

Marriage Preparation

Lesson #2

BRINGING MY BEST SELF TO MARRIAGE

MARRIAGE PREPARATION LESSONS

- 1 The Case for Marriage
- 2 Bringing My Best Self to Marriage
- 3 Qualities to Consider in a Mate
- 4 Realistic Expectations
- 5 Different Types of Marriage
- 6 Winning and Losing Strategies
- 7 Finances
- 8 Sex



QUESTIONS TO ASK YOURSELF

- 1 Why do I want to marry? (see lesson #1)
- 2 How do I usually react to stress?
- 3 Am I able to rationally discuss uncomfortable issues? (see lesson 4)
- 4 What have been my relational problems in the past?
- 5 Am I financially responsible? (see lesson 7)

Passive Behaviors

Slink away

Become silent or sullen

Find something else that must do

Cry

It's not my fault

I just can't deal with this

Physical ailments such as headache

Avoidance - We'll talk about this later

This is not my responsibility

Hide (stay at work, don't answer phone, be with others, be on computer, watch TV, go to bed, be busy)

Aggressive Behaviors

Why do you always harp on this?

You know this is upsetting to me!

You're not perfect either (bring up other's past mistakes)

I'm doing the best I can (assumes nothing more or different can be done)

Anger (threaten, yell, throw things)

Walk off in a huff (stonewalling)

There are more important things we need to work on(redirect)

Insults

Attack character

THE 4 MOST DANGEROUS BEHAVIORS TO A RELATIONSHIP

Verbally aggressive behaviors

1. Criticism-"you" rather than "I" statements.
Global-always, never, every, nothing, all
2. Contempt-attack character, "jerk, idiot,
lazy, undependable, etc."

Listening passive-aggressive behaviors

3. Defensiveness
4. Stonewalling



QUESTIONS TO ASK YOURSELF

- 6 Do I have a good role model for successful marriage?
- 7 How do I rate myself on patience and forgiveness?
- 8 How flexible am I to new experiences and different points of view?
- 9 Do I have realistic sexual expectations of marriage? (see lesson #8)
- 10 Am I willing to make my marriage my top priority?

MANAGE

Crises & Pressing Problems

1

DEMAND + NECESSITY
DAILY FIRE-FIGHTING
BE QUICK TO DELEGATE

IMPORTANT AND URGENT

FOCUS

On Strategies & Values

2

OPPORTUNITY + PLANNING
KEEP CRITICAL THINKING
CONSIDER THE MACRO

IMPORTANT NOT URGENT

AVOID

Interruptions & Busy Work

3

ILLUSION + DECEPTION
NOT YOUR EMERGENCY
MINIMIZE INVESTMENT

URGENT NOT IMPORTANT

LIMIT

The Trivial & Wasteful

4

ESCAPE + WASTE
ENTERTAINMENT ONLY
USE TO MINIMIZE STRESS

NOT IMPORTANT OR URGENT