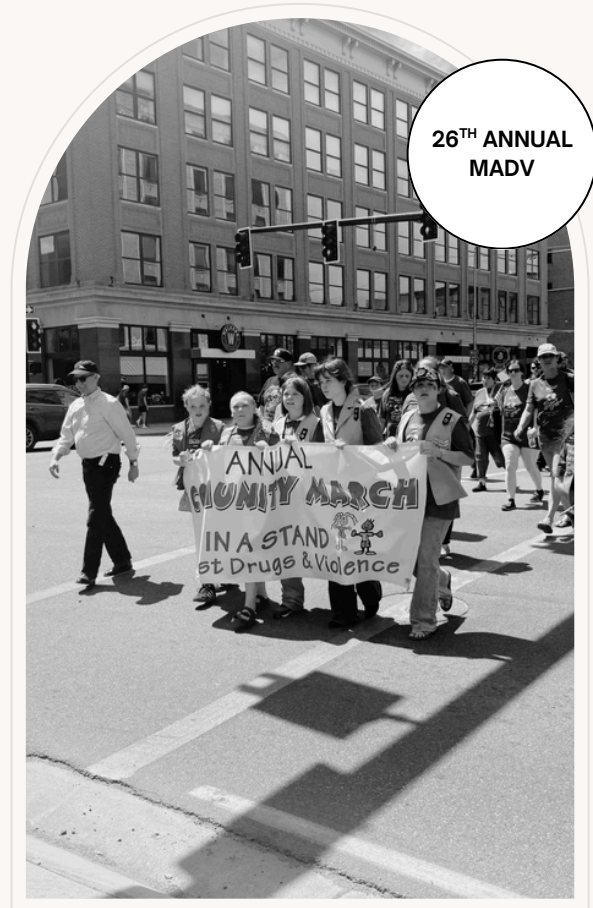


Newsletter Against Drugs and Violence

FOR A NON-VIOLENT & HEALTHY COMMUNITY

The Golden Rule ✧ ✧

You would be hard pressed to find someone secular, spiritual, or religious, who would disagree with the Golden Rule, "do unto others as you would have them do unto you." Universally acknowledged as how we should behave in modern society, it is a wonder there still seems to be so much strife and contention between people. Is it perhaps because we really, deep down, whether we would admit it or not, do not have a positive loving view of ourselves? Do we believe that we are less than, do we believe that we are unworthy of the caring, appreciation, and love of others? This could be an oversimplification, but if we truly look deep and trust what we feel, we may realize that we need to love, or really forgive, ourselves. So that we might be able to apply the Golden Rule in our own lives.



Who is the community supporting the MADV?



The Boys & Girls Clubs of Yellowstone County have been working towards building productive, caring, and responsible citizens in Yellowstone County for over 50 years. Their mission has seen them grow to impact youth on the south side, the heights and Lockwood providing safe, healthy, and fun outlets. With a focus of working along side our youth, helping them become citizens that will build non-violent healthy communities of the future.



Positive Self-Talk

We've all been there, we are pulling a container out of the fridge and the slight condensation on the outside makes it slick, and it slips from our hand and we drop it on the floor. It breaks into several pieces spilling last night's pasta dish with red sauce everywhere. Now in this moment we have a few ways we could react, we could degrade ourselves, call ourselves stupid or any number of other names. We could physically harm ourselves striking our leg, or the counter with a fist, letting out a guttural roar expressing our frustration. Or we could laugh it off and start clearing it up. In our



lives we have many ways we can respond to any number of situations or thoughts we have. We can become fixated on how dumb, stupid or idiotic we were that we could have made such a simple mistake. Perhaps in relationships we hurt our partner or siblings, our parents, children, coworkers. In doing so it is easy to knock ourselves down a peg or two because we "deserve" to be punished or be put in our place with this demeaning self-talk. But if we really evaluate what we are doing, we are really doing violence to ourselves. We are treating ourselves worse than we would hope others would treat us. Unfortunately if we build up this habit over time, then it seeps out in our

own behavior. We find ourselves lashing out at other people for making the same mistakes we make ourselves. This month we hope that you would join us in recognizing this action of negative self-talk, does it happen in certain places, does it happen in our relationships to certain people, when we have specific stressors on our plates? And that's it, this month just recognize when, where, and how it may be happening. By recognizing that we are doing this violence to ourselves we can then work towards growing into a more non-violent people.

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