

# Principle # 9: Strengthen Social Connections

Love is all-important. Being part of a community of family, friends and neighbors provides joy and emotional strength. Learn to overcome fears of rejection and be a friend to all. Service is an integral part of the spiritual path and increases self-confidence. Perform acts of kindness for those around you every day.

*This is my commandment, that ye love one another, as I have loved you. (John 15:12)*

# We All Need Other People



# Friendships Can Bring Joy

President David O. McKay: To live, laugh, love one's friends, and be loved by them is to bask in the sunshine of life.



# Styles of Relationship Poker



Timid

Impulsive

Balanced risk-taker

# Relationship Etiquette

Be respectful

Be sensitive

Recognize group hierarchies  
(Don't take over)

Be cool!



# Learn to Be Safe



Rejection can hurt!



# The Seven Levels of Social Intimacy

1. Saying hello
2. Getting acquainted
3. Becoming friendly
4. Casual friendship
5. Good friend
6. Close friend
7. Committed relationship

# Read the Signs

What social  
signals am  
I receiving?





# Accept the Level of Friendship Offered



Each person has different tastes. Once we give up the unrealistic idea that all people must like us, we can relax and try to find people we are compatible with. Popularity is not a measure of worth.

# How to Win Friends and Influence People

## Dale Carnegie



### Making Connections

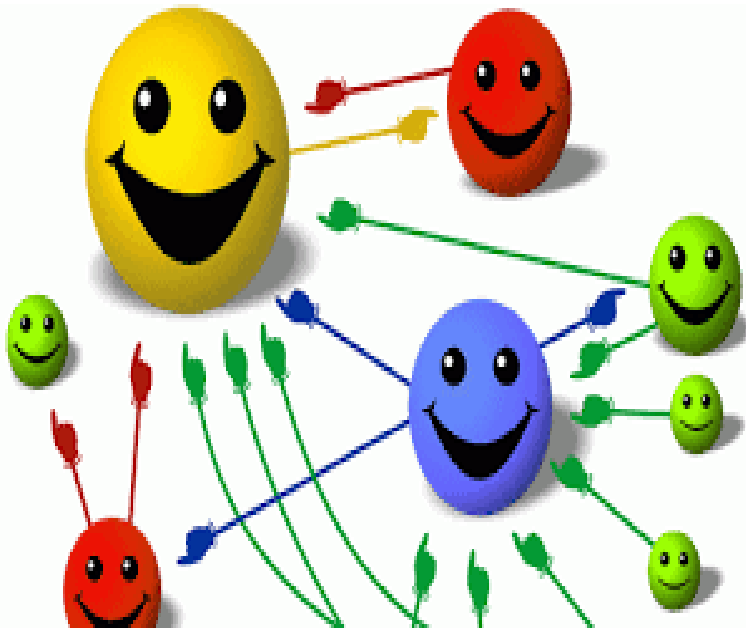
1. Be genuinely interested
2. Be a good listener
3. Talk about others' interests
4. Give compliments
5. Let people know you like them

# Achievable Goals

## Self focused goals:

Popularity

Be my best friend



## Other focused goals:

Love others and let them know they are important

Make social connections and enjoy the moment

# Five Aspects of Strengthening Relationships

Friendliness, sensitivity, communication,  
charity, character



*Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. (Matthew 22:37-39)*

# Friendliness



Say hello

Smile

Greet people by name

Wish them well

# Sensitivity

- Recognize social signals and body language.
- Checking in – asking how others are doing in a sincere accepting manner.
- Courteousness – please and thank you, find ways to express appreciation.
- Accept feedback and requests. Be cooperative.
- Place others' need and wishes on a high level.
- Be cautious about making jokes at others' expense.
- Acknowledge growth, change, and improvement in others.

Elder Neil Maxwell: Remember the simple but searching self-query suggested earlier: "Whose needs am I trying to meet?" To answer honestly is to achieve some emancipating empathy."



# Communication

- Seek first to understand.
- Listen before speaking.
- Inspire versus criticize.
- Strive for balance in speaking, only taking your portion of the conversation.
- Be a good listener and remember to actively engage others.

*Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:*

*And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.  
(Ephesians 4:31-32)*

# Charity



Pierre Anthien

## **Elder Bruce R. McConkie:**

Above all the attributes of godliness and perfection, charity is the one most devoutly to be desired. Charity is more than love, far more; it is everlasting love, perfect love, the pure love of Christ which endureth forever. It is love so centered in righteousness that the possessor has no aim or desire except for the eternal welfare of his own soul and for the souls of those around him.

# Character



Character implies a built-in consistency. Controlling one's temper, making sacrifices, honesty, dependability, and loyalty are always mini-victories over the impulses of the moment.

# Principle #10 Live by Celestial Principles in Your Family

Family life provides the greatest opportunity for joy, meaning, and emotional security. It is also the greatest test of our discipleship. Success in the family requires obedience to celestial laws as well as the faith and humility to allow the Savior to help us perfect our personalities. The ultimate goal is to create a home where hearts are knit in love and the Spirit of the Lord can dwell.



# The Proclamation on the Family

Happiness in family life is most likely to be achieved when founded upon the teachings of the Lord Jesus Christ. Successful marriages and families are established and maintained on principles of faith, prayer, repentance, forgiveness, respect, love, compassion, work, and wholesome recreational activities. By divine design, fathers are to preside over their families in love and righteousness and are responsible to provide the necessities of life and protection for their families. Mothers are primarily responsible for the nurture of their children. In these sacred responsibilities, fathers and mothers are obligated to help one another as equal partners.

# Marriage is Governed by Celestial Law



And they who are not sanctified through the law which I have given unto you, even the law of Christ, must inherit another kingdom, even that of a terrestrial kingdom, or that of a telestial kingdom.

For he who is not able to abide the law of a celestial kingdom cannot abide a celestial glory.  
(D&C 88: 21-22)



# Celestial Marital Principles

Unity	Balance in giving
Quality time together	Helping without being asked
Responsibility	Respect
Agency	Love and affection
Continuing the courtship	Healthy sexual life
Sacrifice	Valuing your mate's needs
Honesty	Loyalty
Accountability	Emotional support
Gratitude	Humility
Order and cleanliness	Cooperation
Giving compliments	Recreation
Self-improvement	Avoiding harmful activities
Kindness	

# Love and Sacrifice



**President Harold B. Lee:**  
Great love is built on great sacrifice, and that home where the principle of sacrifice for the welfare of each other is daily expressed is that home where there is a great love.

# Respect



Nevertheless let every one of you in particular so love his wife even as himself; and the wife see that she reverence her husband. (Ephesians 5:33)



# Fantasy Land

I'll fix all these problems! I'll just tell him (her) what must be changed and then we'll be happy.



# Agency



No power or influence can or ought to be maintained by virtue of the priesthood, only by persuasion, by long-suffering, by gentleness and meekness, and by love unfeigned. (D&C 121:41)

# Arguments





# The Great Mistake

Debating over Who is Right!



# Zero Contention



For verily, verily I say unto you, he that hath the spirit of contention is not of me, but is of the devil, who is the father of contention.

Nevertheless, my servants sinned very grievous sin; and contention arose in the school of the prophets. (D&C 95:10)

# Marriage Stretches Us

**President Ezra Taft Benson:**  
Marriage, designed to be an eternal covenant, is the most glorious and most exalting principle ordained for the mature development of man. It has the greatest capacity to develop to the fullest the positive virtues of life—unselfishness, tenderness, compassion, love, devotion, integrity, honesty, service, purity, nobility, and a host of others.

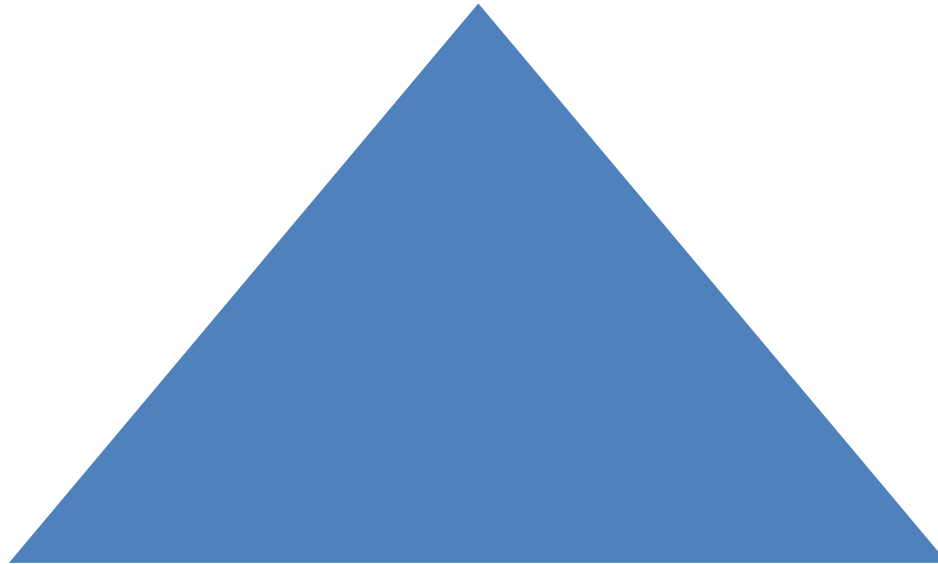


# The Golden Triangle

The Savior

Husband

Wife



# Priesthood Leadership

The priesthood holder is the assigned head of the home. The priesthood holder is to live by every word of God (D&C 84:44) and to lead, inspire, and teach his family the ways of the Lord. His wife is his counselor and she assists in the process of teaching gospel principles. They work in unity to find ways to implement each principle.

# The Celestial Way



Having a “perfect attitude” about changing our hearts and behavior.

President Benson, “We must follow the Son of God in all that we desire, think, and do.”



# Main Areas of Change

- Love
- Respect (observing agency)
- Responsibility

Begin a positive cycle by demonstrating a willingness to make those changes your partner wants.

# Unity



**President Marion G. Romney:** A husband and wife should be one in harmony, respect, and mutual consideration. Neither should plan or follow an independent course of action. They should consult, pray, and decide together. Remember that neither the wife nor the husband is the slave of the other. Husbands and wives are equal partners.

# Resolving Conflict

- The priesthood holder sets forth correct principles and leads by example. The spouse has a responsibility to contribute as well and both veto power. Decisions by the couple must be unanimous.
- When there is a conflict. The couple pray, then work together to study the matter out and discover the celestial principles involved. Led by the Spirit they can find solutions or agreeable compromises.

# Walking on Water

## Four Amazing Communication Strategies

**Reflective listening:** What I hear you saying is.....

**Empathy:** You must feel... sad, frustrated, etc.

**Support:** I would be willing to...

**Vulnerability:** What would make me happy is if.....



# Maintaining Balance



- It takes just one person to begin a positive cycle. Once trust has been gained, the other partner generally tries harder. If there is not reciprocal giving, then limits must be set so balance can be preserved (a work slow-down).
- There can be weekly meetings where the marriage is discussed. It is important to avoid frequent criticism or reminders.

# Motivation to Continue in the Lord's Way

- Obedience to covenants brings spiritual blessings.
- Contention will cease.
- A positive cycle of giving is established. Partners will usually continue to cooperate as they will be getting more of their righteous desires met.



# Families – The Building Blocks of Zion



# Families are Forever



**President Gordon B. Hinckley:** The family is a creation of the Almighty. It represents the most sacred of all relationships. It represents the most serious of all undertakings. It is the fundamental organization of society. Through the revelations of God to His Prophet came the doctrine and authority under which families are sealed together not only for this life but for all eternity.

# Building Zion

**Elder Boyd K. Packer:** The center core of the Church is not the stake [center]; it is not the chapel... The most sacred place on earth may not be the temple, necessarily. The chapel, the stake [center], and the temple are sacred as they contribute to the building of the most sacred institution in the Church—the home—and to the blessing of the most sacred relationships in the Church, the family.

*Therefore, verily, thus saith the Lord, let Zion rejoice, for this is Zion—THE PURE IN HEART; therefore, let Zion rejoice, while all the wicked shall mourn. (D&C 97:21).*



# Teaching Children Celestial Principles



# Modeling



Teach always and, when necessary, use words!

For good or bad, children learn more by *observing* their parents than they do by listening to their parents.



# Model Self-Care



Moms need breaks

Moms need hobbies

Moms can persuade others to cooperate and help out

Moms can learn to be kind to themselves





# A Responsibility and Opportunity

And again, inasmuch as parents have children in Zion, or in any of her stakes which are organized, that teach them not to understand the doctrine of repentance, faith in Christ the Son of the living God, and of baptism and the gift of the Holy Ghost by the laying on of the hands, when eight years old, the sin be upon the heads of the parents. (D&C 68:25)



# Teaching the Word of God



**Prayer**

**Scripture study**

**Family Home Evening**

# Experiencing the Word of God



Structure the family so the children are guided into following celestial principles. Help them to understand that this is part of their worship. As they become used to following these principles, they will appreciate the joy of being a Zion family.

# Hierarchy



The parents need to be in charge, not the kids. Outsmart them! Remember you have all the rewards and they want your love and approval.



# Use Logical and Natural Consequences



# Children Need Limits

14 And ye will not suffer your children that they go hungry, or naked; neither will ye suffer that they transgress the laws of God, and fight and quarrel one with another, and serve the devil, who is the master of sin, or who is the evil spirit which hath been spoken of by our fathers, he being an enemy to all righteousness. Mosiah 4:14





# Children Need to Learn to Work



Let children know they have responsibilities as members of the family. They are not hotel guests!

Attach privileges and rewards to work, but do not pay them for everything. Teach them about reciprocity.

# Children Can Learn to Respect Others



## Have Set Protocols

Children can sit down until they can apologize and explain better ways they could have handled their concerns, or they can be separated and restricted from activities until they write the above ideas on a paper. Other consequences can be added.

After they do their assignments, parents can add words of council or discuss the situation.

# Value-Shifting

Extrinsic motivation



Intrinsic motivation



# The Ultimate Goal



A happy home where  
true principles are  
practiced and the  
Spirit of the Lord  
dwells



# Principle #11 Perfect your desires



The continual monitoring of impulses in the context of rules, boundaries, and triggers is an important element in self-management. Inner attitudes that perpetuate sin must be detected and rooted out. Desires can be changed by converting to a spiritual lifestyle and educating the inner self.

# Faith in Jesus Christ

It is through faith in Jesus Christ that we can receive the power and knowledge to overcome addictions. The Lord can be a pillar of strength and a fountain of wisdom as we demonstrate the humility to reach out to him. Recognizing that one's life is out of control and deciding to rely upon the Lord is the first step in the recovery process.



Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:  
(Matthew 7:7)

# The Enabling Power of the Atonement

**Elder David A. Bednar:** The two dimensions of the Atonement (redeeming and enabling) are connected and complementary; they both need to be operational during all phases of the journey of life.

As you and I come to understand and employ the enabling power of the Atonement in our personal lives, we will pray and seek for strength to change our circumstances rather than praying for our circumstances to be changed. We will become agents who act rather than objects that are acted upon.

*“And he will take upon him death, that he may loose the bands of death which bind his people; and he will take upon him their infirmities, that his bowels may be filled with mercy, according to the flesh, that he may know according to the flesh how to succor his people according to their infirmities (Alma 7:11-12).”*

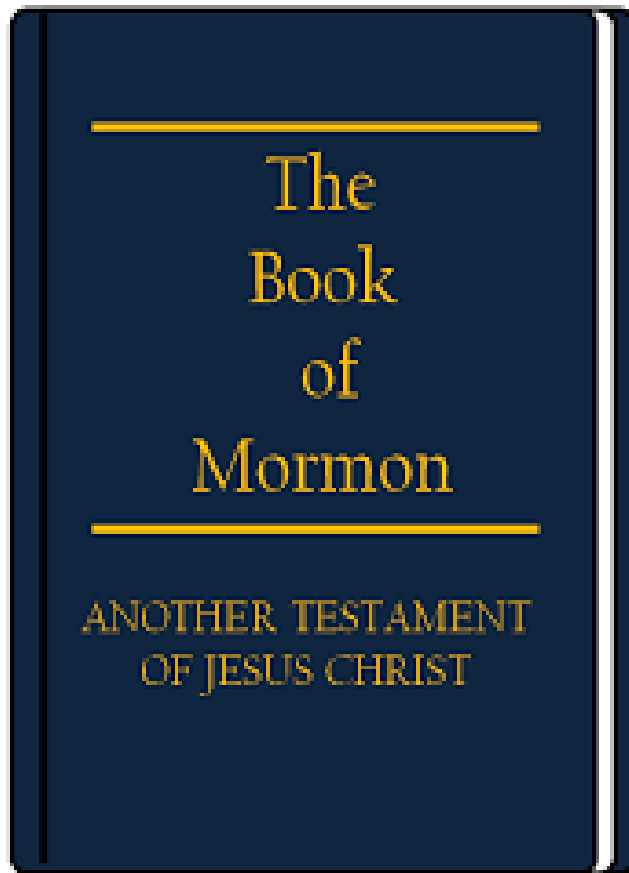


# Changing the Heart

*And they all cried with one voice, saying: Yea, we believe all the words which thou hast spoken unto us; and also, we know of their surety and truth, because of the Spirit of the Lord Omnipotent, which has wrought a mighty change in us, or in our hearts, that we have no more disposition to do evil, but to do good continually. (Mosiah 5:2)*

While under the influence of the Spirit of the Lord, we are more willing and able to obey the commandments. Through experience and conditioning, the heart learns that the Lord's ways lead to joy and we become converted.

# The Holy Ghost Teaches Us



Guides us and testifies of truth



# He Purifies Our Desires



Sometimes He carries us



# The Holy Ghost Strengthens Us

The Lord strengthens our abilities like a favorable wind at our backs.



# The Lord Makes the Impossible Possible



# Compulsivity



## Ignorance and Habit The Chains of Addiction

O that ye would awake; awake from a deep sleep, yea, even from the sleep of hell, and shake off the awful chains by which ye are bound, which are the chains which bind the children of men, that they are carried away captive down to the eternal gulf of misery and woe. (2 Nephi 1:13)

# Loss of Perspective and Honesty

The mists of darkness  
that blind the eyes and  
harden the heart  
(1 Nephi 12:16-17)





# Dependency



# Decision

- Stages of change

Precontemplation

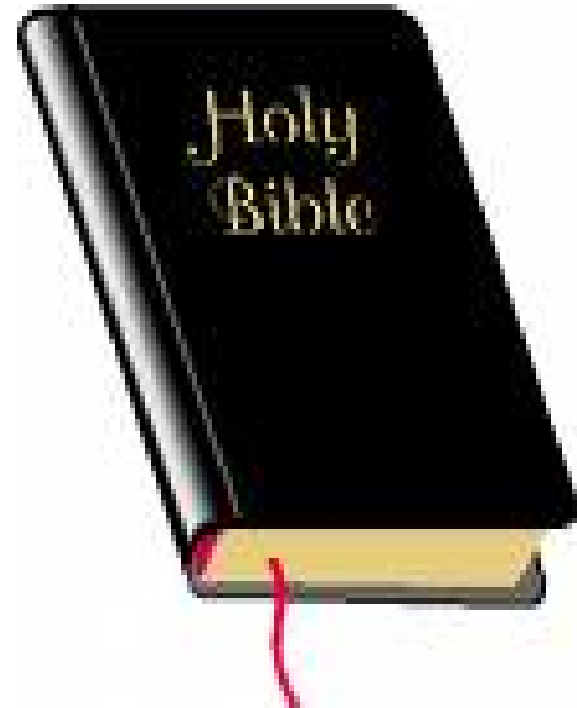
Contemplation

Work

Maintenance

- The “no tolerance” rule

- Set your heart



# Boundaries



The Lord gives us laws  
and boundaries for  
good reasons

# Distance



- Rituals and patterns – be aware of where, when, and how the behavior occurs
- Set personal boundaries - Rules and limits

# Guard the Gates of the Mind



Sing hymns

Use visual imagery

Change your focus

# Avoid Self-Deception



There is no sin without self-deception. Truth is our powerful ally.

REAL EYES  
**REALIZE**  
REAL LIES



# Changing the Heart

The emotional system provides information and feedback to the conscious mind and the conscious mind provides analysis and direction.



We are able to communicate with the emotional system, the heart. Our main leverage with the emotional mind is persuasion and truth.

And ye shall know the truth, and the truth shall make you free. (John 8:32)



# The Heart According to the Scriptures

Purify your hearts, ye double minded. (James 4:8)

Create in me a clean heart, O God; and renew a right spirit within me. (Psalms 51:10)

A good man out of the good treasure of the heart bringeth forth good things: and an evil man out of the evil treasure bringeth forth evil things. (Matthew 12:35)

For where your treasure is, there will your heart be also. (Matthew 6:19-21)

For I, the Lord, will judge all men according to their works, according to the desire of their hearts. (D&C 137:9)

For as he thinketh in his heart, so is he: (Proverbs 23:7)

# Changing the Desires of the Heart

We can suppress evil desires and substitute righteous ones. This involves education and practice. Through our divinely granted willpower we have ultimate control over our desires. But the desires of our hearts are so deep-seated that it may take many years of practice for us to be sure that education and practice have perfected our desires to the point where all are entirely righteous.

Elder Dallin Oaks *Pure in Heart* 1988

# Free to Choose

- All behavior is purposeful.
- The inner self “the heart” is the most powerful part of the personality.
- Motivation and knowledge are the keys to change.
- The education of the will is the object of our existence. - Ralph Waldo Emerson

# Salesmanship

The heart will be enticed for good or evil. We need to sell ourselves on good.

\*Our power lies in *persuasion*, not force or guilt.



# Truth in Advertising



**Covert conditioning**

**Self-talk**

**Symbolism**

**Emergency life-saving kit**

# 12 Step Programs

## LDS Addiction Recovery Program

<https://addictionrecovery.lds.org/?lang=eng>

## The Next 12 Steps

<http://addictionrecoverylds.blogspot.com>

## **You Are Not Alone**

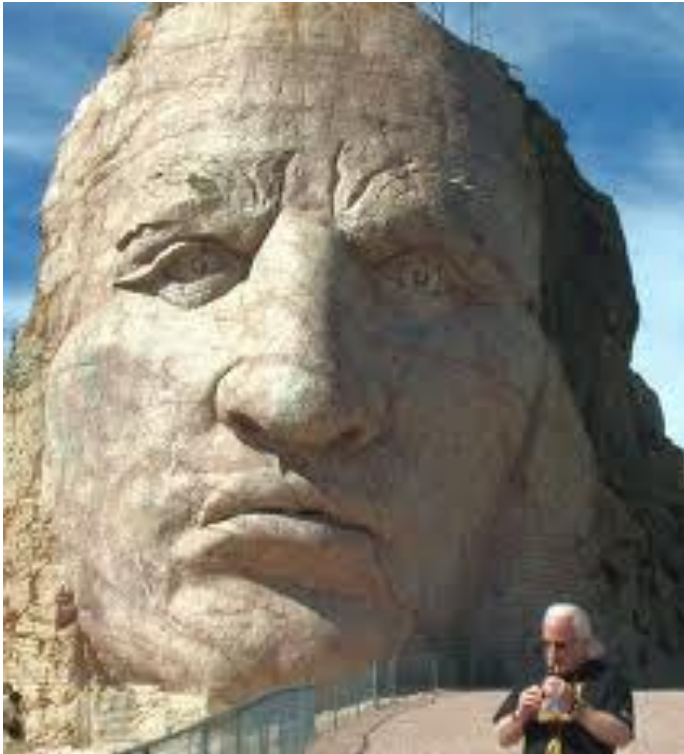
*"I will be on your right hand and on your left, and my Spirit shall be in your hearts, and mine angels round about you, to bear you up." (D&C 84:88)*



# Principle #12 Seek continual self-improvement

Eternal progression is an important gospel concept. Resolve to change defects in behavior and character and strive to become a better person—more kind, sensitive, honest, disciplined, and temperate. Also focus on gaining new skills, developing positive health habits, and acquiring knowledge. Goals give life more meaning and are the building blocks for our dreams. Strengthen motivational abilities and take things step-by-step. Gradual progress is real progress.

# Our Self-Sculpture



(Moses 1:39) For behold, this is my work and my glory—to bring to pass the immortality and eternal life of man.

President Benson: The road lies before us. It is clearly marked. The means to travel it are richly provided. We must follow the path set for us by the Son of God in all that we **desire, think, and do.**

# Values and Character

We plot our  
course according  
to our values.



*And beside this, giving all diligence,  
add to your faith virtue; and to virtue  
knowledge;*

*And to knowledge temperance; and  
to temperance patience; and to  
patience godliness;*

*And to godliness brotherly kindness;  
and to brotherly kindness charity.*

*For if these things be in you, and  
abound, they make you that ye shall  
neither be barren nor unfruitful in the  
knowledge of our Lord Jesus Christ. (2  
Peter 1:5-8)*

# Self-Mastery

People spend substantial amounts of time and energy on their favorite hobbies or pastimes.

*Increasing self-discipline is not a process of using more will power, but of learning to redirect the will.*



# Create a Vision of Change

Pilots must have faith in the laws of aerodynamics.

- We can exercise faith that, with God's help, there is little we cannot accomplish.
- Developing a plan and recognizing our strengths can reduce doubts and strengthen resolve.

*Look unto me in every thought; doubt not, fear not. (D&C 6:36)*



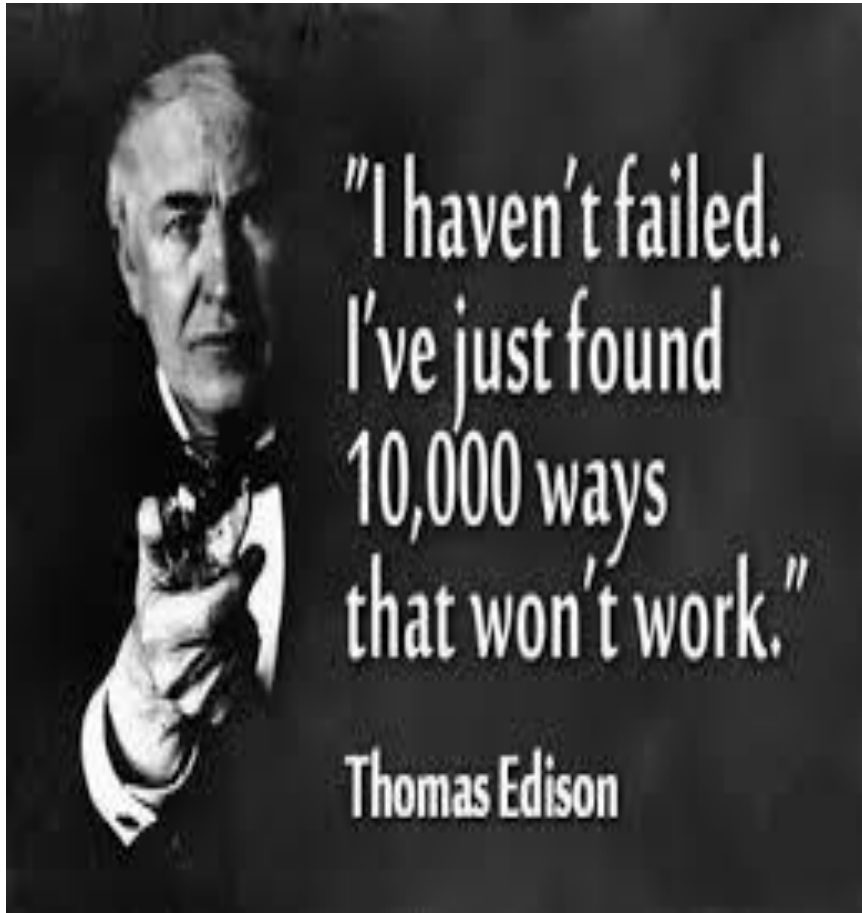
# One Step at a Time



1. Big projects need to be broken down into small steps.
2. Barriers to completing each step need to be analyzed and solutions found.
3. Thorough preparation makes success much more likely.
4. Confidence grows as each step is completed.



# Eliminate the Word “Failure”



Focus on effort and learning and not on results you have little control over.

# The Victory Sheet

1. Logical statements to reduce fears
2. Past positive experiences in this area
3. Problem-solving strategies
4. Personal strengths
5. Other advantages (resources, information sources, supportive people)
6. Positive and hopeful messages

# Start Small, Finish Big

If we push the inner self too hard, it will rebel and take away the power it supplies toward our current and future efforts.

*And see that all these things are done in wisdom and order; for it is not requisite that a man should run faster than he has strength.  
(Mosiah 4:27)*



# The Power of Advertising



## The Advertising Cue Card

- Present benefits - how we feel as we perform the behavior
- Intermediate benefits - how we feel afterwards (that same day)
- Long-term benefits - the eventual reward (the big payoff)

# Talk Fast!



When a project seems very hard or very scary, we must convince the inner self not to run away and avoid the challenge.



# Knowledge



Knowledge is essential to conquest, only according to our ignorance are we helpless. -Annie Bessant

Through the enabling power of the Atonement and the revelatory process the Lord will help us gain essential knowledge.

*The glory of God is intelligence or, in other words, light and truth.*  
(D&C 93:36)



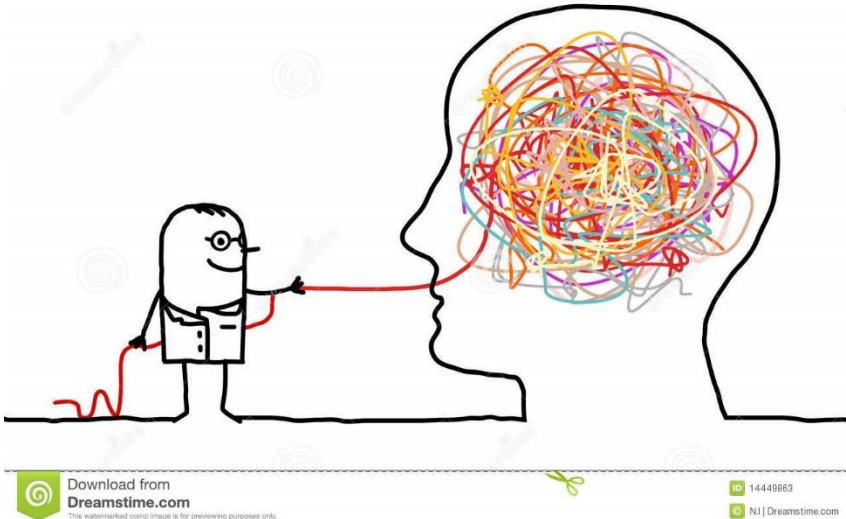
# Emotional Blocks



Gain insight as to where in the past you picked up the idea that this problem was so difficult.



# It is important to Untangle the Past



Magic list method

Critical events list

Editing technique

New experiences

# Prepare for Success



Obtain greater knowledge and training so you feel more qualified to handle challenges.

# Make Spirituality Your Greatest Goal



Each day strive to be kind and positive in thoughts and feelings. Remain actively engaged in constructive activities. Follow the Savior and serve others.

*Seek ye first the kingdom of God, and his righteousness; and all things shall be added unto you. (Matthew 6:33)*

# Research on Happiness

Happy people tend to be optimistic, outgoing, helpful and have high self-esteem. They are also creative, energetic, forgiving, and grateful. They tend to have close relationships or a satisfying marriage, be involved in a meaningful religion, and have good genetics for a positive temperament.

Factors not associated with happiness: Age, race, gender, parenthood, education, wealth, and winning the lottery.

# Changing Our Hearts

**The Prophet Joseph Smith:** Search your hearts, and see if you are like God. I have searched mine and feel to repent of all my sins.

Let thy bowels also be full of charity towards all men, and to the household of faith, and let virtue garnish thy thoughts unceasingly; then shall thy confidence wax strong in the presence of God; and the doctrine of the priesthood shall distil upon thy soul as the dew from heaven. (D&C 121:45)

And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge;  
And to knowledge temperance; and to temperance patience; and to patience godliness;  
And to godliness brotherly kindness; and to brotherly kindness charity.  
For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ. (2 Peter 1:5-8)



# Press Forward with Faith

**President David O. McKay:** Spirituality, our true aim, is the consciousness of victory over self, and of communion with the Infinite. Spirituality impels one to conquer difficulties and acquire more and more strength. To feel one's faculties unfolding, and truth expanding in the soul, is one of life's sublimest experiences.

*Wherefore, ye must press forward with a steadfastness in Christ, having a perfect brightness of hope, and a love of God and of all men. Wherefore, if ye shall press forward, feasting upon the word of Christ, and endure to the end, behold, thus saith the Father: Ye shall have eternal life. (2 Nephi 31:20)*