

*Forever Yours Faithfully*

**Session 1**

*Rejoice in the wife of your youth...  
May you always be captivated by her love.  
Proverbs 5:18-19*

1. **The Promise of Care**—I promise to care for you with extraordinary, loving care. I will be a source of happiness to you, meeting your most important emotional needs.

2. **The Promise of Safety**—I promise to protect you from any hurt or unhappiness that I could cause you by avoiding any behavior, especially habits, that could hurt or diminish your happiness.

3. **The Promise of Agreement**—I promise to live in agreement with you. We will do nothing, big or small, that we are not in agreement about.

## *Forever Yours Faithfully*

**The Promise of Care**—I promise to care for you with extraordinary, loving care. I will be a source of happiness to you, meeting your most important emotional needs.

### **Her Needs**

**1. Affection**—expression of caring love in words, hugs, kisses, cards, courtesies, and thoughtful acts

**2. Conversation**—Conversation about events of the day, personal feelings, and plans for the future

**3. Honesty and Openness**—honesty and openness regarding feelings, events of the past, daily activities, and future plans

**4. Financial Security**—provision of financial resources to house, feed, and clothe you

**5. Family Commitment**—Provision of your spouse's time and skill to participate in the moral, education, and spiritual development of your children

*Forever Yours Faithfully*

**His Needs**

**1. Sexual Fulfillment**—a craving for sexual experience

**2. Recreational Companionship**—recreational activities with a companion

**3. Admiration**—Respect, appreciation, and being valued by others

**4. An Attractive Spouse**—a craving to look at and be with an attractive person

**5. Domestic Support**—domestic help such as cooking, housework, child care, home management

## *Forever Yours Faithfully*

### **Session 2**

**The Promise of Safety**—I promise to protect you from any hurt or unhappiness that I could cause you by avoiding any behavior, especially habits, that could hurt or diminish your happiness.

**1. Selfish Demands**—insisting your spouse do what you want, do things your way, agree with your reasoning and opinions, believe what you believe. A demand differs from a request in that a demand implies negative consequences or punishment if your spouse refuses.

**2. Judgment and Disrespect**—Imposing your opinion or way of doing things on your spouse by lecturing or ridiculing, or saying disrespectful things. Trying to “straighten them out.”

**3. Angry Outbursts**—Demands, judgment, and disrespects have failed in your effort to get your way, so you attempt to hurt your spouse with anger, either verbally or physically.

**4. Dishonesty**—Failure to reveal full and correct information about your emotional reactions, personal history, daily activities, or plans for the future.

**5. Annoying Habits**—Behavior repeated without much thought that is annoying to your spouse.

**6. Independent Behavior**—Acting, living, planning as though your spouse didn't exist, as though you were single.

## *Forever Yours Faithfully*

### **Session 3**

**The Promise of Agreement**—I promise to live in agreement with you. We will do nothing, big or small, that we are not in agreement about.

Mark 10:7–8

Therefore a man shall leave his father and mother and hold fast to his wife, 8 and the two shall become one flesh.’ So they are no longer two but one flesh.

Amos 3:3

Can two walk together unless they first agree?

**Think about it...**In a marriage, almost everything the husband or wife does affects the other person. If we truly cared for our spouse as we should, as we want to, every time we did something we would be concerned as to whether it affected our spouse in a positive way or a negative way. Every time we made a decision, we would be concerned whether that decision was good or bad for our spouse.

**Marriage changing words**—”How do you feel about...”

## *Forever Yours Faithfully*

### Guidelines for Successful Negotiation

1. Set ground rules to assure the conversation remains pleasant and safe.
  - Be pleasant, cheerful, thoughtful
  - Avoid demands, disrespect, and anger at all costs
  - If you reach an impasse or feel unsafe, stop and resume later
  
2. Share your perspectives and identify the conflict, respecting each other's perspective.
  - Don't try to change the other's perspective yet
  - try to learn and understand
  - Don't rush and present a solution here; the goal is understanding
  
3. Brainstorm with abandon
  - Write down ideas
  - Don't hurry. Let the ideas incubate
  
4. Choose a solution that both of you can enthusiastically agree upon.
  - Test the solution, and be willing to go back to brainstorming
  - Make sure that the solution benefits you both

---

**Resources:** This material has been learned and gathered through years of following and studying the work of Dr. Willard (Bill) F. Harley, Jr., and his wife Joyce. Dr. Harley (Ph. D.) is a great Christian mind, a licensed clinical psychologist, a marriage counselor for 40+ years, and author of more than 20 books on marriage, including the best-selling *His Needs, Her Needs*.

#### **marriagebuilders.com**

##### Books by Dr. Harley:

- His Needs, Her Needs
- Love Busters
- Fall In Love, Stay in Love
- He Wins, She Wins
- Five Steps to Romantic Love (A Workbook)
- Draw Close (A great daily devotional for couples)
- I Promise You (For premarital preparation!)

Dr. Bill and Joyce have a daily hour-long radio program that can be listened to 24 hours a day on their website at [marriagebuilders.com](http://marriagebuilders.com), as well as their free app for smart phones.