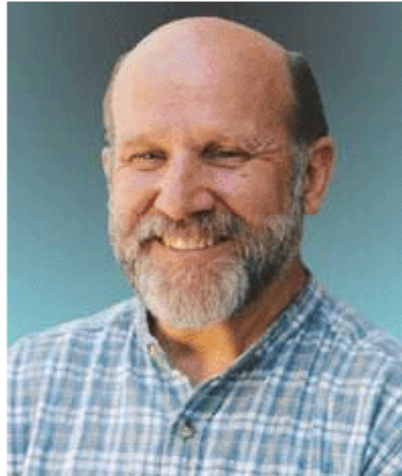


Ron Edeal, MFT

Ron Edeal is a licensed Marriage and Family Therapist with over 25 years experience counseling families, couples and individuals. Ron is currently in private practice at [Relational Resources](#), an association of therapists, located in Santa Cruz County, CA. He has a B.A. in Psychology from [Bethany Bible College](#), and an M.A. in Marriage, Family and Child Counseling from [Azusa Pacific University](#). Ron is a recovering addict/alcoholic/Adult Child of Alcoholic, with more than eleven years experience as a family/patient counselor in drug/alcohol addiction treatment at both the [Clint Eastwood Youth Program](#) and the Adrian Center of Dominican Hospital. He is currently on the board of directors at [Teen Challenge](#).



In addition to working with chemical dependency, Ron specializes in working with other addictions, depression, grief, fatherless issues, abuse, marital and family conflict, premarital issues, communication problems, adolescent parenting conflicts, divorce recovery and step-parenting.

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Ron, his wife Kahleen, and their two daughters reside in Mt. Hermon, CA.

Pages

- » [Ron Edeal, MFT](#)
- » [Blog](#)
- » [Contact Me](#)
- » [Counseling](#)
 - » [Chemical Dependency](#)
 - » [Communication](#)
 - » [Couples](#)
 - » [Family Issues](#)
 - » [Individual](#)
 - » [Teens](#)
- » [PDF Help](#)
- » [Resources](#)
- » [Site Map](#)
- » [Speaking Topics](#)
 - » [Schedule for 2008](#)
 - » [Family Camp, July](#)
 - » [Men's Wknd, June](#)
 - » [Men's, March](#)
 - » [Singles, October](#)
 - » [Women's, April](#)
 - » [Schedule for 2009](#)
 - » [55 Plus, March 2 & 3](#)
 - » [Men's, March 28](#)
 - » [Schedule for 2010](#)
 - » [50's Plus Conference](#)
 - » [Men's Conference](#)

Resources

PRESENTATIONS:

- [Female-Male Differences](#): Basic Content
- [Freedom In Forgiveness](#): Bible Content
- [Journey To Loving Others](#): Basic Content
- [Journey To Loving Others](#): Bible Content
- [Keeping Our Wives Happy](#): Bible Content
- [Listening With the Ears of God](#): Bible Content

BOOKS:

LINKS to ARTICLES and SITES:

Holding On In Stressful Times

Stress is inevitable

Stress tends to wear us out

Stress involves loss of some sort



How Are We Doing?

- What stressors/losses are in my life?
- Am I honest or do I keep it secret?
- First I must be honest with me!
- I could confide with safe people.
- What is a safe person?
- How many have a safe person?

What Do I Say or Do With Stress/Loss?

- Let's see what Jesus says to His disciples:
- Joh 15:12 "This is My commandment, that you love one another, just as I have loved you.
- Joh 15:14 "You are My friends if you do what I command you.
- Joh 16:20 "Truly, truly, I say to you, that you will weep and lament, but the world will rejoice; you will grieve, but your grief will be turned into joy.
- Joh 16:33 "These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world."

Jesus Prays for Them and Us

- **Joh 17:20** "I do not ask on behalf of these alone, but *for those also who believe in Me through their word;*
- **Joh 17:21** that they may all *be one*; even as You, Father, *are* in Me and I in You, that they also may be in Us, so that the world may believe that You sent Me.

What About This Grief, Weep and Lament?

- Solomon on Grief, Mourning:
- Ecc 7:2 It is better to go to a house of mourning Than to go to a house of feasting, Because that is the end of every man, And the living takes *it* to heart.
- Ecc 7:3 Sorrow is better than laughter, For when a face is sad a heart may be happy (pleasant, glad, celebrating).

Stages of Mourning/Grieving

- **Shock/Denial**
- **Anger**
- **Depression, sadness, loneliness and fear**
- **Acceptance**

Many in the Bible were Honest with Mourning

- David mourns: Psa 69:1 For the choir director; according to Shoshannim. *A Psalm of David. Save me, O God, For the waters have threatened my life.*
- Psa 69:2 I have sunk in deep mire, and there is no foothold; I have come into deep waters, and a flood overflows me.
- Psa 69:3 I am weary with my crying; my throat is parched; My eyes fail while I wait for my God.

His Joy Returned

- **Read the rest of Psalms 69**
- **He didn't deny his sorrow, his grief**
- **He looked to God**
- **It appears he was all alone**
- **We don't have to do it all alone**
- **He expressed his insecure feelings, but turned to God**

Break the Silence/Denial

- When Christ was entering upon his sufferings he comforted himself with this, that his Father loved him. Seek that love!
- Pray to the Father-be vulnerable
- Connect with **safe** people
- Go to counseling (house of mourning)
- Maybe it's time to fast

Give Him Your Anxieties

- Psa 139:23 Search me, O God, and know my *heart*; Try me and know my *anxious thoughts*;
- Php 4:6 Be *anxious* for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.
- Php 4:7 And the peace of God, which surpasses all comprehension, will guard your *hearts* and your *minds* in Christ Jesus.

Greek Word for Heart

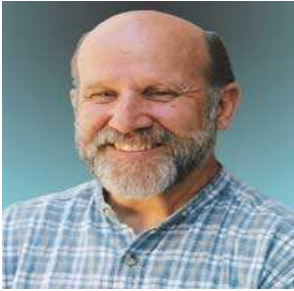
Kardia

- **the seat of the sensibilities, affections, emotions, desires, appetites, passions**
- **A reality we often ignore or deny**
- **I clearly remember when we were in the car and my Dad said, “Never make decisions based on emotions.”**





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- To contact him you can leave a message at, **831-460-2550 ext.#6**,
- or send him an e-mail at Ron@RonEdeal.com

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- [Teens](#)
- [PDF Help](#)
- [Resources](#)
- [Site Map](#)
- [Speaking Topics](#)
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 - [Family Camp, July](#)
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