

The Green Marriage

By: Dr. Bob Huizenga



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Introduction to the Green Marriage

Engaging each other is not a problem for the Green Marriage. In reality, each spouse looks forward to engaging the other, building the marriage, creating and designing the type of marriage and life each desire.

Characteristics of the Green Marriage

- ✓ Each spouse now begins to fully engage the other, without fear or trepidation. Engaging is easier and more comfortable. The tension, the pretenses and the edge of the past disappear. The future of the Green Marriage looks good and the spouses enter into the future with positive expectations.
- ✓ Each spouse begins to discover and welcome their personal power. Each has a much better idea of where s/he stands, what is extremely important, what s/he wants, what s/he desires, what s/he needs and what s/he values. Each knows his/her "heart." Each knows the answer(s) lie within, and this generates increasing enthusiasm for being married. The illusions and delusions of what a marriage should be or who each "should" be have vanished. Each moves from an internal compass that gives and receives life for each and for the marriage.
- ✓ Each begins to experience the power and uniqueness of his/her voice. Each speaks calmly, slowly with emotions in control when s/he chooses to do so. Each is fearless in conveying what is important to the other. When one speaks, the other listens – carefully, thoroughly and with respect.

Interactions of a Green Marriage

And, in the Green Marriage you begin to experience these types of interactions:

1. A spouse becomes more aware of his/her uniqueness, what s/he values, what s/he thinks and the patterns in his/her life and expresses those without fear. The other spouse listens carefully (no words may be spoken) and acknowledges the validity of the disclosure. Taken one step further, the listening spouse welcomes the disclosure and accepts it fully as an expression of the other. This builds a powerful intimacy set in the backdrop of acceptance and trust. The process is reciprocated. Both feel safe with one another and highly valued. The idiosyncrasies, warts, "issues," struggles, questions and confusion are honored as a part of the deepening relationship. By the way, this need not be "heavy." This process may be playful and occur at any moment.
2. The Green Marriage no longer is troubled by the tension and frustration of the pursuer-distancer phenomena. The couple honors and respects the need at times to be distant and alone. It is agreed upon without hassle. As well the couple comes together

powerfully at times for union with might include (but not always) passionate sex and love making. The couple gains control over the pursuer-distancer tendencies. Fear of being alone or abandoned no longer exists as well as the fear of being engulfed by the other. A balance of intimacy is achieved that fits both.

3. The Green Marriage manages life very well. Problems are not shoved aside or not addressed for fear of conflict. The Green Married couple functions as a team. Problems are explored, as well as their solutions and the couple agrees on a plan of action that addresses the problem. The marriage serves as a springboard for the success of both, whatever roles or tasks either chooses to accept (career, parenting, hobbies, etc.) The Green Marriage becomes a solid core or center from which each person faces the world with confidence and the knowledge they are supported and encouraged back at "home base."

The Green Marriage continues to add to the health of the relationship. New distinctions, new pieces of who one is, new ways of looking at the world with eyes of well being dominate.

The following exercise describes a partial vision for what a Green Marriage can become. Think big for you and your spouse. Marriage is not the end; it is the beginning. Marriage is not stagnant: it is dynamic.

Your Vision for Your Green Marriage

Take a couple minutes to reflect on or write out your responses to these questions:

Do you know what you truly want your marriage to be like?

No					Yes
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What images or thoughts come to mind when you think of having the type of marriage you truly want?

What type of feeling do you get when you think of your perfect marriage?

What does it mean for you that you have a perfect marriage?

What is your level of comfort when you think of having a perfect marriage?

Comfortable					Uncomfortable
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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Engaging each other is not a problem for the Green Marriage. In reality, each spouse looks forward to engaging the other, building the marriage, creating and designing the type of marriage and life each desire.

After relying on the ground hog process over a period of time to create solid base, particular characteristics begin to emerge in each spouse:

- ✓ Each spouse now begins to fully engage the other, without fear or trepidation. Engaging is easier and more comfortable. The tension, the pretenses the edge of the past disappears. The future of the Green Marriage looks good and the spouses enter into the future with positive expectations.
- ✓ Each spouse begins to discover and welcome their personal power. Each has a much better of idea of where s/he stands, what is extremely important, what s/he wants, what s/he desires, what s/he needs and what s/he values. Each knows his/her "heart." Each knows the answer(s) lie within, and this generates increasing enthusiasm for being married. The illusions and delusions of what a marriage should be or who each "should" be have vanished. Each moves from an internal compass that gives and receives life for each and for the marriage.
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The following exercise describes a partial vision for what a Green Marriage can become. Think big for you and your spouse. Marriage is not the end; it is the beginning. Marriage is not stagnant: it is dynamic.

Each do the exercise and come to together to compare notes.

Vision for a Green Marriage

Instructions:

Check the top 20 characteristics that MOST appeal to you. Narrow those down to the top 5.

A. Respect of Self

- ☐ I am married at this moment because I choose to be, not because I need the marriage.
- ☐ I feel very free to express my deepest feelings and thoughts without fear or shame.
- ☐ I am not presently enduring pain in this marriage.

- ☐ I have the opportunity and desire to plan my private or alone time and take it when needed.
- ☐ I can live alone but being married to him/her generates more well-being.
- ☐ I take very good care of myself without needing my partner to take care of me.
- ☐ I take care of my body, which my spouse appreciates
- ☐ I take pride in how I present myself and how I look and act publicly.
- ☐ This marriage enables me to do what is right for me.

B. Values and Commitments

- ☐ I know what is extremely important to my spouse.
- ☐ I understand my spouse's long- and short-term goals and support them.
- ☐ I understand the difference between what I want/need from the marriage and what my spouse wants/needs.
- ☐ I give to my spouse based on his/her wants and needs, not based on mine.
- ☐ I frequently ask my spouse what I can do to be more supportive.
- ☐ I have an vision for my life which inspires me and includes my spouse.
- ☐ I am satisfied with the way we manage our finances, separately and together.
- ☐ I know how my spouse feels about having children and our intentions are compatible.
- ☐ I choose to be honest, committed and faithful to my spouse.
- ☐ I know I can count on my spouse's commitment to our relationship, even in times of discord.

C. Communication

- ☐ I tell my spouse the truth, even about the little details.
- ☐ I have addressed everything that matters to me; I feel current with my spouse up to this minute.
- ☐ It is easy and comfortable to talk with my spouse; we check in with each other often.
- ☐ I feel our initiative is balanced; we make decisions easily.

- ☐ I feel heard and respected by my spouse, even if we disagree.
- ☐ I take responsibility to communicate what I want and need; I don't make my spouse guess.
- ☐ I am aware how the attitude I choose affects the quality of our communication.
- ☐ I listen to my spouse fully; I don't interrupt or contradict my spouse when s/he is speaking.
- ☐ I respond to my spouse in a way which honors his/her best self; I do not react impulsively.
- ☐ I don't complain about or to my spouse; I make requests.

D. Resolving Conflict

- ☐ I let myself feel angry and express it truthfully.
- ☐ I respect my spouse and do not insult or speak sarcastically, especially when I am angry.
- ☐ When I am angry I act like an adult; I do not say or do things which I regret later.
- ☐ When we disagree, I listen carefully to my spouse's point of view.
- ☐ I know what provokes my spouse, and choose not to push his/her buttons.
- ☐ I am aware of my tendency to criticize my spouse and I apologize when it happens.
- ☐ When I make a mistake, I say so, and apologize for any negative consequences.
- ☐ I honor my spouse's dignity; I do not separate myself by being patronizing.
- ☐ We resolve problems quickly and easily and learn from them.
- ☐ I value our relationship far more than being right.

E. Partnership

- ☐ I am doing everything I can to contribute to the success of our relationship.
- ☐ I trust my spouse is trying his/her best to help our relationship succeed.
- ☐ I support, encourage and champion my spouse to reach his/her aspirations. It feels rewarding to me to make my partner's life easier and more enjoyable.
- ☐ I collaborate with my spouse; I do not compete in order to feel superior.

- ☐ When we work together, the relationship is more important to me than the project.
- ☐ I am comfortable with the way our common interests fit together.
- ☐ I like the parts of myself which our relationship accentuates.
- ☐ My needs for closeness and independence are balanced in this relationship.
- ☐ I am present with my spouse; I do not remove myself from the relationship by "numbing out," withdrawing, getting sick, having accidents, or self-medicating with alcohol, drugs, TV or adrenaline.

F. Sex

- ☐ I am often aroused by the presence of my spouse. Our lovemaking is richly satisfying for me in both quality and quantity.
- ☐ I am fully present with my spouse when we make love.
- ☐ Our intimate environment feels creative, adventuresome, new and fun.
- ☐ I enjoy making my partner feel great and my spouse tells me what s/he wants.
- ☐ I enjoy receiving pleasure from my spouse and easily communicate my desires.
- ☐ I accept and respect my spouse when s/he chooses to say "no."
- ☐ I have communicated my personal needs around sex and intimacy, and they are understood, accepted, and being fulfilled in a way which feels good.
- ☐ For me sex is a choice, not a compulsion.
- ☐ After intimate, erotic time together I feel great.

G. Connection

- ☐ I am grateful for the love I feel in this marriage; my spouse lifts my spirits.
- ☐ My spouse sees and appreciates my deepest, truest self.
- ☐ Our marriage is aligned with my sense of purpose.
- ☐ I respect my spouse's centermost spiritual values.
- ☐ Our relationship inspires me to connect with my spiritual source.

- ☐ The quality of the silence between us is usually rich, peaceful, connected.
- ☐ I completely forgive my spouse; I accept apology and let go of blame.
- ☐ I am aware of my tendency to judge, and I practice acceptance of my spouse.
- ☐ I am generous with my spouse; I trust my spouse is trying his/her best.
- ☐ Our marriage heightens my personal power, passion, and vivacity.
- ☐ Our marriage increases my ability to relate to myself and others with compassion.

H. Trust and Affection

- ☐ I trust my spouse as much or more than anyone else in my life.
- ☐ I know that I can count on my spouse's word.
- ☐ I keep my word to my spouse; if I see an obstacle I express it as soon as possible.
- ☐ I am careful about what I promise; I do not set my spouse up for disappointment.
- ☐ I respect my spouse's friendships with attractive people; I do not worry or get jealous.
- ☐ I look for opportunities to keep our love fresh and exciting.
- ☐ I receive all the kind of affection and touch I want from my spouse.
- ☐ Our marriage has moments of tenderness, kindness and gentleness.
- ☐ I laugh at my own humanness and can tease my spouse lovingly
- ☐ I like the amount of lightness and play between us.

I. Family

- ☐ I feel continually surrounded by people I care about who care about me.
- ☐ I create time to be with my children and my close friends.
- ☐ I accept my parents, siblings and extended family for who they are; I don't try to change them.
- ☐ I have expressed myself completely with my friends and family; I am current with everyone.

- ☐ We surround ourselves with people who model what we want in our relationship.
- ☐ At least one person speaks objectively with us about our relationship (such as a coach, therapist, close friend or family member).
- ☐ I support and encourage the relationships my spouse develops to pursue his/her goals.
- ☐ I have all the friends I want, male and female.
- ☐ As a couple we are attractive; people seek our company.
- ☐ We contribute to the lives of people around us as a way of life.

J. Magic

- ☐ I am so connected with my spouse that I can often feel his/her presence.
- ☐ I have listened to my spouse so well that I often know what s/he is thinking.
- ☐ My spouse knows me intimately, sometimes even better than I know myself.
- ☐ We are perfect for each other right now; I am growing as a person in this marriage.
- ☐ We are constantly doing what we want and are present to what we are doing.
- ☐ We befriend change and evolve together; our fear of the unknown does not hold us back.
- ☐ I inform my spouse how to bring out the best in me; I get what I need and more.
- ☐ Sometimes I am overwhelmed by gratitude, love, or admiration -- and I express it.
- ☐ We fill our lives with symbols of love, shared communication and traditions/rituals which enhance our connection.
- ☐ I pay attention to details that are important to my spouse; I give great gifts.
- ☐ We invite serendipity and synchronicity; we notice and appreciate fortunate coincidences.

Reflection:

List your top 5 characteristics:

1. _____



2. _____

3. _____

4. _____

5. _____

What has this been like for you to do the exercise and reflect on your perfect green marriage?

In the next step begin to make the shifts that you will place you on a more productive and effective path to marriage and love construction or reconstruction.

List your top 5 Characteristics and the top 5 of your spouse.

Together choose a top 5 out of that 10.

Place a checkmark next to the characteristic when you experience success with that characteristic.

My Top Characteristics:

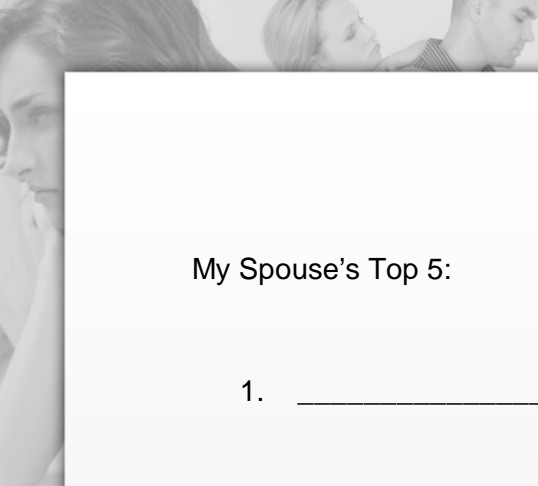
1. _____

2. _____

3. _____

4. _____

5. _____



My Spouse's Top 5:

1. _____
2. _____
3. _____
4. _____
5. _____

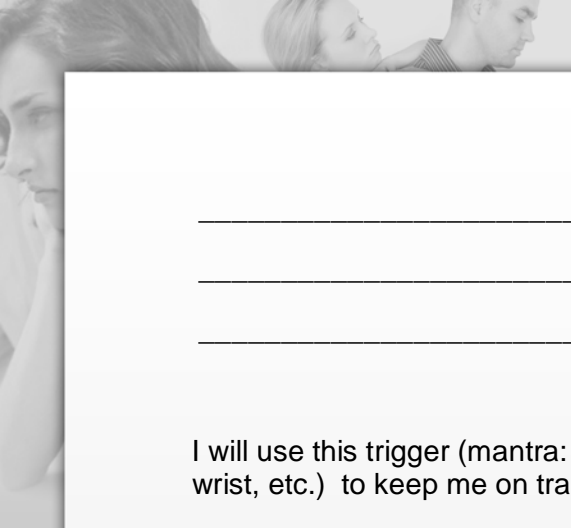
You and your spouse take some time to review the top 5 characteristics for each.

Then, write down the top 5 that both of you want to work toward:

1. _____
2. _____
3. _____
4. _____
5. _____

Reflect on and Answer these questions:

I will be most aware of these new distinctions and/or shifts at this time and place during the next day.



I will use this trigger (mantra: I will do this, word: power, feel good, etc., rubber band around wrist, etc.) to keep me on track.

Reflect on and Answer these Questions:

Evaluate what it was like to spend a day or two focusing on your desired shift and the distinctions you are beginning to make.

Notice any changes you experience in terms of your personal power, feelings and thoughts about yourself.

Remember, you are just beginning. Don't be upset or alarmed if you find it difficult to pinpoint change and shifts.

These questions will help you evaluate your experience:

On a scale of 1-10 (10 being as bad as it can get) I now rate my bad feelings as _____.

I notice this new thought coming to mind after the engagement.

I notice this new image coming to mind after the engagement.

I notice this feeling _____ located in this part of my body
_____ emerging after the engagement.

I now think this of myself after the engagement.

Review checklist:

Review	
<input type="checkbox"/>	I see glimpses of our Green Marriage.
<input type="checkbox"/>	I am much better able to state powerfully who I am, what I think, what is important to me and how I feel.
<input type="checkbox"/>	I am much better able to take a deep breath and accept ANYTHING my spouse discloses.
<input type="checkbox"/>	My personal need system no long controls my life or the way I relate.
<input type="checkbox"/>	The possibility of being a strong team excites me.
<input type="checkbox"/>	I was able to list my top 5 characteristics.
<input type="checkbox"/>	I learned something about my spouse.

Creating Depth in Your Green Marriage – Getting it All

Below are 12 exercises that provide an opportunity to intentionally create the type of life and relationships that bring the greatest sense of safety and satisfaction.

Rank order the exercises according to your perception of what is most important to your spouse
- #1, the most important.

Compare results.

Choose where you want to begin on the exercises. Intentionally follow through on the exercises.
Set aside time to share notes with each other regarding the results.

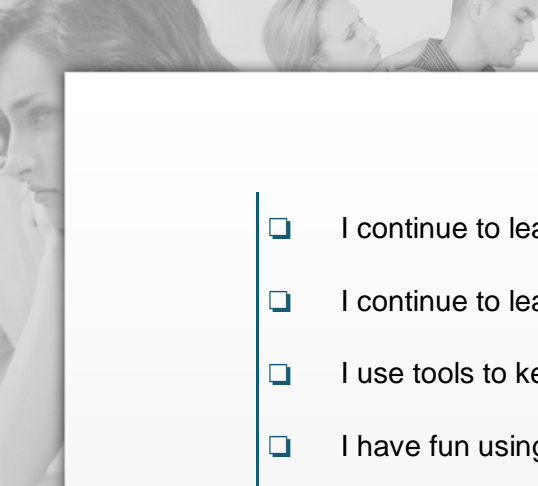
Understand that you will continue to come back, revisit these exercises, hone them, change your goals and continue to develop and enhance your lives separately and together.

These exercises are from a coaching program I purchased (for a fairly large sum of money.) They are proprietary so please keep these exercises to your selves. You may print them out for use, but do not distribute to others.

His/Her Rank Order	My Rank Order 1 being most important	Exercises
		<u>Create and Use 10 Daily Habits for energy and Focus</u>
		<u>Ways to care for your body</u>
		<u>Deepening your Community Connections</u>
		<u>Strengthen your family</u>
		<u>Investing in your life</u>
		<u>Managing your money</u>
		<u>Being well protected</u>
		<u>Create a reserve in all areas of life</u>
		<u>Simplify your life</u>
		<u>Live according to your true values</u>
		<u>Your career and vocation</u>
		<u>Raise Your Standards</u>

Review Checklist:

Review	
<input type="checkbox"/>	We are able to share constructively our rank orders.

- 
- ☐ I continue to learn more about my spouse.
 - ☐ I continue to learn more about myself.
 - ☐ I use tools to keep my focus.
 - ☐ I have fun using this Process.
 - ☐ I see many areas of growth and opportunities to create the life and marriage I desire.
 - ☐ I am much more at peace.
 - ☐ I feel more appreciative of my spouse.
 - ☐ We are on target with the goals we outlined in our vision for our marriage.