



Heart to Heart...

Live the Adventure

Often we get phone calls at the Dunamas™ Center designating a child as the problem in the family. I then tell the parents that before I can know if the child really has a disorder or not I need to work with the parents to make sure their marriage is as connected as it can be, and then help them connect with the child in a different way. This is important because connected children start with connected parents. And most of us don't know how to change our marriage and parenting style because we only have what our own parents gave us, and the fact is our parents were damaged people, and they damaged us, and we damage our own children. Unless...

Unless we actively choose to understand our own heart damage, the damage of our spouse's heart, and how that impacts the damage we do to our children. There is two ways people most often choose to parent. The first is to just do what our parents did, good or bad. It's familiar, and what we know, so we just follow that. The second way parenting is often developed is by making the decision to never do anything the way our parents did. Either way, the damage is choosing our parenting style for us.

Ideally, when we can learn to connect with Jesus about our heart pain, be healed at a deep core level, and connect with our spouse's heart as a safe place, we can begin to parent on purpose. Parenting on purpose involves first choosing to know your spouse and his or her heart, and then to know your child's heart. How can you go about doing that?

By clicking below and you will be taken to a page on our web site that will show a form we use to understand what this heart damage is, and how it impacts our lives today. When you do these charts on yourselves and your children you will begin to understand what I refer to as the "landmines." Landmines are those areas that seem to blow up in your face when you least expect it and don't think you have said or done anything really wrong. So go ahead and



work through this exercise and see how much understanding it gives you.

<http://www.dunamascenter.com/resources-newsletter.html>

Genesis 2:24 (New International Version)

²⁴ For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh.