



Timberline Marriage Retreat

Welcome

October 14, 2006

a.m.



Definition of a successful marriage:

Ephesians 5:20-25

- Mutual submission
- Metaphor: long road trip
- Love and Respect

Ephesians 5:33

The Core Problem is FEAR

- What are our fears???
- Most women have a core fear related to disconnection; somehow losing the love of another person.
- Most men have a core fear of feeling controlled or helplessness.
- **KEY:** Without identifying your core fear and understanding how you tend to react when your fear button gets pushed – your relationships will suffer. Every time.
- **QUESTION:** How do you respond when someone pushes your fear button?

The External Problem is Rarely the Real Problem.

- List the issues/people/problems you tend to blame in your ‘stuck’ relationships.

- “His behavior vs. My behavior”

Genesis 3:8-10

- What is the core problem?

- We calibrate our comfort level in interpersonal relationships based on our family of origin.

Abandonment ←————→ Engulfment

Where do you fall on this continuum?



Two Primary Fears

- For Women: being disconnected (separation from people and being alone).
- For Men: being controlled (losing power).
- QUESTION: How effective have you been in the past at changing someone else?

My Core Fear is that I Feel . . .

1. Helpless powerless, impotent or controlled.
2. Rejected, as if people are closing me out of their lives.
3. Abandoned or left behind, as in divorce.
4. Disconnected from others or alone
5. Like a failure
6. Unloved as if no one could love me.
7. Defective, as if something is wrong with me, as if I'm the problem.
8. Inadequate, as if I just don't measure up to others like I should.

My Core Fear . . . continued

9. Pained both emotionally and physically
10. Hypocritical or like a phony
11. Inferior, as if I'm being placed below everyone else in value (belittled)
12. Cheated or ripped off or taken advantage of
13. Invalidated, as if my word and actions are being ignored or devalued
14. Unfulfilled, as if what is happening to me will lead to a dissatisfied life.
15. Humiliated, as if I have no dignity or self-respect.
16. Manipulated, as if others are deceiving me.
17. Isolated, as if others are planning to ignore me.



The Fear Dance

Others reveal our core fear and give us new opportunities to respond in healthier ways.

YOU
React

I Hurt

I Want

YOU
Fear

I Fear

YOU
Want

I React

YOU
Hurt



Misplaced Expectations Keep Us Stuck in the FEAR DANCE.

- Our deepest fears stem from desires for connection and control so, our fears are of losing connection and losing control.

We can't live without . . . So we fear . . .

- | | |
|--------------------------------|-----------------------|
| ● Acceptance | ● Rejection |
| ● Grace | ● Judgment |
| ● Connection | ● Disconnection |
| ● Companionship | ● Loneliness |
| ● Success | ● Failure |
| ● Self-Determination | ● Powerlessness |
| ● Understanding | ● Being misunderstood |
| ● Love | ● Being scorned |
| ● Validation | ● Being invalidated |
| ● Competence | ● Feeling defective |
| ● Respect | ● Inferiority |
| ● Worth | ● Worthlessness |
| ● Honor | ● Feeling devalued |
| ● Dignity | ● Humiliation |

We can't live without . . . So we fear . . .

- | | |
|--------------------------|-----------------------|
| ● Commitment | ● Abandonment |
| ● Significance | ● Feeling unimportant |
| ● Attention | ● Feeling ignored |
| ● Support | ● Neglect |
| ● Approval | ● Condemnation |
| ● Wanted | ● Feeling unwanted |
| ● Safety | ● Danger |
| ● Affection | ● Feeling disliked |
| ● Trust | ● Mistrust |
| ● Hope | ● Despair |
| ● Joy | ● Unhappiness |

A vertical strip on the left side of the slide shows a topographic map of a coastline, with contour lines and a yellow line indicating a path or boundary.

Is the Fear Dance all Bad?

- It is functionally dysfunctional.
- Abbreviated list of our reactions when our wants aren't attended to.

Reaction

Explanation

- **Withdrawal** • You avoid others or alienate yourself without resolution (sulking)
- **Blaming** • You place responsibility on others, not accepting your responsibility.
- **Denial** • You refuse to admit the truth
- **Invalidation** • You devalue your spouse

Reaction

Explanation

- Defensiveness

- Instead of listening, you defend yourself by explaining.

- Passive Aggressive

- Negative emotions are displayed in passive ways (forgetfulness, procrastination).

- Fix it Mode

- Focus solely on problem solving.

- Acting Out

- Negative behaviors (alcohol abuse, affairs).

- Numbing Out

- You become devoid of feeling, and no empathy.



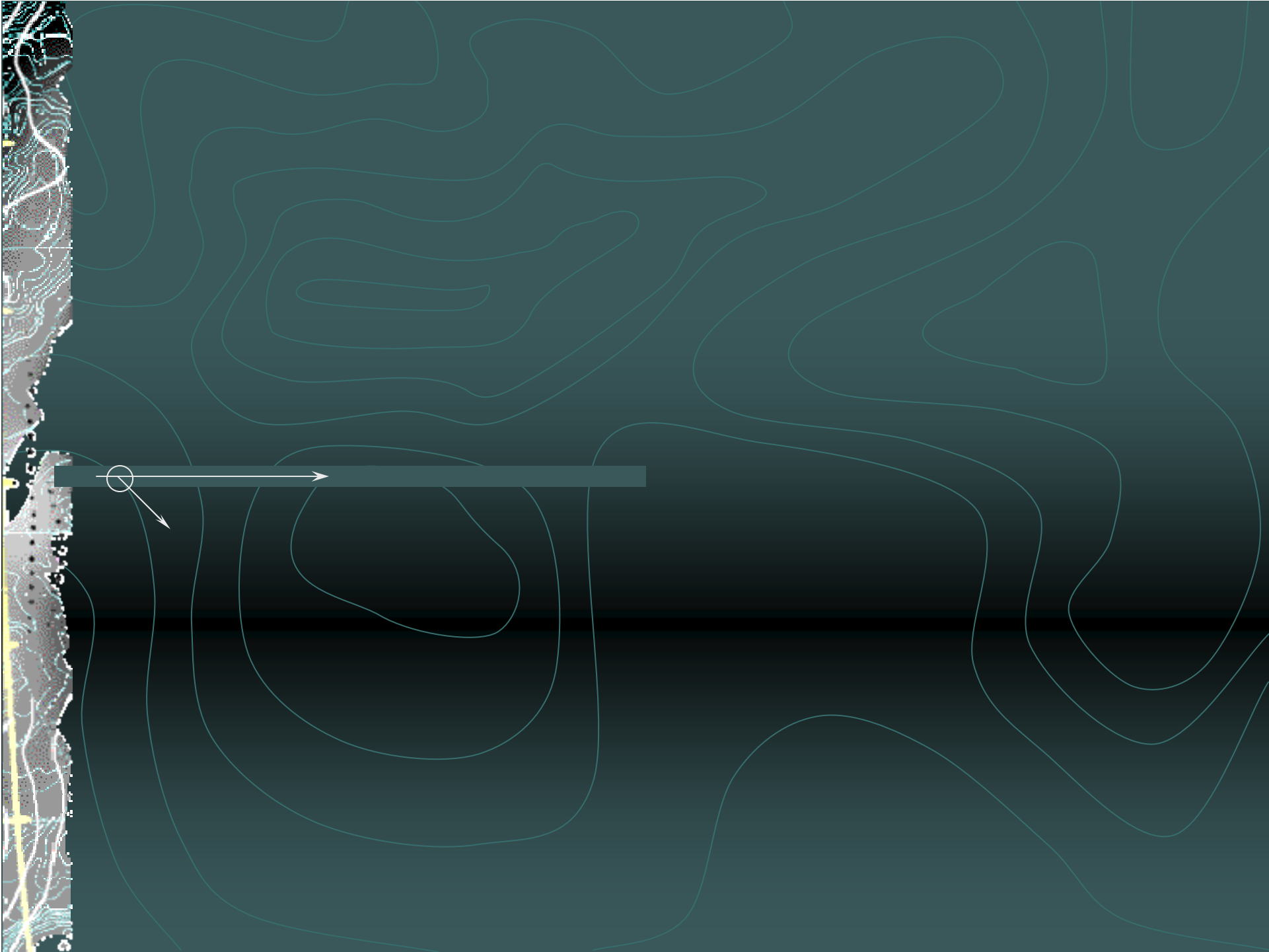
Break the Rhythm of the Fear Dance

1. Recognition.
2. Accepting responsibility.
3. Risking minimal self-protection.
4. Understanding our spouses hurts and fears.

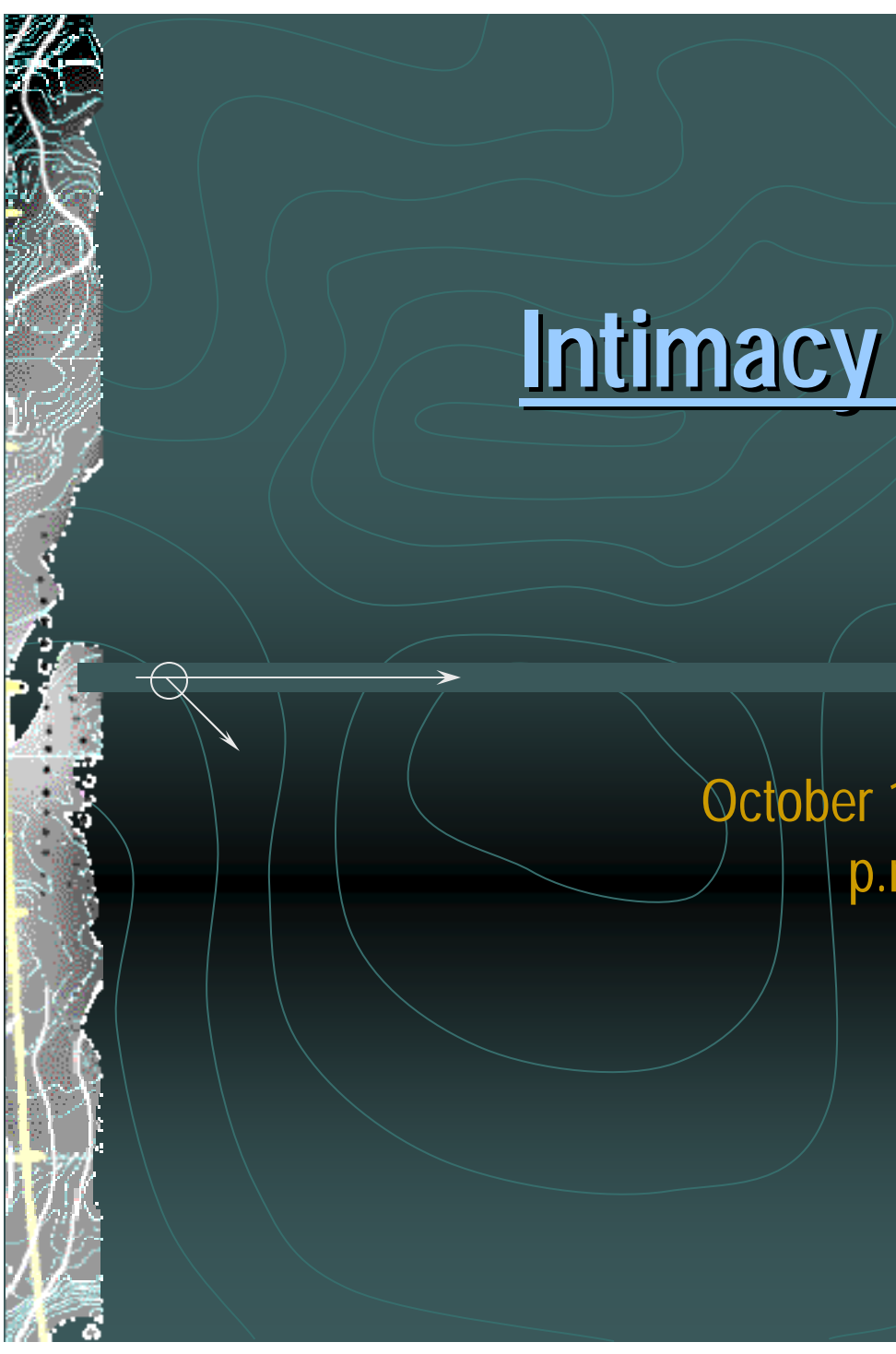
How do you Dance ??

1. The external problem is rarely the problem.
2. The core problem is our fear.
3. Each of us is involved in a fear dance.
4. Don't expect the other person to be the solution.
5. The fear dance is functionally dysfunctional
6. We can break the rhythm of the fear dance.





Intimacy Builders



October 14, 2006
p.m.

Myths of Marriage

- Both people are in love 24/7.
- Loneliness is alleviated by marriage.
- The advent of children is pleasurable.
- Happy couples do not fight.
- Love is enough.
- Money will make us happy.

Myths of Marriage . . . continued

- Things “get better” as kids get older.
- Blaming helps . . . finding fault helps.
- Once communication is established, it will always exist.
- Marriage helps us know one another without talking about it.



Definition: Intimacy – marked by close association contact or familiarity. Belonging to or characterizing ones deepest nature.

Garden of Eden = Perfect intimacy

Genesis 2:24- 25 - - God's Model for Intimacy

Sense of belonging is critical to our self esteem.

Our family of origin is the model we follow. We repeat what we know.

Family of Origin Issues in Intimacy

- How was affection demonstrated in your home?
- How were decisions were made.
- What happened when someone made a mistake?
- Was forgiveness easily offered and received?
- Were differences accepted or rejected?
- Was there abuse in your home?

Intimacy Quiz

1. Do you live far away from your parents on purpose? (Yes/No)
2. Did you leave home before the age of 17 or 18? (Yes/No)
3. Did you get through out of your home before the age of 17 or 18? (Yes/No)
4. Do you best deal with your family by staying away from them? (Yes/No)
5. Do you have a hostile/non-existent/difficult relationship with one or both of your parents? (Yes/No)
6. When you join your family (mom & dad) for visits and special occasions do you experience the feeling of powerlessness or being trapped or the thought that states, "this never changes?" (Yes/No)
7. Are you the black sheep of your family? (Yes/No)
8. Are you the shining star of your family? (Yes/No)
9. Do you come from a close knit family where family loyalty is highly valued? (Yes/No)

Five Threats to Intimacy

1. The failure to make difficult adjustments throughout the developmental stages of marriage.
2. Often, we enter marriage with a “50-50” proposition.
3. We often fail to anticipate the level of selfishness each of us bring to our marriage.
4. Lack of adequate conflict resolutions skills threaten intimacy.
5. Extramarital “affairs” threaten our intimacy.

First Intimacy Builder

- Have realistic expectations of one another and the marriage.
 - One person cannot meet all of the emotional needs of another.
- Men are not smarter, but our brains do differ: (The Coloradoan, October 7, 2006)



Second Intimacy Builder

- Resolve conflict appropriately.
 - John Gottman, Seven Principles for Making Marriage Work, has identified four factors in predicting divorce.
 - Four Horsemen of the Apocalypse:
 - Criticism 'vs' complaint.
 - Contempt (lack of respect).
 - Defensiveness.
 - Stonewalling.

Basic Conflict Resolution Principles

- “I” messages.
- Time outs.
- No attacking behaviors (no disrespect).
- Specific complaints.
- No stonewalling.
- Timing.
- Non-verbals.
- Brainstorm potential solutions and choose most viable option.

Third Intimacy Builder

- Enhance your love map.
 - What does this mean?
 - How well do you know the intricate details of your spouses life?
 - Who was their favorite elementary teacher?
 - Who did they attend the prom with?
 - Least favorite relative. Why?
 - Scariest time in their life?
 - Most joyous time in their life?
 - Five and ten year goals?
 - Closest sibling?
 - Significant “unfinished business” with either parent?

Fourth Intimacy Builder

- Nurture your fondness and admiration of each other.
 - Review your history together.
 - 94% of the time, when couples put a positive spin on their marital history, they are likely to have a happy future as well.



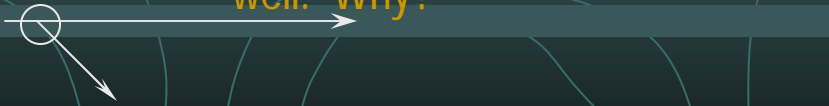
Fifth Intimacy Builder

- Turn toward each other.
 - Romance is keep alive each time you let your spouse know you are thinking of them.
 - Brief, spontaneous connecting points where both talk.
- Turn toward each other physically, emotionally, and spiritually.
 - Non-verbals.
 - Prayer time together.
 - Tone of voice.

Sixth Intimacy Builder


- Let your partner influence you.

- How often do you consult your spouse about daily or significant decisions?
- “Men who allow their wives to influence them have happier marriages and are less likely to divorce than men who resist their wives influence.”
- We can learn much from our wives if we first humble ourselves.
- Men who receive input from their wives are likely to be better fathers as well. Why?



Seventh Intimacy Builder

- **Overcoming gridlock.**
 - Begin a meaningful dialogue = the goal.
 - Not always to solve the issue.
 - Develop win/win scenarios.
- **We have to understand the meaning of our spouses needs and dreams.**



Become a dream detective. . . spend time day dreaming and “thinking out loud”.

Eighth Intimacy Builder

- Create shared meaning.
 - Tyranny of the urgent vs. the important.
- What choices do we make to build up shared meaning?
 - Prayer time.
 - Work
 - Play
 - Church
 - TV
 - Other relationships
- What, at the end of your life, would you like people to stay at your funeral?

Six Essential Key Phrases

1. I was wrong.
2. I'm sorry.
3. I need you.
4. Thank you.
5. I'm proud of you.
6. I love you.





Thank you – The End

