

# Stress-less



## Lesson 2: Creating a Stress-less Marriage

**Stress** – a temporary state of mental, emotional, or physical pressure, and unrest caused by a multitude of outside sources.

**Overstressed** – an extended state of mental, emotional, or physical pressure, and unrest caused by a multitude of outside sources.

**PP:** What I want to cover in Stress-less

- Lesson 1: Creating a Stress-less Lifestyle
- Lesson 2: Creating a Stress-less Marriage
- Lesson 3: Creating Stress-less Finances

In the United States, 17% of all the divorces that occur are due to adultery on the part of either or both of the parties

83% of failed marriages have nothing to do with adultery

### **Why Marriages Fail**

Marriages fall apart through erosion. It's not just one event. The breakdown starts slowly and proceeds with one tiny misstep after another, until the sum of these become so large that the relationship collapses. *Diana Mercer*

## **In Danger of Divorce Test (8 questions)**

1. Money is the number one cause of arguments in our relationship.  
a. Never b. Sometime c. Always
2. Do you believe arguing is healthy?  
a. Sometime b. Always c. Never
3. We have trouble communicating with each other.  
a. Never. b. Sometimes c. Always
4. I'm satisfied with our sex life.  
a. Always b. Sometimes c. Never
5. I trust my spouse completely?  
a. Always b. Sometimes c. Never
6. Is taking time for myself in a marriage important?  
a. Always b. Sometimes c. Never
7. I am worried that my spouse has the potential to be unfaithful.  
a. Never. b. Sometimes c. Always
8. Spirituality is important in our relationship.  
a. Always b. Sometimes c. Never

## **In Danger of Divorce Test Scoring Key:**

- 6-8 "a's" your marriage is in great shape
- 4-5 "a's" your marriage can go either way
- 0-3 "a's" your marriage is in danger of divorce

"Marriage is God's way of keeping us from fighting with strangers."

**Marriage stress is the result of unawareness**

**Marriage stress is the result of**

## 1. Communication Unawareness

After about 20 years of marriage, I'm finally starting to scratch the surface of that universal question, "what do women want?" And I think the answer lies somewhere between conversation and chocolate.

***Ephesians 4:26*** And "don't sin by letting anger control you." Don't let the sun go down while you are still angry, **27** for **anger gives a foothold to the devil.** *New Living Translation-SE*

***Hebrews 12:15...*****Watch out** that no poisonous root of bitterness grows up to trouble you, corrupting many. *New Living Translation-SE*

### Four communication mistakes to avoid

#### 1. "You" Directive Statements

**Sounds like:** You should, you need to, you have to, and you'd better

**Effect:** Receiving party will feel judged, and criticized. Causing bitterness and resentment.

**Solution:** Use I feel, it's important to me, and I hope statements.

### Four communication mistakes to avoid

#### 1. "You" Directive Statements

**Examples & Solutions:**

**Attacking communication:** "You are not a

loving person...”

**Effective communication:** “I feel like you don’t show me affection....”

## **Four communication mistakes to avoid**

### **1. “You” Directive Statements**

#### **Examples & Solutions:**

**Attacking communication:** “You should pay attention...”

**Effective communication:** “I feel like you don’t listen when I talk....”

## **Four communication mistakes to avoid**

### **1. “You” Directive Statements**

#### **Examples & Solutions:**

**Attacking communication:** “You better get it right...”

**Effective communication:** “It’s important to me that you put 100% effort into this.”

## **Four communication mistakes to avoid**

### **2. Blanket Statements**

**Sounds like:** You always, you never, again, every time, and everyone

**Effect:** Receiving party will feel judged, and criticized. This will cause bitterness and resentment, and the potential for them to make changes is lessened.

**Solution:** Use it seems, sometimes, and some people seem to, statements.

## **Four communication mistakes to avoid**

### **2. Blanket Statements**

#### **Examples & Solutions:**

**Attacking communication:** “You always leave the toilet seat up”

**Effective communication:** “It seems like you leave the toilet seat up often”

## **Four communication mistakes to avoid**

### **2. Blanket Statements**

#### **Examples & Solutions:**

**Attacking communication:** “Every time you brush your teeth you leave the cap off the toothpaste”

**Effective communication:** “I noticed that **sometimes** when you brush your teeth you leave the cap off the toothpaste”

## **Four communication mistakes to avoid**

### **3. Attacking Statements**

**Sounds like:** Judging and accusing the person's actions while minimizing or ignoring the issue or behavior.

**Effect:** Receiving party will feel anger, resentment, and hurt. They respond with resistance.

**Solution:** Never use attacking statements

## **Four communication mistakes to avoid**

### **3. Attacking Statements**

#### **Examples & Solutions:**

**Attacking communication:** "You are so stupid!"

**Effective communication:** "You're a smart person, and what you did this morning wasn't like you."

## **Four communication mistakes to avoid**

### **3. Attacking Statements**

#### **Examples & Solutions:**

**Attacking communication:** "You're always forgetting about me – do you even have a clue I exist?"

**Effective communication:** “I know you have a lot on your mind lately, and I think it would be good for us to have a date night to reconnect.”

## **Four communication mistakes to avoid**

### **4. Invalidating Statements**

**Sounds like:** We discount, belittle, minimize, ignore, or negatively judge the emotions coming out of our mate. (positive or negative emotions)

**Effect:** Receiving party will feel anger, resentment, and hurt. They will either shutdown emotionally or verbally strike back.

**Solution:** Never use invalidating statements

## **Four communication mistakes to avoid**

### **4. Invalidating Statements**

#### **Examples & Solutions:**

**Attacking communication:** “Your complaints are totally unfounded”

**Effective communication:** “I hear what you’re saying but struggle with agreeing with it. Help me understand.”

## **Four communication mistakes to avoid**

## 4. Invalidating Statements

### Examples & Solutions:

**Attacking communication:** “You’re blowing things way out of proportion”

**Effective communication:** “I didn’t realize me doing that bothers you so much. Help me understand why you feel this way.

## Four communication mistakes to avoid

### 4. Invalidating Statements

#### Examples & Solutions:

**Attacking communication:** “Who cares if you’re angry? Stop over-reacting!”

**Effective communication:** “I feel so bad that I caused you to feel this way. Help me understand what I did wrong.

## Three positive communication principles

### 1. Principle of positive response

The responder has all the power

***Proverbs 15:1*** A gentle answer deflects anger, but harsh words make tempers flare. ***New Living Translation-SE***

## Three positive communication principles



## 2. Principle of proper timing

When you say it is as important as how you say it

***Proverbs 15:23*** Everyone enjoys a fitting reply; it is wonderful to say the right thing at the right time! *New Living Translation-SE*

Three positive communication principles

## 3. Principle of mirroring

Make sure you heard your mate correctly by repeating what you think you heard

***Proverbs 22:17*** Pay attention and listen to the sayings of the wise; apply your heart to what I teach. *New International Version*

## **Marriage stress is the result of**

### 2. Financial Unawareness

“In many instances, marriage vows would be more accurate if the phrase were changed to ‘Until debt do us part’ ” *Sam Ewing*

## **Marriage stress is the result of**

### 3. Scheduling Unawareness

## **Marriage stress is the result of**

### 4. Essential Needs Unawareness

“Marriage is the process of finding out what kind of man your wife would have preferred”

“Success in marriage does not come merely through finding the right mate, but through being the right mate.” **Barnett Brickner**

**1 Corinthians 7:4** Marriage is not a place to “stand up for your rights.” Marriage is a decision to serve the other, whether in bed or out. **Message Bible**

### **Most important thing the husband can do**

**Ephesians 5:25** Husbands, go all out in your love for your wives, exactly as Christ did for the church—a love marked by giving, not getting. **Message Bible**

### **Top three reasons women have affairs**

1. Low self esteem
2. Emotionally starved
3. Anger

### **Three aspects of how Christ loved the church**

1. **Jesus initiated love**
2. **Jesus loved us as we were**
3. **Jesus laid down his life**

**Ephesians 5:26** Christ’s love makes the church whole. His words evoke her beauty. Everything he does and says is designed to bring the best out of her, **27** dressing her in dazzling white silk, radiant with holiness. **28** And that is how husbands ought to love their wives. They’re really doing themselves a favor—since they’re already “one” in marriage. **Message Bible**

### **Most important thing the wife can do**

**Ephesians 5:33** However, each one of you also must love his wife

as he loves himself, and the wife must respect her husband. *New International Version*

**Respect** - To honor and admire profoundly and respectfully. To regard with respect tinged with awe.