has endured a similar trial can. She was the personification of *2 Corinthians 1:3-4 (NIV)* "...the

God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God." She was willing to walk beside me, even when I was suicidal. My friend repeatedly said, "You are going to get through this crisis just like I did." My doctors reinforced her message. I couldn't feel the Lord's presence, but I knew He was there. They gave me hope that I would not give up.

# ng with Bipolar Disorder



ment plan. Even though bipolar disorder is a chemical imbalance and absolutely needs medication, it still requires behavioral and lifestyle changes. My treatment regimen includes the following tasks:

## #1

I regularly visit and follow my psychiatrist's instructions. Take medications as prescribed even if I don't like them. Occasionally they make me uncomfortable, but my health is more important, so I take them. Some people complain that being medicated takes away their creativity. For me, it doesn't. When stable I'm actually more creative as a musician or writer because my mind isn't racing and I'm focused.

## #2

Make a list of everything that triggers my symptoms, even enjoyable ones. Avoid them when escalating toward a manic state, even if it interferes with my social life. These include over-stimulation from too much of the following: over-activity of any kind, stress, socializing, shopping, chaos. Adequate sleep and an early bedtime are imperative.

## #3

Maintain a mood chart and diary to assess my mental state for my psychiatrist and me to see any negative patterns.

## #4

See my Christian psychologist for therapy to focus on positive thinking when I'm spiraling downward and to work through the emotional dynamics of my disorder.

## #5

Rely on family and friends to inform me when my mental state is deteriorating and follow their advice.

I've also learned that I can't go it alone. Spouses, parents and children should all seek professional help for coping with the challenges of living with and supporting a family member with bipolar disorder. You will gain knowledge about helping your loved one as well as finding a safe place to express your own confused or upset feelings. Depend on competent professionals to guide you through any crises.

Equally important is knowledge about the impact of bipolar disorder and how to cope effectively with this. Read everything you can. Join either a local group or online forums to find facts, and encouragement. Use online chats to develop friendships, helpful in the middle of the night when you are desperate for information and solace. An excellent source for children is the Child and Adolescent Bipolar Foundation located at [bpkids.org](http://bpkids.org).

If you have a child or teenager suffering from bipolar disorder, build a network of teachers, a guidance counselor, a school psychologist, and your child's principal. They will aid in dealing with any issues. An Individual Education Plan (IEP) created for your child can be the foundation of your child's education. You will gain the maximum assistance by conforming to the plan and staying in regular contact with their teachers and team.

Don't think you have failed if your school places your child in an emotionally handicapped class. This can empower both you and your child and may provide the most positive school experience possible.

You might even organize your own school related bipolar parenting group, perhaps even a Christian Bible study or prayer group. Reaching out to people with similar

Slowly, I began an upward climb.

Now, I accept the rapid cycling bipolar disorder that moves me from exaggerated energy to deep depression and despair. I also accept other aspects of illness and I've adapted to them. Part of that adaptation process is acknowledging that I can't go it alone. On the tough days, I must lean on others and especially God. I also took the responsibility to educate myself about my bipolar disorder and treat-

STEP, continued on page 10 ►

# Reports from Southeast

## Thai Pastors Attend Counseling Workshop

Twenty-five Christian leaders from Thailand, India and Vietnam recently attended a Saturday seminar at the Cornerstone Counseling Center in Chiang Mai. The participants were serving as senior pastors, youth leaders, and heads of women's ministries. One had the responsibility of supporting more than 200 pastors and their families throughout Thailand! They were all seeking to improve their counseling and people-helping skills so they could serve their congregations more effectively.

The seminar, organized by a Professor of Pastoral Care at Payap University in Chiang Mai, and sponsored by the Cornerstone Counseling Center, was led by Dr. Bruce Narramore. The day focused on "Helping Christians Grow" and "Dealing With Guilt and Shame". Shame is a strong motivating factor in the Thai culture and most pastors receive little or no training in how to deal with problems related to excessive shame and guilt.

During the seminar, while discussing the role of emotions in the Christian life, Dr. Narramore touched on the feeling of grief and mourning. He was shocked to learn that in the Thai cul-



Thai Christian leaders enjoying seminar at Cornerstone Counseling Center

ture pastors are never to show certain strong feelings. "If I cried, said one pastor, I would be fired for being unspiritual". Nearly every person present nodded or spoke in agreement. Christian leaders are simply not supposed to cry.

A good discussion ensued when Dr. Narramore pointed out that "Jesus wept." (*John 11:35*), and told us "Blessed are those who mourn" (*Matthew 5:4*). He also shared that

while different cultures handle emotions differently, having emotions is part of being created in the image of God. "Certain things are supra-cultural. Jesus (who was not a westerner) had a rich emotional life that included not only love and joy but also sorrow, anger, distress and grief".

Dr. Narramore then pointed out that mourning and crying are often the other side of love. If we truly love someone we will grieve when we lose



Staff and Board of Directors of Cornerstone Counseling Center



Dr. Narramore and three Cornerstone counselors enjoying a laugh

# t Asia

them. Hiding or repressing feelings like grief may sound like a mature “spiritual” virtue which indicates strength. In fact, it reflects just the opposite – an inability to care deeply and to risk losing a loved one, to feel sad, or to show that we care.

The participants then had a lively dialogue on ways they might be more emotionally open and honest without losing their jobs, and how they might gradually educate their congregations to a more Biblical understanding of the role of emotions in the Christian life. Their discussions included the possibility of beginning by sharing privately with other pastors, or with one or two close friends as well as their spouses. That could be followed by some Biblical teaching about the many emotions that Jesus experienced throughout His lifetime and how His life should be a model for ours.

The participants were exceptionally responsive and asked if a series of similar workshops, perhaps monthly, could be set up with staff of the Cornerstone Counseling Center. This kind of educational ministry complements the personal counseling outreach that Cornerstone’s counselors offer to missionaries by enabling them to also have an outreach directly to the Thai community. †



**Pastors and church leaders during seminar on "Re-Thinking the Doctrine of Sanctification"**

## Training in Manila

Drs. Bill Kirwan and Bruce Narramore and their wives, Midge and Kathy, recently spent 12 days in Manila providing clinical supervision and training for doctoral students in Christian counseling at the Asia Graduate School of Theology. Each day three students presented a summary of their work with a counselee and received feedback from their fellow students and Drs. Kirwan and Narramore. After class several of the students sought out prayer and counseling from Mrs. Kirwan and Mrs. Narramore.

A highlight of the trip was an evening seminar for approximately 200 pastors and other Christian leaders on the topic “Re-thinking the Doctrine of Sanctification”. Dr. Narramore addressed reasons that so many Christians become stuck in their spiritual lives with relational, emotional and family problems. He then shared an integrative Biblical and psychological way of understanding how pastors and counselors can help their parishioners and clients grow beyond those “stuck” places.

Please pray for the doctoral students and pastors in Manila as they learn to more effectively touch the needs of those they serve. †

# MKS reentry



**A Dynamic  
and Practical  
Seminar for the  
Sons & Daughters  
of Missionaries**

**July 10-22, 2011**



**as a Thai Board Member shares about her first cross cultural visit to the US.**

# I Felt Like A Complete Failure: Rearing A Child with Attachment Disorder

by Patti Purcell\*\*

It was Mother's Day when my fifteen-year-old my son Corey\*\* screamed in my face, "I hate you! You're not my mother! You've never been my mother!"

His raging words cut deep into my heart like a dagger. Sadly, it wasn't the first time, nor the last. Corey simply did not love us, and did not accept us as his family. He increasingly sought ways to hurt, humiliate or sabotage us. Sometimes, I would return to our house wondering if I would find someone dead inside. We lived in constant fear. Would someone be hurt? Killed? What sort of evil thing was Corey planning next?

How did we come to be stuck in this nightmare? My pastor husband and I poured our lives into raising our two adopted sons. We adored them and believed parenthood to be a high calling, so we joyfully gave it our all. We assumed that if we love our children, they will love us. We were wrong.

Corey was charming and warm to others, and people outside our family found it impossible to believe his behavior toward us could be anything but good. Perhaps we mistreated him? Inflicted unreasonable demands? Perhaps we were different at home than we were out in public? We did none of those.

What were we doing wrong? We were grounded Christians - gentle people seeking to obey God and serve Him in every area of our lives. How could we have driven our son away when we sought only to love and nurture him? How could our family be such a drastic, tragic failure? Were we the worst parents in the world, blind to our own mistakes?

My house was my only hiding place, but with Corey there, it was no refuge, like being trapped in a cage with an angry monster. Where could I go? This is the child we love! We had invested our very lives, heart and soul into him. Yet we were victims of his ruthless, relentless abuse, living in fear. I found myself constantly striving to please him, or appease him, and he enjoyed rejecting my efforts.

Thankfully, there were calm days from time to time, but there was no escape.

Years later, we learned that Corey suffered from Reactive Attachment Disorder (RAD). It involves a failure to bond, experienced by some adoptees. From the earliest age, the child feels he isn't where he belongs. He has a sense of being held hostage by imposters. Good parenting techniques are seen as trickery, feeding the resentment. The child becomes vengeful, hateful, even violent.

The following is provided to give a glimpse into our family's struggle with Corey's RAD:

His childhood was filled with happy times, family games, stories, zoo trips, camping, parties, extended family, adventures...but he told others he was neglected.

He burned his diploma to demonstrate his disdain for our praise.

We attended every game, concert and event, but were consistently snubbed.

Nightly dinners were a scene of conflict, criticism and rejection.

He considered any house rule to be an abusive restriction on his freedom. Every boundary and family rule was challenged and resented... and punished. We tried to be fair - he tried to be cruel.

He was verbally abusive, calling us vile, profane names.

He vehemently resented his dependence on us.

He sabotaged family events, vacations and trips.

He repeatedly punched holes in the walls and damaged furnishings.

He loved violence, weapons, and fire.

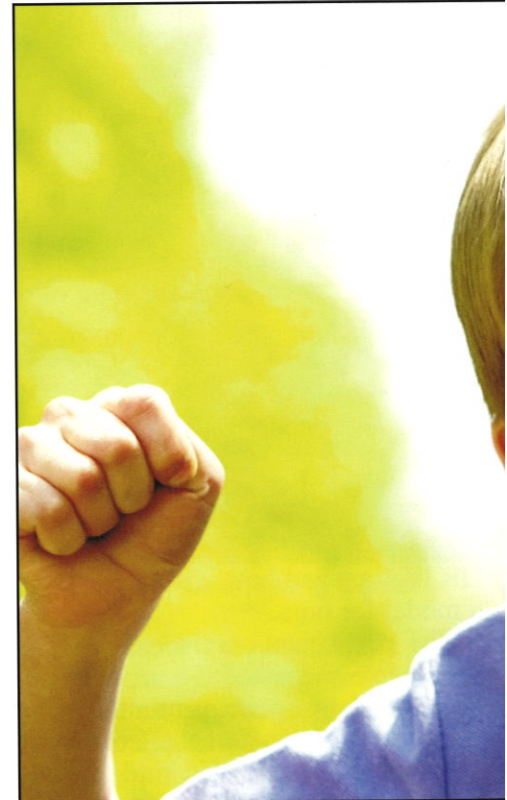
He threatened to ruin my husband's ministry with false accusations.

He accused us of abuse to a teacher, so the police came to investigate.

He filed for emancipation and we had to appear in court (it was denied by the judge).

## HOW WE PREVAILED

With RAD, typical parenting advice is insufficient because it assumes there is



mutual love between parent and child. But RAD children don't love their parents. They suffer greatly, feeling displaced, alone, disconnected, perhaps even captive. Parents must understand this and develop a firm but forgiving spirit.

## Unconditional Love

Even though Corey felt nothing for us, with God's help, we continually affirmed our love for him, no matter what. I often told him that I would always love him, no matter what he said or did to me.

## Remember He is not the Enemy

Corey did all he could to reject our way of life, dressing like a warlock, emulating a satanic band. It crushed us, since we had always sought to live a God-honoring life. But Corey was a victim of RAD, too. He lived with rage, hatred and pain, unwilling to accept help, unable to accept love. The circumstances of his birth and life were of course out of his control. Interestingly, he blamed his dad and me,

rather than his birth parents, whom he has always revered, even though he knew little about them.

Our nightmare continued until the awful day Corey left our home at seventeen. He went to live with a classmate -

phone contact with Corey, no matter what. At first, he would hang up, or answer with cursing. We dreaded making those calls, one-sided conversations met only with accusations, threats and curses.

he had a safe place to go. It was a relief that she was willing, and I believe it has been a healing experience for her, too. I was glad that Corey could pursue this relationship that he was absolutely compelled to explore. But I longed for even a little gratitude for all we had invested in his life.

At that time we were finally beginning to learn about RAD, and this knowledge lessened the blow of his ungrateful departure. But still I experienced a crushing sense of loss. Losing three pregnancies and my fertility had been heart-wrenching, but this loss reached a new depth of despair. I didn't know that such emptiness, rejection and humiliation was possible. I did my very best for my child, but he rejected me. I felt like a complete failure in the one thing I valued most - motherhood. I'm still learning how to grieve these losses.

In my desperation, I cried out to the Lord. Why did He allow this? Did He see or care how I was suffering?

### Imitate Jesus

Then it dawned on me. Of course He sees. He cares. He understands firsthand. His children reject His love every day. He offers them guidance, but they despise His counsel. They reject His discipline and refuse His direction. They disdain His perfect love. In addition, He suffered due to the sins of others. My own pain is but a fraction of His, yet the Lord and I cry the same bitter tears. He shares in my suffering, and I in His. He understands. It has become a common ground, and I consider it an honor.

I'm infinitely thankful for our beautiful son, Corey. He is 22 now and on his own in another state. I'm praying he will find his way, find peace, find his identity. It's my hope he will heal fully, and come to know the infinite love of the Father in the depths of his soul. We are not really a part of his life and see him only rarely, but we still talk weekly and Corey knows we will always love him. †

*\*\*Names are changed*

Patti Purcell (not her real name) hails from Bellevue, Washington. She lives in Northern California with her husband and younger son, where they have been in full-time ministry for 28 years.



people we did not know, who lived a completely different lifestyle than ours. He flipped us off as he drove away, dressed in black with hate in his eyes. Complete rejection - my son, whom I loved. It was perhaps my darkest hour.

### Don't Return Evil for Evil

While Corey was away from our home, we weren't sure how to proceed. We were deeply wounded and on emotional life support. Our other son was beginning to show signs of Post-Traumatic Stress. There was an element of relief - and guilt.

It was tempting to cut Corey out of our lives forever. This was a viable option - walk away and never look back. He was certainly not interested in a relationship with us. But we knew God was asking us to persevere. If there was any hope of a relationship, it was up to us to reach out.

### Maintain Communication

To honor the Lord, we made a commitment to maintain weekly

### Persevere

We never missed those weekly calls. Miraculously, with time, the hatred waned. The ice began to thaw. Inch by inch. Corey became less hostile, more receptive. He started to tell us a little about his life. His attitude improved (a little). The family he lived with became more open. Finally, after nine months, Corey moved back home. It was strained and difficult, but I am so thankful our family could have some semblance of restoration.

### Allow Yourself to Grieve

Corey's homecoming came just three months before my husband's new job called us to move away. During that time, Corey turned 18, and having no connection to our new town, he chose to move away as well. His moving out this time was amicable. For me, though, it was like salt in my open wounds, because ... he went to live with his birth mother.

Part of me was thankful and relieved that

# Repressing Your Emotions: Stuffing is for Turkeys

by Dr. Bruce Narramore

**W**hy is it that psychologists and other professional counselors stress the importance of being in touch with our emotions? Is this just some peculiar notion that Freud thought up 100 years ago? Is it an excuse to insensitively express every negative thought or feeling that we have? Won't being in touch with our emotions lead us to act on them inappropriately? Or is there something very important in this widely held belief?

Many are perplexed by questions like these. And many Christians think that most emotions are sinful, or at least a serious nuisance factor in the Christian life. We shouldn't trust them because they will lead to foolish or sinful choices.

Actually there are very good reasons for us to be in touch with our emotions. Repressing or "stuffing" our emotions can lead to all sorts of problems. For starters, people who are out of touch with their emotions are less than fully human. The Bible shows Jesus experiencing at least 20 different emotions ranging from love and compassion through anger, grief, and sorrow. Since we are created in God's image we were intended to have a similar capacity for rich emotional and relational lives. That alone, is sufficient reason for us to desire to become fully functioning emotional beings.

But there is another reason. When we push uncomfortable emotions out of our awareness we end up developing any number of psychological and relational problems. People who harbor hidden angry feelings often become depressed. So do people with serious feelings of guilt and shame. Even repressing positive emotions like love and tenderness can create

emotional and relational problems. People who are uncomfortable with warm, tender emotions may put a lid on those feelings but are then unable to connect deeply with their spouses and children. A husband like this may be an excellent provider for his family but not free to nurture his relationships with his wife and children or to freely express his love and affection.

You may also grow by talking your emotions over with a friend or a counselor. You will most likely find out that those feelings that seemed overwhelming to you when you were a young child aren't near so troubling now that you are adult.

This doesn't mean that we should express every feeling that we have. Just because we are angry with someone doesn't mean that we should speak angrily to them or do something foolish. The Bible says "A fool always loses his temper, but a wise man holds it back". *Proverbs 29:11* (NASB).

*It is one thing to be aware of what we are feeling. It is quite another to act on those feelings.* In fact, acting impulsively on our feelings can be as damaging or more so than repressing them. *Our goal should be to become aware of our various emotions and to be thoughtful in how we handle them.*

If you have difficulty being in touch with some strong emotions or in handling them, here are a few suggestions.

## **Practice Listening to Yourself and Monitoring Your Feelings**

Many of us have lifelong habits of neglecting our emotions. We throw ourselves into our work or we focus on thinking, talking, or problem solving rather than what we are experiencing internally. When some-

one asks us how we feel we may reply "I think" instead of "I feel". We shift the conversation from how we feel to how we think because we are comfortable thinking. If you catch yourself doing this, stop and ask yourself "What is it that I am feeling?" And take a minute to listen to what you may be experiencing inside. It may be a bit of anxiety, irritation, sadness, hope or excitement. Taking time to listen beneath your words and thoughts can help you be more in touch with your emotions. Quietness, prayer and meditation can help you focus on your feelings.

As you become more aware of your emotions you will have less and less need to try to avoid them and you will find yourself softening a bit and finding it easier to experience closeness in your relationships and to express your loving feelings. You will also learn, when necessary, to speak up about things that trouble you in a clear but kind manner.

## **Listen to Your Mate**

Many times spouses suffer because they feel unable to connect with their husbands or wives because they are so out of touch with their emotions. They feel as though they are married to a computer. So if your husband or wife expresses frustration, pay close attention. They may have a point. I realize that if they nag or pressure you to express more feelings you will be tempted, like the proverbial turtle, to pull right back into your shell. But try to resist that habit and see if you can't venture out and engage a bit more emotionally.

If you are angry at your husband or wife, you may take it out on your children. If you had an unresolved childhood fear it may well have carried over into your adult life. If you



have an inordinate need to please others because you fear rejection, you may find it difficult to be healthily assertive and to draw much needed boundaries.

### **Don't Blame Others for Your Feelings**

"You make me so angry!" a husband says to his wife. While many of us have said this very thing, have you ever stopped to think how irrational that is? How can someone "make" you angry? Can they drill a hole in your skull, pour in some mad powder, and light a match? No! *People do not make us angry. They do things to which we respond in anger. They are responsible for their action, but we are responsible for our reaction.*

A more accurate and productive way of expressing anger is this. "When you say (or do) that, I feel hurt and angry". Notice that you are calling attention to something inappropriate that someone has said or done, hoping they will take responsibility for their action. But you aren't blaming them for your emotional response.

One of the first things couples need to learn is to not blame each other for their emotions. Instead they need to learn to share their feelings in a non-blaming way so that their spouse will desire to be helpful rather than to become defensive and attacking.

### **Trace the Sources of Strong Emotions**

Twenty-six-year-old Janet told me how angry she became if her husband gave even the slightest hint that there was anything wrong with the food she prepared for dinner. Even if he asked for extra salt she was offended, hurt and angry. She knew her reaction was excessive but she couldn't seem to control it.

A number of weeks later Janet recalled how, as a girl of 8 or 10 years of age, she lovingly spent the afternoon making a birthday cake for her father. He came home tired and irritable from work and when she presented him with the cake she so lovingly baked, he took one look at

it, threw it in the sink, and angrily said "Don't ever make me anything!" Janet was devastated. Years later the echoes of her father's angry rejection of her loving offering still echoed when her husband asked her to pass the salt.

So it is with many other adult emotions. If we had a parent who was excessively critical we may be oversensitive to our spouse's criticisms. Even a well intended "suggestion" is experienced as a criticism. If we had an emotionally or physically absent parent we can feel rejected and become angry when our spouse is not as available or present as we would like. Any pattern that caused us pain or sadness as a child can work like a match to ignite similar pain in any later relationship with a hint of that dysfunction.

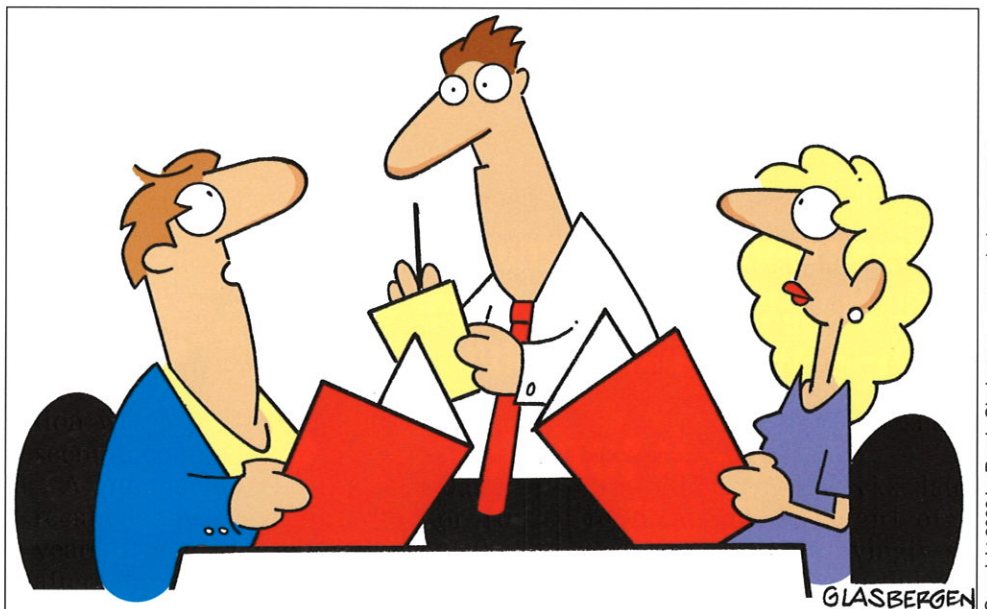
### **Our Model For Emotions**

Have you ever paid close attention to the wide range of emotions Jesus experienced? He loved and was compassionate (*John 11:6 and Matthew 9:36*) but He also became angry

(*Mark 3:5*). He was gentle and tender (*Matthew 11:29*) but He was also strong (*Luke 2:40*). He wept (*John 11:35*) but He was joyful (*Luke 10:21*). But when He sorrowed (*Mark 14:34*) and became angry He didn't get stuck in those feelings. He didn't harbor anger at the Pharisees day after day. He didn't weep for days on end. And His sorrow didn't drag Him into deep depression.

Our goal should be to become like Jesus in our emotional lives. We should be comfortable loving, encouraging, supporting and caring for others. We should be able to mourn and grieve when we lose a loved one or suffer a tragedy. And we should become angry when evil is done to us and others. But we should learn to express even those very strong emotions appropriately. And we should gradually work through our negative feelings rather than getting stuck in them for a prolonged period of time. Having strong emotions is part of being like Christ, and so is managing them in constructive ways. †

## LAST LAUGH



I would like linguine with clam sauce and my girlfriend would like some sort of commitment and easier access to my deeper emotions."

experiences will strengthen them and bless you by sharing your hope and struggles with them.

If you have a teen or adult child with bipolar disorder, your family may face additional challenges with alcohol, drug addiction and other destructive behaviors. These are attempts to self-medicate the symptoms of bipolar disorder. Seek out groups such as AA, AL-ANON, and Celebrate Recovery, a Christian 12 step group. Life Hurts God Heals (LHGH) is a teen to young adult version of Celebrate Recovery. Other avenues to pursue are Christian extended stay facilities.

Navigating the thorny path of monitoring medications, finances, and activities is challenging. Older or adult children might resent their loss of independence and retaliate even when they don't mean to. When stressed, reach out for the help of your support groups and ask God to show you ways to bring peace to your household. Remember, you only have to "Take One More Step".

In order to avoid burnout as the caregiver, you must find ways to nurture yourself and take care of your

own emotional, spiritual and physical wellbeing. Allow someone you trust to take care of your child or teen for a few hours, and indulge in something you love to do. Go for a walk or just get some much-needed sleep! You may also hand over unnecessary responsibilities to another person, freeing you to cherish your child and family.

Above all, don't forget to take your burden to the Lord. King David had plenty of family difficulties, and did not hesitate to tell the Lord how angry he was about it. Yet he clung to God for his strength, and still praised Him despite his circumstances. We must do everything we can, but we must also release our children into His hands.

Today, my passion in life is ministering to people who are living with a mental illness, especially bipolar disorder. It brings me joy to know that God can use my own struggle to let me walk beside others with similar challenges. We discuss practical solutions to daily challenges and encourage each other along our journey, even if it's just a hug or silent understanding.

Living with bipolar disorder is the most grueling experience that my family and I have ever experienced

and sometimes I still feel like giving up. But while we can't change the difficulties in our lives, we can change our attitude. It took a long time to see improvement. Nevertheless, with the Lord's help, extraordinary doctors, loving friends, and family who laugh, cry, and pray with me, I have persevered and made great progress. I know that I'm not alone, and I made it. If I can "Take One More Step," so can you!

Lori Brodzinski wants you to know "I am not a doctor or medical professional, any information or opinions expressed are derived solely from my own personal experience. If you or a loved one appears to be struggling with symptoms of bipolar disorder, seek immediate medical attention from your physician, a psychiatrist or psychologist with experience treating people with this difficult disorder." ✚

*Lori Brodzinski, an inspirational author, diagnosed with bipolar disorder 10 years ago, feels that it does not define who she is. Creativity does, whether it is as a musician, artist, or writer. Her passion in life is encouraging others diagnosed with a mental illness. She can be contacted at LoriBrodzinski@gmail.com.*

PSYCHOLOGY FOR LIVING

LAST LAUGH

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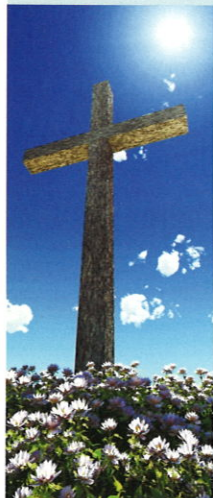
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"I do so share my deepest emotions with you! Hungry and tired are my deepest emotions."

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**EASTER  
REFLECTION**



The darkest day in history  
Was the day when Jesus died.  
In hopelessness and deep despair  
His followers mourned and cried.  
The brightest day in history  
Was the day that Christ arose.  
Hope was regained, despair dispelled.  
He conquered all our foes.

Poem from Ruth Elliott Narramore's book "*Come Share My Joy*"

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