



# Leslie Vernick

AUTHOR • SPEAKER • COUNSELOR

*Enriching the relationships that matter most!*

## Is Your Emotional Account Overdrawn?

As a woman, do you ever feel pressure to be a *Betty Crocker* mom, a *Victoria Secret* wife, and a *Martha Stewart* housekeeper...all while working to help provide some family income?

We tell ourselves that we ought to homeschool our kids, and then we feel selfish if we don't or can't. In addition, we want to pray and study our Bible, take care of our aging parents, volunteer at church, be involved in a small group, work out at the gym, and the list goes on and on.

When you can't keep up with these expectations, (and you can't) do you feel guilty? Is it difficult to say "no" and set limits, because you're afraid someone might get mad or feel disappointed about you?

Fortunately, God never asks us to do it all. Rather, He tells us to be a good steward of our resources.

In reality, you and I only have four resources at our disposal: our time, our talents, our energy, and our money. And, the way we allocate these resources not only impacts us, but also those we love. Therefore, it is essential that we give some thought to our deepest values and priorities.

Feeling stressed out usually means that we have misspent our resources. For example, many people feel overwhelmed these days because of high credit card debt and financial difficulties. Their monetary resources were overspent, and the consequences are draining them emotionally and financially.

Women can do the same thing with their other resources. For instance, you can go into debt with your energy resources by extending yourself beyond your limits. If you do this too long, you'll wind up physically drained and emotionally exhausted. Always hurrying is a refusal to accept the reality of time. We weren't made to live without margins and try to squeeze every moment out of your day. It's not surprising that we feel sometimes like a taut rubber band that's ready to snap.

Sometimes life becomes too hard because we have not been good stewards of our resources, including ourselves! We collapse under the stress of trying to do more than we have the resources to handle.

How can you regain control over the strain? Take some time to evaluate how you allocate your resources of time, energy, money, and talents. **Ask yourself these two questions:**

1. *Are you living within your limits, or are you usually overdrawn?*

2. *Do you budget your resources according to your priorities and your family's needs? Or, do you use up your resources in order to meet other's expectations or gain their approval?*

Living beyond your limits will ultimately catch up with you. It's like giving someone else unlimited access to your bank account. Don't let people write emotional checks that your body and mind can't cash.

Say "no" when necessary, and don't feel guilty or fearful for doing so. Avoid paying the price for being too nice. Maximize your personal resources by living within limits that give you room to breath.

NEWSLETTER  
SPRING, 2008

## Speaking Calendar

### June

**June 9**  
Mid Day Connection Radio  
1pm EST

### July

**July 11, 12**  
Advanced Speakers &  
Writer's Conference  
Orlando, FL

**July 21**  
Mid-Day Connection Radio  
1pm EST

### August

**August 8 - 9**  
Biblical Seminary  
Hatfield, PA

**August 18**  
Mid Day Connection Radio  
1pm EST

**To book Leslie for  
interviews or a  
speaking event:**

**Call 1-877-837-7931**  
[Leslie@LeslieVernick.com](mailto:Leslie@LeslieVernick.com)  
[www.LeslieVernick.com](http://www.LeslieVernick.com)



Leslie's new book, *The Emotionally Destructive Relationship*, is already in its 5th printing in less than 8 months! She is the relationship columnist for *Today's Christian Woman* magazine and a regular guest for the national radio program, *Midday Connection* on the Moody radio network. Listen to her recent interviews at: [www.MiddayConnection.org](http://www.MiddayConnection.org)





**Leslie Vernick** (DCSW, ACSW, LSW)  
*Enriching the Relationships that Matter Most!*

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#### In this Issue:

Article: Is Your Emotional Account Overdrawn?

Leslie Answers Your Questions

Upcoming Events Calendar

Paula Silva\*  
 Focus Ministries  
 480 E. Montrose Avenue  
 Wood Dale, IL 60191

60191+2151



### How to Act Right When Someone Treats You Wrong



When someone treats you wrongly, is your reaction like throwing a match on gasoline and making things worse? In this audio CD message, Leslie teaches listeners how to:

- Minimize unnecessary and destructive conflict.
- Allow consequences to help prevent hurtful behavior.
- Respond to difficult situations without losing your temper.

Order at: [www.LeslieVernick.com](http://www.LeslieVernick.com)

#### Good Words

"We appreciate Leslie's involvement in our Married Couples Conference. I know the Lord used her to help build better communication and stronger marriages. Her teaching is wonderful."

**Jeff Vogan**

Former Vice President

**Sandy Cove Ministries**, North East, MD

### Leslie Answers Your Questions

**Q:** I'm dating someone, but I feel some concerns. What is the best way to know if my relationship is healthy? (Pamela in OH)

**A:** Great question. To determine when a relationship is healthy, make sure that these three ingredients are in place. First, there must be **mutual caring**. The needs, feelings, thoughts, and interests of one another should be important to both of you. Second, **mutual honesty** builds a foundation of trust, which is essential to all healthy relationships. Pretending, avoiding, and misleading are forms of deceit that will fracture relational trust. Lastly, all healthy relationships require **mutual respect**. Demeaning or abusive behavior breaks down a person's spirit, which prevents lasting intimacy from forming.

Keep in mind, you can minister to someone apart from these core ingredients, but you cannot have a healthy relationship.

For more answers to your relationship questions, visit Leslie's new blog at [www.LeslieVernick.com](http://www.LeslieVernick.com) website.

### Are You a Church or Ministry Leader?

Leslie wants to help grow your personal and relational effectiveness. Send your questions about dealing with difficult people, stress, or relationship issues to: [Leslie@LeslieVernick.com](mailto:Leslie@LeslieVernick.com)

Then, visit Leslie's blog each week as she posts her response to one question. Due to the volume of questions that Leslie receives, she is unable to respond to every request.





# Leslie Vernick

## ENRICHING RELATIONSHIPS THAT MATTER MOST

**Leslie Vernick** is a licensed counselor (DCSW, ACSW, LSW) with over 25 years of experience helping individuals, couples, and families enrich the relationships that matter most! Leslie gently leads people to:

- Confidently speak thoughts and feelings in a constructive way.
- Encounter God's peace in the midst of suffering or difficult loss.
- Develop the discipline to turn dreams and desires into reality.

Leslie is author of five books, including *The Emotionally Destructive Relationship* and *How to Act Right When Your Spouse Acts Wrong*. She is a regular radio guest on *Moody's Mid-Day Connection* and the relationship expert columnist for *Today's Christian Woman* magazine.

Leslie lives in Pennsylvania with her husband, Howard, and their dog Gracie. They have two grown children.

"Leslie is a gifted communicator. She teaches how to weave God's truth into the daily details of our lives. If you want a speaker who will deliver practical how-to's with heart, you want Leslie Vernick."

FLORENCE LITTAUER  
International speaker and author

"We continue to hear fabulous things from the women who heard Leslie speak. Lives were forever changed and God used her in a unique and special way."

MICHELLE CAVINDER  
Director of Women's Ministry  
Crystal Cathedral, Garden Grove, CA

### *Leslie's Most Popular Talks for Women*

#### BECOMING A PEACEMAKER—NOT A PEACEKEEPER

Many people avoid conflict at all costs but end up feeling like a martyr or a victim. In this life changing seminar, Leslie empowers individuals to know:

- When it's time to confront so that you enter conflict wisely.
- How to initiate a difficult discussion so that a positive outcome is more likely.
- What to do when the other person won't change so that you don't lose heart.

#### THE TRUTH PRINCIPLE

Do you struggle to live out God's truth from your heart? Many Christians know more truth than they actually apply. Leslie offers a unique 5-step process called The TRUTH Principle that will help you:

- Respond to difficult situations without losing your temper or your faith.
- Break free from internal lies in order to fully embrace God's truth.
- Develop the discipline to take your desires from dreams to reality.

#### BECOMING THE BEST POSSIBLE YOU!

Low self-esteem and poor self-image shackle many people. The consequences include destructive relationships, negative emotions, and depression. Leslie empowers you to identify internal lies, move beyond them, and embrace God's truth. You will discover:

- Freedom to be yourself, instead of feeling inferior to others.
- Courage to take good risks so you can live your potential.
- Wisdom to learn from your mistakes instead of allowing them to cripple you.

#### DEPRESSION-PROOF YOUR LIFE

It is not selfish to take good care of yourself. One in five women will be diagnosed with clinical depression in their lifetime. It's the number one cause of disability in women today. Yet, many of us aren't intentional about good self care. Leslie helps you learn how to:

- Speak up and say "no" without guilt so you stop feeling used.
- Manage stress so that you don't feel overwhelmed.
- Stop pretending things are fine when they're not, and make your relationships more authentic.

Each of these talks can be expanded to accommodate a weekend retreat. Additional talks for special events or specific topics can be arranged.

FOR MORE INFORMATION OR TO REQUEST LESLIE FOR YOUR EVENT:

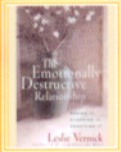
[www.LeslieVernick.com](http://www.LeslieVernick.com) • Call: 1-877-837-7931 • Email: [Leslie@LeslieVernick.com](mailto:Leslie@LeslieVernick.com)



# Leslie Vernick

## ENRICHING RELATIONSHIPS THAT MATTER MOST

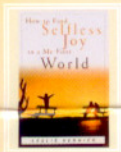
**Leslie Vernick** is a national speaker, counselor, coach and author with expertise on the subjects of personal and spiritual growth, marriage improvement, conflict resolution, depression, child abuse, and domestic violence. Leslie's books include:



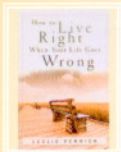
*The Emotionally Destructive Relationship*



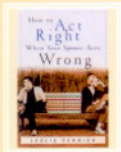
*Getting Over the Blues*



*How to Find Selfless Joy in a Me-First World*



*How to Live Right When Your Life Goes Wrong*



*How to Act Right When Your Spouse Acts Wrong*

"Leslie has a gift of applying the hard truths of Scripture in a way that makes them seem inviting. If you are half as blessed by Leslie's teaching as me, you will surely grow in Christlikeness."

GARY THOMAS  
International speaker and  
author of *Sacred Marriage*

### *Leslie's Most Popular Talks for Couples*

#### HOW TO ACT RIGHT WHEN YOUR SPOUSE ACTS WRONG

Sometimes it's harder to respond in a godly way to the minor irritations of married life than the more difficult challenges. Leslie's powerful message enables married couples to:

- Take responsibility for faults and failures, instead of denying, avoiding, or blaming.
- Show love toward your spouse, even when you feel selfish.
- Respond, instead of react, when a spouse upsets you to minimize destructive conflict.

#### THE EMOTIONALLY DESTRUCTIVE RELATIONSHIP

##### SEEING IT! STOPPING IT! SURVIVING IT!

This powerful seminar offers practical, biblical, wisdom to help those stuck in destructive relationship patterns. Leslie has helped hundreds of people move beyond their fears and learn to live free. Imagine how much happier you would feel if you could:

- Say "no" and mean it
- Have the courage to make choices for yourself
- Confidently speak your thoughts and feelings in a constructive way
- Invite someone into healthy change so that destructive patterns are broken.

#### THE HIDDEN POWER OF HUMILITY

Do you long for great relationships with your spouse, children, extended family, and friends? Leslie offers five exercises that can provide immediate improvement in any relationship. Apply them to your relationships and discover how to:

- Feel less defensive when someone criticizes or corrects you.
- Cooperate with one another without resentment.
- Admit mistakes and failures without fear.
- Let go of past hurts and forgive generously.

#### HONEY, CAN WE TALK?

This question instills fear in many couples, but it can also be a way to draw close to each other. Uncover five core ingredients necessary for emotional closeness to flourish. You will be empowered to:

- Identify your true feelings and learn the right words to communicate them.
- Move beyond superficial chit-chat to personal, in-depth sharing.
- Reduce negative body language that results in misunderstanding and conflict.

Each of these talks can be expanded to accommodate a weekend retreat. Additional talks for special events or specific topics can be arranged.

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