

SIX MYTHS OF MORMON MARRIAGE

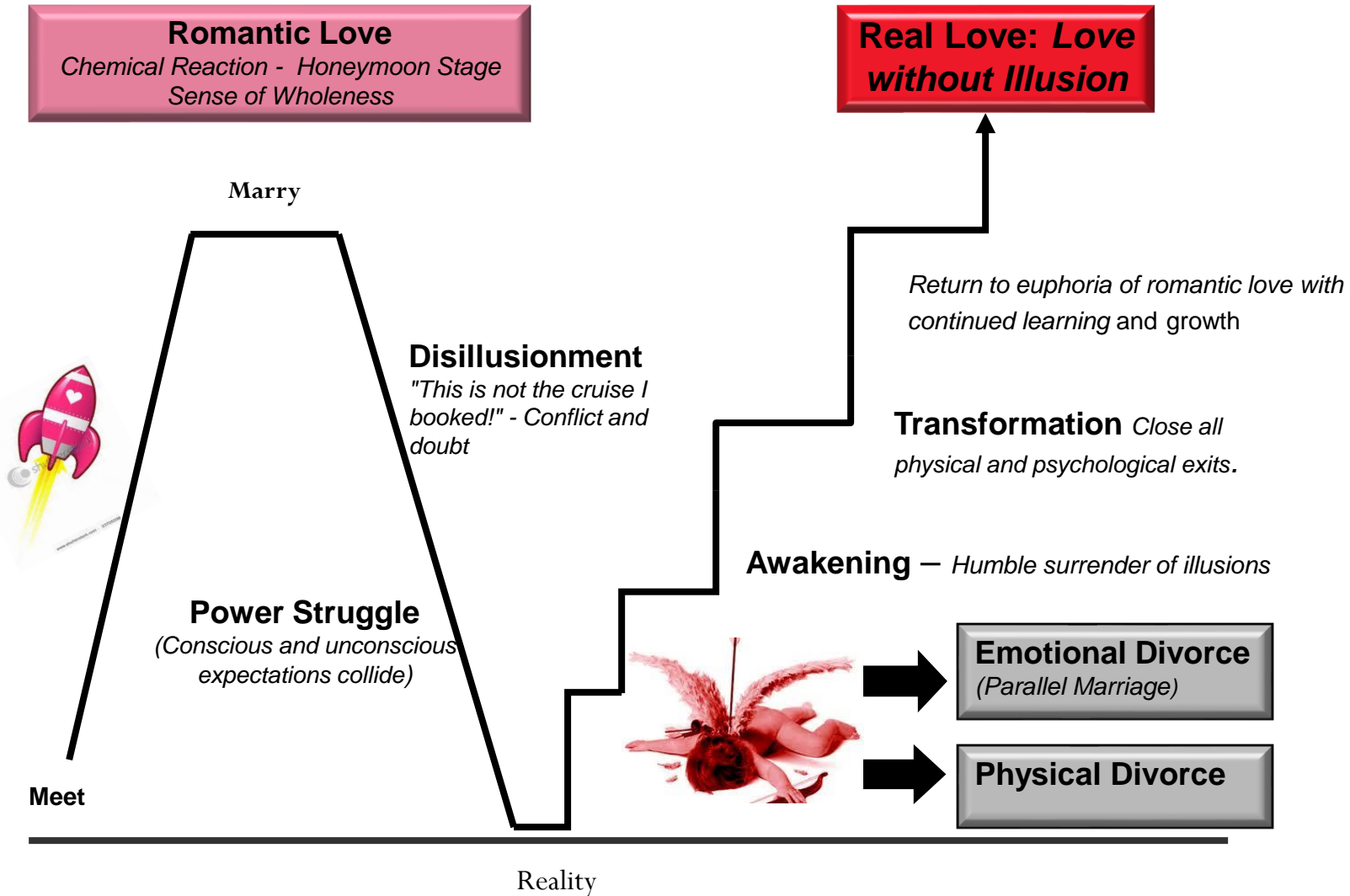


MYTH # 1

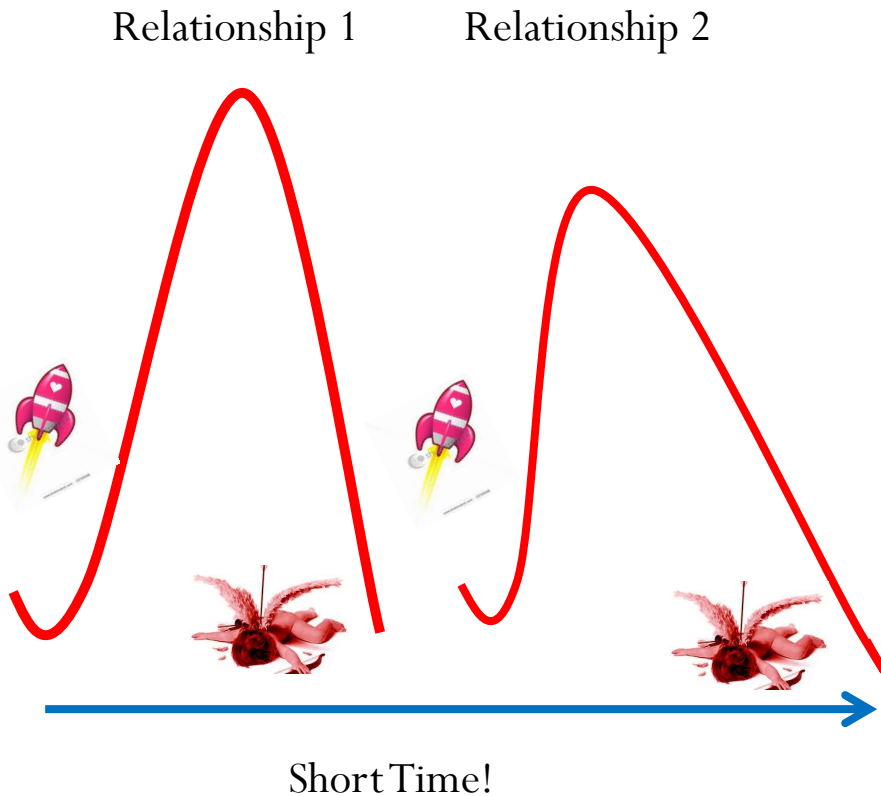
I am prepared for marriage

The Psychological Journey of Marriage

Source : Laura Brotherson "And They Were Not Ashamed"



Before Marriage You Need to Practice the First Stages of Love



- Know that you are dealing with an incomplete brain on drugs (hormones)
- Need to determine who you are
- Need to discover what you like
- Try out different flavors of relationships
- Avoid physical entanglements
- Realize that this is just practice

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



Myth # 2

If I marry the right person he/she
will make me happy

Our Life is About Learning to Love



Start with yourself

Boundary

(Pride)

"Get over here and love me!"

(Pride)

"You're not worthy of me!"

Healthy Boundary and Esteem

Understand yourself-
Esteem comes from unalterable
self worth, God's love

Self-esteem

Self-esteem

(Shame)

"I'll do anything, just love me!"

(Shame)

"My needs don't matter."

Boundary

Myth # 3

Our love will overcome all
problems

Everyone makes a choice:



Myth # 4

A good marriage does not have
conflict

A good marriage is not smooth, and marriage is not reducible to a set of skills. People have difficulty with intimacy because they're supposed to. It's not something to be "solved" and avoided. Problems are the drive-wheels and grind-stones of intimate relationships. If we use relationships properly they make us grow into adults, capable of intense intimacy.

Dr. David Schnarch PhD

Relational conflict is not always about right and wrong. More often it's about values, fears, and self preservation.

3 CONFLICT PATTERNS



LOSING STRATEGIES



1. Controlling our partner
2. Proving we are right
3. Unbridled self-expression
4. Revenge
5. Withdrawal
6. Costly accommodation

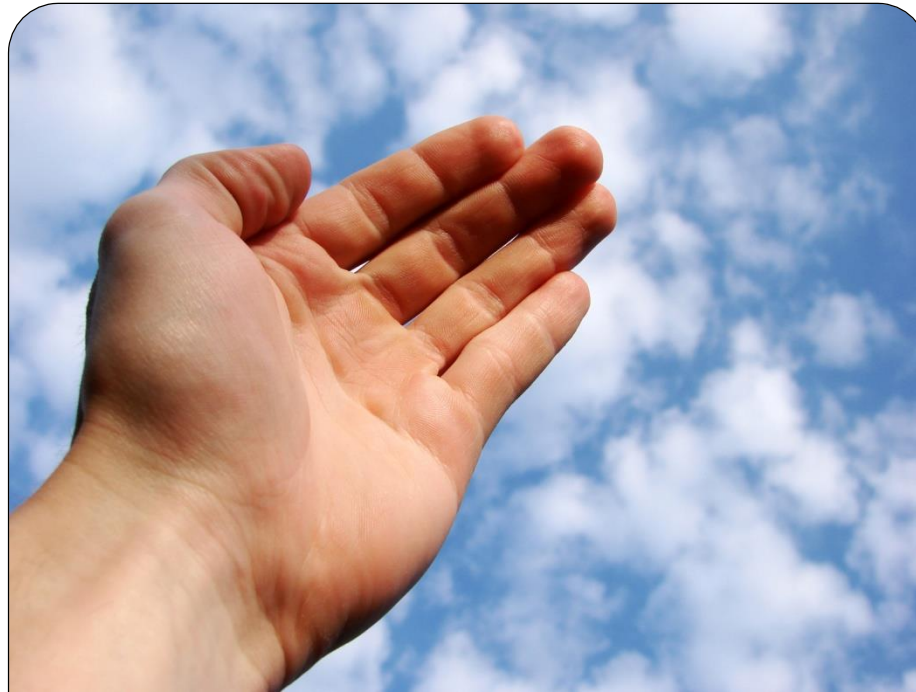
WINNING STRATEGIES

- Gratitude
- Making Requests
- Self Soothing
- Repair Attempts





Gratitude is the antidote to criticism



You have no right to resent not getting what you never asked for.

You are far more likely to get what you humbly ask for.



Self soothing is being able to hold your own sense of value while calming your emotions.

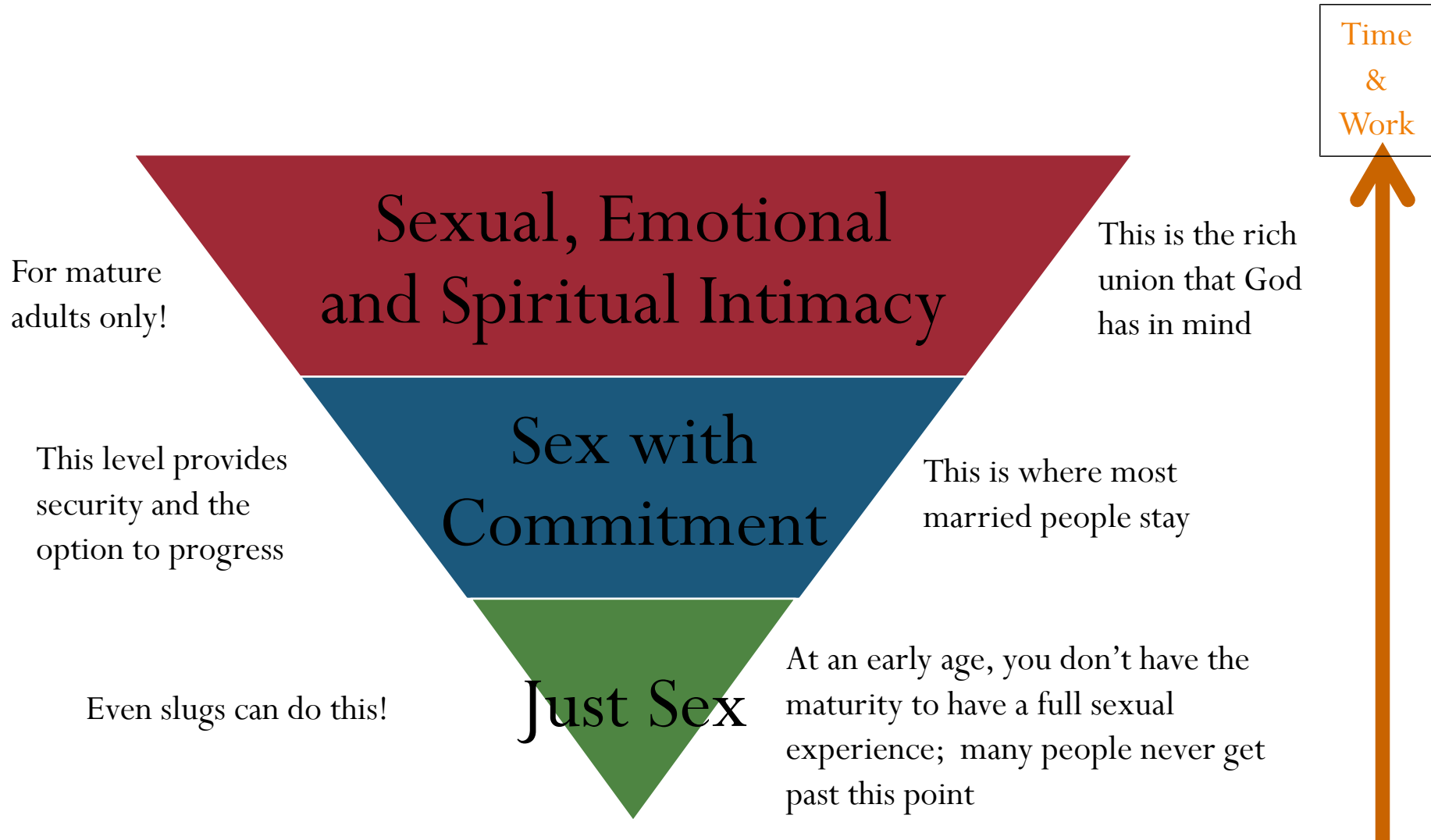


All relationships are in an endless dance of harmony, disharmony and repair. How you initiate repair will likely determine its outcome.

Myth # 5

Sex will naturally be a positive
part of marriage

God Wants You to Have a Full Sexual Experience in a Married Relationship



What Can Damage Your Sexuality?

- ✓ Developing a negative attitude toward sex
- ✓ Sexual abuse (report that now!!!)
- ✓ Being “used” by a boyfriend or girlfriend for their selfish ends
- ✓ Pornography – creates unrealistic expectations, sex without intimacy
- ✓ Having sexual experiences without the emotional and spiritual maturity to give them a healthy meaning
 - ✓ Having “needy” sex to hold on to a boyfriend or girlfriend
 - ✓ Trying to prove yourself popular or attractive
 - ✓ Just for thrills-selfish, immature sex habits damage long term relationships

Beware of negative sexual conditioning

- “If you have sexual thoughts you are bad.”
- “Girls are responsible for the thoughts of boys.”
- Media shows sexual aggression and deviation rather than long-term marital fulfillment.
- Talking about sex is uncomfortable.
- Immorality is equated with sexuality.
- “It is wrong to learn about sex.”

Implication: “Sex is degrading, base, carnal and evil; so save it for someone you love!”



Myth # 6

Getting to the temple is the hard
part



Staying worthy and then finding an equally good and worthy
person to marry is indeed a challenge...
But the real adventure begins after the honeymoon!