**FC COUNSELING TRAINING’S**

**Marriage Module**

 **4. CARING FOR YOUR .**

**Relational Care Defined:** As a personally empowered and fulfilled person I can effectively care for my spouse as a precious child of God by seeking to understand, encourage, and assist my spouse in managing his/her needs, and by caring deeply about how he/she feels. I can additionally care for my marriage by seeking to understand the needs of a great relationship and invest the time and energy necessary to learn effective relational skills and apply them.

 **We all want . NOT Possible!!!!**

 **It’s a by-product of . NOT Possible!!!!**

 **It’s a by-product of .**

 **We must create a environment.**

**Psalm 23**

What do you mean by safety:

* I know my partner cares about me
* My feelings, ideas, and concerns matter
* We honor one another
* Our differences are allowed and valued
* We each do our part to build trust in our relationship
* I can have space if I need it
* I feel effective
* Anger is not out of control
* I don’t feel judgment, but understanding and compassion
* We really feel like partners, not enemies

**STEPS TO SAFETY:**

**A. BUILD .**

1. yourself to being trustworthy.

Trustworthiness exists when a person recognizes and respects the incredible infinite worth and value of another, and remembers that they are vulnerable and can be hurt.

We realize our potential to hurt them and we commit ourselves to doing everything in our power to hurting, **devaluing, disrespecting or dishonoring** them. And this is where we focus, on being trustworthy, no asking others to trust us. “

2. others to be trustworthy toward you.

People need to themselves worthy of your trust.

 Feelings are .

**B. HONOR THE .**

Walls are there to us.

They are a to intimacy but they are a result of a person not feeling safe.

 **Four Postures with the wall:**

1. away – that dishonors God because you promised in good times and bad.
2. Tear the wall from either side dishonors her. She is vulnerable and without protection and she is going to get hurt.
3. Stay in the cold the wall. This dishonors her as well. She stays numb
4. Build a . This is the right posture.

If you determine that you are to do anything to cause the person to feel unsafe, and instead find ways to care about and protect the individual behind the wall, people will generally lay the wall down in time.

**Myth:** Openness and intimacy are things you simply set your mind to and choose.

**Truth:** Opening one’s heart and spirit is natural when people feel safe.

 **C. YOUR SPOUSE.**

The highest level of love and maturity is when both husband and wife the other’s feelings and needs as much as his or her own.

1. Adjust your . See your mate as God sees them.
2. Affirm your mate . It’s like oxygen to your marriage.

1. Affirm your mate with . What makes them feel loved and then find opportunities to do that.

**D. RESPONSIBILITY VS. CARE**

Do equate care with responsibility.

 Taking responsibility in the midst of caring us from caring.

**Assessment:** We get the opportunity to care for these holes. We do not take responsibility.

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|  D M------------- |

Acceptance – Romans 15:7

Affection - Rom. 16:16, Mark 10:16

Appreciation – Col. 3:15; 1 Cor. 11:2

Approval (blessing) – Eph. 4:29; Mark 1:11

Attention – 1 Cor. 12;25

Comfort – Rom. 12:15; Matt. 5:4; 2 Cor. 1:3-4; John 11:35

Encouragement – 1 Thess. 5:11; Heb. 10:24

Respect – Romans 12:10

Security (peace) – Romans 12:16,18

Support – Gal. 6:2

**E. COMMUNICATION.**

Communication:

Men

A.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.B

Women A .B

**Definition**: **understand the that underlie the spoken words**.

The real message is often the emotion the words.

**Allow other’s emotions to you.**

**Listening does equal agreement.**

Effective communication is a dynamic of discovery that maintains energy in the relationship.

 Dynamic = it , wiggles, turns, and you must pay close attention to it.

Process not a .

Discovery of is going on.

Maintains energy.

**Proverbs 18:21**, *“Power of life and death is in the tongue.”* Speak life to each other.

We are not really asking if “ ” is not an option.

**3 THINGS THAT ARE A WASTE OF TIME TALKING ABOUT:**

* who is and who is wrong.
* who is to .
* what was said.

**F. SUSPEND .**

Don’t be judgmental, be .

**G. VALUE .**