

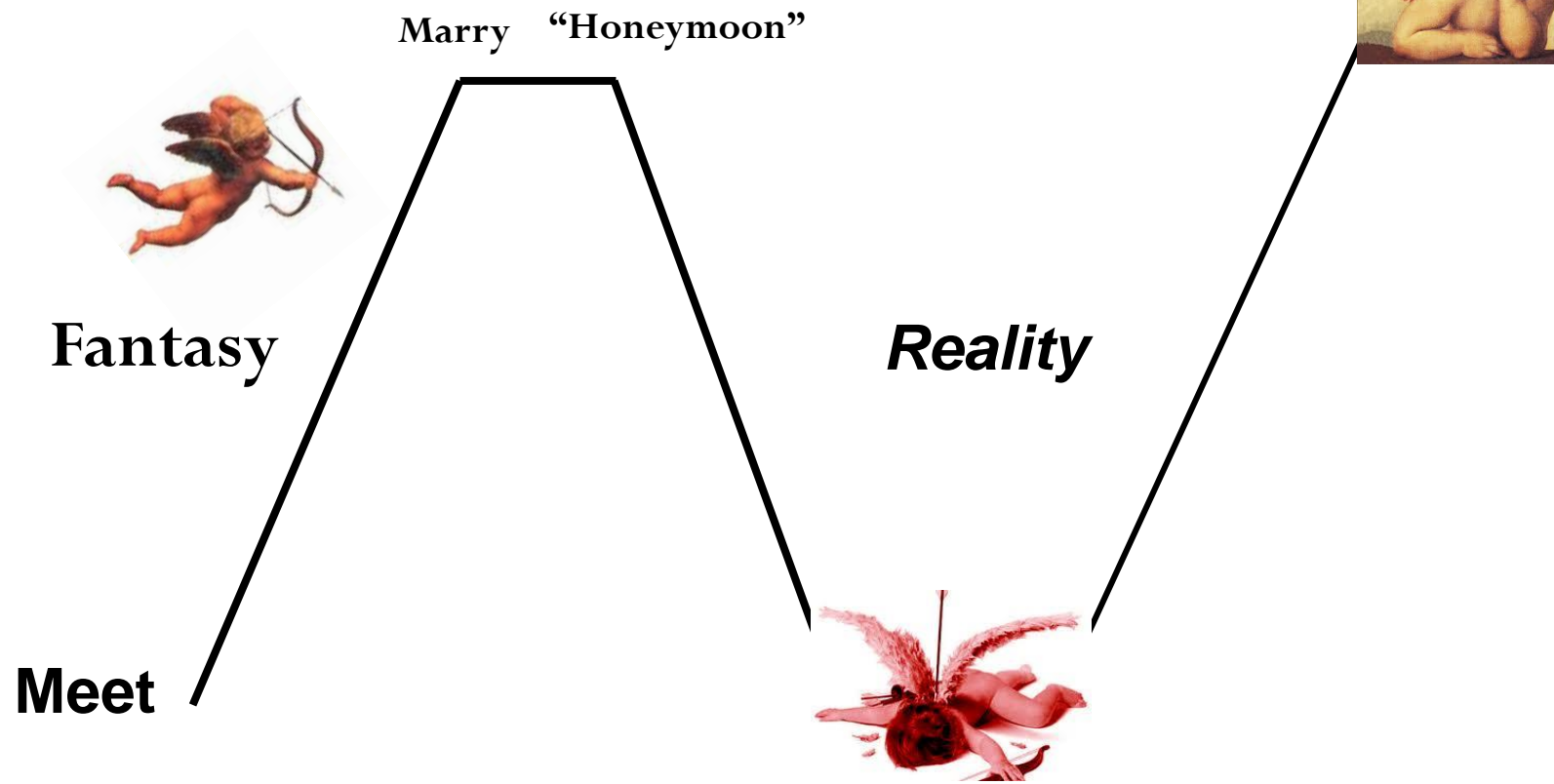
MARRIAGE PREPARATION  
LESSON 4

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Realistic Expectations,  
Communication

**Infatuation**

**Real Love**



# 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
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# The only constant in marriage is change.

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- You marry a projected version of your hopes and expectations
- Preset expectations come from home environment, previous relationships, experiences with love, organization, peace, sacrifice, patience discipline but also abuse, neglect, conflict, abandonment.
- We all should be changing and growing in a relationship. Flexibility will be vital.

From afar, a great marriage is a sweeping love story, like a marriage in a book or a movie. And that's a nice, poetic way to look at a marriage as a whole.

But human happiness doesn't function in sweeping strokes, because we don't live in broad summations—we're stuck in the tiny unglamorous folds of the fabric of life, and that's where our happiness is determined.

So if we want to find a happy marriage, we need to think small, we need to look at marriage up close and see that it's built not out of anything poetic, but out of 20,000 mundane Wednesdays. Tim Urban

# Rethink your marriage expectations

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What did you learn about marriage from your...

- Home environment- competence, peace, or conflict & distance?
- Previous relationships - love, support, or abuse, neglect?
- Personal needs - acceptance, protection, validation  
or rejection & insecurity





# First Jobs of Married Couples

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- Psychologically detach from your family of origin
- Step back from your friends
- End self-absorption of adolescence and young adulthood
- Set positive communication patterns
- Brace for change



# Communication Basics

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1. Pick the right time
2. How you start is how you'll finish
3. Speak for yourself
4. Be short and to the point
5. It's not safe to assume
6. Stop, pause, listen
7. Move on





# Stop, Look, Listening Basics

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- Most of the time we listen through filters: perspective, experiences, values, fears, needs
- Read the need-look for emotion, interpret body language (often more telling than words)
- Understand before you reply
- Ask questions

*Empathic listening validates the speaker, not judgmental, but not agreement!*

Steven R. Covey *7 Habits of Highly Effective People*

# The Challenge of Empathic Listening

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Absorb what is true



Let untruth slide off