



**SAFE HARBOR
COUNSELING**

**Dr. Beth
Speaks**



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WSPY, Your Life Matters, Gift Giving

- Mike Williams And it's time now for **Your Life Matters** with **Clinical Social Worker Dr. Beth Placketka** from **Safe Harbor Counseling** and **Dr. Beth Speaks**.
- Mike Williams And Dr. Placketka, thanks again for joining us this morning. How are things?
- Dr. Beth Placketka They're great! Always a pleasure to be here Mike. Thanks for having me.
- Mike Williams Of course. Good to have you in as we work our way into December now, the month of Christmas and folks are probably working their way to the stores, going online to get those gifts for those special people in their lives. And we're talking about gift giving today.
- Dr. Beth Placketka Yes and how we decide what to give and who to give it to. Now listeners might be interested in reading any of the books about **The Five Love Languages** by Gary Chapman because what he tells us in those books is that we show our love in 5 different ways: physical touch, words of affirmation - saying you've done a good job for example, quality time - spending time with a person in the way that they like, actual gifts, and acts of service – doing something for someone else.
- Mike Williams OK.

Dr. Beth Placketka

So we take a look specifically at gifts, at objects that we give to other people. There's a couple reasons that we do that. We give it to somebody, a new person because we like them, we want to develop a friendship or some kind of relationship with them or we want to continue that relationship. We wanted reciprocate back-and-forth and stayed friends. We want to show that the relationship is important, and we want to offer an extension of ourselves. We want to give them a piece of us, so they don't forget us. It's all about that interpersonal relationship.

Mike Williams

Yeah maybe you're showing appreciation. You're showing as you mentioned, you want to keep a relationship going. You feel good about that person and you want just to let them know, a sign of hey, you're important to me and here's a small token of my appreciation for just you.

Dr. Beth Placketka

Exactly! We say, "I see you and I value you!" All really good things.

Mike Williams

Alright.

Dr. Beth Placketka

When we give a gift we are opening ourselves also then to become a receiver, and that is empowering to the other person. So sometimes people say, "oh I'm so embarrassed when I give a gift." But in reality that is allowing that other person to do the same thing for you and that is an honor, and people don't always think of it that way. When we're choosing a gift, we have to think about the type of relationship that you have with a person sometimes it's very casual, sometimes it's work, sometimes it's family, spouse or partner and each one has a different kind of boundary about it. You know if it's really casual you don't want to do something really expensive and over the top because it implies an obligation to reciprocate that. That's too much. That makes sense doesn't it?

Mike Williams

And maybe that's not so much an honor for the other person.

Dr. Beth Placketka Right! They might not have the money or they might be thinking, “Oh No! What do I do now?” So when we are giving a gift what we really want to do is pick something that we know about the person, that we know that they like and that we recognize in them, so doesn't have to be big and showing. If it's a small CD... One time someone gave me a CD of a song that I loved in high school. They found it. And I was like that was probably \$2. I loved it still carried around, and I still remember who gave it to me. So we have to remember that offering the gift is a gift of ourselves and it is acknowledging the other person. And when we give a gift of ourselves we do it with a smile. Well unless you're a brothers or sister, you don't toss at each other. You smile and make a wish for the holiday whether it's Christmas or birthday. And you do give it without expectation that someone's going to give you something right then and there. It's totally free will. Then if you're receiving it, you're accepting the other person. You're saying I can accept what you're giving me. And again when you follow those boundaries, when you don't give too much, people can accept it. It's really import to say thank you while you're looking at the person. Some people get very embarrassed.

Mike Williams Right!

Dr. Beth Placketka Then it's so hard to say thank you.

Mike Williams And make eye contact and all those good things. You want to do all that stuff.

Dr. Beth Placketka They always want to say you shouldn't have is what it amounts to. So then comment on the gift and tell how you are going to use it. And let people know through gift giving that we are important to each other. Because as we know, our lives matter!

Mike Williams Yeah and it means a lot as you mentioned a gift, even if it is not monetarily inexpensive, if there is thought behind it to know, “I know you like these types of things so I saw this and wanted to picked this up for you.” It is that kind of thought, where they'll say. “Wow! This person was paying attention to me the day I was talking about this, and they remembered” and that goes a long way.

Dr. Beth Placketka It certainly does!

Mike Williams Were there a couple of books to that you wanted to mention?

Dr. Beth Placketka Yeah. Besides **The Five Love Languages** by Gary Chapman there's **The Miss Guided** and that's **M-i-s-s Miss Guided Giving Amazing Gifts Without Breaking the Bank Gift Guide** and **The Language of Gifts: The Essential Guide to Meaningful Gift Giving** . Listeners can find that on the website when they listen to the broadcast.

Mike Williams

Excellent! Alright! That's all the time we have for today but some good information as always. Don't forget you can be involved in are show by submitting your questions at: safeharboril.com and we might read yours or talk about it on an upcoming program.

Make sure you join us next Monday for **Your Life Matters** with **Clinical Social Worker Dr. Beth Plachetka** from **Safe Harbor Counseling** and **Dr. Beth Speaks**.