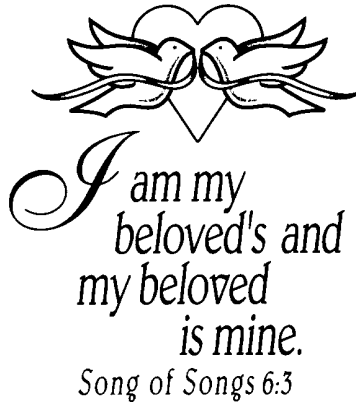


Marriage and Family Issues

Hidden Keys To LOVING RELATIONSHIPS



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THE FIRST KEY
RECOGNIZE AND VALUE YOUR MATE'S DIFFERENCES

1. A man needs to recognize the tremendous worth of a woman's "right-brain" bent to his own well-being in two areas:

- She naturally desires a great relationship.
- She naturally knows how to recognize a great relationship.

2. A man should ask the following questions in a tender way:

- On a scale of one to ten where do we want our relationship to be?
- On a scale of one to ten where is our relationship today?
- What could we do this week to bring our relationship closer to a ten?
- Twenty Questions that Could Help Make Your Relationship a "10"
 1. Would spending more time together help?
 2. How much time do you feel is needed and what would be the best use of it?
 3. What time of day would be a "10" to you for us to spend together?
 4. Would more conversation help our relationship?
 5. What do you consider meaningful communication?
 6. What have I done in the past that might have ruined times of meaningful conversation?
 7. What are some positive things I have done in our conversations to be a "10" husband to you?
 8. How am I doing in the area of meaningful touch?
 9. What could I do to make it a "10" for you?
 10. How am I doing in my verbal commitments?
 11. How can I make our arguments more of a loving discussion?
 12. What are some of your needs that I am doing less than I could to help you grow as a person?
 13. What would be a "10" evening out together if we had a "date night?"
 14. What should I not do to not ruin that "10" evening?
 15. What are some ways that I could communicate support more effectively?
 16. What are the ways that I could understand what you go through when you are hurting?
 17. What would be a "10" in the way that we make decisions together?
 18. What makes you fearful of me?
 19. What is the best part of our relationship?
 20. What would you change about me if you could?



A great relationship will make a man healthier and happier. Usually the better the relationship between a man and his wife, the longer he will live.

3. A woman needs to learn to value her husband's "left-brain" bent in giving her emotional security: His ability to make decisions and stick with them.

How to Fill Each Other's Love Bank

- 1) **Give her AFFECTION** -- affection symbolizes his security, protection, comfort, and approval. Give him sexual fulfillment -- this is the first thing he can't do without and still feel like a man.
 - 2) **Give her CONVERSATION** -- conversation symbolizes connectedness, intimacy, and romance. Give him recreational companionship -- he desires her to be his friend, his buddy, his playmate.
 - 3) **Give her honest TRANSPARENCY** -- she needs to be able to trust him totally, to know that he would never lie to her. Give him an attractive appearance -- as juvenile as it sounds, people do judge the success of a man in terms of how his wife dresses, looks, and acts.
 - 4) **Give her financial SECURITY** by living within your means -- every couple needs to create a fair, livable budget. Give him peace and quiet -- most men feel overworked and overstressed and long for a "no hassle" home environment in which to recover from the burdens of work pressure.
 - 5) **Give her COMMITMENT** -- most women find a man who spends lots of quality time with the family to be very erotic. Give him the admiration he needs for something he does well -- admiration motivates a man to improve more than any other form of persuasion, while criticism demotivates him completely.
4. **Think about which of the emotional love needs is greatest for yourself. Share this with your spouse.**
 5. **Think about which of the emotional love needs is greatest for your spouse. Plan to meet this need today.**

Summarize in 200 words the most helpful parts of this topic.

THE SECOND KEY
FOUR ESSENTIAL ELEMENTS EVERY RELATIONSHIP NEEDS

1. Couples need to develop unconditional security for maximum mutual enjoyment--a lifetime commitment to caring for each other.

WARNING: Arguments come from feelings of insecurity.
Share the depth and breadth of your love for each other.

2. Couples need to establish meaningful communication--a daily time of sharing our feelings, needs, hopes and dreams.

- * Women enjoy talking and planning more than the activity itself.
- * Men really are oblivious as to how they treat their wives.
- * Men are highly motivated by praise.

Set a daily sharing time.



3. Couples need to create emotional/romantic bonding times--a weekly schedule of intimate times together for the fun of it.

For example: Candlelight dinners, moonlit walks, holding hands, beach walks, fireside chats, romantic movies, cards and poems.

Plan a bonding time for this week.

4. Couples needs consistent, meaningful, intimate touch--eight to twelve loving touches a day keep the marriage counselor away.

Hold hands, hugging, caressing, rubbing shoulders & feet.

Discuss your needs for intimate touch.

THE BENEFITS OF LOVING TOUCH

1. Reduces medical bills.
2. Builds self-esteem.
3. Lowers blood pressure.
4. Reenergizes emotions.
5. Adds years to your life
6. Adds life to your years.



LOVING APPLICATIONS

1. Create a list of creative ways to express unconditional security and commitment to each other:
2. Create a list of creative ways to establish meaningful communication:
3. Create a list of creative ways to create weekly emotional/romantic bonding times:
4. Create a list of creative ways to practice intimate touch:

Summarize in 200 words the most helpful parts of this topic.

THE THIRD KEY

OVERCOMING THE MAJOR DESTROYER OF RELATIONSHIPS: A CLOSED SPIRIT

1. We are made up of a spirit, soul (mind), and body.

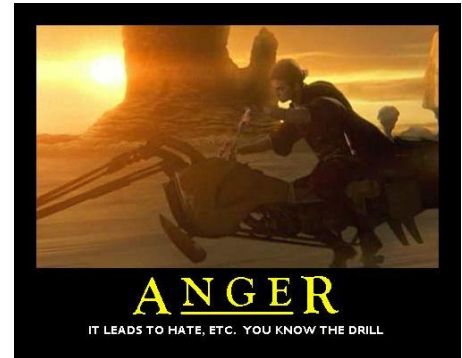
2. The Causes of a Closed Spirit

1. Criticizing someone unjustly
2. Speaking harsh words
3. Taking someone for granted
4. Ignoring someone's opinions
5. Dismissing someone's needs
6. Making jokes about someone's flaws
7. Not trusting someone
8. Making sarcastic statements
9. Demanding your way
10. Being rude in front of others
11. Unwilling to admit we are wrong when we know we are



2. The Negative Results of a Closed Spirit

- * Argumentative attitude: They will like what you loath.
- * Resistance to discuss or agree on almost anything
- * Avoidance of closeness
- * Doesn't want our advice
- * Critical spirit
- * Lack of romantic or warm feelings



3. How to Reopen a Closed Spirit

- * Become soft and gentle; demonstrate tenderheartedness and honor.
- * Understand what the other person has gone through.
- * Acknowledge that the person is hurting and admit your offense.
- * Touch the other person gently: hold hands, hug, etc.
- * Ask for forgiveness. Don't defend yourself verbally.
- * Feelings follow honor.

4. Recognizing the Severity of a Closed Spirit

- Men and women feel the "weight" of words and actions differently.
- A pebble can feel like a jagged bolder.
- * Nonverbal communication is more weighty than verbal communication when the two conflict.

5. The Long-term Affects of a Closed Spirit

- * Unless resolved it will affect all future relationships.
- * The sooner we forgive, the better.

6. Three Levels of Power Struggles

- Level 1:** Issues are constantly raised, but never resolved.
Level 2: As problems pile up, they will drop the issues and attack each other.
Level 3: Anger increases until one or both want to abandon the relationship.



7. Three Major Contributors to Anger

- * When we think someone is devaluing us or blocking our goals.
- * When we feel guilty about devaluing another person.
- * When we feel someone is rejecting us for another person.

http://www.bbc.co.uk/health/conditions/mental_health/coping_angermanagement1.shtml

THE FOURTH KEY

USING EMOTIONAL WORD PICTURES TO INCREASE INTIMACY AND UNDERSTANDING

Five Reasons to Use Word Pictures

1. They have the power to change lives.
2. They grab and direct a person's attention.
3. They bring our communication to life.
4. They lock our words into another person's memory.
5. They provide the gateway to intimacy.



Six Steps to Creating and Sharing an Emotional Word Picture

1. Choose one of the four ways to enrich your relationship.

- (1) To share your thoughts and feelings.
- (2) To move on to a deeper level of intimacy.
- (3) To honor or encourage someone.
- (4) To lovingly correct someone.

2. Become a student of the other person's interests.

Sports, hobbies, work, pets, friends, character, drives.

3. Draw your word picture from one of the four wells.

- (1) The Well of Nature--animals, birds, fish, pets, trees, flowers, plants, foods, lakes, oceans, mountains, meadows, deserts, jungles, storms.
- (2) The Well of Everyday Objects--cars, weapons, diamonds, rocks, music, homes, books, kitchen items, office & work items.
- (3) The Well of Imaginary Stories-- safaris, battles, castles, hunting, cosmic struggles, epic stories, heroes.
- (4) The Well of History--famous battles and victories, world changing events, personal experiences, "remember when."

4. Develop and practice your word picture.

5. Pick a convenient time with a minimum of distractions.

6. Without overusing them, be persistent in sharing word pictures.

Summarize in 200 words the most helpful parts of this topic.

WORD PICTURE CHECKLIST

1. How do I want to enrich my relationship? Do I want to...

* communicate a thought or feeling? Which one?

* move to a deeper level of intimacy? Which one?

* honor or encourage someone? For what reason?

* lovingly confront someone? For what reason?

2. What can I find out about this person's interests that will help me choose an appropriate word picture?

3. Which of the four wells should I draw from?

Nature Everyday objects Imaginary Stories History

4. Write the word picture, then share it with a friend who can help you develop it even more.

5. Pick a time and location to share the word picture.

6. Remember that it may take several word pictures to grab a person's interest. Persistence pays off in meaningful communication--not nagging!

THE FIFTH KEY
BECOMING BEST FRIENDS WITH YOUR FAMILY

Two Absolutely Indispensable Steps to Building a Loving Family

1. The secret to intimacy is sharing LIFE EXPERIENCES together.

The BONDING takes place SEVERAL weeks later when you can rehearse the experience and laugh about it.

Steps toward bonding the family together:

- (1) List everyone's most enjoyable activity. (athletics, music, museums, dinners, trips, vacations)

- (2) Combine all these experiences into one activity.

Remember that pain brings gain.



2. The secret to intimacy is dealing with difficulties in a POSITIVE manner.

Our most significant times of growth and maturity occur in the fires of ADVERSITY.

Every crisis that arises presents a unique opportunity to GROW together as a family.

"Foxhole" experiences create lifelong friendships.

The greater the INTENSITY of the experience, the greater the POTENTIAL for bonds of love and intimacy that can bind us to one another as a loving family.

Six Characteristics of a Close-knit Family

1. They verbally express a high degree of APPRECIATION for one another.
2. They spend a great deal of time together having FUN.
3. They spend time TALKING with and understanding one another.
4. They are committed to promoting one another's HAPPINESS.
5. They participate in RELIGIOUS activities together.
6. They are able to deal with crises in a POSITIVE manner.



Summarize in 200 words the most helpful parts of this topic.

THE SIXTH KEY
FREEDOM FROM NEGATIVE EMOTIONS: ANGER, WORRY, HURT FEELINGS

- * Happiness, misery, fear, anger, hurt, loneliness are CHOICES.
- * We need to assume full RESPONSIBILITY for our fear and worry.
- * We tend to look for happiness in all the wrong places:
 - 1) People - dates, mates, children, family, friends
 - 2) Places - house, cabin, dream vacation
 - 3) Things - JOBS, MONEY, TALENTS



* Any time you are angry, jealous, lonely, discouraged, or depressed ask yourself, "Am I expecting SOMETHING in this world to fulfill me?"

CONCEPT #1: To find happiness we need to quit taking and start giving.

- * Happiness is a by-product of SERVING other people.
- * Happiness is a PRIZE for doing what is RIGHT.
- * Happiness is a result of noticing and meeting the NEEDS of the people around us.



CONCEPT #2: If you are not expecting something from someone they can't HURT your feelings.

- * The more people you HELP, the more people want to HELP you.

CONCEPT #3: The people who make us the most upset are people who expect others to make them HAPPY.

- * Pearls are created out of IRRITATION.
- * Irritations bring genuine LOVE. It increases your TOLERANCE.
- * Pain stimulates the RIGHT side of your brain, activating our emotions, sensitivity, and empathy, which makes us a better friend, mom, dad, employee, boss IF we properly deal with our ANGER.

SUMMARY: Part of the secret to happiness is . . .

First, recognize that happiness is a by-product of getting INVOLVED in the lives of others; helping them; volunteering.

Second, recognize that irritations can make us more LOVING, which increases our capacity to HELP people more.

The higher your level of ANGER, the more you will feel like a VICTIM. The more you feel like a victim, the lower your SELF-ESTEEM is.

THE KEY is letting the ANGER drain out. Treasure hunting reduces ANGER/STRESS and increases GRATEFULNESS, LOVE, HAPPINESS.

TREASURE HUNTING: The pearls in my life from childhood, high school, college, work, parents, employers, and friends are _____

Summarize in 200 words the most helpful parts of this topic.

THE SEVENTH KEY
DISCOVERING YOUR PERSONALITY TYPE

		Personality Inventory	
<p style="text-align: center;">L</p> <p>Adventurous Independent Assertive Enjoys challenges Authoritative Enterprising Bold Firm/Logical Competitive Goal oriented Confident Problem solver Controlling Purposeful</p> <hr/> <p>Determined Self-reliant Decisive Strong-willed Leader Persistent "Let's do it now!" Total x 2 = ____</p> <p style="text-align: center;">G</p> <p>Adaptable Nondemanding Avoids conflict Nurturing Calm Patient Dislikes change Peacemaker</p> <hr/> <p>Devoted Sensitive feelings Enjoys routine Sympathetic Gives in Thoughtful Good listener Tolerant Indecisive Warm & relational Loyal Committed "Let's keep things the way they are!" Total x 2 = ____</p>	<p style="text-align: center;">O</p> <p>Avoids detail Laughing Creative Likes variety Energetic Motivator Enthusiastic Optimistic Enjoys change Popular Friendly Promoter Group oriented Spontaneous</p> <hr/> <p>Initiator Takes risks Inspiring Talker Fun loving Visionary "Trust me--it will work out!" Total x 2 = ____</p> <p style="text-align: center;">B</p> <p>Accurate Inquisitive Analytical Orderly Consistent Persistent Conscientious Practical Controlled Precise Deliberate Predict Detailed Perfectionist Discerning Organized Enjoys instructions Reserved Factual Sensitive "How can we improve this?" Total x 2 = ____</p>		

Understanding your personality type and that of your mate and children will greatly reduce conflict and raise self-esteem to its proper level.



"L" Category: LION - Strong Leaders.

"Take charge" people -- builders, generals, & presidents. "L"s tend to gravitate to leadership in whatever group they are in. "L"s are great at giving life direction.

Out-of-control "L"s tend to struggle with the following: autocratic, pushy, overbearing, domineering, NOW, arrogant, insensitive, demanding, workaholism, restlessness.

The **KEY** to overcoming unhealthy tendencies is learning how to relax, how to explain your decisions respectfully, and--most of all--how to express feelings of anger properly.

"O" Category: OTTER - Party Animals.

"Let's party" people -- entertainers, risk takers, motivational speakers, inventors, fun-loving networkers. "O"s tend to gravitate to people friendly environments. "O"s are great at making life fun.

Out-of-control "O"s tend to struggle with the following: forgetfulness, irresponsibility, foolish risks, verbal attacks, shallow relationships, practical jokes.

The **KEY** to overcoming unhealthy tendencies is learning how to accept responsibilities and develop deeper relationships.



"G" Category: GOLDEN RETRIEVER - Loyal Friends.

"The most sensitive people on earth" -- caregivers. "G"s tend to work best in relaxed, nurturing environments and team leadership. "G"s make great best friends.

Out-of-control "G"s tend to struggle with the following: easily offended, can't say "no", indecisive, insecure, carrying the emotional weight of all the people around them. To avoid conflict they go into denial.

The **KEY** to overcoming unhealthy tendencies is learning how to deal with change and uncertainty, how to say "no," and how to express your own feelings of anger properly.



"B" Category: BEAVER - Hard workers.

"Enjoy reading instruction manuals" people -- inspectors, quality controllers, bankers, accountants, and teachers. "B"s tend to be perfectionists in the areas of accuracy, quality, and detailed instructions. "B"s are great at making life work.

Out-of-control "B"s tend to struggle with the following: perfectionism, too serious, careful, critical attitudes -- they are hardest on themselves, neatness freaks, lateness, irritated when others don't help, tense, deny conflict, and workaholism.

The **KEY** to overcoming unhealthy tendencies is learning how to live in an imperfect world, how to manage time, and how to enjoy life.



How to Get a Proper Balance

"L"s - determine to be _____, slow down, INVOLVE others in the decision making process, and affirm others.

"O"s - determine to follow THROUGH on promises, think THROUGH things more carefully, and be more _____ to others.

"G"s - determine to practice confronting others, learn to say "NO," make decisions, and turn negative experiences into positive ones through TREASURE hunting.

"B"s - remember nothing is ever as BAD as it seems or as GOOD as it appears. Determine to keep from extremes, leave some things undone, relax, turn negative experiences into positive ones through TREASURE hunting.

Understanding personality differences will help you feel better about yourself, your mate, your children, and your friends. It will also reduce your conflict level.

Circle the "L," "O," "G," and "B" out-of-control tendencies you need to work on.
Write out the key to overcoming unhealthy tendencies based on your personality:

Summarize in 200 words the most helpful parts of this topic.

THE EIGHTH KEY
RECOGNIZING AND TRANSFORMING UNHEALTHY BEHAVIOR

Introduction

- * Small adjustments result in BIG improvements.
- * Dysfunctional families almost always have distant, critical, angry _____.
- * What we do as parents will affect FOUR generations.
- * Why did Moses wander in the desert for forty years?
- * Anger tends to be the COLD we catch from our parents and pass on to our children.
- * A healthy relationship with _____ is the greatest crime prevention course you can give your sons and daughters.
- * You will tend to treat your children the way you were treated by your parents.



Four Basic Parenting Styles

1. Overcontrolling Parent Many Rules Little Love ->Rebellion

Unrealistic expectations
Inflexible rules
Results in disruptive behavior by children.

2. Neglectful Parent Few Rules Little Love ->Insecurity

Uncaring attitudes
Inattentive to needs
Results in little motivation to succeed in life.

3. Permissive Parent Few Rules Much Love -> Manipulation

Inconsistent
Nonassertive
Results in low self-esteem and irresponsibility.

4. Balanced Parent Many Rules Much Love ->Balance

Affection
Written, realistic standards
Results in self-control, security, responsibility, and self-respect.

The **KEY** to healthy relationships is a balance between clearly defined, **written rules** that control home life with love, support, appreciation, honor, and touch.

What do you need to become a more balanced parent?

- More realistic expectations Encourage sharing feelings
- Stop using degrading names Written rules and consequences
- Discuss sex, religion, politics Make plans to have more fun together
- Show unconditional love _____



Five Dangerous Attitudes to Be Avoided at All Costs

1. Children are not allowed to THINK.

* Domineering, controlling relationships that prohibit independent thought are unhealthy. Calling children "Dumb" or "Stupid."

* The **KEY** to healthy relationships is promoting thought by listening, praise, negotiating, and touch.

2. Children are not allowed to TALK.

* Relationships characterized by interruptions, blame, fear, and taboo topics result in unhealthy ANGER. Children are to be seen and not heard.

* The **KEY** to healthy relationships is encouraging talk and meaningful conversation. The best time is right after school. The best words are "I love you. I am committed to you for life!" Love **COVERS** a multitude of mistakes. Rather than blaming our parents we need to take responsibility and resolve to start a new

3. Children are not allowed to FEEL.

* Offending statements include, "That is a stupid way to feel...lighten up...come on, give me a break...I can't believe this...weren't you thinking?!"

* The **KEY** to healthy relationships is softness, seeking to understand their feelings, empathy, validating their feelings, and providing a "safe" environment to share their fears, hurts, and dreams.

4. Children are not allowed to CONNECT with us.

* Workaholicism, lack of fun times together, addictions, and alcoholism all create distance, resulting in unhealthy ANGER. Addictions come from disconnected relationships--mentally, emotionally, and SPIRITUALLY.

* The **KEY** to healthy relationships is connecting with our children, camping, bonding, dealing with our anger, shared experiences, common foes, and treasure hunting.

5. Children's BOUNDARIES are not respected.

* Picture your family as a _____ to be nurtured and protected.

* Early inappropriate SEXUAL experiences break the shell, they violate the boundaries. The damage is catastrophic.

* Every dishonoring touch--flicking, pinching, slapping--leaves scars. Kids do not forget when their boundaries are violated!

* The **KEY** to healthy relationships is making your mate, children, co-workers and friends feel safe to share their hurts and concerns by honoring them.

Circle the keys you want to start using more.

Summarize in 200 words the most helpful parts of this topic.

THE NINTH KEY
USING EFFECTIVE COMMUNICATION TO MOVE INTO INTIMACY

The Five Levels of Communication Intimacy

1. **Cliches:** "How's it going?" or "What's up?"
2. **Facts:** "Looks like rain today." or "Sure is hot today."
3. **Opinions:** "I THINK the Chargers are going to win the Superbowl. What do you think?"
4. **Feelings:** "How do you FEEL about this?" "I love you."
5. **Needs:** "What do you NEED to be happy?" or "I really need a hug from you."

Seven Ways to Communicate on All Five Levels

1. Practice "DRIVE-THRU" talking.

- * Every few sentences repeat back what you think they said.
- * This gives you a chance to fully understand what the other person really means.
- * Eliminates harsh reactions due to misunderstandings.



2. Establish a "Relationship MENU" -- a family constitution of values.

- (1) HONOR each other.
- (2) Value personality DIFFERENCES.
- (3) Resolve CONFLICTS daily.
- (4) Give meaningful touch.
- (5) Communication of thoughts, feelings, and needs.
- (6) Plan monthly bonding experiences.
- (7) Follow a FINANCIAL budget: spending, savings, giving.
- (8) Develop our family's spiritual life.

Benefits of a Family Constitution

- (1) Lists expectations and consequences.
- (2) Prioritizes honor and other values.
- (3) Acts as the policeman.

3. Give "WELL DONE" praise -- have regular food fights.

- * A 60 second barrage of praise and compliments.
- * How often do you need praise? For what?
- * Can you praise someone too much?



4. Use the "SALT Principle" to create thirst.

- * Don't say ANYTHING to your spouse until he is thirsty for it.
- * Dump SALT in his oats and he WILL want to drink.

5. Use "Emotional WORD Pictures" to let your partner feel the intensity of your feelings.

- * One taco short of a combination plate
- * The car accident

6. Rate your MEALS 1 to 10 -- share the intensity of your feelings and needs.

When it comes to, you're a 10.



7. Pay your bills: keep short accounts; clear up offenses daily.

- 1) Admit wrongs.
- 2) Ask for forgiveness.
- 3) Use post-it notes to express love & forgiveness.
- 4) Find out what they need.
- 5) Find out how they feel.

Begin writing out a sample "menu" of relational goals for you and your mate and children.

	Expectations	Consequences
Respect/Honor		
Obedience		
Chores		

Summarize in 200 words the most helpful parts of this topic.

THE TENTH KEY

TRANSFORMING TRIALS AND HURTS INTO LIFE-CHANGING BENEFITS

Things All of Us Would Like to Do

- * Take personal control of your past.
- * Turn and reverse negative experiences of our life into positive ones.
- * Gain freedom and victory over the damaging, negative emotions of anger, worry and fear.



Helpful Principles to Remember

- * Stress is just a socially acceptable name for ANGER.
- * It's not escaping life's troubles; it's USING life's troubles.
- * "Bad food. Hard bed. I quit." "I'm not surprised."
- * Treasure hunting makes sense because in EVERY trial there are treasures that can be found.
- * Writing down the benefits of each option improves our perspective.
- * The Chinese character for "trial" is "door of OPPORTUNITY."



Five Steps to Take When You Are Hit by a Trial

1. Inspect the ACTUAL damage that was done.

- * Nothing is ever quite as bad as it seems or as good as it appears.
- * Gather all the facts--good and bad.
- * Trust that good things are going to come out of this, so relax.
- * There is reason for hope.

2. Avoid EXTREME thoughts.

- * Don't let your emotions go wild or you will harm your body.
- * Relax, this is NOT the worst thing that ever happened.
- * Remember that something GOOD will come out of this.

3. Avoid the BLAME game.

- * Take responsibility for your own life.
- * Ask yourself, "What new opportunities does this open up for me?"
- * How am I becoming a better, more loving person because of this?
- * Develop loving relationships.
- * Don't beat yourself up over mistakes you have made, personal losses, or the mistreatment you have received.

4. Allow yourself to GRIEVE over painful and discomforting experiences.

- * If you don't grieve you are in DENIAL.
- * You need to feel the PAIN before you can treasure hunt.
- * If you block the pain you won't experience the benefits.



5. Now begin treasure hunting -- the key to self-esteem.

What you Appreciate About Self	Major Trials	Support Team	Benefits from Trial	Love in Action If you don't use it, you lose it.
Looks	Moves	God	Move loving	Volunteer to help others.
Abilities	Finances	Friends	More sensitive	Involve yourself in helping others.
Character	Hurts	Church	More compassionate	Share your experiences to encourage others
Strengths	Attacks	Pastor	More caring	Counsel others
Commitment	Disasters	Teachers	More thoughtful	Comfort others
Intelligences	Shortcomings	Neighbors		Help others
Honesty			More patience	Teach others
Integrity	Being fired	Spouse	More self-control	Lead support groups
Family Life	Overworked	Parents	More gentle	
Forgiving	Unfair	Children	More character	
Loving	Crime	Relatives	More understanding	
Loyal	Deception	Brother	More empathetic	
Accomplishments	Inadequacies	Sister	More humble	
	Illness		More forgiving	
	Fraud		More trust in God	
	Slander		More accepting	
	Disappointment		More wisdom	
	Divorce		More accepting	
			Stronger	
			More tolerant	
			More loyal	
			Leadership	

Slander
 Disappointment
 Divorce
 Abuse
 Accidents
 Breaking up
 Career change

Faith in God
 Greater wisdom
 More accepting
 Strength
 Better Listener
 Appreciative
 Opportunities

Closing Thoughts

- * Don't wrestle with the circumstances of life; nestle with GOD.
- * It is possible to find treasure in the WORST circumstances.
- * Every time you thank God for the pain you get closer to healing.
- * The metamorphosis of pain is LOVE.
- * The end result of treasure hunting is realizing how loving you are because of what has happened to you.

Application

1. Reach out to others. As we enrich the lives of others, we increase our capacity to love. When we help someone else work through their troubles it can improve our perspective and reduce our own.

2. Believe in a loving God. As we develop faith that God loves us and is looking out for us, we will find increased love and support. This is the foundation of the twelve step programs because we need something more powerful than ourselves in order to make a recovery from any addictive behavior, painful memory, or hurtful situation.

Summarize in 200 words the most helpful parts of this topic.

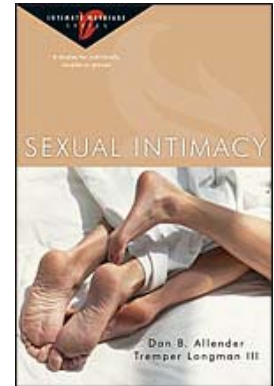
THE ELEVENTH KEY MUTUALLY FULFILLING SEXUAL INTIMACY

The SEXUAL area is a barometer of your marital relationship.

In your opinion, the differences between men and women are:

- | | | | |
|--------------------------------------|------------------------------------|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> unfortunate | <input type="checkbox"/> confusing | <input type="checkbox"/> intimidating | <input type="checkbox"/> fascinating |
| <input type="checkbox"/> mystifying | <input type="checkbox"/> healthy | <input type="checkbox"/> challenging | <input type="checkbox"/> fulfilling |
| <input type="checkbox"/> cultural | <input type="checkbox"/> chemical | <input type="checkbox"/> biological | <input type="checkbox"/> mental |
| <input type="checkbox"/> emotional | <input type="checkbox"/> physical | <input type="checkbox"/> spiritual | <input type="checkbox"/> verbal |

What does testosterone do to otherwise rational men? IT MAKES THEM LOVING, POWERFUL, CRAZY



Four Dimensional Sexual Intimacy

1. MENTAL INTIMACY: SETTING THE STAGE -- talking and getting to know each other's thoughts.

* Sex is not an act or _____; it is a _____ of a great relationship.

* Intercourse is getting to _____ someone intimately.



2. EMOTIONAL INTIMACY: SETTING THE MOOD -- sharing deep, innermost feelings through emotional word pictures.

* Remember, sex is _____.

* You need to find out what "oil to the reel" is, what "a new line" is, and which "eyelets and lures" are desired to have great emotional _____ intercourse.

3. PHYSICAL INTIMACY: SHARING THE INTIMACY -- touching, hugging, kissing.

* All of life is _____.

* Touch is _____ -- it brings healing by releasing chemicals.

* Touch changes people; it builds regard and respect.

* Touch reduces medical bills and increases productivity.

4. SPIRITUAL INTERCOURSE: THE HIGHEST LEVEL -- praying together, going to church together, going on retreats together.

* Spirituality brings value and meaning to _____.

* A personal faith in God is _____ to healthy family relationships.

A great SEX life is the four-dimensional result of talking, feeling, touching, and connecting spiritually.

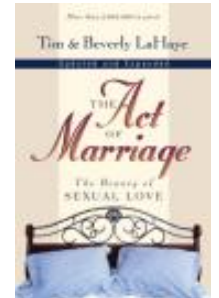
Things Husbands Can Do to Improve Sexual Intimacy

1. Be romantic with tenderness, flowers, dinners, walks, and intimate gifts.
2. Find out what she really enjoys and try to fulfill her deepest needs.
3. Give her spontaneous, affectionate hugs throughout the day.
4. Take time with cuddling and touching to help her forget the distractions of the day.
5. Make yourself sexy by taking care of your appearance and smelling fresh.
6. Set the mood with music, lighting, etc.



Things Wives Can Do to Improve Sexual Intimacy

1. Understand his tremendous sexual needs and try to meet them within ability.
2. Allow him to occasionally experience release without having every intimacy level in place.
3. Find out what he really enjoys and try to fulfill his deepest needs without being offensive.
4. Make yourself sexy by taking care of your appearance and smelling fresh.
5. Get creative, read good books, and take the initiative more often.



Sexual intimacy is a reflection of your relational intimacy. When it is mutually satisfying, your entire relationship is exciting. But mutually fulfilling sexual intimacy comes only when you and your partner connect mentally, emotionally, physically, and spiritually.

Private Discussion Questions for Couples

1. From 1 to 10, what do you rate our relational intimacy?
2. From 1 to 10, what do you rate our sexual intimacy?
3. What would it take to make our relational intimacy a 10?
4. What would it take to make our sexual intimacy a 10?
5. What things are lacking in our sexual intimacy?
6. What things could I do to increase your desire for sexual intimacy?
7. How can we enjoy four-dimensional sexual intimacy?

Summarize in 200 words the most helpful parts of this topic.