
Welcome to Marriage Helper Workshop

We are honored you are in our workshop, especially if you are reluctant about being attending. Whether you are in this workshop to save your marriage, learn how to parent better, get a deal in the divorce, show your children or friends that you have tried everything, or learn how to be civil with each other, we welcome you.

We commit to you that we will treat you with respect. If ever you feel we treat you disrespectfully, please tell us immediately. While our goal is to save marriages, we respect your choice to decide your own future.

We will not attempt to force you to stay in your marriage.

We will not attempt to force you to do anything.

Even if we fear that you are about to make a decision that will create negative consequences for you, we respect your right to make that decision. It is not our job – or anyone else's – to dictate to you what you should do, feel, believe, or think.

Throughout this workshop we will make this a safe place for you. If your spouse begins to say anything negative about you, we will intervene and gently inform them that in this workshop people can tell us anything they wish about themselves, but only good things about each other.

Who are we?

We are Marriage Helper. We study the art of love, learning all we can about love, sex & marriage, and then share that wisdom with you. We happily serve as your guides in the ways of love in all its dimensions.

Day 1

Don't lose focus by judging.

Don't post on social media.

Participate in all activities.

Share anything about self.

Do NOT surprise your spouse before the group.

Private and confidential.

Do NOT give advice to others.

No children, cell phones, or other distractions during sessions. (courtesy to others)

1-A

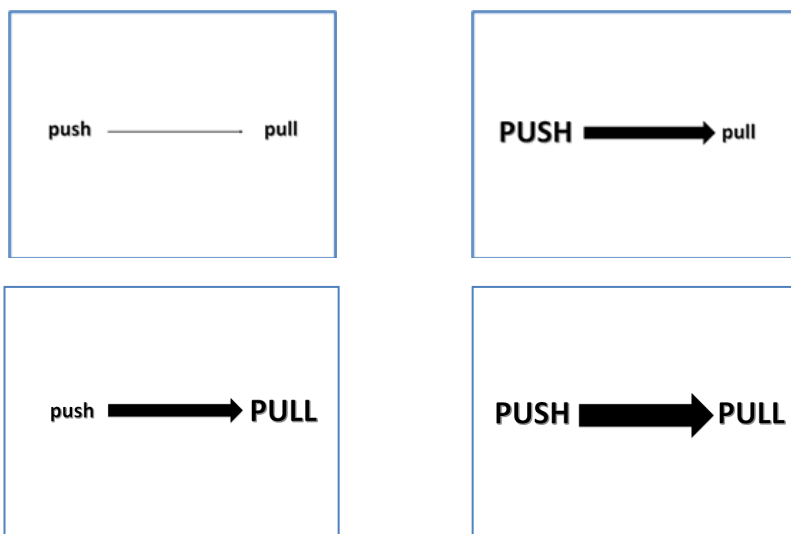
Why People Divorce

GOTTMAN WRITES IN THE MARRIAGE CLINIC

“In summarizing these research projects, _____ was the most commonly cited reason for wanting a divorce (67% of women)...and sensitivity to being belittled (59% men and women)...We must conclude that most marriages end...[as] the result of people...not feeling _____, _____, and _____.”

Understand PUSH / PULL

When you attempt to _____ your spouse or make him/her do anything, the worse things get. However, you can _____ whether your spouse moves away from you or toward you.

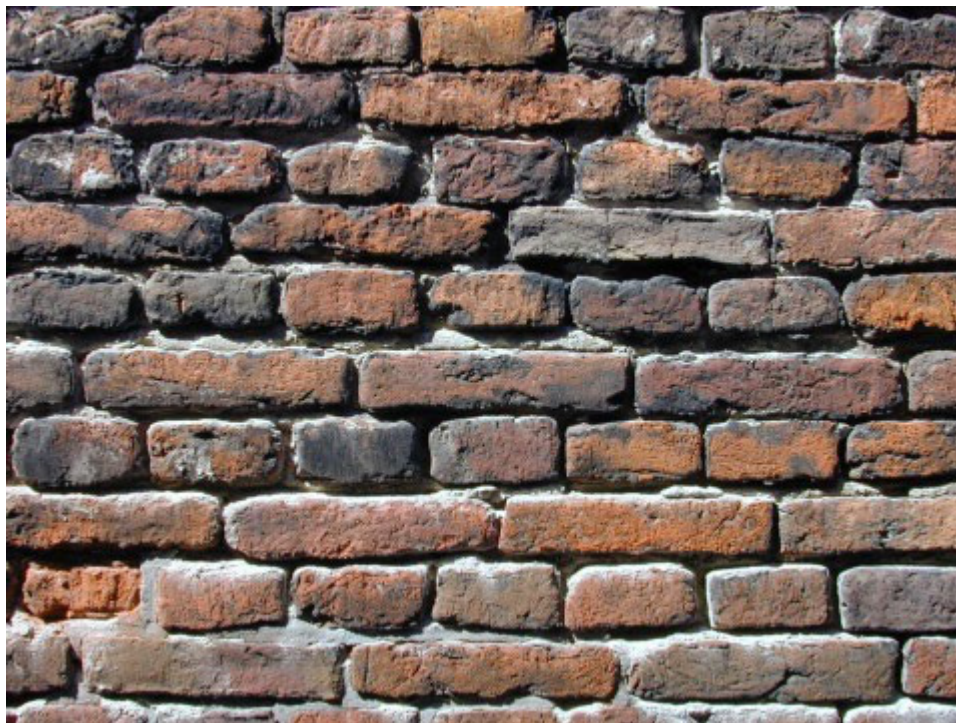


Reduce Push
Increase Pull

1-B

The Wall

Can Someone Love Me As I Am?



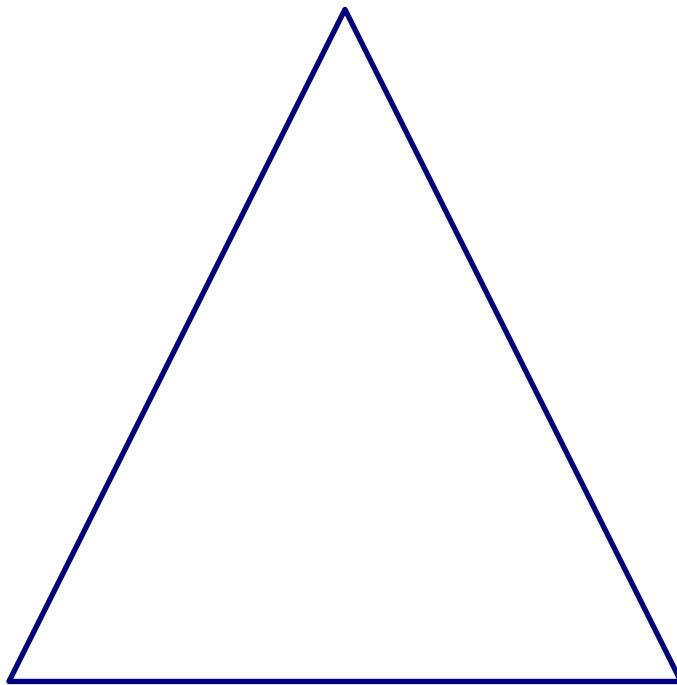
When others want me to _____, _____, _____, or _____
as they wish, not as I truly am.

Why have you put up your wall? What does it protect you from?

1-C

Seven Kinds of Love

Love? Let me count the ways.



The triangulation of love

Robert J. Sternberg states in *The Psychology of Love* (page 121) that there are three basic elements of love.

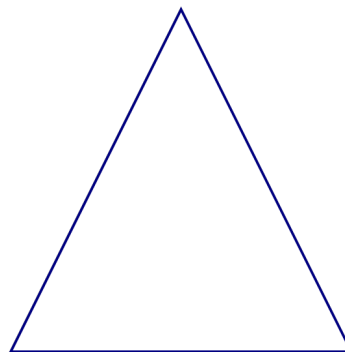
Intimacy which is closeness, bondedness, warmth, and the like.

Commitment which is the decision to continue the relationship.

Passion which is a craving for oneness.

Those three elements lead to the seven kinds of love illustrated by the triangle.

Liking
Infatuation
Empty
Fatuus
Companionate
Romantic
Consummate



In the sample graph we just discussed, why would the wife feel that the husband doesn't like, love, or respect her?

Write here what you think your spouse perceives as the largest "gap" in your relationship.

How could you bridge the gap you think your spouse perceives?

Write at least one thing from this section that affects your marriage and how you can use that information to make your marriage better.

1-D

Exercise

RATE EACH OF THE FOLLOWING STATEMENTS USING THE FOLLOWING SCALE.

- 1 = definitely disagree
- 2 = mostly disagree
- 3 = somewhat disagree
- 4 = mixed
- 5 = somewhat agree
- 6 = mostly agree
- 7 = definitely agree

WRITE YOUR RATINGS IN THE CORRESPONDING BLANKS

1. _____ Being married to my spouse has been good for me.
2. _____ Salvaging my marriage is the right thing to do.
3. _____ If we end this marriage, people in a group that I am part of and care about (examples: church, synagogue, temple, mosque, organization, business, social group, etc.) will be hurt, disappointed, and possibly reject me as an important part of their group.
4. _____ I still think of my spouse and me as "us."
5. _____ *(put NA if you do not believe in God or a higher power)* God wants us to repair our marriage and stay married.
6. _____ I do not have a plan for my future after divorce.
7. _____ I like my spouse as a person. (character, personality, and the like)
8. _____ If we divorce, my spouse probably could not earn enough money to support him- herself and any people s/he would be responsible for. (ex: children, parents)
9. _____ I dread going through the financial, emotional, and other stresses of ending my marriage.
10. _____ My spouse and I really understand each other.
11. _____ If this marriage ends, I will feel that I have failed as a spouse and/or parent.

12. _____ If we divorce, I will lose much of what I have worked for and invested myself in during the years of our marriage.
13. _____ I feel that my spouse and I have been a team and could be again.
14. _____ *(put NA if you do not have children)* RATE ONE (1) of the following two statements: Choose the one that you think is most likely to reflect where your children will live if you divorce.
- If we divorce my spouse probably will not be able to handle our children on his/her own (physical needs, school help, transportation, emotional support, etc.)
 - If I get the children, my spouse likely will not be able emotionally to handle living apart from our children.
15. _____ If we divorce, I'm not sure that I can earn enough money to support myself and any other people I am responsible for. (children, alimony, parents, new spouse, etc.)
16. _____ I want to save this marriage.
17. _____ It bothers me that if we divorce it likely will cause emotional or other harm to people I care about. (children, parents, spouse, the other's person's spouse or family, etc.)
18. _____ I fear that if we end this marriage I may have difficulty finding another spouse that would fulfill my needs and desires.
19. _____ I believe that my spouse loves me in spite of all that has happened.
20. _____ If we divorce, my spouse's relatives likely cannot or will not provide enough emotional, physical, or financial help to him/her.
21. _____ *(put NA if you do not have children)* RATE ONE (1) of the following two statements: Choose the one that you think is most likely to reflect where your children will live if you divorce.
- If we divorce, I'm not sure that I will be able to handle our children on my own (physical needs, school help, transportation, emotional support, etc.)
 - If my spouse gets the children, I'm not sure that I can cope well living apart from our children.
22. _____ I will miss my spouse if this marriage ends.
23. _____ If we divorce, my spouse probably will not be able to handle living apart from me. (emotionally, financially, physically, mentally)
24. _____ If we divorce, my relatives probably cannot or will not give me as much help or support that I will need emotionally, physically, or financially.

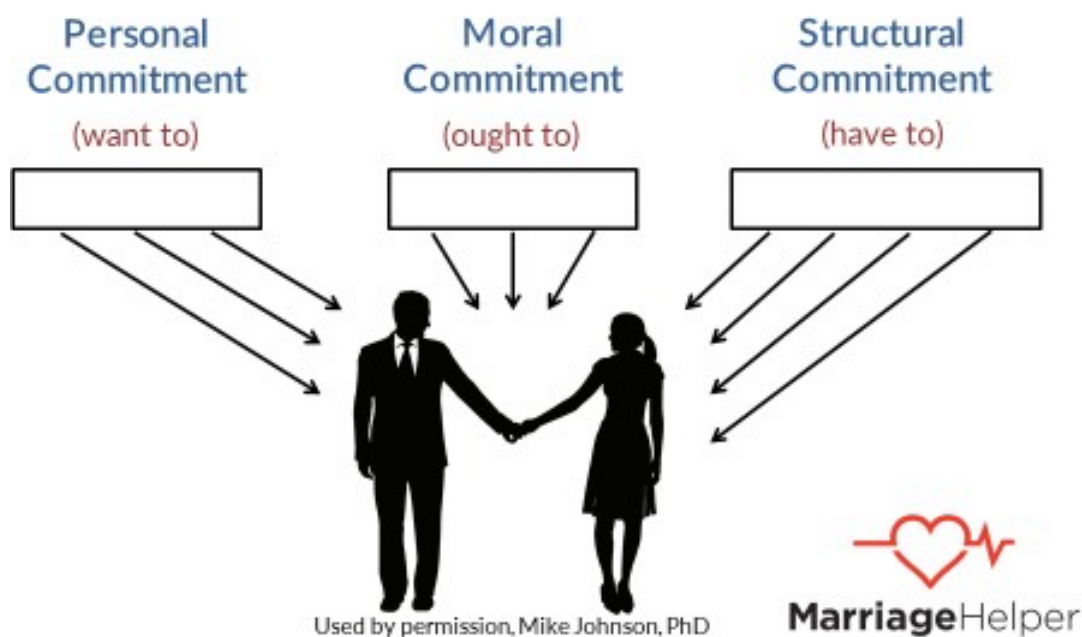
25. _____ Deep down, I do love my spouse.
26. _____ *(put NA if you do not have children)* Our children want us to fix our marriage and stay together.
27. _____ If we end our marriage, our mutual friends that are important to me likely will be uncomfortable around me or avoid me.
28. _____ I like being married.
29. _____ It will violate my own beliefs and values if I divorce.
30. _____ I fear that if we end this marriage my life will be more difficult than it is now.

END of EXERCISE

Please do not go further in this workbook until directed to do so.

1-E

The Commitment Model



PERSONAL COMMITMENT

Personal commitment is the sense of **wanting** to continue a relationship. It is an internal choice. That wanting comes from three things:

Attitude toward the _____ is how the person feels about the partner.

Attitude toward the _____ is how the individual feels about the relationship itself.

Relational _____ is the extent to which one's involvement in a relationship is incorporated into one's self-concept. (Mutual partnership thinking "we" rather than primarily "I")

MORAL COMMITMENT

Moral commitment involves a sense of self-constraint. It is doing what one feels is right—which may or may not be what one wants to do. It is the internal value system of the person, not the external value system that may be placed on her by others.

Moral commitment is the feeling that one ought to continue a relationship. This sense of obligation comes from three things:

Belief in the value of _____ is the inherent human desire to continue a task or effort until it is completed.

Values regarding the relationship _____ have to do with the way we view different relationships. The more important the relationship is perceived by a person, the stronger she feels she ought to stay in it.

Partner-specific _____ involves a sense of obligation to the relationship partner. The moral constraint is a sense of personal contractual obligation. (As inconsistent as it may sound, this internal moral belief can hold a person in an affair he or she wishes to cease. The sense of **obligation** to the partner in the affair keeps him or her from ending the affair. Simultaneously, the sense of **obligation** to the spouse keeps him or her from leaving the spouse for the lover.)

STRUCTURAL COMMITMENT

Structural commitment is the feeling that one **has** to continue a relationship but not because of her own internal values. They are external factors and most often are considered constraining. This type of commitment comes from four areas:

Irretrievable _____ are those things that a person has given to the relationship that will be lost if the relationship were to end—things like time, energy, love, dedication, finances, and other resources. If the investment is considerable enough and the person feels there may be a chance of receiving the return he or she wanted from the relationship, the person feels he or she **has** to stay until the investment is recovered.

Social _____ is a consideration of the feelings that a person's social group will likely have about the morality of the dissolution of the relationship

Difficulty of _____ procedures. Definitive endings of committed relationships usually require some form of action. The more complex and serious the relationship, the more complex and costly the effort to end it. Difficulty may include such things as resources available (financial, social, support group, etc.), emotional strength, potential consequences, and more.

Availability of acceptable _____ means the availability of “replacements” for the current relationship. That is more than the consideration of a new person to replace the old. It also includes such considerations as the likely economic situation that will exist at the end of the current relationship, the likely impact on the structure of the person's social life, and so on.

(PUSH, PULL, OR BOTH) A general principle of life is that people don't _____ what they have unless they _____ what they're going to is _____ (even when they want to be alone)

A. The following questions measure _____

1. _____ (copy your score here from question **1** on page 7 **ONLY IF** the score is 5, 6, or 7)
4. _____ (copy your score here from question **4** on page 7 **ONLY IF** the score is 5, 6, or 7)
7. _____ (continue the pattern for the rest of this page...)
10. _____
13. _____
16. _____
19. _____
22. _____
25. _____
28. _____

B. The following questions measure _____

2. _____
5. _____
8. _____
11. _____
14. _____
17. _____
20. _____
23. _____
26. _____
29. _____

C. The following questions measure _____

3. _____
6. _____
9. _____
12. _____
15. _____
18. _____
21. _____
24. _____
27. _____
30. _____

EXAMINE YOUR SCORES FOR THE EXERCISE THAT BEGAN ON PAGE 7.

Consider how many 5, 6, and 7s you have in each column. Write here what that may indicate about your current commitments to this marriage

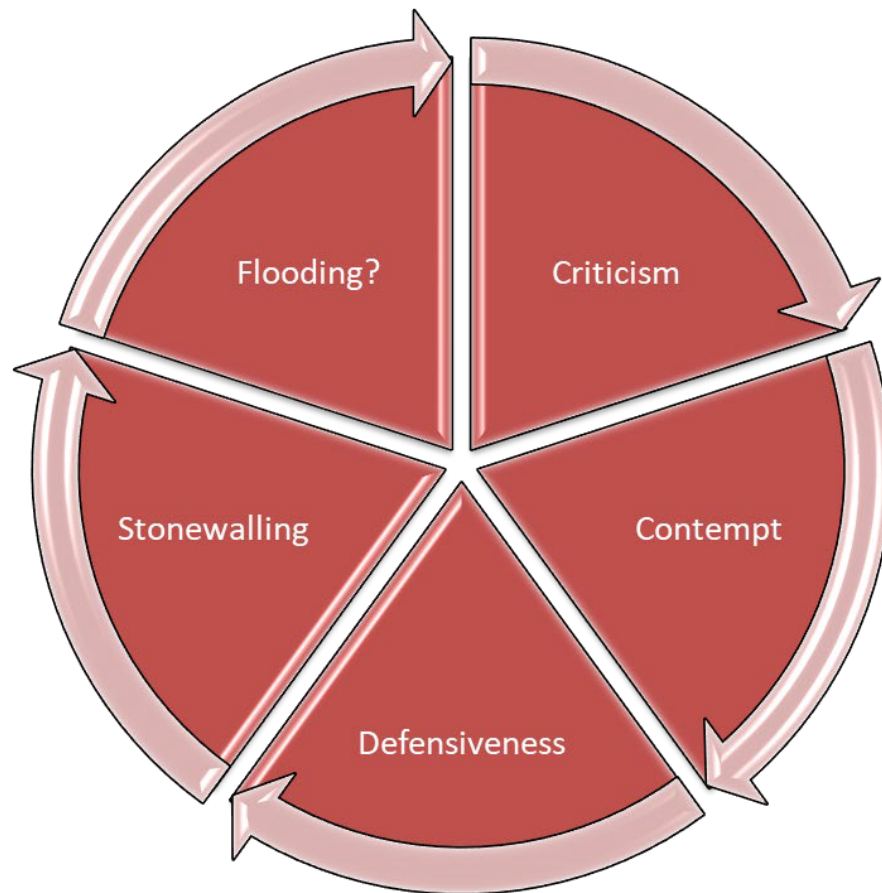
From the statements on pages 7-9 that you scored 5 or higher, choose two that are important to you. Write why they are important to you.

Write at least one thing from this section that affects your marriage and how you can use that information to make your marriage better.

1-F

The Four-Horseman “Dance”

It makes little difference _____ you enter or _____ starts it, once you are in the “dance” you go through the _____ fruitless, frustrating arguments that accomplishes nothing good.



Criticism:

Complaint focuses on _____ behavior.

Criticism includes _____ and general character assassination.

To turn any complaint into a criticism, say it in a way that the other person hears “What is _____ with you?”

ARE YOU CRITICAL?¹ – CHECK EACH STATEMENT THAT APPLIES TO YOU

_____ I often criticize my spouse when we talk about our disagreements.

_____ In our arguments, I sometimes cause my spouse to feel that I am attacking him/her.

_____ My spouse feels insulted by some of the things I say.

_____ I can get mean and rude in our disputes.

_____ Sometimes I point out my spouse’s flaws in ways that hurt or anger him/her.

_____ I use phrases like “you always” or “you never” when complaining to my spouse.

_____ I hurt my spouse’s feelings sometimes by the way I disagree with him/her.

_____ I often feel that our problems really are because of my spouse, not me.

_____ When my spouse is wrong, I let him/her know in no uncertain terms.

_____ My spouse may sometimes think of me as blunt or hurtful, but I tell it like it is.

_____ **Total number of lines above checked.**

Contempt:

Contempt—the **worst** of the Four Horsemen—conveys_____.

It includes:

_____ and cynicism

Name-calling, eye-rolling, sneering, mockery, and_____ humor.

ARE YOU CONTEMPTUOUS? – CHECK EACH STATEMENT THAT APPLIES TO YOU

_____ I feel appalled at my spouse attitudes.

_____ I do not have a great deal of respect for my spouse's position on our basic issues.

_____ I feel disgusted by some of my spouse's attitudes or actions.

_____ In my anger I have called my spouse derogatory names.

_____ I have made cruel or mean jokes at my spouse's expense.

_____ I have made disparaging remarks about my spouse, or to my spouse, in front of other people.

_____ Sometimes I feel smarter or more logical than my spouse and get aggravated that he/she just doesn't get it.

_____ Because of my actions, words, or attitude, my spouse sometimes feels that I disrespect him/her.

_____ I have hurt my spouse with my sarcasm.

_____ I sometimes roll my eyes or sneer at my spouse.

_____ **Total number of lines above checked.**

Defensiveness:

Defensiveness is a way of blaming your partner.

“The problem isn’t _____, it’s _____.”

Defensiveness _____ the conflict, which is why it’s so deadly.

ARE YOU DEFENSIVE? – CHECK EACH STATEMENT THAT APPLIES TO YOU

_____ If I feel attacked or criticized when we talk about our disagreements, I attack back.

_____ Often I have to defend myself when we argue because my spouse is so unfair.

_____ My spouse often misunderstands my feelings or intentions. When that happens, I get angry and let him/her know about it.

_____ If my spouse points out something negative about me, I respond by pointing out something negative about him/her.

_____ When I feel disrespected by my spouse, I stand up for myself and clearly demonstrate my anger about it.

_____ I don’t like it if my spouse thinks he or she won the argument.

_____ When we argue, I usually make sure that my spouse hears about his/her flaws.

_____ If I’m being accused of something or being gotten onto about anything, I point out to my spouse that he/she does the same things—or worse.

_____ I have found that the best defense when we argue is to go on the offense.

_____ When I’m honest with myself, I know that I typically am not trying to resolve the issue when we argue...I’m out to win...or at least not lose.

_____ **Total number of lines above checked.**

Stonewalling:

Happens when one partner_____.

He or she tends to look away or down without_____a sound.

The stonewaller acts as though he or she couldn't care less about_____you're saying.

(This is_____the act of processing what the other said; it is a way of_____.)

DO YOU STONEWALL? – CHECK EACH STATEMENT THAT APPLIES TO YOU

_____ I sometimes refuse to join in the discussion when my spouse wants to argue.

_____ During disagreements, I sometimes clam up and find something else to occupy my attention.

_____ Because of the way my spouse acts when we disagree, I avoid saying what I really think or feel.

_____ One way I win a disagreement (or at least not lose) is to refuse to participate actively and let my spouse do all the arguing.

_____ I often will become silent just to cool things down a bit when my spouse is upset.

_____ Sometimes when my spouse wants to argue, I leave the room.

_____ When my spouse and I are in a disagreement, I tend to act as though I'm not listening even when I actually am.

_____ When during an argument my spouse demands to know if I am actually listening to him or her, I reply in a way that makes it clear that I don't care to be involved in this discussion.

_____ I can tune out of an argument while appearing to listen.

_____ I sometimes provoke my spouse by purposely not reacting to what he/she says.

_____ **Total number of lines above checked.**

Criticism score _____ out of 10.

Contempt score _____ out of 10.

Defensiveness score _____ out of 10.

Stonewalling score _____ out of 10.

What insight do these scores give you about the way you interact with your spouse?

Exercise

1. Analyze your interactions and write descriptions of any patterns that lead *you* to use any horsemen when you interact with each other.
 - The Horsemen I use most often is _____
 - I use that horsemen when _____

2. When my spouse uses _____ (name the horseman you feel your spouse uses that causes you the strongest emotional reaction), I feel... (circle one or more. You may add other emotions not listed here.)

hurt	humiliated	insulted	ignored
disconnected	vulnerable	worried	anxious
panicked	insignificant	hopeless	helpless
angry	overwhelmed	weak	let down
betrayed	alone	terrified	empty
shamed	worthless	useless	controlled

How To Rein in the Horsemen

Choose a “_____” word that either may say to indicate s/he feels the other is using a horseman.

Honor the “safe” word by _____ the horseman (**or any other negative behavior**) immediately.

Do _____ use the “safe” word as a way to fight, manipulate, or disrespect.

Write at least one thing from this section that affects your marriage and how you can use that information to make your marriage better.

1-G

Three Key Principles



Respect – treating the other person as an equal

Without realizing it, well-meaning people may exhibit controlling behaviors toward their spouses.

Why does that happen?

At least three potential motivations:

F _____

1. You will _____ me
2. You will _____ yourself or someone else I care about

A _____

1. I want _____.
2. I am _____ than you.

R _____

1. The _____ must be followed as I _____ them.
2. Must follow _____ in the way I _____ you to follow

A few of the ways that people control others.

Physically

- Uses _____ to intimidate
- Manipulates _____ (either _____ or _____)
- Controls _____
- Requires _____ for things such as
 - a. who to _____
 - b. where _____

Intellectually

1. Acts _____ (questions _____, tells the other person _____ or _____)
2. Argues until the other person _____

Emotionally

1. Demonstrates _____
2. Uses _____
3. Punishes with _____
4. Employs _____

Spiritually

1. Justifies by **their** _____
2. Claims _____ or _____ authority
3. Imposes _____

Why agreement isn't always "agreement"

_____ Motive - I do something or agree because it benefits me

_____ Motive - I do something or agree because I don't want to experience the negative consequences if I don't.

People who yield for avoidance often _____. That negatively affects their thoughts about _____, the _____ person, and the _____.

Approach Motive – is generally a _____ toward a person because I benefit personally

Avoidance Motive – is generally a _____ away from a person because I'm trying to avoid their negativity

Consider the PUSH / PULL _____ when you attempt to get your spouse to think, feel, believe, or act the way YOU want them to.

RATE EACH OF THE FOLLOWING STATEMENTS USING THE FOLLOWING SCALE.

1. Never
2. Rarely
3. Occasionally
4. About as often as not
5. More often than not
6. Most of the time
7. All of the time

1. _____ You get frustrated or angry when things aren't going your way and you usually make sure your spouse knows it.
2. _____ There are things that you do not allow your spouse to do.
3. _____ You check your spouse's phone, emails, Facebook pages, etc. so that you will know what he/she is doing or who he/she is communicating with.
4. _____ You regularly point out your spouse's errors or mistakes.
5. _____ When in a disagreement with your spouse, you continue to explain things until he/she sees your point and yields.
6. _____ You use guilt, shame, or the silent treatment to get your spouse to do what you believe he/she should.
7. _____ You get upset or angry if you don't know where your spouse is.
8. _____ When your spouse doesn't agree with you – or does something you don't like – you use one or more of the four horsemen to show your displeasure.
9. _____ You feel that your spouse needs your leadership and direction.
10. _____ You step in and solve problems your spouse has even if your spouse has not asked you to solve the problem.

After the workshop, you will be emailed a link to an eBook about control in marriage. In that eBook there is a 30-question version of the above profile. It will help you gain more insight.

Write here what your scores above may be telling you about yourself or the way you treat your spouse.

You may wish to take this again later thinking of your children. If so, do it one child at a time.

Repair – stopping or reducing negativity in your interactions

FOR RELATIONSHIPS TO WORK WELL

There must be a very large _____ of positivity versus negativity in the way you interact with each other.

In **PERCEPTION** and **BEHAVIOR**

The way you treat each other (especially husbands toward wives) when not in _____ affects the way your spouse does conflict with you

REPAIR IS...

Stopping or reducing negativity

Hard because of “negative affect reciprocity”

Conflict can continue (all couples have conflict) but without being negative or hurtful

The goal is no longer to attack or hurt but to find a way past gridlock – _____

Biggest danger for remaining negative is the Four Horsemen

REPAIR ATTEMPTS

Repair attempts are efforts to de-escalate the tension during a touchy discussion

They “_____” so that flooding doesn’t occur

Flooding

Flooding is a _____ reaction.

It affects the mind and emotions. The flooded person cannot help having the reaction

_____ syndrome kicks in.

Causes “_____”

- Focuses _____ on potential or real threats
- Emotions rule, logic stops

GOTTMAN SUGGESTS:

End all conversation for at least 2 hours

Restart unemotionally

DO YOU FLOOD? – CHECK EACH STATEMENT THAT HAS EVER APPLIED TO YOU

- _____ I have gotten far too heated in an argument.
- _____ During an argument, my emotions became so strong that I felt as if I were out of control.
- _____ My spouse has felt a need to protect him- herself from me during an argument.
- _____ Sometimes in our arguments, I have an overwhelming urge to run away.
- _____ In an argument I became so upset that I shut down mentally or physically.
- _____ I have thrown or hit things when I am angry.
- _____ I sometimes regret that awful things I say when I am mad.
- _____ My temper has gotten so strong that later I was ashamed of my behavior.
- _____ I have surprised myself by my actions or words when I was angry.
- _____ I've been so angry that I physically hurt someone and regretted it later.

SOME WAYS TO ATTEMPT REPAIR

THREE “TURNS”

When your partner makes a repair attempt, your response will be seen as either:

Turning _____

Turning _____

Turning _____

Results – every decision or action brings certain outcomes, wanted or not

_____ effects / _____ effects

10 – 10 - 10

Write at least one thing from this section that affects your marriage and how you can use that information to make your marriage better.

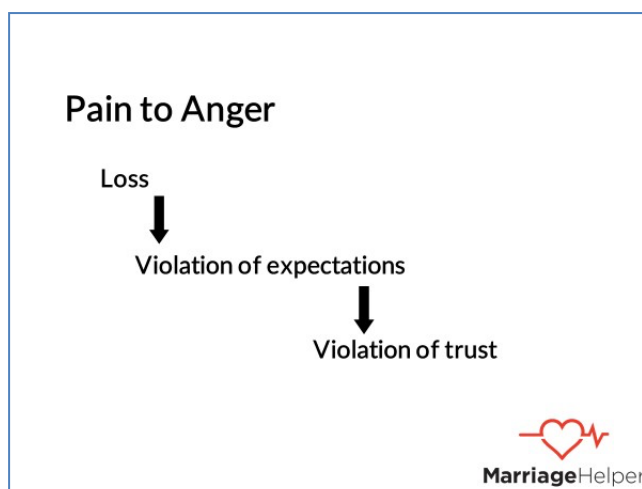
1-H

Keep it in ←————→ Explode



THE BETTER QUESTION

Is not “Why are you angry?” but “What is _____ you? Tell me how you’ve been _____.”



Uncovering – bringing anger into the open makes healing possible

If you feel anger because of being hurt, _____ helps you **begin** to²:

- _____ the injustice you experienced,
- _____ the amount of your anger,
- understand any ways that your anger may be causing you more _____ or _____

*Think of the **person(s)** that caused you the **most pain**. It may be from childhood. It may be recent. Circle YES or NO for whether you have experienced each statement. If you circle YES, then honestly rate the next part of that statement with the following scale.*

1	2	3	4	5	6	7
Not at all	Mixed			Completely		

YES NO I admitted to myself that the person(s) hurt me.

_____ I have accepted that this happened and have moved on.

YES NO I allowed myself to feel all the anger, resentment, etc. toward the person(s) who hurt me.

_____ Those emotions have now subsided.

YES NO I admitted to myself that I felt shamed or humiliated by what the person(s) did. (if applicable to your situation)

_____ I now have grown past those feelings.

YES NO I lost my energy because of the hurt or resentment I felt. Sometimes I felt that my feelings were consumed by what happened.

_____ I have grown past that and gotten my energy back. I can enjoy life.

YES NO I thought over and over about what happened.

_____ I no longer obsess about it. My thoughts are under control.

YES NO I compared my unfortunate state with my offender's more fortunate state. I felt that my offender didn't hurt like I hurt or didn't have the negative consequences I faced.

_____ I accepted the fact that my offender(s) will not hurt as I have hurt .

YES NO I realized that I may have been permanently changed by the event.

_____ I know I am now a different person in some ways and accept that.

YES NO I began to adjust to the fact that life isn't always fair and things that happen to me will not always be fair.

_____ I accept that this happened and no longer feel sorry for myself.

4. For your own well-being, what do you think may be the best way for you to deal with your anger?

Think of a hurt that occurred in your life before you met your spouse. BRIEFLY, what happened? (Bullet points, no elaboration...just enough to remember the hurt.)

How do you think that hurt affects the way you act, think, feel, or believe?

Day One Homework

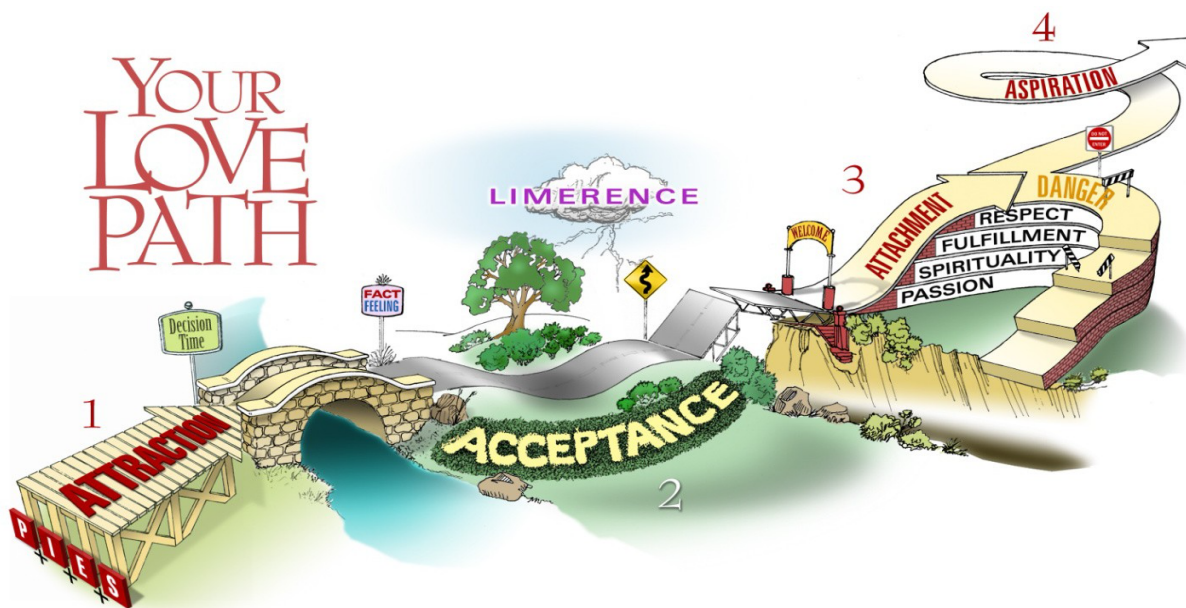
- PLEASE do NOT use the FourHorsemen.
- **Play the Love Map game from** Gottman's *7 Principles for Making Marriage Work*. It doesn't matter who wins. You can find a copy here: <https://bit.ly/3cke55f>
- To gain INSIGHT into yourself for a section we will cover tomorrow, please go to this website and take the profile. <http://bit.ly/1UWD2rU>. **Take the version in which you do NOT give your email.**
- This is NOT our website, so please be aware that the people from this website may use your information for their research.
- Be **SURE** to note the results page. Print it if you can. If you cannot, **make sure you circle from the list of four words below the one that your results indicate:**
 - Secure
 - Preoccupied
 - Fearful-Avoidant
 - Dismissing-Avoidant

- If it feels safe for each of you, share your answers to the question on previous page about a hurt that occurred before you met that affects the way you act, think, feel, or believe. First tell about the hurt (facts and feelings) and then how you believe it affects you.
- **IF** you are communicating *safely* and both wish to continue, ask your spouse to comment on how s/he believes that hurt affects the way you act, think, feel, or believe. **IF ANY NEGATIVITY BEGINS, CEASE THIS EXERCISE IMMEDIATELY!**

Please don't try to solve your problems tonight. If at any point your conversation starts turning negative, please cease. Be at peace as much as possible.

Day 2

The LovePath



How do people fall in love?

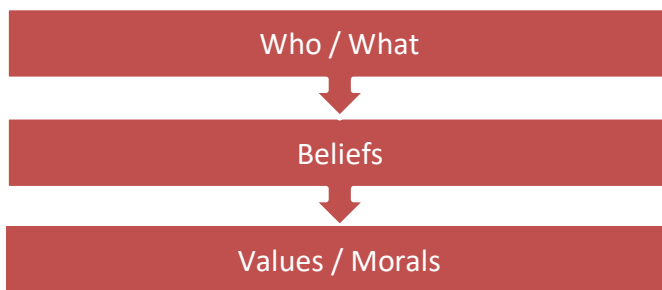
Attraction -- Closer

- P** _____ stimulated or pleased by the other's appearance, touch, and more
- I** _____ relate because similarities make communication a strong connection
- E** _____ enjoy actions / words that evoke positive emotions
- S** _____ typically desire similar (or perceived superior) beliefs and values

INSIGHT INTO SPIRITUAL

_____ is important to me affects what I believe to be true

Beliefs determine my Values - my set of _____ / _____ – the way I expect myself and others to behave



EACH HAS THREE POTENTIAL STATES

_____ toward the person

_____ reaction / feeling toward the person

_____ from the person

EACH OF THE FOUR IS IMPORTANT.

In long-term relationships, the most important is evoking _____

But Do NOT discount the importance of the other three

- Physical attraction stays important _____. We are sexual beings, even if we stop sex
- Intellectual attraction keeps a couple _____ effectively as long as they live.
- Beliefs and Values are part of our _____

IMPROVING EVOKING EMOTIONS

Ask

- “Please tell me when I do/say things that evoke _____ emotions”
- Same with positive emotions

Observe

- When you notice negative emotions, write down what you _____
- Same with positive emotions
- Learn the _____

Acceptance – Care

“When I accept myself as I am, I change. When I accept others as they are, they _____.” Carl Rogers

You _____ love a person when you _____ that person as he or she _____...even if that person is _____.

IMMUNITY

If you wish to know another person as he or she truly is, be a safe place that allows them to _____ the bricks.

WHEN TO TELL “TOUGH” THINGS

Is there _____ s/he can find out?

Has s/he _____ ?

Is there any part of you that you _____ ?

Will he/she be _____ in any way?

BUILDING TRUST

Answer as much as it takes to prove to your spouse that you are _____

Ask NOT to share anything that _____

Value of a _____

Create _____ to prove _____

WISE PEOPLE DON'T ASK

Is that _____

Do you still _____

In a manner that _____

Attachment – Commit

Aspiration – Cooperate

Affairs

Three kinds of affairs

_____ **affairs.** The proverbial one-night stand lasts anywhere from one night to several months. Primarily sexual with little emotional commitment.

_____ **affairs.** Each gives permission to the other to have sexual partners.

_____ **affairs.** Begins as friendship and develops into a strong emotional connection that usually (not always) becomes sexual

Limerence

Social Science Recognizes Types of Love That Can Be Identified Clearly

- For example, Sternberg's Types
- We don't try to identify "_____ love" because it is whatever the person feels it is
- _____ is a type of love
 - Identifiable characteristics
 - Doesn't always occur: When it does, it is a powerful emotion

Limerence Characteristics

- Deep _____ for emotional union with the person supersedes nearly anything – willing to sacrifice or change for him/her
- _____ effect for the person – nearly perfect – no one like him/her
- Anything you associate with him/her becomes cherished – especially meaningful events
- Nearly constant thinking about the person or _____ about future life together
- Powerful jealousy, possessive feelings
- Feel ecstasy or agony based on how you interpret the other's actions/words – keenly _____ to his / her behaviors toward you
 - Strong _____ reaction (fear, agony, deep pain, hopelessness) to any sign (real or perceived) the other might be pulling away
 - Sometimes _____ reactions when worried about feelings for you – possibly chest pain or discomfort, insomnia, anxiety, rapid heartbeat, anxiety, panic, etc.

- You feel that you _____ stop these emotions for him/her even if you wished
- In order to be with him/her, you consider changing or actually _____
 - Other relationships (spouse, children, friends, etc.)
 - Previously held beliefs and values
 - Habits (either stopping or starting for him/her)

NOTE that a spouse who wants to save the marriage may experience similar characteristics:

- *Obsessive thinking about the situation or about the spouse*
- *Jealousy and possessive feelings*
- *Ecstasy or agony based on interpreting the spouse's actions or words*

These are not evidence of limerence toward your spouse. Just as fear that they won't wind up together causes these to occur in the Limerent, fear also causes these in a spouse wanting to save the marriage.

Dr. Helen Fisher is a leading researcher. She and her colleagues have identified several characteristics of a person in limerence. We paraphrase them below.³

1. The limerent sets the person apart from the rest of the world. Limerence is for one object of adoration. It's impossible to experience limerence with more than one person at a time.
2. The limerent sees the person only in a positive light, and the negatives become invisible. Even the things associated with that person — letters, words, events — are cherished and adored as being “special,” because they're associated with the limerence object.
3. The limerent's life becomes crazy from a physical and emotional point of view. They typically experience things such as euphoria, energy surges, insomnia, lost appetite, abrupt mood swings, or rapid heartbeat. They may experience anxiety, panic, or fear.
4. In adversity, the limerent feels even stronger emotions for and attraction to the person.
5. The limerent may obsessively think about the person up to 85 percent of waking hours. Psychologists call it “intrusive thinking.”
6. The limerent typically exhibits signs of emotional dependency on the relationship, including possessiveness, jealousy, fear of rejection, and separation anxiety.
7. The limerent feels a deep longing for emotional union with the person.
8. The limerent feels a powerful sense of empathy toward the person and is willing to sacrifice for him or her.

9. The limerent tends to reorder his/her daily priorities. The limerent may change the way s/he dresses, and change mannerisms, or habits to become more attractive to the person. He or she may change values to be more available for the person.
10. The limerent feels sexual desire for the person. This desire is coupled with possessiveness, a strong drive for sexual exclusivity, and feelings of jealousy or fear of competition from others.
11. The limerent craves emotional union much more strongly than desire for sexual union.
12. The limerent feels that he or she cannot control the emotions felt for the limerent object. Limerents commonly report their passion is involuntary and uncontrollable.
13. Limerence is impermanent. It eventually subsides. However, it may take longer to subside if physical or social barriers inhibit them from seeing each other regularly.

If Married, Past the Initial Phase It Often Includes

_____ spouse to others and/or to spouse

Rewriting _____

Obstacles become _____

_____ things to drive your spouse away

Inner Pain Resolution

When ANY behavior -- _____, _____, _____ --
contradicts beliefs and values (morals), people typically go through:

- Compartmentalized _____
- _____ Dissonance
 - _____ contradict beliefs / values

○ Changing _____ is important to you often leads to altered beliefs

- Altered beliefs lead to altered _____
- Only _____ ways to _____ dissonance
- If they don't do _____, they _____ in dissonance.

***“Necessarily Short-Lived”* for biological / anthropological reasons.**

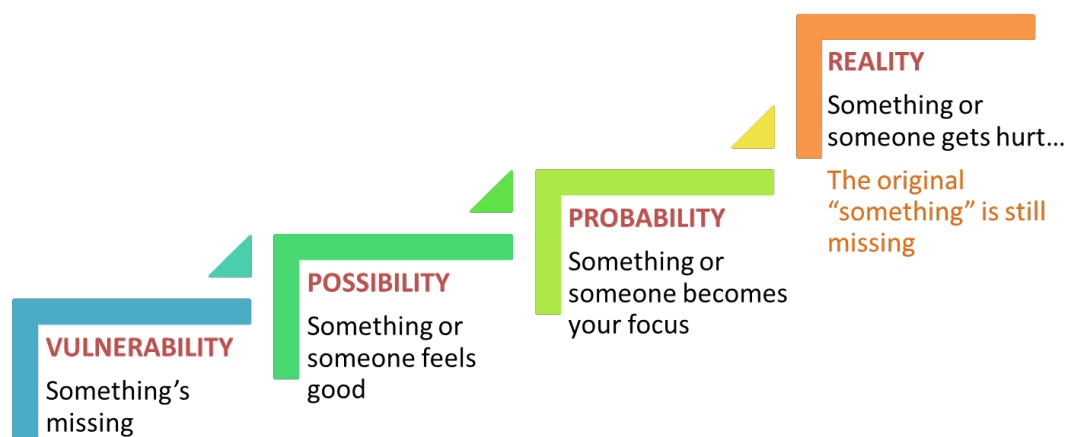
Think 10-10-10

*Because s/he feels such strong emotions, a person “madly in love” may **make major life decisions** that have **long-term consequences**. However, emotions **will change...but the consequences will still exist.***

YOU make your life choices, not anyone else, especially not us. May we suggest that as you make your decisions....

*If you feel overwhelming love for a person and are considering changing your life to be with him/her, **ask yourself this**, “What will life be like if _____ goes away?”*

Focus Illusion



Most people do the wrong thing. Begin at the PIES and work up the LovePath. Acceptance is the key.

Write at least one thing from this section that affects your marriage and how you can use that information to make your marriage better.

2-A

The Four Behavioral Styles

THE THREE GRAPHS

Based on the environment you considered when you completed the profile...

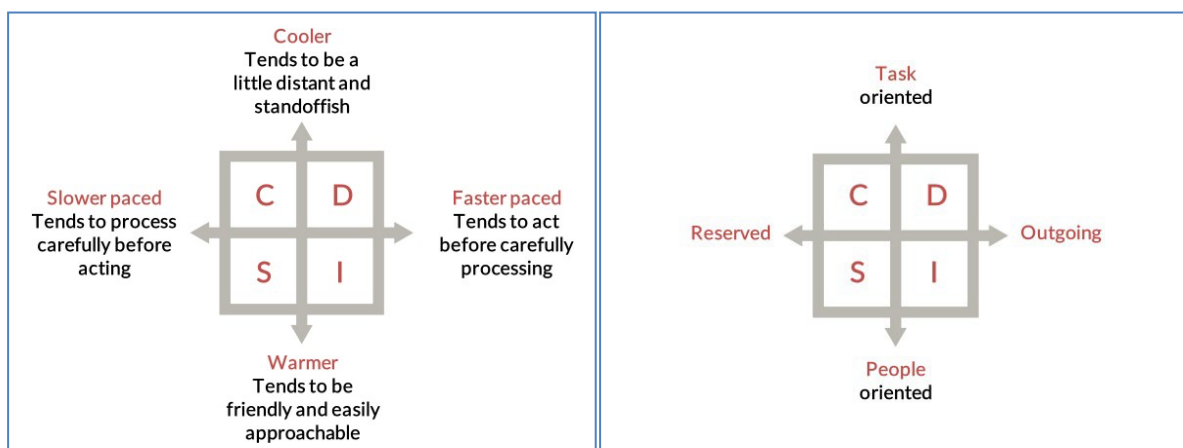
- Graph 1 (on left) is how your _____ and others in your environment perceive you
- Graph 2 (middle) is how you act when _____
- Graph 3 (on right) is how you _____ behave

YOUR PREDOMINANT STYLE

In Graph 3, look for scores under DISC

- Which is the highest score above 0? **D, I, S, or C**? This is your predominant style
- Which is the second highest above 0? This is your secondary style

Most people are a combination of at least two...some are three...if All Four are above 0, the profile is inaccurate



THE “D” – COMMANDER**D - Commander**

Driving, demanding, unconquerable, contentious, aggressive, pioneering

Direct, assertive, dominating, sometimes rude

Impatient; doesn't want too many details

Strong personality, impulsive, will take control

Tends to have strong ego and it usually shows

Very Competitive; wants to win

Likes things that show power

THE “I” – COMMUNICATOR**I - Communicator**

Outgoing, demonstrative, enthusiastic, inspiring

Lively, animated, many gestures, voice inflections

Talk to anyone anywhere, no strangers

May interrupt or finish sentences for you

Likely to have cluttered desk, car, or room

Impulsive, sometimes becomes emotional quickly

Prefer to interact with people they like

THE “S” – COMPLETER**S - Completer**

Deliberate, habitual, methodical, but adaptable
 Laid back, unhurried, not time conscious
 Loyal, traditional, family oriented
 Seen as mature, stable, trustworthy
 Doesn't like risks, wants security
 Everything in life relates to everything else
 Processes rather than reacts quickly

THE “C” – CALCULATOR**C - Calculator**

Analytical, precise, thorough, detail-oriented, wary
 Tends to be possessive of space and items
 Everything has a place and is in it
 Perfectionistic, systematic
 Logical, follows the rules
 Has trouble understanding emotional people
 Being right is extremely important

What Might Occur If

Communicator wife shares deep emotions with Calculator husband.

Communicator man takes financial risks when married to either Completer / Calculator wife.

Commander husband makes decisions without involving/consulting Calculator wife.

Commander wife takes over when she feels Completer husband is not acting quickly enough.

Your Online Responses Indicate That You Are...

On page 4 of your DISC profile, you will see a word that is your KEYWORD style.

On that page there is a description of the style that your online responses indicate is yours. **Be sure to note the sidebars “General Characteristics,” “Motivated By,” and “My Ideal Environment.”**

COMMUNICATING WITH YOUR SPOUSE

Tonight, you and your spouse will read together and discuss **pages 6 through 11** in each of your DISC profiles. The discussion is to learn how to communicate better. Therefore, do not let any horsemen or negativity occur. It is an exercise to help you understand each other and then to be understood by the other. Please make sure it works that way.

Write at least one thing from this section that affects your marriage and how you can use that information to make your marriage better.

2-B

Attachment

You will receive an email with a link to resource pages that include a 98-page pdf to guide you through the attachment section of *The Art of Falling in Love*. We suggest you print out a chapter at a time and work through all ten chapters of the book together.

Attachment Styles

The Regulation of Felt Security

Attachment theory explores how people seek closeness and security from their partner in times of need, such as when they feel threatened emotionally.

The theory has its roots in observing children, especially how they feel about themselves and others when they feel safe and secure...and when they don't feel safe and secure...and how those emotions affect their behaviors.

Everyone – kids and adults – wants to be...

- _____ – “I need to know you won't abandon me”
- _____ – “I need to know that I'm visible to you, that I matter and have value to you”
- _____ – “I need you to comfort or help me when I'm upset, hurt, or afraid”

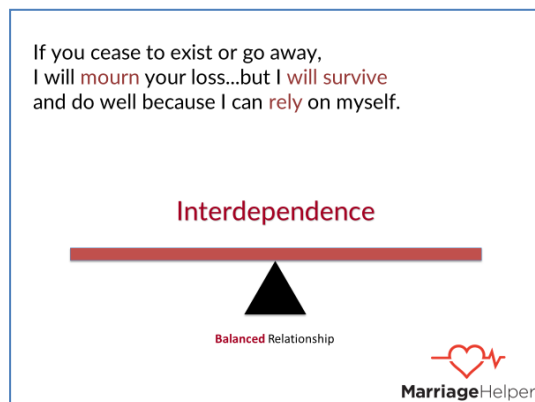
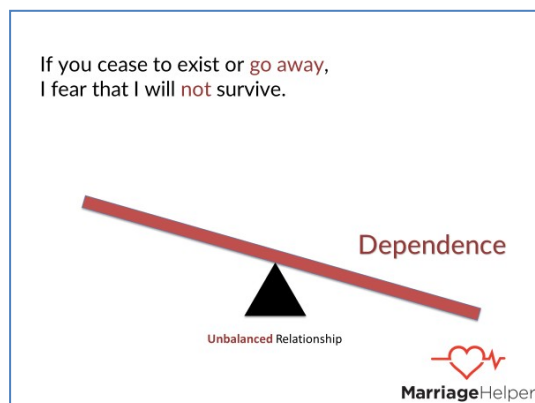
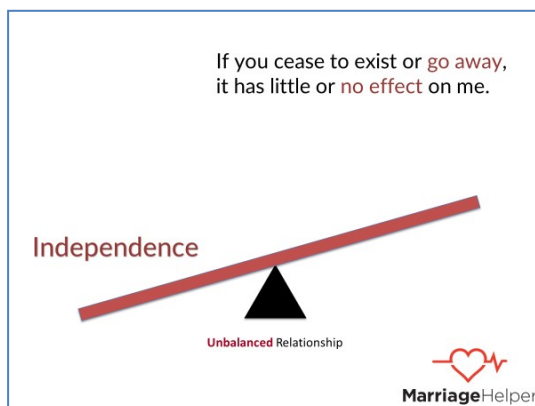
Think PIES when it comes to kids:

- _____ – “I need touch”
- _____ – “I need to question and learn”
- _____ – “I need to KNOW you love, like and respect me”
- _____ – “I need a moral compass that I assemble from your words and example”

Two Dimensions

The differences in attachment styles fall along two continuous dimensions:

- The _____ dimension reflects the degree to which an individual is worried about being rejected, abandoned, or unloved.
- The _____ dimension reflects the degree to which an individual avoids (vs. approaches) intimacy and interdependence with others.



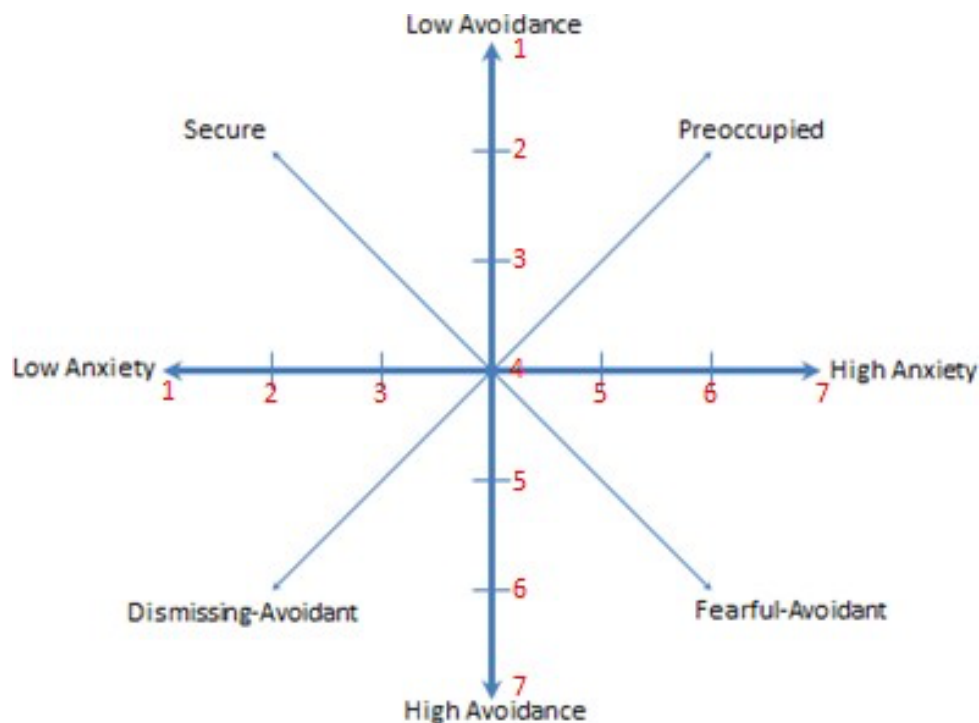
ANXIOUS (I WANT YOU TO _____ TO ME AND SUPPORT ME!)

Tend to

- perceive partner as sometimes _____ and sometimes not
- seek _____ reassurance from their spouses that they are loved
- often demonstrate “_____” patterns – “Don’t come too close; don’t go away”
- maintain expressions of _____ or _____ to keep the other’s attention
- use clinging, _____, and coercive behaviors

AVOIDANT (I DON’T NEED YOU. LEAVE ME ALONE.)

Because they perceive partners as consistently inaccessible and unresponsive, they primarily want to _____ on themselves.



Secure – Low Anxiety / Low Avoidance

Secure individuals believe their partners are available and responsive and will not _____ them

Engage in _____ and use a variety of conflict-resolution strategies

Are Interdependent with spouse.

Preoccupied – High Anxiety / Low Avoidance

They tend to:

- have _____ self-esteem
- _____ dependent on their partners
- without a close relationship, they tend to feel lost, unloved, and unable to cope
- cling to relationships
- have _____ communication styles (in-depth conversations)
- be _____ self-disclosive
- fear conflict

Fearful Avoidant – High Anxiety / High Avoidance

They tend to:

- seek external _____ but distrust it when they get it
- fear rejection
- often use _____ behavior
- view themselves as unlovable and see others as unaccepting
- inhibited about _____

Dismissing Avoidant – Low Anxiety / High Avoidance

They neither desire nor fear close attachments.

They tend to:

- be independent to the point that relationships are unnecessary
- have _____ expectations of others
- don't _____ people
- low levels of self-disclosure
- don't want close relationships

Spouses move to secure attachment with each other when the other is there for them.

Three Turns

- turning _____ or turning _____ contributes to a person NOT feeling a secure attachment with you.
- turning _____ contributes to his/her experiencing secure attachment with you.

Spouses move to secure attachment with each other when the other is there for them

An extremely effective way to demonstrate “being there” is through _____

- Physically _____
- Intellectually _____ through involved conversation
- Emotionally _____ to each other and fulfilling each other's emotional needs
- Spiritually responsible by living _____ with your beliefs and values

IT IS ALL ABOUT BEING A SAFE PLACE FOR EACH OTHER.

Changing relationships doesn't solve the problem if the problem is _____ you.

Rather than blaming your spouse, try understanding how your _____ affects how you act, _____, feel, think, or believe?

Some people need more than the understanding and supportive actions of their spouses. They need to overcome their _____ reasons for feeling anxiety or avoidance.

...otherwise what the understanding spouse does won't be _____.

The path to secure attachment can be helped by _____ (for both spouses)...

...or counseling (if needed for anxious or avoidant spouse) _____ the therapist understands AND has successful experience with attachment styles.

Write at least one thing from this section that affects your marriage and how you can use that information to make your marriage better.

2-C

Getting the Right Help

The screening tools on the following pages are widely available on the Internet. They are provided for your convenience. They are screening tools, not diagnostic tools. They are not offered to diagnose or treat any condition -- emotional, mental, medical, or otherwise. Use these only as screening tools to help you decide whether you may wish to see a professional, licensed mental health counselor, therapist, psychiatrist, or medical doctor. If completing a screening tool causes you discomfort, immediately cease taking it.

Do not coerce your spouse to take any of these screens, and do not allow yourself to be compelled to share your scores with anyone if you take them.

If you decide to see a professional, you may wish to take your completed screens with you.

GAD-7 (General Anxiety Disorder Screening)⁴

Over the last two weeks how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to control or stop worrying.	0	1	2	3
Worrying too much about different things.	0	1	2	3
Trouble relaxing.	0	1	2	3
Being so restless it is hard to sit still.	0	1	2	3
Becoming easily annoyed or irritable.	0	1	2	3
Feeling afraid as if something awful might happen.	0	1	2	3
TOTAL EACH COLUMN				

Total of all columns added together _____

Scoring – these scores are for screening purpose; see a professional for diagnosis

1-4 = minimal anxiety

5-9 = mild anxiety

10-14 = moderate anxiety

15-21 = severe anxiety

Seeing a professional is recommended if your score is 10 or higher

PHQ-9 (Depression Screening)

Over the last two weeks how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3
Trouble falling or staying asleep, or sleeping too much	0	1	2	3
Feeling tired or having little energy	0	1	2	3
Poor appetite or overeating	0	1	2	3
Feeling bad about yourself – or that you are a failure or have let yourself or your family down	0	1	2	3
Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3
TOTAL EACH COLUMN				

Total of all columns added together _____

Scoring – these scores are for screening purposes, see a professional for diagnosis

1-4 = minimal depression

5-9 = mild depression

10-14 = moderate depression

15-19 = moderately severe depression

20-27 = severe depression

Seeing a professional is recommended if your score is 10 or higher

Panic Syndrome

In the last four weeks, have you had an anxiety attack – suddenly feeling fear or panic?	Yes	No
If yes, answer the following:		
Has this ever happened before?	Yes	No
Do some of these attacks come suddenly out of the blue – that is, in situations where you don't expect to be nervous or uncomfortable?	Yes	No
Do these attacks bother you a lot or are you worried about having another attack?	Yes	No
During your last bad anxiety attack, did you have symptoms like shortness of breath, sweating, or your heart racing, pounding, or skipping?	Yes	No

If you answered yes to every question, you may have panic syndrome. Please consider consulting a professional.

CAGE-AID (Screening for Alcohol or Drug Addiction)

Use for either alcohol or drugs

	Yes	No
Have you ever felt you should C ut down on your drinking or your drug use?		
Have people ever A nnoyed you by criticizing your drinking or your drug use?		
Have you ever felt bad or G uilty about your drinking or your drug use?		
Have people ever had a drink or used drugs first thing in the morning to steady your nerves or to get rid of a hangover? (E ye-opener)		

Scientific research indicates that two or more “yes” answers are clinically significant. Having just two “yes” answers means there is at least a 75% chance that you have a problem. Three or four “yes” answers are even stronger indication.

CAGE-BEAM (Screening for Crossing Relationship Borders)

Answer in terms of your current relationship with a person other than your spouse, *especially* if your spouse or close friends feel uncomfortable or unhappy with your having that relationship.

	Yes	No
Have you ever felt you should C ut back on the time you spend talking or communicating with this person, or the things you communicate with him/her about?		
Have people ever A nnoyed you by criticizing or questioning your relationship with this person? (i.e. the time you spend together, the amount of communication you have, the things you talk about, the things you do together)		
Have you ever felt bad or G uilty about the amount of time you spend with this person, the things you talk about, or <i>any</i> actions you have done together?		
Is this person the one you feel compelled to talk with or spend time with either when you are up emotionally, or down emotionally? (E levator)		

If you have one "yes" it is time to consider whether this relationship has crossed the proper boundaries, or if it is heading toward crossing a boundary. If you have two, three, or four "yes" answers, be honest with yourself about the nature of this relationship.

Remember This....

“Gottman’s...research indicates that it is not the number of arguments partners have, nor their method of dealing with angry feelings, nor even whether they successfully resolve disagreements, that makes a difference in defining success or failure in a relationship. The defining factor is the ability to sustain _____ engagement and to _____ to each other following arguments.”⁵

Day Two Homework

READ TOGETHER AND DISCUSS PAGES 6 THROUGH 11 OF YOUR DISC PROFILES.

- Listen
- Learn
- Understand
- Then seek to be understood

Exercise to help you have a better future

Write here the attachment style last night’s homework indicates that you are _____

Write here what your spouse’s attachment style is _____.

WRITE ANSWERS TO THE FOLLOWING:

How is the difference in your attachment styles affecting your marriage?

How would your moving into the secure quadrant affect your marriage?

How would your spouse’s moving into the secure quadrant affect your marriage?

What will you need to do to move into the secure quadrant?

What can you do to help your spouse move into the secure quadrant? (Be as specific as possible, please.)

CASUALLY, OVER DINNER, DISCUSS ANY OR ALL OF THESE QUESTIONS TO GET YOU STARTED THINKING ABOUT MUTUAL ASPIRATIONS. NO ANSWERS NECESSARY – JUST START THE CONVERSATION

1. *What common values do you have?*
2. *What things have you done or been part of that fulfills both of you?*
3. *What is something you talked about doing / having / being / accomplishing earlier in your marriage that you have not yet done?*
4. *What would require or use well the unique gifts and talents that each of you has?*
5. *What is a common legacy that both of you wish to leave for your family or to the world?*
6. *What has either of you dreamed of that you abandoned or forgot about? (It may be that your spouse may think it a good idea for the two of you to try. However, do NOT force your dream on the other.)*
7. *What need exists for you, your family, your church, your community, or the world that both of you have a strong desire to do something about?*

Day 3

Forgiveness

I decide to forgive when I realize that forgiving heals _____ pain

If I'm _____ with the past, I tend to _____ in the present and future.

Forgiveness brings freedom to the forgiver

Wise people will make haste to forgive
They know the true value of time
And will not suffer it to pass away
In unnecessary pain.

Samuel Johnson⁶

The offended...

- Has the right to be hurt and angry
- (often) Has the right to bring punishment or pain to the offender
- Does not owe the offender
- Has the right to _____ to offer mercy and grace from their own heart...not because the offender deserves it.

The offender...

- Has hurt the offended, whether that hurt was intentional or not
- It is not the offender who controls forgiveness. Rather it is the one who was _____ . It is his or her decision whether or not to let go of the hurt, forgo vengeance, and move on with life.

A truly penitent offender appreciates any grace or mercy offered, and never demands what the other is not ready to give

Forgiveness does not give the offender a “get out of jail free” card.

Forgiveness does NOT always include reconciliation.

What is forgiveness?7

Two essential steps

- Decide to view the person as a _____ rather than evil.
- Decide not to take _____ .
 - Justice seeks a fair and right consequence.
 - Vengeance seeks retaliation.

Third and optional step

- Decide to restore or create a _____ .

Definition and Benefits of Decision-Based Forgiveness⁸

- Decision-based forgiveness is the mental process of letting go of resentment, bitterness, and need for vengeance.
- One doesn't have to _____ until he/she is emotionally ready to forgive.
- Emotional pain and hurt are real and must be addressed. (It is possible to have emotional pain but also to control revengeful thinking)
- A forgiveness decision is a beginning, not an end to the _____
- Forgiving is "a moral gift by not seeking revenge and by showing respect for him or her, not because of what was done but _____ what was done."⁹

_____ I have made that commitment and am following through with it.

Work Phase – does NOT excuse offender, but better understands him/her

YES NO I attempted to view my offender in the context of his or her own life experience and background, including childhood, current stress or pressure, and other matters that may have affected his or her actions.

_____ I have come to understand how my offender's life has affected him/her, and that helped me understand why s/he did those hurtful things.

YES NO I began to develop understanding toward the offender.

_____ I have come to view him/her as a flawed human, not some evil creature.

YES NO I began to develop compassion for my offender.

_____ I have decided not to allow myself to be motivated by wanting to hurt him/her.

YES NO Though I wished that I didn't hurt, I accepted that I did, took the pain as my own, and tried not to transfer my pain back to my offender or others.

_____ I have embraced my hurt, dealt with it, and no longer allow it to cause me to act negatively toward anyone.

Deepening Phase – gaining emotional relief from process of forgiving

YES NO I realized I needed to be forgiven by others for my past actions.

_____ I thought about how I have been forgiven and what it meant to me. That led me to understand and appreciate the need that my offender(s) have for me to forgive them.

YES NO I realized that I can get support from others. I am not alone.

_____ I know I'm not the only person who has ever been hurt. I have people in my life who love and care about me. They are there for me in good times and bad. I am never alone.

YES NO I developed a purpose in life as a result of the experience.

_____ Not only have I healed from my hurt, I have learned from it and used my experience to make my life better. The experience has helped me help other people.

YES NO I became aware of decreased negative feelings toward the offender and my own internal emotional release.

_____ I no longer am bound by hurt, anger, bitterness, or resentment. I hold no animosity toward those who hurt me. I have freedom from every bad thing involved in the hurt done me.

Use the Exercise Above As Your Map

For your **own** well-being, use the phases above and the one you completed on Friday on page 30 as your **map** to healing and wholeness. Actively work on each statement – in order – until you can honestly rate **each** of them...

- YES
- 7

Appendix B provides suggestions for forgiving yourself if you feel guilt.

Write at least one thing from this section that affects your marriage and how you can use that information to make your marriage better.

3-B

Decide Whether To Explore Reconciliation

Is it emotionally and physically _____?

- Be _____ with yourself.
- Our coaches can help you think this through.

What do my beliefs and values indicate I should do?

Think 10-10-10

What are the _____ if I don't?

What are the **benefits** if I do?

- For me

- For others

The REACH Method for Reconciliation is in Appendix A of this workbook. It is a powerful tool for forgiving, but best used with professional assistance, such as with one of our coaches.

Beam's "E" System of Reconciliation

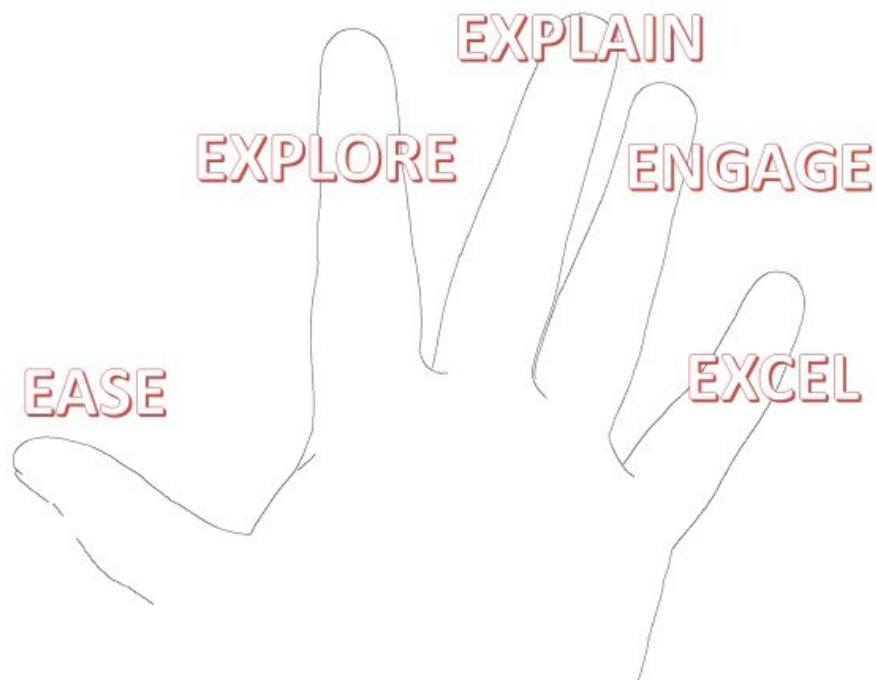
NOTE that the "E" System is a method to **EXPLORE** Reconciliation.

It is NOT a commitment to reconcile, but a decision whether to explore the _____.

In the following Beam's _____ system of reconciliation, you may delay your decision to commit until step _____.

Don't jump into the deep end of the pool, even if you think you're ready. Wade in, slowly.

When using the "E" System, if you have trouble communicating, understanding, or agreeing, go back one step.



The System



The relative space in each step indicates proportionately the time to spend in that step.

1. EASE – setting the environment

- Behave as you would upon _____ meeting by being polite, kind, friendly
- Get _____ with talking to each other _____ tension or pressure. Keep things easy and relatively light.
- Go slow without _____ short-term or long-term expectations.

2. EXPLORE – seeking to understand

Phase One – Who are you now?

- A new beginning. Don't _____ answers. Don't ask _____ questions. Seek to understand who your spouse has become.
- Ask each other gentle, _____ questions to learn where each person is now.
- Ask each other how you feel that you've _____, if any.

Phase Two – What do you want?

- Your job is to hear and understand, not _____. Do NOT debate, challenge, or use any horseman.
- Do not attempt to find _____, give _____, or make compromises – your only goal is to understand each other.

Phase Three – What needs healing?

- Cautiously, move into questions about the issues and problems that led you to where you are in your marriage. NO _____. NO _____.
- NO _____ at this time.
- Answer your spouse's questions _____. (Remember "no _____")

SPECIAL NOTES

- It's hard to reconcile if one person feels that the other doesn't understand their _____
- Do NOT appear to _____ anything nor in any way appear to _____ your spouse for your decisions/actions.
- If appropriate, ask for _____. If willing, _____ forgiveness.

Phase Four – What must STOP?

- Safeguard That Offers Protection
- _____ list behaviors that definitively _____ end.
- Use _____ with behaviors that you cannot or will not reenter the relationship if they continue.

Phase Five – What must start (CORE)?

- Continuing Our Relationship Essentials
- _____ list behaviors that definitively _____ occur.
- Use _____ with behaviors that you cannot or will not reenter the relationship unless these actions take place.

3. EXPLAIN – negotiating expectations

What you are willing to do.

- Tell what you will do and to what _____ you will do it. Also what you will _____ do in reference to a _____ want or expectation.
- Explain _____.
- If discussion is needed, have it _____ you can do so calmly as adults. Try honestly to understand _____ your spouse wants, just as you want him or her to understand yours.

What alternatives you will offer.

- When you aren't _____ to (or _____) meet one of your spouse's desires or expectations, _____ an alternative that your spouse might agree to.
- OR ask _____ for an alternative.

What compromise you will make.

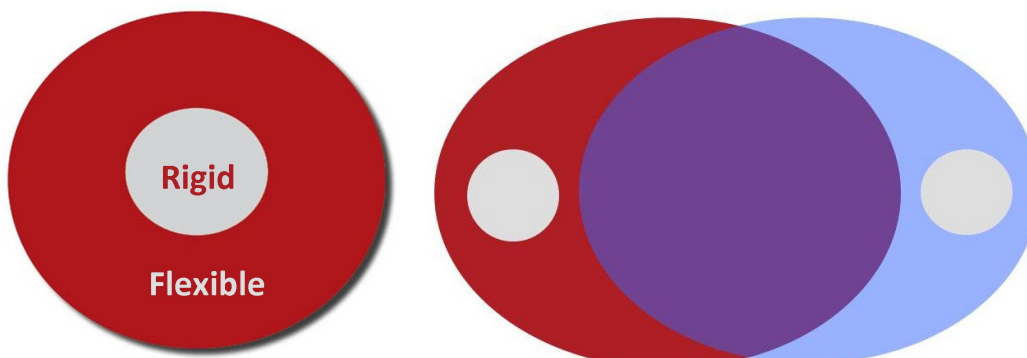
Gottman's Circle Method

"... the more you are able to _____, the better able you'll be to persuade your spouse."

Separate the various aspects of an issue you don't agree on into _____ categories.

- In one category put all those things that you absolutely _____ yield on if you are to accomplish your life desire.
- In the other list everything you _____ yield on and still accomplish your life desire.

"Try to make the second category as large as possible and the first as small as possible."



What you agree on that each feels good about.

- Go through your notes from the previous phases of this step, _____ a document that you both feel adequately represents what you agree to do.
- Make it a _____ for future happiness and joy.
- Crafting the document does _____ mean that you _____... only that you are making the things you discussed clear and vivid.

4. ENGAGE – making commitments

- If willing, commit to _____.
- _____ to do the things you put into the “future happiness” document you crafted.
- There may be more things to commit to later as the process continues.
- Give _____ indication to your everyone that you are committed to making this work and that you _____ their enthusiastic support.

5. EXCEL – making it work

- There will be missteps, errors, and sometimes _____ to live up to the “future happiness” agreement.
- Learn to _____, _____, and continue on the path to healing and reconciliation.
- Don't let occasional _____ flashbacks or emotions deter you.

WHEN YOU ARE READY TO USE BEAM'S “E” SYSTEM TO RECONCILE, MORE DETAILED INFORMATION AND EXPLANATION IS AVAILABLE, INCLUDING COACHING THROUGH THE FIVE STEPS OF THE PROCESS.

3-C

Aspiration

Aspiration is an effective and _____ way to _____

- The busyness of life often pulls a couple in different _____.
- The “we” that began the marriage then often becomes the “I” trying to find meaning for _____.
- A mutual aspiration fulfills each of you by focusing on something _____ you.

**A mutual Aspiration is an extremely powerful _____
toward each other**

To Find A Mutual Goal or Purpose

If you can find the answers for EACH of you to these questions and then figure how to blend your answers into a common goal/aspiration, you will achieve a level of intimacy that most never will know exists.

1. What abilities or talents do each of you have that can blend or balance?
2. What things have you each learned, either by formal education or by experience that can blend or balance?
3. What mutual desires do you have?

Expect obstacles, but when you are striving for a common aspiration the obstacles will push you closer together rather than apart.

Write at least one thing from this section that affects your marriage and how you can use that information to make your marriage better.

3-C

Peace

Denying

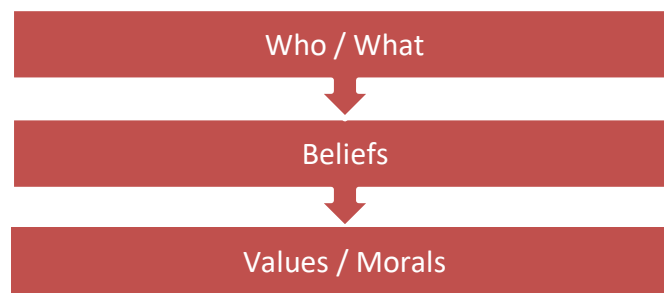
Reframing

Changing

Accepting

Do the Right Thing

- Live inconsistently with your _____ and you become someone else.
 - To become again the “_____” that you were happens only if you return to your original beliefs and values
 - That typically occurs when who or what is _____ to you reverts to what it was



- Every decision has both short-term and long-term effects.
- You make your own life better —especially in the years to come — when you do the right thing.

Appendix A: The REACH Method for Reconciliation¹⁴:

REACH – THE FIVE SEQUENTIAL STEPS TO FORGIVING

Recall the hurt

Empathize

Altruistic gift of forgiveness

Commit to forgive

Hold on to forgiveness

RECALL THE HURT

- State the offense (complete these sentences and read them to your spouse)
 - “I hurt you by....”
 - “I am truly sorry for....”
 - “My deeply felt intention is never to hurt you again, especially by...”
- Offender explains
 - Justification makes it sound as if the offender had a right to do what s/he did. **Don’t do this!**
 - Honest explanation takes responsibility for your own actions – offers NO blame to anyone else
- Offender answers offended partner’s questions

EMPATHIZE

- Offended gives emotional reactions – “This is how I feel....”
- Offended person wants to know that the offender understands how much hurt there is. Cannot move on as long as the offended feels the offender doesn’t understand.
- Offender provides empathy for the hurt he or she caused

- Restates the hurt and distress in way that the offended spouse feels there is understanding (as much as possible)
- Acknowledge the offended partner's pain and distress
- Validate the offended partner's hurt and distress
- Offender makes well-organized plan to stop / end the offense – make it nearly impossible to continue secretly
 - Total separation from the offending party, opportunity, or action
 - Accountability person or persons (both spouses trust)
 - A **WRITTEN** contract with consequences spelled out and that offers escalating negative consequences and NO provision for grace or mercy.
 - Permission for offended to check to make sure offender is living up to accountability
- Offended empathizes with the offender's hurt
 - Does not justify offender's actions
 - Listens to and tries to understand hurts that may have helped lead the offender to the harmful action.
 - The **POWER** of stories in understanding
 - Listens to and tries to understand what the offender feels about him- herself
 - Restates, acknowledges, validates emotions – not actions

ALTRUISTIC GIFT OF FORGIVENESS

- Offended recalls a time when he/she hurt someone (other than spouse) and was subsequently forgiven
 - Describes incident
 - Describes feelings of gratitude and freedom from having been forgiven
- Offender recalls a time
- Spouses discuss those emotions and their meanings

- Seek to understand intellectually, spiritually, and emotionally the need each of you has for forgiveness.

COMMIT TO FORGIVE

- Offender clearly asks for forgiveness
 - Touch each other, if allowed –perhaps hold hands
 - Demonstrate humility in asking
- Invite a mutually agreed upon witness(s) to accentuate that the request grows out of a well-thought-out process that includes not only remorse but a well thought out process to turn away from the offending behavior
- Offended clearly grants forgiveness
 - Touch each other, if allowed –perhaps hold hands
 - Demonstrate humility in forgiving
- Have ceremony as a symbolic expression that the offense has been formally forgiven.
 - May be private, but it is helpful to give a definite signal to family/friends that transformation has occurred
 - Strong benefits in rituals and ceremonial acts

HOLD ON TO FORGIVENESS

- It is inevitable sometimes to remember hurts and offenses.
- Remembering a hurt (recalling a painful memory) does NOT mean that forgiveness hasn't taken place.
- Bitterness and hatred are signs forgiveness hasn't taken place.

APPENDIX B: How to Forgive Yourself

If you have trouble forgiving yourself, consider a similar process to that above.

- Make seeking your own forgiveness a ceremonial act. It may be public or it may be private. However, plan it and do it deliberately.
- Before the ceremony, invite a mature and trusted person to help you design a plan for accountability to keep you from yielding to your own temptations.
- During the ceremony, in the manner of your own religious beliefs or traditions, ask God for forgiveness. Be specific in what you tell Him and what you ask.
- Ask specific people you have hurt to forgive you. (**NOTE: Do this in actuality only when it will NOT cause more harm than good! Sometimes it is better to ask vicariously or symbolically rather than actually going to the person.**)
- If you have a person or people at your ceremony, ask a mature trusted person to “speak” for God (figuratively, of course) and tell you that you are forgiven. (Per the idea in James 5:16)
- **Create some marker or symbol of that ceremony and keep it as a sacred reminder.**

To get past your own hurt, consider a similar process for forgiving those who have hurt you.

- Make it a ceremonial act. It may be public or it may be private. However, plan it and do it deliberately.
- You may wish to invite the people you plan to forgive if they admit they have hurt you and are willing to ask you to forgive them. If they do not believe they hurt you, or would not ask for your forgiveness, do NOT invite them. Do the ceremony symbolically.
- During the ceremony, in the manner of your own religious beliefs or traditions, ask God to forgive those who hurt you and to give you the ability to forgive them as well. (if you wonder if this is consistent with Christianity, see Luke 23:34)
- If you have a person or people at your ceremony, ask a mature trusted person to pray with you that blessings will come to those who hurt you. (If you wonder if this is consistent with Christianity, see Romans 12:14, 17, 19-21)
- **Create some marker or symbol of that ceremony and keep it as a sacred reminder.**

WRITE YOURSELF A LETTER HERE. TELL YOURSELF ONE SPECIFIC THING YOU WILL DO IN THE NEXT 90 DAYS AS A RESULT OF THIS WORKSHOP.

Dear _____,

During the next 90 days I will:

COACHING WITH MARRIAGE HELPER. CALL 615-472-1161 OR YOUR CLIENT REPRESENTATIVE TO BOOK COACHES (WE HAVE BOTH MALE AND FEMALE COACHES).

MAKE A VIDEO OR AUDIO.

WRITE US AN EMAIL AT INFO@MARRIAGEHELPER.COM

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- ¹ Statements come from, or are suggested by John Gottman's *The Marriage Clinic*.
- ² Baskin, TW & Enright, RD (2004) "Intervention Studies on Forgiveness: A Meta-Analysis," *Journal of Counseling and Development*, vol. 82, no. 1, pp. 79-90.
- ³ Fisher, HE, Aron, A, Mashek, D, Haifang, L, & Brown, LL (2002) "Defining the Brain Systems of Lust, Romantic Attraction, and Attachment," *Archives of Sexual Behavior*, vol. 31, no. 5, pp. 413-419.
- ⁴ The GAD-7, PHQ-9, and Anxiety Attack Evaluation were developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurth Kroenke and colleagues, with an educational grant from Pfizer, Inc.
- ⁵ Solomon, MF (2009) "Attachment Repair in Couples Therapy: A Prototype for Treatment of Intimate Relationships.," *Clinical Social Work Journal*, vol. 37, pp. 214-223.
- ⁶ Samuel Johnson quoted in *The Courage to Forgive* by Morton Kaufman
- ⁷ General ideas taken from *The Art of Forgiving* by Lewis Smedes
- ⁸ Diblasio, FA (2000), "Decision-Based Forgiveness Treatment in Cases of Marital Infidelity," *Psychotherapy*, vol. 37, no. 2, pp. 149-158
- ⁹ Baskin, TW & Enright, RD (2004) "Intervention Studies on Forgiveness: A Meta-Analysis,"
- ¹⁰ Knutson, J., Enright, R., Garbers, B. (2008) "Validating the Developmental Pathway of Forgiveness", *Journal of Counseling and Development*, vol. 86, no. 2, pp. 193-199.
- ¹¹ Baskin, TW & Enright, RD (2004) "Intervention Studies on Forgiveness: A Meta-Analysis,".
- ¹² Miller, MA (2002), "Interpersonal Forgiveness: Enright's Theoretical Process Model Versus Empirical Process Outcomes," PhD Dissertation, University of Wisconsin-Madison.
- ¹³ Rafenstein, M (2000) "Forgiveness: A Path to A Better You," *Current Health 2*, vol. 27, no. 4, p. 13.
- ¹⁴ Worthington, E..L., & Drinkard, D.T. (2000) "Promoting Reconciliation Through Psychoeducational and Therapeutic Interventions," *Journal of Marital and Family Therapy*, vol. 26, no. 1, pp. 93-101.

Words to Fill in the Blanks

Page 3

Feeling unloved
Liked, loved and respected
Control
Influence

Page 4

Think, feel, believe or act

Page 10

Partner
Relationship
Identity

Page 11

Consistency
Type
Obligation
Investments
Reaction
Termination
Alternatives
Leave, believe, better

Page 14

Where, who, same

Page 15

Specific
Blame
Wrong

Page 16

Disgust
Sarcasm
Hostile

Page 17

Me, you
Escalates

Page 18

Tunes out
Uttering
What
Not, fighting

Page 20

Safe
Ceasing
NOT

Page 21

Fear
Hurt
Hurt
Arrogance
My way (selfishness)
Smarter
Rigidity
Rules, interpret
My religion/beliefs, tell

Page 22

Size or strength
Sexually, withhold, demand
Money
Permission, spend time with,
can go
Superior, everything, what to
do, how to do it
Gives in
Anger

Criticism/contempt
Silent treatment/coldness
Embarrassment
Rules
Moral, religious
Guilt

Page 23

Approach
Avoidance
Feel controlled
Themselves, other, relationship
PULL
PUSH
Effect

Page 25

Percentage
Conflict
Disagree with respect
Put the brakes on
Physical
Fight, flight or freeze
Tunnel vision
Only

Page 26

Time out
Yielding
Acknowledging
Apologizing
Redirecting
To, from
Against

Page 27

Short term
Long term

Page 28

Hurting
Hurt

Page 29

Love
Self-medicate
Addiction
Ourselves
Face, healing

Page 30

Uncovering
Explore
Assess
Pain, harm

Page 33

Physical
Intellectual
Emotional
Spiritual

Page 34

Whoever or whatever
Morals/ethics
Drawn
Neutral
Repelled
Positive emotions
Until death
Communicating
Identity
Negative
Just did or said
Patterns

Page 35

Change
Truly, accept, is, you
Take down
Any other way
Asked
Hold back
Affected
Open and honest
Creates a visual
Coach
Accountability, trustworthiness
Everything
Have feelings
Attack

Page 36

Short-lived
Allowed
Relationship
True
Limerence
Longing
Halo
Daydreaming
Sensitive
Emotional
Physical

Page 37

Cannot
Change

Page 38

Vilifying
History
Enemies
Say or do
Affairs, addictions, lifestyle,

changes
Thinking
Cognitive
Behaviors
Who or what
Values
Two, diminish
Either, live

Page 40

Spouse
Stressed
Usually

Page 44

Secure
Seen
Soothed
Physical
Intellectual
Emotional
Spiritual

Page 45

Anxiety
Avoidance

Page 46

Respond
Available
Excessive
Push-pull
Unhappiness, distress
Controlling
Rely

Page 47

Abandon
Self-disclosure
Low

Overly
Overinvolved
Overly
Validation
Push-pull
Self-disclosure

Page 48

Negative
Trust
From, against
To
PIES
Present
Interacting
Sensitive
Consistently

Page 49

Inside
Past, react
Personal
Enough
Coaching
IF

Page 54

Emotional
Reconnect

Page 56

My
Incomplete, repeat
Choose
Offended

Page 57

Flawed human
Vengeance
Relationship
Wait

Healing
Despite
Page 61
Safe
HONEST
Costs

Page 62

Possibility
“E”, 4

Page 63

First
Comfortable, without
Any
Anticipate, leading
Non-threatening
Changed
Evaluate
Solutions, promises

Page 64

Judging, defensiveness,
commitments
Honestly, visual
Pain
Justify, blame
Forgiveness, grant
Specifically, MUST
Only
Specifically, MUST
Only
Degree, not, specific
Why
IF, why

Page 65

Willing, cannot, offer
Your spouse
Compromise
Two

Cannot
Could
Craft
Map
NOT, commit

Page 66

Reconcile
Agree
Solid, expect
Failure
Understand, forgive
Negative

Page 67

Energizing, EXCEL
Directions
Myself
Beyond
PULL

Page 68

Values
You
Important