

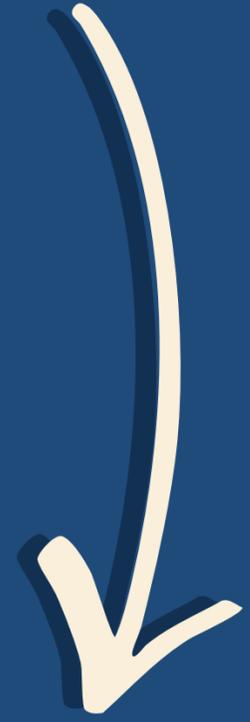
4 KEYS TO A GODLY MARRIAGE



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.

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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.

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