



Genesis REPORT

Coach's Corner
"New Start, New Life"
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"Can you trust your own human nature?"

Are we genetically hardwired with character flaws?

You attend a high school reunion, and muse with other friends how no one has really changed since graduation. They have the same personality as you remembered.

Does a criminal who has professed he is a new man really change, and can he be trusted again?

Can a spouse ever trust her husband again, after he has committed infidelity? These are difficult questions that do not have easy answers.

Psychologists had long believed major personality makeovers are impossible. However, that belief has changed, as personality researchers have indicated that negative characteristics can be adjusted up to 50%. (Psychology Today Feb/2008)

But, we are still subject to our genetic hard wiring traits for the other 50%, and those may not be all positive. Dr. Chris Peterson, professor of psychology at the University of Michigan states, "it is not easy to change negative values, habits and perceptions."

I recently attended a meeting regarding sex offenders, and a correctional psychologist who works with these inmates, suggested that most are able to live a responsible life. But, there are a core 10% who will remain a high risk to the community.

Most of us can change not only criminal behavior, but also some negative personality traits which can cause adversity and challenges for others.

"How do we overcome our negative personality traits?"

Psychologists indicate we have to get beyond our own self blindness, and recognize our own faults. Will power alone will not win the day either. We must develop a strategic plan to confront our personality weaknesses.

There was a man in the Bible, named Paul, and he coined his human nature struggle very well; "for I do not understand my own actions (I am baffled), I do not do what I want to do, I do the very thing I don't want to do." Paul was very direct in his writings, and made it abundantly clear that without a spiritual or faith base, it would be impossible to overcome the faults in human nature. (Romans 7 & 8)

"given certain circumstances, we are all capable of just about anything"
Billy Graham

Can a leopard change it's spots?



Community Facts On Crime Prevention:

1. Alcohol is still the #1 drug and is twice as harmful as other drugs
2. Troubled youth are the result of a troubled society
3. Developing mentors for youth at risk and adult offenders are viable strategies
4. Swift justice and consequences are very important components for crime prevention
5. The criminal justice system is basically reactive
6. The police alone cannot fix the crime problem
7. Law and order agenda's with strict discipline, do reduce crime
8. Restorative justice seems to hold good potential in preventing crime
(What do you think?)

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Crime Prevention

On May 23rd, Halifax Regional Municipality released a very extensive study on Violence and Public Safety. (www.halifax.ca/council/mayor/RoundtableonViolence.html)

- Halifax, Regina and Saskatoon had the highest rate of violent crime
- Disproportional amount of offenders are a visble minority
- Major amount of crime is committed by 19-25 year old males
- Less than 5% of the public believe the criminal justice system is working
- There was a strong approval rating for police

Understanding Crime, and “Policing” our own Character

Crime is the result of human behaviour out of control, caused “partly by” a genetic predisposition of weak traits, and “partly by” negative social, emotional and environmental factors.

In our society, we classify a crime by the violation of laws the state has enacted into legislation. However, some of our behavior is not criminal, but it still has very negative consequences. The divorce rate in Western culture is staggering, at 40 to 50%. (Australian Bureau of Statistics). In the US since 1970, there has been 42 million divorces hurting 40 million children. Sociologist professor, Robert Sampson of the University of Chicago found a direct link, between the divorce rate, and the crime rate. He studied 171 cities with a population over 100,000, and discovered that cities with a lower divorce rate, had a lower crime rate. Divorce can be a “crime” to the children of the marriage, and those scars last a lifetime.

Inherit, in our human nature is the capacity to selfishly seek our own desires, without regard to others. How do you “police” your human nature? What checks and balances are necessary in weighing appropriate conduct?

We need the law of the land to keep society in order, but what protection do we need from our own human flaws. We can't trust ourselves completely; we all need a “plumb line” to measure our behaviours. I found a guide, in my faith! There are numerous causation factors for crime, but through my own failures and study, I have determined one of the major “missing links” to crime and human failures is living a life of Godly faith. We may still falter but we have better chance!



“how to avoid irreconcilable differences”

If we accept the fact that each of us, have some character flaws, and then we do not recognize and address those weaknesses, there will be relationship problems. I know, I lived them! I have had two failed marriages!

Relationship expert and prolific writer, Dr. Barbara DeAngelis, warns that falling in love is not enough. Soon the attraction and infatuation comes down to earth, and the realities of sharing life together begin. She lists some “fatal flaws” in a relationship: 1) Anger, 2) Selfishness, 3) Emotional damage from childhood, 4) Control freak, 5) Sexual dysfunction, 6) Hasn't recovered from past relationships. There are more and all of them can form the basis of very good practical advice to prevent broken hearts and dreams.

Relationship Chemistry

“Why do we fall in love with one person and not another?”

You meet a stranger, and automatically, you don't like them. You can “connect” with some American Idol contestants but others, you just can't warm-up to. Without even knowing people, we make fast opinions, and determine, they will “never” be on your Christmas card list. We all have done it! We are indifferent, condemning or mean to them. What makes us so hostile to strangers at times?

Jonathon Haidt, a professor of psychology at University of Virginia, suggests the human mind makes “intuitive” choices regarding who we will like and not like. But, like our human nature, we can't trust those choices all the time.

In the area of romance, social scientists admit “sexual attraction remains one of the biggest mysteries.” Even the “smell,” of the other person creates a scent of desire, even before you meet them.

Randy Thornhill, an evolutionary psychologist at the University of New Mexico, states we find ourselves drawn to someone at the grocery checkout and it happens unconsciously.

There is a invisible sexual energy, in the midst of daily life, and attractions develop. It is what we do with that, “attraction,” that is fundamental. We all want, what we can't have! There will be “chemistry” and “attraction” for others and its in our DNA.

However, sometimes it is wise to tell your human nature, to take a hike!! Ask Bill Clinton, Gov. Eliot Spitzer or Foreign Affairs Minister, Maxime Bernier!

Half of all new marriages end in divorce

5.4 million couples co-habitat and
1.5 million children were born to
unwed mothers

“Marriage Savers in Maryland, US”

“the road of love is narrow, there is
only room for one”
15th Century Poet Kabir