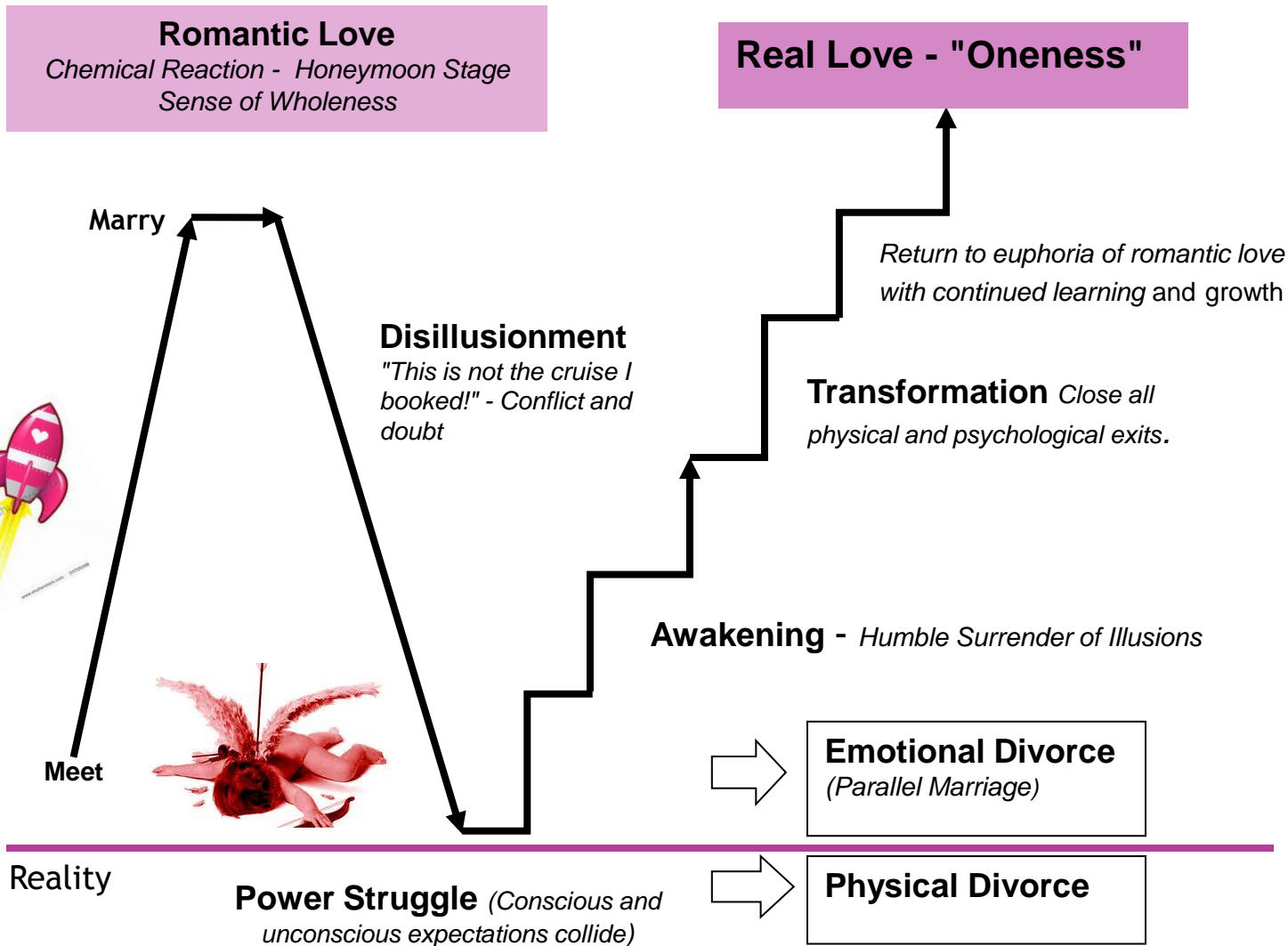


MARRIAGE RELATIONS CLASS

Lesson 1
Overview of the
Psychological
Journey of Marriage

The Psychological Journey of Marriage

Source : Laura Brotherson "And They Were Not Ashamed"



ROMANTIC LOVE INFATUATION

There is a reason you have married your spouse. Your spouse's psychological and spiritual makeup fits with yours in such a way as to create a sense of wholeness, as if you have “come home”.



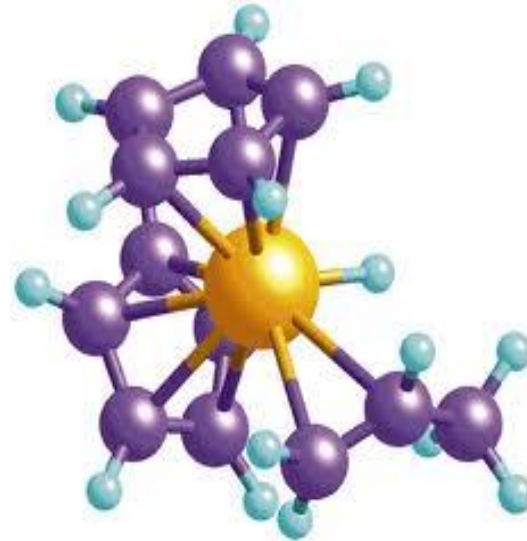
CHEMICAL TRIGGERS TO ROMANCE

Three important "romance" chemicals-
adrenaline-like nurochemicals flood the brain fueling
attraction between two people

1) PEA phenylethylamine

2) Dopamine

3) Norepinephrine



EMOTIONAL TRIGGERS TO ROMANCE

- uncertainty
- desire
- unknown
- fantasy
- passion
- anxiety
- hope
- novelty
- focus
- challenge
- need to belong
- need to be understood
- potential
- find your soul mate/fate/destiny/one true love



HONEYMOON STAGE



- ◉ Chemical reaction occurs and love ignites
- ◉ Spouse fills in psychological gaps
- ◉ Lets you see the potential in Marriage
- ◉ Anesthesia to blind you to your spouse's weaknesses, to lure you into marrying so you can gain psychological wholeness

REALITY STAGE

"Romance" Chemicals gradually (or if you get pregnant, rapidly) slow down and are replaced by other chemicals. Relationship dies or evolves into a stronger, reality-based union.

- 1) Endorphins
- 2) Oxytocin
- 3) Serotonin



EMOTIONAL TRIGGERS OF REALITY

- ◉ Unmet expectations
- ◉ Desire differences
- ◉ Outside pressure
- ◉ Disparity in goals
- ◉ Fatigue
- ◉ Impatience
- ◉ Disappointment
- ◉ Inconsistencies in behavior
- ◉ “Your job was to make me happy”
- ◉ Priority shift away from ME!
- ◉ Predictable, familiar
- ◉ Family responsibilities
- ◉ Financial worries
- ◉ Differing styles, schedules, needs
- ◉ Curtailed freedom
- ◉ Still have unfilled psychological gap
- ◉ Not my “soul mate”!



IMPORTANT TO UNDERSTAND ROMANCE AND REALITY

- ◉ Both stages are chemically driven
- ◉ Both stages are universal
- ◉ Both stages are temporary
- ◉ Both stages are selfish
- ◉ Both stages are necessary
- ◉ Both stages are a step toward true love and fulfillment

“Marriage will show your immaturity and selfishness faster than anything on earth. You either grow up or grow apart...

It's your choice.”

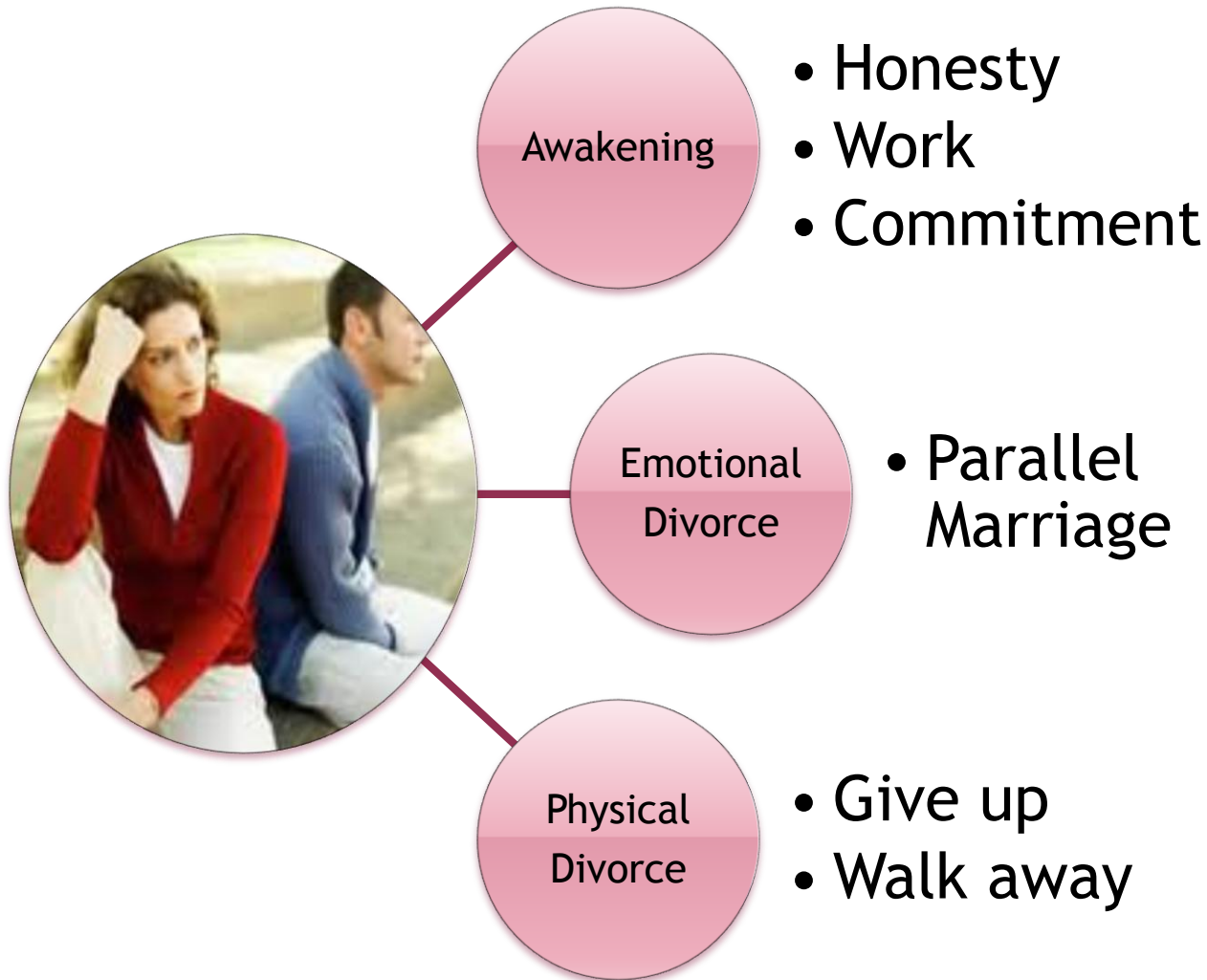
Dr. Jennifer Finlayson-Fife

POWER STRUGGLE STAGE

***Conscious expectations collide with
unconscious expectations***

- ⊙ Painful reality
- ⊙ Grief
- ⊙ Mistake?
- ⊙ Opportunity to grow
- ⊙ Temporary
- ⊙ Some leave and try again

EVERYONE MAKES A CHOICE



WHAT IS PARALLEL MARRIAGE?

- When feeling intense emotion, (joy, sadness, success, failure, hope, rejection, worry, doubt, glee, spiritual enlightenment) - go outside marriage to share, or keep unexpressed
- Little creativity in dating experiences
 - church activities, movies, same restaurants
- Feel more comfortable in social circles than alone together
- Frequent unresolved frustration and irritation with partner
- Lack of playfulness
- Minimized communication
 - short conversations, little or no pillow talk, long silences
- Conversations of facts and utility rather than deep feelings and opinions
- Stress when discussing relationship
- Have several topics that are too uncomfortable to discuss
- Loss of vitality in marriage
- Have grown apart - separate interests, disparate goals, frequent misunderstandings
- Diminished non-sexual tender touch
- Little or no passionate kissing
- Infrequent and or perfunctory sexual encounters
 - fewer than once/week (less than once/month=clinical definition of sexless marriage) has same frustration level as no sex, possibly worse
- Frequent sexual dissatisfaction of one or both partners
- Separate bed times

WHY IS IT HARD TO MOVE OUT OF PARALLELISM?

- Perhaps you were raised in a parallel environment and it seems normal
- Staying the same is more predictable and less risky than change
- Subordinate reasons, besides love, for staying married still have merit:
 - Children
 - Commitment/Tradition
 - Finances
 - Companionship
 - Community/friends/extended family
 - Shared ownership

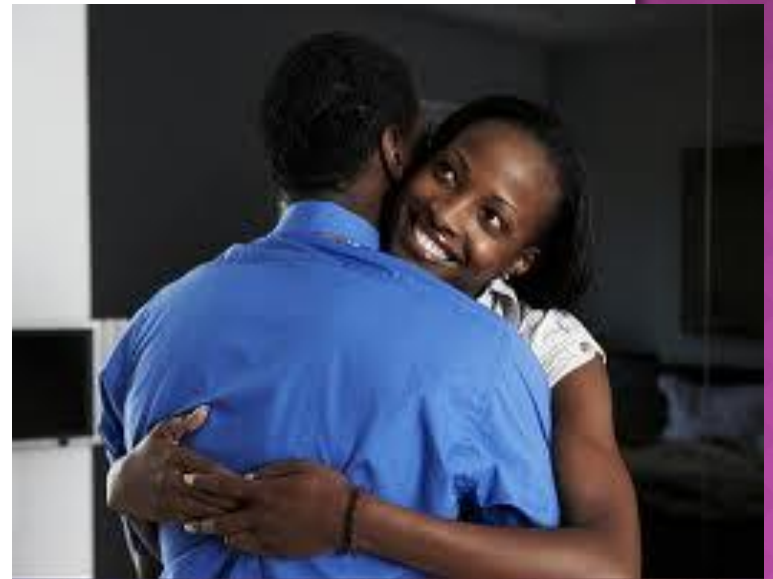
AWAKENING STAGE

Couple commits to personal growth and healing, determines to endure, and becomes aware of potential

- ⊙ Despair invokes a humble surrender of the illusion, ending the unconscious marriage
- ⊙ Accept difficulties inherent in celestial marriage
- ⊙ Acknowledge their own and each other's negative traits
- ⊙ Learn to accept each other's way of perceiving reality
- ⊙ Make joint priorities
- ⊙ Acquire strengths to improve relationship

TRANSFORMATION STAGE

- Close all psychological exits toward parallel marriage.
- Close all physical exits toward divorce
 - Energy is channeled toward building relationship
 - New information and skills are gained
 - Repair and healing occur



One of the most
valuable things you can
do for your

is have a strong, loving,
honest relationship with
your spouse.

WHAT ONENESS IS NOT:

- ⦿ Oneness is not the loss of independence and personal identity
- ⦿ Oneness is not subjugating your own desires to your partner
- ⦿ Oneness is not a place of conformity
- ⦿ Oneness is not always peaceful and safe
- ⦿ Oneness is not pain free

WHAT ONENESS IS:

- ⦿ Oneness is the combination of love and reality
- ⦿ Oneness is not Perfect. It is honest, united, forgiving, struggling, and overcoming obstacles
- ⦿ Oneness must be learned and earned
- ⦿ As an essential part of eternal progression, Oneness is a voyage, not a port. We continue to learn and grow through trial and experience

Learning how to
improve your
marriage is not only
Gospel Doctrine -
It IS the
Gospel In Action!