

# Marriage Preparation

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Lesson #2

BRINGING MY BEST SELF TO MARRIAGE

# MARRIAGE PREPARATION LESSONS

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- 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

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- 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

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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

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- 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