

# Loving Your Mate Through The Seasons Of Life

## Part I



*Nothing functions well without maintenance, and marriage is no exception. Periodic inventory needs to be taken of the marriage and of oneself. Too often emotional ties die because of neglect. At other times poor self-esteem, perfectionism, criticism, and depression can undermine the relationship. Acknowledging the origin of these issues and seeking realistic resolutions to them are necessary if the emotional bond is to survive. When marriage is seen as an opportunity for individual as well as couple growth, the marriage not only survives, it thrives!*

### I. Take Inventory

#### A. The marriage

*"Insanity is doing the same things over and over again and expecting different results."*

1. Read \_\_\_\_\_

2. Define \_\_\_\_\_

- a. \_\_\_\_\_ your goals
- b. \_\_\_\_\_ your goals
- c. \_\_\_\_\_ your goals with your spouse
- d. \_\_\_\_\_ a list of joint goals
- e. \_\_\_\_\_ each other accomplish goals

#### B. \_\_\_\_\_

*"It's not about me ... or is it?"*

##### 1. Depression

Four sources of depression

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

2. \_\_\_\_\_ talk
- a. I must be \_\_\_\_\_ in everything I attempt.
  - b. Regardless of what I do, it won't \_\_\_\_\_ .
  - c. Solution
    - 1) Acknowledge \_\_\_\_\_
    - 2) Accept \_\_\_\_\_
    - 3) Seek \_\_\_\_\_
    - 4) See \_\_\_\_\_
- “Direction \_\_\_\_\_”

**II. Develop Healthy Relationships**

- A. Make \_\_\_\_\_
- B. Be \_\_\_\_\_
- C. Pray \_\_\_\_\_
- D. Heal \_\_\_\_\_
  - 1. Let go \_\_\_\_\_  
Key: \_\_\_\_\_
  - 2. Assume \_\_\_\_\_  
Key: \_\_\_\_\_
  - 3. Build \_\_\_\_\_  
Key: \_\_\_\_\_
  - 4. Correct \_\_\_\_\_  
Key: \_\_\_\_\_
  - 5. Look for \_\_\_\_\_  
Key: \_\_\_\_\_
- E. \_\_\_\_\_
  - 1. \_\_\_\_\_ matters
  - 2. \_\_\_\_\_ matters
  - 3. \_\_\_\_\_ matters