

# READY FOR CHANGE?



*Take on the Elephant ...*

Call LifeGate **(404) 842-3150**

or visit **[www.LifeGatecenter.org](http://www.LifeGatecenter.org)**

# Honoring Mothers, Saving Relationships

**Mother's Day is traditionally a time we set aside for honoring the women in our lives, and in the life of our congregation, that delivered us into this world, nurtured us and cared for our every need.**

**While we at Peachtree will pay tribute to the many mothers in the life of our church, we are also staying true to our *Elephants in the Room* sermon series objectives by exploring the ways in which our family relationships can be strained and how we should go about correcting these troublesome and destructive problems so that we may enjoy the wholesome and healthy lives that God intends for us.**

**Please take a moment to review the “Five Signs of a Destructive Relationship,” detailed below by the LifeGate Counseling Center at Peachtree. If you, or someone you know, is in a destructive relationship, don't hesitate to call and ask for guidance.**

## Five Signs of a Destructive Relationship

- 1.** Presence of physical, verbal, emotional or sexual abuse.
- 2.** Overprotective, overbearing or controlling behavior in which one person does not allow the other person in the relationship to think or act independently. Such behaviors can often lead to diminished contact with others outside of the relationship.
- 3.** Becoming overly dependent on the other person to make your decisions, meet all needs, and affirm your value as a person.
- 4.** Presence of secret keeping, dishonesty, deception, and/or misleading or misrepresenting information.
- 5.** Presence of indifference or neglect in regards to the overall well being of the relationship or the other person.

God created us to be in connection with one another so that we might encourage and enrich each other's lives. Despite this fact, relationships can often be hurtful and harmful causing significant distress in our lives. You do not have to suffer in silence. If you, or someone you know, are in a destructive relationship, take the courageous step to speak with someone and share your concerns.

