

# *Sprinkle Just a Spoonful of Sugar When Establishing a House of Order, a House of God!*

Brenton G. Yorgason

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Brenton G. Yorgason, Ph.D.

Keynote Syllabus

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For further information write:

BYU Family Expo,  
136 Harman Continuing Education Building,  
Provo, Utah 84602.  
(801) 422-3559

E-mail: [conferences@byu.edu](mailto:conferences@byu.edu)

Home page: <http://familyexpo.byu.edu>

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Each of you here this morning comes with a mind-set unique to yourself:

- Elated to be here, eager to grow and learn
- Happy to be here interacting with your friends, away from your home! (*After all, a test "is as good as a change."*)
- Glad to be away from rigors of your rather routine workday

Not long ago I watched *Mary Poppins* for the umpteenth time, and loved it just as much as I did 30 years ago when it came out.

My task, if I do it right, will be for all of you to float out of here with your umbrellas of protection, with a smile on your face and a song in your heart . . . and hopefully an entirely new **package of sugar** to pour into your personal and workday relationships once you return home.

**FALSE NOTION:** *You can't teach an old homemaker new ways to bake and shake.* In fact, seasoned sisters in the home are often those who change the most! After all, they may have spent years in a "rut" or a "routine," and now thirst for something more! Remember this: **Your attitude determines your altitude.**

Elder Dallin H. Oaks said that three things make up the inner person (from: *Pure in Heart*, 1989): Our (1) Motives, (2) Attitudes, (3) Desires.

In the mid-1850s, my ancestry on both sides emigrated from Sweden to Utah, and then to Sanpete County. They had a very difficult time learning English!

(Read Account)

Two thoughts: (1) Even today, words can cause misunderstandings.

(2) Some of us, through years of developing habits of speaking and behaving, truly do become UNBEARABLE!

I'm reminded of another conversation, also in the mid the 1800's, only in the Midwest. A young 11-year-old Joseph Smith III was asked to spend the summer reading to a man who had been deaf for the previous 12 years.

DEAF MAN: "Joseph, I can hear every bit as well as you can hear. But, 12 years ago I decided to either get a divorce or to go deaf. I chose the latter."

I hope none of you here are forcing your husbands or your children to go deaf!!

Tuning someone out is actually the fourth phase in **relationship disintegration!** *Criticism, Contempt, Defensiveness, and Stonewalling.*

When we enter these phases of relationship meltdown, we stop using a spoonful (or spoonfuls) of sugar in our relationships and begin to pour salt into the wounds created by expressions of unkindness.

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(OBJECTS: Mousetraps, woman's gloves, and relic hoe)

MOUSETRAPS—Trying to find a "better way" to effectively interact with others.

**Each have just one row to hoe**—Presently moving down that row, some of us are experiencing more weeds and less moisture than others. Others are overwhelmed with the amount of vegetables, or relationships, they are dealing with.

GLOVES . . . worn by Joseph Smith's wife, Emma . . . or could have been!

Even today, we are fortunate in having extra insulation . . . tools . . . with which to protect us from the harsh elements of "unkindness," to nourish our "primary" as well as our "secondary" relationships.

Keys to building a house of order . . . which, through the influence of the Holy Spirit, becomes a house of God for each of us:

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**BOLTON—Life is made up of "crucial turning points."**

My second mother loved me, believed in me. I FEEL SAFE!

**That which we persist in doing becomes easier to do; not that the nature of the thing has changed, but that our ability to do has increased.**

TEACHING FAMILY SCIENCE AT “Y”:

Families are the best of times and the worst of times.

THIS MORNING—Four “very unique” relationships, each of which need sugar. When applied freely, the sweetness of the Spirit enables our homes to become “a house of order, a house of God.”

RELATIONSHIP TYPE

I. Primary relationship, spouse or companion

Poem: “A Bride White of Hair”

A. Those of you who have never married can still live as a “whole” person with intimacy in their relationships. (*Sacred Intimacy*)

Those of you who are married, perhaps adjust your mind-set about socializing with those of you who are single.

SELF ESTEEM: Increases as we “reach out” to others and lift them!

Father Theophane . . . I – You

B. Those of you who are widowed . . . “Lonely but not alone.”

C. Those of you who are divorced . . .

Dad: “It's better to aim at the sun and miss.”

Two-thirds of all divorced women remarry.

First marriage in U.S. lasts average of six years; remarriage lasts two to three years.

One-half of those who marry will divorce.

1945: 1 out of 17 temple marriages ended in divorce.

1975: 1 out of 10 temple marriages ended in divorce.

Before you are able to have a “sugar-pouring” mentality in your relationships—all of your relationships—you must put negative past to rest. You don't need to be divorced to do this.

We live either by FEAR or with HOPE and FAITH.

ANGER GENERALIZES: Anger and fear are Siamese twins.

- We remember our unhealthy state, depression, anger, etc.
- Getting a load off our chest just increases the load!
- Make a promise to yourself to put negative past to bed.
- Write a letter to your abuser, although you may never mail it.
  - Forgive
  - Ask forgiveness

Truth: Children of divorced parents will **leave their acidic parent!**

D. Those of you with children . . .

Seven sons and two daughters—

- Partnership vertical to unilateral
- Not too many rules—remove “bit” from their mouth slowly.
  - There are no rules until you break one.*
- Live true to your value system—behavior/value congruence.
- Lead with love—hug and kiss daily; be expressive
- Trust implicitly—respect and honor and praise.
- Be there for them, even though you work.

E. Those of you who are married . . .

Types of love—Romantic love is “prelude” to lasting love.

Few “double dates”—SHARE FEELINGS!

FOUR PHASES IN REISS’S Wheel of Love:

*Phase One:* Establish rapport

*Phase Two:* Self-Revelation—reveal yourself to each other.

*Phase Three:* Develop a mutual dependency.

*Phase Four:* Experience a “Personality Need Fulfillment.”

COMMON MISTAKES COUPLES (and parents) MAKE:

1. Rewrite history.
2. Try to “problem solve” while in **flooded state**.
3. Develop “left hand column.”
  - Dr. Chris Arygeris (Harvard Business School)

\*\*Leads to acts of unkindness: Great 20<sup>th</sup>-century philosopher  
Flip Wilson says, “The devil made me do it!”

4. Live Platinum Rule

Golden Rule: “Do unto others as you would have them do unto you.”

Platinum Rule: Tony Alessandra and Michael O'Connor  
**"Do unto others as they'd like done unto themselves."**

*Helen Keller 1880–1968 U.S. writer and lecturer: blind and deaf from infancy*

"There are red-letter days in our lives when we meet people who thrill us like a fine poem, people whose handshake is a brimful of unspoken sympathy and whose sweet, rich nature imparts to our eager impatient spirits a wonderful restlessness. . . . Perhaps we never saw them before and they may never cross our life's path again; but the influence of their calm, mellow nature is a libation poured out upon our discontent, and we feel its healing touch as the ocean feels the mountain stream freshening its brine."

Your influence this morning, your handshakes, your sweet rich nature, has enriched my life immeasurably.

MAUDE MUELLER

King Benjamim's final words: Mosiah 5:15

A house of order becomes a home of peace . . . through kindness, benevolent blindness, Deutch's Law (Alma 41:14–15) . . . Alma's law of reciprocity . . . the Lord's law of relationships.