

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 relationships are seen as an opportunity for individual growth they not only survive, they thrive!

I. Take Inventory

A. The marriage

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

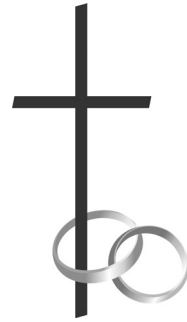
1. Read a book a year _____

2. Define your _____ and _____

- 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

- a. _____
- b. _____
- c. _____
- d. _____

2. _____ talk

- a. "I must be _____ in everything I attempt"
- b. "Regardless of what I do it won't be _____ enough"
- 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: _____

III. Prioritize

_____ matters

_____ matters

_____ matters

