

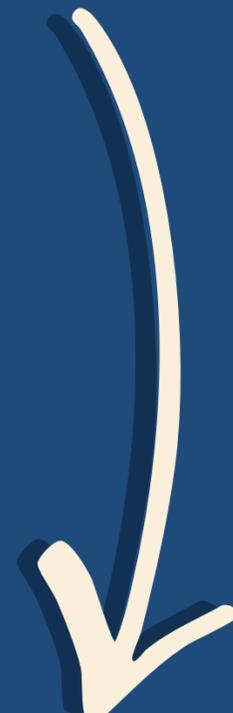
# 4 KEYS TO A GODLY MARRIAGE



A-B-C



EVENT



SELF-TALK



REACTION

AGAPE → SPIRITUAL

PHILEO → EMOTIONAL  
MENTAL

EROS → MATERIAL  
PHYSICAL

# Pick Your Buttons

(Remember - up to 4)

Rejected  
Judged  
Disconnected  
Lonely  
Failure  
Powerless  
Misunderstood  
Scorned  
Invalidated

Anxious  
Overwhelmed  
Threatened  
Horrorified  
Pressured  
Bewildered  
Ashamed  
Self-conscious  
Exhausted

Invalidated  
Defective  
Inferior  
Worthless  
Disheartened  
Offended  
Pathetic  
Heartbroken  
Neglected  
Unwanted  
Disliked  
Despair  
Controlled

Exhausted  
Suspicious  
Dejected  
Devalued  
Humiliated  
Abandoned  
Unimportant  
Ignored  
Condemned  
Danger  
Mistrust  
Unhappy  
Insecure

# BUTTONS

# PAGE

# LOVE

I will be patient with \_\_\_\_\_

I will be kind to \_\_\_\_\_

I will not envy \_\_\_\_\_

I will not boast around \_\_\_\_\_

I will not be proud around \_\_\_\_\_

I will not be rude to \_\_\_\_\_

I will not be selfish with \_\_\_\_\_

I will not be easily angered with \_\_\_\_\_

I will not keep records of wrongs with \_\_\_\_\_

I will not rejoice in evil with \_\_\_\_\_

I will rejoice in the truth with \_\_\_\_\_

I will always protect \_\_\_\_\_

I will always trust \_\_\_\_\_

I will always hope with \_\_\_\_\_

I will always persevere with \_\_\_\_\_

I will never fail with \_\_\_\_\_

ADD YOUR  
PARTNERS  
NAME & PRAY  
OVER IT  
DAILY.

PAGE 57

# LUV TALK RULES

## (At a Glance)

### Employee Rules

**Listen** (remember body language, eye contact, attention noises).

**Understand** (with questions and even more importantly, when your spouse is too general, ask clarifying questions).

**Validate** (the customer is always right and remember to simply repeat back the feelings or needs the customer has).

### Customer Rules

Use only ***“I” statements***, avoid the word ***“you”***.

Share only *one feeling* or *one need* at a time using just one sentence.

Do not point the finger through blaming, criticizing or shaming. Keep it about you and the current situation.

### Solutions

Remember to switch from employee to customer until both of you feel understood and validated. Once you feel understood and validated, you can move to creative ***win/win solutions***.



# Behavior

## Anger

## Hurt

## Needs

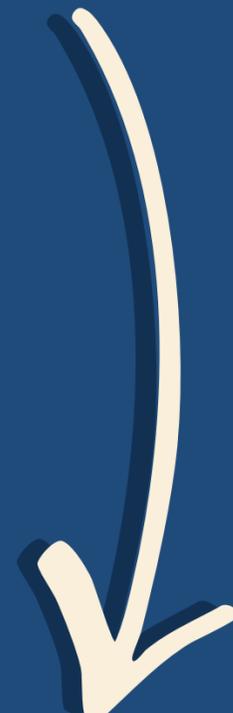
Needs are basic, but we live in a broken world so unmet needs are unavoidable. Good communication speaks from the "Hurt" level, not the "Anger" or "Behavioral" level.

PAGE 70

A-B-C



EVENT



SELF-TALK



REACTION

**A (Event)** Someone has twenty items in the ten-item checkout line.

**B (Self-Talk)** “That stupid idiot should know better. What a jerk! I have half a mind to tell him off. This is just one more thing that is going to ruin my day.

**C (Reactions)** Heart beats faster; breathing becomes shallow; feel angry, irritated, resentful; start tapping your fingers on the counter; give the person a hateful stare.

# Fear Dance

---

Man's Buttons



---

Reaction

---

Reaction



---

Woman's Buttons

