



LIBERTY THEOLOGICAL SEMINARY

DIVORCE IN THE CHRISTIAN SOCIETY AND A PRESCRIPTIVE MODEL TO  
REKINDLE THE MARRIAGE BOND

A THESIS PROJECT SUBMITTED TO

Liberty Baptist Theological Seminary in Partial Fulfillment  
Of the Requirements for the degree

DOCTOR OF MINISTRY

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By

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LIBERTY BAPTIST THEOLOGICAL SEMINARY

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## TABLE OF CONTENTS

ABSTRACT.....	xi
CHAPTER ONE: INTRODUCTION	
The Statement of the Problem .....	1
The Statement of the Limitation .....	2
The Theoretical Basis for the Project.....	2
Old Testament Background.....	2
New Testament Teaching .....	3
A Statement of Methodology .....	4
A Review of the Literature.....	6
CHAPTER TWO: INFIDELITY	
Types of Affairs .....	6
Divorce: The Five Models Their Advantage, Their Consequences.....	7
The Christian Divorce Culture .....	8
What God Has Joined .....	9

How to Survive Infidelity in a Marriage.....	10
Reason for Divorce .....	11
A Christian Understanding of Divorce .....	12
Divorce Elevates Risk for Depression, but Only for Some People.....	12
Infidelity.....	13
Sexual Intimacy .....	16
The Other Women.....	18
Terminal Marriage Shock.....	19

### CHAPTER THREE: COMMUNICATION

Communication Style.....	21
Three Conversion.....	22
A Divorce that Work.....	23
Poor Communication .....	23
Communication is the Key to Marriage.....	23
Make it safe to Communicate .....	24
Listening the Forgotten Skill.....	24

Restored through Reconnecting.....	25
The “Secret” Hidden in Ephesian 5:33.....	27
Communicating & Connecting in Relationship.....	28
Two Levels of Communication .....	28

#### CHAPTER FOUR: ABUSE (PHYSICAL AND EMOTIONALLY)

Emotional Abuse .....	30
What is Abuse .....	30
Stages of Grief.....	32
Using Coercion and Threats .....	33
Social Abuse.....	34
Financial Abuse .....	34
Sexual Abuse .....	34
Anger in Divorce .....	35
The Emotionally Destructive Relationship .....	37
The Emotionally Abused Women .....	39
Types of Emotionally Abused Women .....	41

Taking Steps toward Recovery .....	42
Christian Women facing Abuse.....	42
A 30 Year Abuser Speak Out.....	44

## CHAPTER FIVE: ENRICHING YOUR SEX LIFE

Narcissistic Lovers .....	47
Enriching Your Sex Life.....	47
Disappointment about Sex .....	48
What do Husband and Wives really need? .....	50
Sexual Problems .....	56
Causes of Sexual Dysfunctions.....	57
Sexual Dysfunctions.....	58
The Consequences of Sexual Sin: David Story.....	58

## CHAPTER SIX: GUIDELINES TO HELP A MARRAIGE SUCCEED

Learning What Makes Marriage Successful .....	61
His Needs are Not Her Needs.....	61
How to Express Heart felt Commitment to Your Mate .....	62

Creating Extraordinary Relationship .....	63
Dating.....	64
Biblical Counseling .....	67
Strategic Pastoral Counseling Short Terms Structure Model.....	69
Effective Biblical Counseling; a Mode for helping caring Christian become Cable Counselors.....	71
Solution -Focused Pastoral Counseling; A Short Term Structure Model .....	70
Guidelines to Rekindle and Strengthen the Marriage Bond.....	72
The Proven 7-Step Program for Saving Your Marriage .....	73
How to Heal from Emotional Abuse, Deceit, Infidelity and Chronic resentment.	76
How to Predict a Happy Marriage.....	80
Rekindle Romance through Affection, Warmth and Encouragement .....	82
Intervention for Strengthening Communication .....	85
Loving Communication .....	85
Sexual Standards.....	86
When Both are Willing .....	87
The Seven Principle for Making Marriage Work .....	88

Seven Conversation for a Life Time of Love.....	92
Result Twenty Question Survey for a Divorce .....	97
Conclusion .....	99

APPENDIX

A. TOP TEN REASON FOR DIVORCE AND MARRIAGE BREAKDOWNS.....	113
B. APPROVAL TO CITE EMOTIONAL ABUSE, SILENT KILLER OF MARRIAGE BY AUSTIN JAMES.....	114
C. NATIONAL MARRIAGE AND DIVORCE RATE TRENDS .....	115
D. DIVORCE STATISTICS AROUND THE WORLD .....	117
E. TWENTY GENERAL QUESTIONS DIVORCE SURVEY .....	118
F. SURVEY CHARTS: SEVENTY SURVEYS COMPLETED AND REASON FOR DIVORCE.....	120

## ABSTRACT

### DIVORCE IN THE CHRISTIAN SOCIETY AND A PRESCRIPTIVE MODEL TO REKINDLE THE MARRIAGE BOND

Frederick D. Styles

Liberty Baptist Theological Seminary, 2012

Mentor: Dr. Charles N. Davidson

The purpose of this project is to explore the history, consequences, and guidelines of divorce in the Christian world. God's plan for marriage is procreation of children and love between husband and wife. According to a Christian study by Jack Wellman, the top three reasons for Christians divorcing are adultery, communication, and abuse (physical and emotional). This thesis will assist couples who are contemplating divorce and provide guidance on the causes and effects of divorce. In addition, it will create a prescriptive model; guidelines for those couples to follow for each of the reasons above that will rekindle and strengthen the marriage bond.

Abstract length: 136

DIVORCE IN THE CHRISTIAN SOCIETY AND A PRESCRIPTIVE MODEL TO  
REKINDLE THE MARRIAGE BOND

**CHAPTER ONE:**

INTRODUCTION

**The Statement of the Problem**

The Institution of Marriage was designed by God for man and woman to live in a lifetime covenant. God gave marriage to Adam and Eve as a gift. Marriage is not just for convenience, nor is it brought about by any culture. According to Genesis 2:18 KJV “And the Lord said It is not good for the man to be alone; I will make a helper suitable for him.” For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. (Gen 2:24) “Marriage is honorable in all, and the bed undefiled: but whoremongers and adulterers God will judge.” (Hebrews 13:4)

Marriage has three essential phases. (1) A man leaves his parents and in a public act, promise himself to his wife; (2) the husband and wife are bound by taking responsibility for each other’s success and by loving the mate above all others; (3) the two become one flesh in the intimacy and resolution of sexual intercourse that is reserved for marriage.

“When a man hath taken a wife, and married her and it comes to pass that she find no favor in his eyes because he hath found some uncleanness in her: then let him write her a bill of divorcement, and give it in her hand, and send her out of his house.” (Deuteronomy 24:1) “But from the beginning of the creation God made them male and female. For this cause shall a man leave his father and mother, and cleave to his wife; and they twain shall be one flesh: so then they are no more twain, but one flesh. What therefore God hath joined together, let not man put

asunder.” (Mark 10:5-9) “Whosoever putteth away his wife and marries another, committeth adultery: and whosoever marrieth her that is put away from her husband committeth adultery.” (Luke 16:18) Most church leaders of Jesus time permitted a man to divorce his wife for almost any reason. Jesus’ teaching about divorce went beyond Moses (Deuteronomy 24:1-4). Stricter than any of the current schools of thought, Jesus teaching shocked his hearers, just as they shake present readers. Jesus says in no uncertain terms that marriage is a lifetime commitment. To leave your spouse for another person may be permitted, but it is adultery in God’s eyes.

### **The Statement of Limitation**

This thesis is limited to divorce couples that have been divorce. There is no age limited because young and old Christian couples both have a hard time staying married. This thesis is on the three top reasons for divorce is the Christian society. The three topics that this thesis covers are Infidelity, Communication and Abuse (physical and emotional). There are other reasons that Christian gets divorce however they will not be covered in this thesis.

### **The Theoretical Basis for the Project**

#### **Old Testament Background**

According to the Old Testament Background D. J. Atkinson says, “On the assumption that the people of Pre-exilic ancient Israel shared the attitudes and tradition of their current neighbors, it would appear from the Eighteenth Century B.C. Mesopotamia the Laws of Hammurabi and the Laws of Eshunna that marriage was often arranged by parents; that financials reflection showed that marriage was intended to be life-long; that husband elected loyalty from their wives and should expect the death penalty for adultery. Divorce although possible was rare except to the very rich because of the cost was prohibitively high. The Pentateuch laws governing sexual relationship appeared to be framed to preserve the view that in

marriage, a man and a woman are united together in what is intended to be a permanent, lifelong, exclusive union. It is from this context that we must examine the central Old Testament paragraph concerning divorce, Deuteronomy 24:1-4 which forms the backdrop to some of the material in the Gospels”<sup>1</sup>.

### **New Testament Teaching**

“Divorce is discussed in the New Testament in a context where both the Old Testament law is held dear, (although it was variously interpreted by different school of Pharisees) and the Greco -Romans customs were exercising some influences, thus (Mark 10:12) coincides with the Romans permission for women to initiate divorce as well as men, but (Matthew 19:9), written for a Jewish readership does not say this). In Jesus time there was a dispute between the Pharisaic schools about the interpretation of Deuteronomy 24:1-4 and about what constituted permissible grounds for divorce. (This lies behind the way Matthew frames the question 19:3); “Is it lawful for a man to divorce his wife for any and every reason?” (Mark 10:2) The Shammaite Pharisees interpreted the Deuteronomic Legislation in as strict way; Divorcee was permitted only for serious sexual offense.”<sup>2</sup>

“Jesus brings divorce and remarriage under the heading of adultery. (Matthew 19:9) the Pharisees had trivialized divorce by reducing the level of grounds for divorce and to the need for a certificate. Jesus says that in the light of God’s creation intention every unfaithfulness, every breaking of the commandment of “one flesh,” every putting away of one partners sin. The

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<sup>1</sup> Walter Elwell A, *Evangelical Dictionary of Theology, Old & New Testament Divorce* (Grand Rapids, MI: Baker Academic, 1984, 2001), 346.

<sup>2</sup> *Ibid*, 347.

commandment “You shall not break the one flesh.” Divorce, therefore, is covenant unfaithfulness; it breaks this command.”<sup>3</sup>

### **A Statement of Methodology**

All couples can learn how to restore and rekindle their marriage and honor the wedding vows. Divorce should not be their first option when problems arise in the relationship. Jesus says, “The Pharisees also came unto him, tempting him, and saying unto him, Is it lawful for a man to put away his wife for every cause? And he answered and said unto them, Have ye not read, that he which made them at the beginning made them male and female, And said, for this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh? Wherefore they are no more twain, but one flesh. What therefore God hath joined together, let not man put asunder. They say unto him, why did Moses then command to give a writing of divorcement, and to put her away? He saith unto them, Moses because of the hardness of your hearts suffered you to put away your wives: but from the beginning it was not so. And I say unto you, whosoever shall put away his wife, except it be for fornication, and shall marry another, committeth adultery: and whoso marrieth her who is put away doth commit adultery. His disciples say unto him, if the case of the man be so with his wife, it is not good to marry. But he said unto them, all men cannot receive this saying, save they to whom it is given.” (Matthew 19:3-11 KJV)

Christian couples should not be afraid or ashamed incoming and receiving counseling from their pastor or a marriage counselor. My experience has shown me that Christian couple either goes outside their church or they refuse counseling all together. They should be willing to

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<sup>3</sup> Ibid, 347.

receive God counselling from Pastor. “Therefore judge nothing before the time, until the Lord come, which both will bring to light the hidden things of darkness, and will make manifest the counsels of the hearts: and then shall every man have praise of God.” (1 Corinthians 4:5 KJV)

Children often blame themselves and their parents for the divorce. It is up to the pastor or marriage counselor to help the children to deal with their feeling and the divorce.

Communications is the key to the marriage relationship. When couple stops communicating the marriage is destined for a divorce. Some of the causes of communications failure are mistrust, bitterness, anger, jealousy and envy. Pastors can offer tips on communication and listening skills, properly expressing feelings, and listening without being judgmental. Pastors can use the following counseling methods; Effective Biblical Counseling, Strategic Pastoral Counselling and Solution-Focused Pastoral Counseling to reach the Christian couple contemplating divorce.

## CHAPTER TWO:

### A Review of the Literature: Books and Internet

#### **Infidelity-Types of Affairs**

Emily M. Brown has a Master degree and is certified as a license clinical Social worker. She is the director of the Key Bridge Therapy and Mediation Center in Arlington, Virginia. According to Emily Brown, “Affairs are loaded with romanticism, morality, mythology, and intense emotions. They are not actually about sex, but about pain, deception, fear and the desire to feel alive. Most couples enter marriage believing that they would never have an affair on their spouse, but the truth is that a great many of them have, at the minimum one or more affairs.”<sup>1</sup>

Emily Brown writes a book about five different types of affairs: Conflict avoidance affair, Intimacy avoidance affair, Sexual addiction affair, Split self-affair and Exit affair.

“(1) Conflict Avoidance Affairs are subtle and they are terrified to be anything but pleasant, for fear that conflict will lead to abandonment or losing control. They do not have a way to stand up to each other when there is a problem, so they cannot resolve their dispute and the marriage erodes. This is an "equal opportunity" affair.

(2) Intimacy Avoidance Affairs are frightened of getting too close, so they keep the barriers high between them. Conflict is one obstacle and affairs are another. Their emotional connection with each other is through frequent and emotional battle. Often, each partner becomes involved in an affair. These couples are the mirror opposite of the Conflict Avoiders.

(3) Sexual Addiction Affair uses sex over and over again to freeze emotional pain and emptiness, much like alcoholics use alcohol. Among married people, men are sex addicts more often than women.

(4) Split Self Affairs has tried to make marriage right. Both spouses have sacrificed their own feelings and needs to take care of others, and the denial has caught up with one of them. The relationship is serious, long-term and passionate. The spouse who is having the affair focuses on

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<sup>1</sup> Emily Brown, *Affairs is a Guide to working Through the Percussion of Infidelity* (San Francisco, CAL: Josey-Bass Inc., 1999), 7.

deciding between marriage and the affair partner and avoids looking at the inner split. Most often this is a man's responsibility, but that may be changing.

(5) Exit Affairs are conflict avoiders at heart, but they take it further. One spouse has already decided to leave the marriage, and the relationship provides the rationale. The other partner usually blames the relationship rather than looking at how their marriage got to this point. This is another equal opportunity affair.”<sup>2</sup>

### **Divorce: The Five Models Their Advantage and Their Consequences**

Today a couple can choose from among many method of getting from separation to the divorce degree. Akeela Davis, CFP, Financial Divorce Specialist list the five types of divorce.

“Traditional Divorce: is that one or the other person involved goes out and hire a lawyer. The lawyer files the divorce paperwork, the other party is served and the formalities begin. Traditional divorce can become an arena, in which the parties’ battle for compensation for hurts, or in some cases revenge. Once engaged, the lawyers become the gateway for communication. It is viewed that the person with the better more aggressive lawyer wins.

Mediated Divorce: In the interest of reducing costs of the divorce and having a more amicable divorce the mediation process was born. The mediated divorce most often involves one mediator who, as a neutral third party act to help both members of the couple resolves the matters in disrepute between them. The goal of mediation is to help the couple draft the outline of an agreement settling the issues between them such as finance, child custody and property division. Mediation works best when both of the couple truly wants the divorce.

Arbitrated Divorce: When a couple find themselves very far apart in their position but nonetheless do not want to go to court, they may opt for an arbitrated divorce. By using arbitration, the couple is allowing someone else to decide on a settlement for them after hearing the facts of the case. The arbitrator is usually a retired judge or lawyer, and maybe used for the

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<sup>2</sup> Ibid, 220-221.

entire process or only to settle individual issues, such as child custody, support or property division.

**Collaborative Divorce:** The collaborative divorce is the newest innovation in obtaining a divorce. It is meant to be a supportive process designed to help both parties. The most innovative part of the process is that both parties and their lawyers are committed, in writing, to reaching a negotiated agreement out of court. The ultimate goal is to arrive at a solution with which both members of the couple can live.

**Do it Yourself Divorce:** In legal circles, this kind of divorce is called a desk order divorce. A person does not necessarily need a lawyer to get a divorce. In fact, a recent study suggest that 78 percent of those going through a divorce are unrepresented. If both parties want the divorce, if there are no children involved, there is not spousal supports issues, and it both agree on the division of an property, the do it yourself divorce man be viable option.”<sup>3</sup>

### **The Christian Divorce Culture**

George Barna is the founder of the Barna Research Group which is now known as The Barna Group. The firm analyzes America culture and creates resources and experiences designed to facilitate moral and spiritual transformation. As a recent study by George Barna showed, “The percentage of born-again Christians who have been divorced (27) actually beats the national average by 2 points. While it may be alarming to discover that born-again Christians are more likely than others to experience a divorce, says Barna that method has been in place for quite some time.”<sup>4</sup>

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<sup>3</sup> Akeela Davis, CFP, FDS, *Divorce Dollars: Financial Planning Before During and After Divorce* (Canada: International Self Counsel Press, 2003, 2009), 35.

<sup>4</sup> "The Christian Divorce Culture," *Christian Today*, Sept 04, 2000. 47, [Http://search.proquest.com](http://search.proquest.com), (accessed September 2, 2013)

Barbara Dafoe Whitehead argued in “The Divorce Culture that divorce is not just a therapeutic problem but a moral one in which, to use biblical language, the commandment to love is thwarted: Divorce has brought a steady weakening of the basic human relationships and bonds, says Whitehead. Men's and women's relationships are becoming more ephemeral and unpredictable. Children are losing ties to their fathers. Even a mother's love is not forever. This is precisely why she concluded that if we are to dismantle the culture of divorce, we need to consider divorce as a morally as well as socially memorable event.”<sup>5</sup> Barber Dafoe Whitehead says “When pastors and other Christian leaders in significant teaching or preaching positions divorce, they should be held as accountable as they are for sure other sins, like adultery. At a minimum, time out for spiritual guidance and healing, as well as a public service of repentance and restoration, are necessary before civic function can be given again.”<sup>6</sup>

Brette Sember gives the effects on divorce she says, “Divorce completely change every aspect of your life, even those that you think should remain unchanged. The couple will likely face financial repercussions, a change of lifestyles, a reworking of who you are, changes in how you parent your children, and possibly change in your living arrangements.”<sup>7</sup>

### **What God has Joined**

Reverend Susan Brooks Thistlethwaite is a Senior Fellow at American Progress. She is also Professor of Theology at Chicago Theological Seminary and its former president between 1998

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<sup>5</sup> The Christian Divorce Culture," *Christian Today*, Sept 04, 2000. 47, [Http://search.proquest.com](http://search.proquest.com), (accessed September 2, 2013

<sup>6</sup> Ibid, 47b.

<sup>7</sup> Brette Sember M. JD, *The Complete Divorce Handbook* (New York, NY: Sterling Publishing Co, Inc., 2009), 17.

and 2008. An ordained minister of the United Church of Christ since 1974, she is the author and/or editor of numerous books, and has worked on two different translations of the bible.

Reverend Thristethwaite says, “A couple of things seem clear, however. Marriage, in all its manifestations, is going through tremendous change in our society, and marriage as a social and political institution, and as a religious practice, needs strengthening. From a faith perspective, when there is trust and commitment, and when God is in the connections, marriage is strengthened. Yet we must recognize that patterns of sexism, racism, and homophobia, as well as our declining economy and the prison-Industrial complex, are threats to marriage. These negative forces undermine marriage in both visible and hidden ways. Marriage, from a faith perspective, can be a practice of holiness in everyday life, but we will need to do a lot of work in personal, social, political, and economic arenas for that to become the norm.”<sup>8</sup>

“And the Pharisees also came unto him, tempting him, and saying unto him, is it lawful for a man to put away his wife for every cause? And he answered and said unto them, have ye not read, that he which made them at the beginning made them male and female, And said, for this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh? Wherefore they are no more twain, but one flesh. What therefore God hath joined together, let not man put asunder. They say unto him, why did Moses then command to give a writing of divorcement, and to put her away? He saith unto them, Moses because of the hardness of your hearts suffered you to put away your wives: but from the beginning it was not so. And I say unto you, whosoever shall put away his wife, except it be for fornication, and shall marry another, committeth adultery: and whoso marrieth her, which is put away doth commit adultery. His disciples say unto him, if the case of the man be so with his wife, it is not good to marry. But he said unto them, all men cannot receive this saying, save they to whom it is given.” (Matthew 19:3-11 King James Version)

### **How to Survive Infidelity in a Marriage**

According to Scotty Ballard, “Unfaithfulness can rot away the foundation of marriage.

Once trust is broken, it is only a matter of time before everything else falls apart. In fact,

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<sup>8</sup> Susan Brook Thistelthwaite, "What God Has Joined," *Sojourners Magazine*, 16-20, 2013, [Http://search.proquest.com](http://search.proquest.com), (accessed September 2, 2013)

infidelity is the nexus where legal, societal and religious dictums agree a person has grounds for divorce. No marriage, no matter how rich, religious, political or powerful, is immune to the threat of unfaithfulness, so say experts who give advice on how to survive infidelity.”<sup>9</sup>

“The roots of the marriage have to be stronger than the branches that grow up, states Dr. Atty. Paris M. Finner-Williams, founding chairperson of the Black African-American Christian Counselors Division. She believes forgiveness is the cornerstone of marriage. To forgive is nourishing. We really have to work very diligently as married people to learn how to forgive each other’s indiscretions. We’ve got to get into the rhythm of forgiving spouses for things that they do that offends so, be they right or wrong, we really have to learn how to forgive a person and move on; and not to marry, someone who we can’t get into the rhythm of forgiving them on regular basic. Surviving infidelity in marriage requires building a foundation of maturity by reinforcing the groundwork of trust while building a stronghold of love.”<sup>10</sup>

### **Reason for Divorce**

Brette McWhorter Sember JD is a divorce legal expert, attorney and mediator. Brette Sember says, “There are many reasons people consider divorce. One of the most common situations is that the two people have grown apart. Adultery is usually considered a common reason for divorce, but in most cases adultery happen when there is something wrong in the marriage. Money is another big factor in divorce. Couples fight about money more than anything

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<sup>9</sup> Scotty Ballard, "How to Survive Infidelity in Marriage," *JET*, June 14, 2004, 16+ *Academic Onefile.Web.* (Accessed December 12, 2013)

<sup>10</sup> *Ibid*, 16.

else. Substance abuse is a situation that can easily harm marriage. If one partner is not in control of himself, it is nearly impossible to have a real and healthy relationship.”<sup>11</sup>

### **A Christian Understanding of Divorce**

Thomas Olshewasky is an Adjunct Professor of Philosophy, Ph.D. from Emory University, Ma from McCormick Theological Seminary and B.A. for Wabash College. Thomas Olshewasky says, “He plan to explain a Christian understanding of responsible divorce. It can be responsibly Christian only if it neither ignores nor avoids the words of Christ on this matter. To be responsible it must respond to the confrontation of the Good News. It can be responsible, too, only if the understanding of divorce does not take such action as absolutely prohibited, on the one hand, or as absolutely free from constraint on the other. To be a Christian understanding, it must not only be in response to the confrontation of the Good News, but be informed by it. The Gospel of Jesus Christ must stand under it.”<sup>12</sup>

### **Divorce Elevates Risk for Depression, but Only for Some People**

David Sbarra, Ph.D. is a relationships expert and an Associate Professor of Psychology and the Director of Clinical Training at the University of Arizona in Tucson, Arizona. As a clinical psychologist, David’s scientific interests focus on close relationships and health, and he has published many peer-reviewed papers on this topic. In particular, his main research efforts center on understanding how adults cope with marital separation and divorce, as well as how psychological responses to difficult life events are associated with health-relevant biological responses.

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<sup>11</sup> Sember, *The Complete Divorce Handbook*, 6.

<sup>12</sup> Thomas Olshewasky M, "A *Christian Understanding of Divorce*," *Journal of Religious Ethic* 7, No. 1 (1979): Atlas Serial Religion Collection EBCCO Host. (accessed September 3, 2013)

According to a new study published in *Clinical Psychological Science*, a journal of the Association for Psychological Science David Sbarra says, "Divorce is associated with an increased risk of future depressive episodes but only for those who already have a history of depression. Stressful life events like divorce are associated with a significant risk for prolonged emotional distress, including clinically-significant depression. At the same time, we know from considerable research that the experience of divorce is non-random. Some people are much greater risk for experiencing a divorce than other people."<sup>13</sup>

### **Infidelity**

Judith Treas is a Professor of Sociology and Director of the Center for Demographic and Social Analysis at the University of California, Irvine. She is recognized for her research on gender, family, inequality, and the life course. How men and women organize their relationships is the focus of her work on the sociology of the family. Her many publications address the division of household labor, sexual fidelity, expenditures on domestic help, time spent with family members, and household management.

According to Judith Treas, "Infidelity is a breach of trust that signifies a lack of faithfulness to a moral obligation to one's partner. Infidelity usually implies sexual infidelity, although some people, particularly women, regard an intense emotional relationship as an unfaithful extramarital involvement, even when there is no physical component. In short, infidelity is feelings or behaviors that go against a partner's expectations for the exclusivity of the relationship. Some couples are comfortable with having relationships outside their union. When

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<sup>13</sup> David Sbarra, "Divorce Elevates Risk of Depression but only for some People," *Science Duty* Web 3 (August 27, 2013): [Http://www.sciencedaily.com](http://www.sciencedaily.com) (Accessed September 3, 2013)

a couple commits infidelity, it is not call infidelity unless they violate each other shared understandings about discretion, partner choice, and sexual conduct.”<sup>14</sup>

Cindy Beall is a writer, speaker, and mentor to women. Cindy and her husband Pastor Christ Beall share openly about their journey of redemption through Chris’ infidelity and pornography addiction. Cindy says, “When infidelity or unfaithfulness of any kind enters a relationship between a man and a woman, it doesn’t take long before that wound extend to both side of the family tree. It can become an intense, heated arena filled with opinions, advice and more people to let down. Loyalties are torn and hearts are broken. But the alternative is to try living out your healing in secret and that just doesn’t work.”<sup>15</sup>

Richard Taylor has held professorships in philosophy at Brown and Columbia Universities, and at the University of Rochester. This book *Love Affairs* explores affairs in depth and their often painful consequences. Taylor crafts an understanding of why people become involved in extramarital affairs, and offers ways to lessen the marital damage an affair can cause. Taylor writes, “Sexual infidelity always inflicts a wound that is very slow to heal and may never heal at all. When the impulse to blame is put aside, and the partner who has been wronged see that the infidelity arose not from some deep character fault of the other, and almost certainly not from any third party, but rather from something that was missing in the marriage, then it ought to be possible to direct attention to what was missing in the marriage. The understanding they commit to are designed to protect the couple’s relationship from disruption. The first question a

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<sup>14</sup> Judith Treas, *Infidelity*, 2nd Ed. International Encyclopedia of Marriage and Family, Ed James J. Ponzetti. Vol.2 (New York: Macmillan Reference USA, 2003), 895-901. [Http://go.galegroup.com.ezproxy.liberty.edu](http://go.galegroup.com.ezproxy.liberty.edu): (Accessed September 4, 2013).

<sup>15</sup> Beall Cindy, *Healing Your Marriage, When Trust is Broken; Finding Forgiveness and Restoration* (Eugene, OR: Harvest House Publisher, 2011), 129.

couple asks is why did it happen? Some people are unfaithful for reason that lie deep in their past, such as a history of infidelity in their parents' marriage.”<sup>16</sup>

Don-David Lusterman, Ph.D. is a licensed psychologist specializing in marital and family therapy in private practice in Baldwin, New York. Dr. Lusterman writes, “That others are unfaithful because of what they believe about the opposite gender. Men who believe the women are prey to be caught and women who believe that they are nothing without a man are caught up in a way of thinking about the other gender that often leads to unfaithful behavior the aspects of infidelity are to reveal your feeling safely, to openly express needs, disappointment, longing and pleasure. Knowing how to talk to with each other not only when times are good but even when the going is rough.”<sup>17</sup>

“If a couple has a communicative relationship, they can talk about anything. The means the couples are able to say that they are bored in the marriage, discouraged, angry, or restless. Secrecy and danger are part of the unrealistic excitement of an affair. However, secrecy in this case will cause more harm than good, when a couple cannot express themselves. Burying small hurt and angers, rather than communicating them out is damaging to a sound relationship. Admission and remorse are crucial if a relationship is to survive an infidelity. Time and the search for meaning are potent ingredients in surviving infidelity. Reestablishing trust can be a long and difficult process.”<sup>18</sup>

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<sup>16</sup> Richard Taylor, *Love Affairs, Marriage & Infidelity* (Amherst, NY: Prometheus Books, 1997), 197.

<sup>17</sup> Don-David Lusterman Ph.D., *Infidelity: A Survival Guide*, Oakland, CA: New Harbinger Publications, 1998), 17.

<sup>18</sup> *Ibid*, 41.

Scott Haltzman M.D. has a Doctor of Medicine degree and he is a distinguished fellow of the American Psychiatric Association and former clinical assistant professor of psychiatry at Brown University.

Scott Haltzman, M.D. writes, “Infidelity is what he calls a flame addiction. “He is not talking about sex addiction, because most affairs are about much more than sex. Affairs are about an internal chemistry stirred up by being with or thinking about the other person. What keeps people drawn toward each other is the intensity of the feeling. Once you get a taste of the burning desire the called the flame you are hooked.”<sup>19</sup>

“An affair takes place over time, it may be very emotionally intense and it may or may not involve sexual intercourse. In contrast, a sexual involvement with a third party may be part of an emotional attachment, but it may also be free of it, taking little more time than the sexual act itself. People may have an affair without sex, and they may have sex without having the emotional involvement of an affair. Once a committed relationship is established, if there is a secret sexual and/or romantic involvement outside of the relationship, it is experienced as an infidelity.”<sup>20</sup>

### **Sexual Intimacy**

Scott Haltzman says, “Sexual intimacy is an essential part of a healthy romantic relationship. Couples become disconnected from each other emotionally if they do not engage sexually. Couples are vulnerable and exposed during lovemaking, the act instills trust and produces an aura of safety between you and your partner. Physical touch of your hands itself

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<sup>19</sup> Scott Haltzman M.D., *The Secret of Surviving Infidelity* (Baltimore, MD: The John Hopkins University Press, 2013), 69.

<sup>20</sup> Lusterman, *Infidelity: A Survival Guide*, 18.

reduces stress and lowers blood pressures. For the couples who are not able to verbalize their feelings very well, sex is a powerful way of communicating your feeling of love. And when couples engage in sex that includes orgasm, orgasm raised the level of oxytocin (the bonding hormone). This can increase the intensity of the bonding between you and your spouse.”<sup>21</sup>

Dr. E. Mavis Hetherington is without doubt the world’s preeminent researcher on the family process that surrounds divorce. She has distilled the wisdom growing out of her many studies of the short-term and long-term impact of divorce on family members. John Kelly is a writer in New York. Dr. Hetherington says, “All marriage has good and bad periods and all marriages encounter stress, and have problems to solve. It is not a one-time event, such as an affair, quarrel, job loss, episode of physical violence, television program that generally lead to divorce. Even conflict within a marriage is not a good predictor of divorce. Divorce is based on cumulative grievances. Men and women not only marry for different reasons but also give up on a marriage for different reasons”<sup>22</sup>

Barton Goldsmith, Ph.D. is a psychotherapist relationship expert. Goldsmith says, “Couples who have truly intimate relationships cannot wait to share their days and dreams with each other. They want to connect and not just in the bedroom. Couples who choose to engage in intimate relationship and it is a choice, do so because they want to closeness on all levels.

Dedicating some time to going deeper and sharing all you needs, hopes and fears will lead you

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<sup>21</sup> Haltzman, *The Secret of Surviving Infidelity*, 271.

<sup>22</sup> Mavis Hetherington E. and John Kelly, *For Better, Divorce Reconsidered or For Worse* (New York, NY: W. W. Norton & Company, 2002), 32.

to feeling that there is at least one person on this planet who cares and who totally gets you, now that is intimacy.”<sup>23</sup>

Goldsmith reminds, “The readers, that True Love is a combination of emotions and actions, including talking tenderness, and trust. These behaviors are an ample replacement for the heart-pounding, sexual excitement of being in love. Your drive changes from needing to be with the other person to wanting to care for him or her, and you can still have a hot and heavy romantic relationship in the process.”<sup>24</sup>

### **The Other Woman**

Victoria Zackhelm teaches creative writing in the UCLA writers program. With twenty – one insightful essays from some of the country’s most respected and award winning female authors. This collection explores collection explores the highly personal, sometimes anguished, sometimes hilarious, but always compelling experiences of women on both sides of these highly charged and emotional situation.”<sup>25</sup>

“She’s the harpy, the Jezebel, the Lorelei, and the bitch. She seduces husband, breaks up our marriages, and occasionally manages to win over children. Who is this creature who arrives like a wrecking ball to devastate lives and families? She is the other woman.”<sup>26</sup>

“The other woman has the power to throw a wrench into the relationship and bring the entire relationship to a complete halt. Binnie Kirchenbaum writes that in some marriages the

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<sup>23</sup> Barton Goldsmith PH.D., *Emotional Fitness for Intimacy* (Oakland, CA: New Harbinger Publications, Inc., 2009), 14.

<sup>24</sup> Ibid, 5.

<sup>25</sup> Victoria Zackheim, *The Other Woman* (New York, NY: Warner Books, 2007), 5.

<sup>26</sup> Ibid, 5.

wife was selected for childbearing and the mistress was chosen for her passion and intellectual companionship. Who is this other woman? She is a sister, friends, doctor, grocery clerk, neighbor, coworker, and in most situation she is just a woman.”<sup>27</sup>

### **Terminal Marriage Shock**

Joseph Warren Kniskern is an attorney with more than thirty –two years of experience who has based his approach to legal issues solidly on Scriptures throughout his career. Joseph Warren Kniskern gives practical advice on caring or children, managing financing, resolving legal issues and coping with anger, depression and loneliness. Kniskern says, “Divorce is as close as you can get to death without actually dying. Only those who have experienced it can truly understand its dark power to test emotions and intellect to the ultimate degree. Saying that divorce is an ugly nightmare is an understatement. It cuts into hearts and souls deeper than most any tragedy imaginable. It shatters precious memories as it strips us of family, roles, and identity. Its saps our strength and breaks down the core of our spirits until emotional numbness and fog set in. It reduces one of the most intimately personal relationships we can ever share with another human being to sharp shards of broken dreams.”<sup>28</sup>

Realizing that marriage cannot be salvaged and that the death of the relationship is imminent can hit you suddenly or settle in over time. But it almost comes first as a total shock, at least to one of the spouses when the other says, it’s over. The pain anxiety bitterness and grief of the divorce process, especially one that is unexpected can overwhelm us. It does not matter whether the divorce is amicable and uncontested or hostile, or who filed the legal papers.

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<sup>27</sup> Victoria Zackheim, *The Other Woman* (New York, NY: Warner Books, 2007), 175

<sup>28</sup> Joseph W. Kniskern, *When The Vow Breaks, A Survival and Recovery Guide for Christian Facing Divorce* (Nashville, TN: B &H Publishing Group, 1993), 7.

Divorce is an immediate, radical and painful change in our lives, welcome or not, with highly charged emotional consequences.”<sup>29</sup>

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<sup>29</sup> Ibid, 8.

### CHAPTER THREE: COMMUNICATION STYLE

One of the keys to happy marriage is to get to know you partners' communication styles. This communication involves not only understanding what he or she says, but also what goes unspoken. Couples have to learn how to communicate effectively. "Communicate does not have to mean talk. When people believe that the only worthwhile communication is an exchange of words, they miss an opportunity to appreciate all the other ways communication takes place. Being open too many different ways of communication makes our world much richer."<sup>1</sup>

"Women will form collaboration and communicate in an effort to build bridges. Men do not like to build social bridges; however, they will use communication as a tool to solve their problems directly. But because of the blame, shame, and guilt overtones, a couple doesn't hear each other real concerns, and as a result they fail to communicate what the other really needs to hear. While you may have missed the opportunities in your marriage to establish real communication, there is value in understanding where that little misstep occurred that ultimately pushed you over the cliff."<sup>2</sup>

Diana Mercer is a family law mediator in Los Angeles and the co-author of *Your Divorce Advisor*. Katie Jane Wennechuk is a certified divorce mediator and chief communication offer for peace Talk Mediation Service. Mercer and Wennechuk say, "Once a relationship has started to turn, four attitudes present themselves as common preludes to divorce: criticism, defensiveness, contempt, and stonewalling. Dr. John Gottman, a psychologist at the University

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<sup>1</sup> Haltzman, *The Secret of Surviving Infidelity*, 252.

<sup>2</sup> Diana Mercer, JD and Katie Wennechuk, J. MA, *Making Divorce Work* (New York, NY: The Penguin Group, 2000), 14.

of Washington and author of 10 lessons to transform your marriage, calls these attitudes the “Four Horsemen of the Apocalypse.” In the cases where working parents discuss and agree as to how they will share the responsibility of raising their children, there were few recriminations and strife. The key is communication.”<sup>3</sup>

### **Three Conversations**

Barton Goldsmith Ph.D. is a Psychotherapist, relation expert and author of Emotional Fitness for Couples. Dr. Goldsmith says, “When the two of you are talking, there are three distinct dialogues going on at the same time; the one you think you are having, the one your partner think you are having, and the one that is really occurring. We do not correctly hear what someone else is saying to us because we have our own listening filters that cause us to put our own interpretation on what the other person is saying rather than hearing what they are actually saying.”<sup>4</sup> “All these things combined can create the perfect conversational storm; a place where nobody feels heard and both parties end up floundering in a sea of misunderstanding. If you’d like to still waters and have calm communication, start by realizing that you may not be as clear as your partner need you to be. Yes, I knew that he or she has equal responsibility here, but someone has to get things started, so why not seize the opportunity and open up the topic.”<sup>5</sup>

“Begin the process by telling your partner about an issue you would like to discuss, letting him or her know that you want the conversation to strengthen the relationship. Then speak your feeling, stopping garter each point so you can both really hear what was said. Then as your partner repeats back his or her interpretation of your words, be sure to gently clarify any

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<sup>3</sup> Ibid, 17.

<sup>4</sup> Goldsmith Barton Ph.D. *The Good Divorce*; (New York, NY St Martin Press, 2009)

<sup>5</sup> Ibid, 13.

misunderstanding. This kind of open communication will make for smooth sailing in your relationship.”<sup>6</sup>

### **A Divorce that Works**

Mercer and Wennechuks say, “That Christian can get divorced without ruining their life. The divorce rate among first marriages is 67 percent. That is two out of three couples get divorce. Rather than see it as something that will destroy your family, your divorce can be away to redefine and rebuild marriage and rebuild your family and improve your quality of life. Divorce is one solution to living in unhappy, unfulfilling marriage. People have started to figure out that divorce does not have to be bitter, nasty and punitive.”<sup>7</sup>

### **Poor Communication**

Mercer and Wennechuk provided a list of question to ask your spouse to make sure you are not communicating poorly. “Did you talk to your spouse? Did you listen to your spouse? Did you share things that she needed to know to function well in your family? Did you remind your spouse of important dates and help keep his or her life running smoothly? Have you ever not told your spouse something important as a punishment or because you did not think you had to?”<sup>8</sup>

### **Communication is the Key to Your Marriage**

Dr. H. Norman Wright is one of America's best known Christian counselors, served on the faculty of Talbot School of Theology at Biola University and is the former director of their Graduate Department of Marriage, Family and Child Counseling. Dr. Wright is the author of

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<sup>6</sup> Goldsmith Barton Ph.D. *The Good Divorce*; (New York, NY St Martin Press, 2009) 33.

<sup>7</sup> Mercer and Wennechuk, *Making Divorce Work*, 2-3.

<sup>8</sup> Mercer and Wennechuk, *Making Divorce Work*, 24.

more than 65 books. Dr. Wright says, “Many couples today lack the kind of communication skills that produce the understanding necessary for a marriage to go strong or even exist.

Understanding in a marriage in doesn’t mean that there are no differences. It does mean that you and your mate are able to talk about the differences and come to an understanding.”<sup>9</sup>

“The companionship and completeness that God intended for marriage grow out communication as two people share each day and the meaning of their lives. As Dwight Small says, the heart of marriage is its communication system. But no couple begins marriage with highly developed communication. It is not something that bring unto marriage ready-made but something to be continually cultivated through all of the experiences of their share life. Satisfying companionship and a sense of completeness develop as husband and wife learns to communicate with openness and understanding.”<sup>10</sup>

### **Make it Safe to Communicate**

“Strive to establish and maintain a permissive atmosphere in your home, in a permissive atmosphere both marriage partners are free to share openly and honestly what they feel, think, and believe. Each family member is allowed to speak the truth in love. The husband or the wife does not consciously erect barriers to communication with his or her mate. They look at the positive aspect of open communication.”<sup>11</sup>

### **Listening the Forgotten Skill**

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<sup>9</sup> Norman H. Wright Dr., *Communication Key to Your Marriage* (Ventura, CA: Regal Books, 1974), 1.

<sup>10</sup> Ibid, 8-9.

<sup>11</sup> Ibid, 160-161.

Madelyn Burley-Allen is the founder and president of Dynamics of Human Behavior. She has conducted over 2000 seminars on listening and management for organization around the world. According to Burley-Allen, “Listening is a taking in information from speaker, other people or ourselves, while remaining nonjudgmental and empathetic; acknowledging the talker in a way that invites the communication to continue; and providing limited, but encouraging, input to the talker response, carrying the person’s idea one step forward. This definition stresses the listen’s responsibility in the communications process. Although listening is one of the most demanding aspects of communication, it is also the most rewarding.”<sup>12</sup>

“Effective listening involves not only turning in to others, but tuning in to ourselves. Listening carefully to what we and how we say it can teach us an immense about ourselves. Active listening alleviate a problem by giving the person a chance to talk it through while experiencing emotional release and at the same time providing limited and empathetic input that conveys to the talker your concern and non-judgmental attitude.”<sup>13</sup>

### **Restored through Reconnecting**

Dr. Larry Crabb is a well-known psychologist, conference and seminar speaker, Bible teacher, popular author, and founder/director of New Way Ministries. In addition to various other speaking and teaching opportunities, Dr. Crabb offers a weekend conference throughout the country entitled Life on the Narrow Road and a week-long School of Spiritual Direction held in Colorado Springs, CO.

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<sup>12</sup> Madelyn Burley-Allen, *Listening: The Forgotten Skill* (United States: John Wiley & Sons, Inc., 1995), 3.

<sup>13</sup> *Ibid*, 6.

Dr. Crabb offers, “The definition of connecting as something that occurs when the life of Christ in one person is poured into another and awakens in the emptiest recess of the other person’s soul the experience of life. If connecting is at the center of healing then disconnecting must be at the core of what needs healing. The deepest urge in every human heart is to be in relationship with someone who absolutely delights in us, someone with resources we lack who has no greater joy than giving to us, someone who respects us enough to require us to use everything we receive for the good of others, and because he has given it to us, knows we have something to give. The longing to connect defines our dignity as human beings and our destiny as image bearers.”<sup>14</sup>

“The power to meaningfully change lives depends not on advice, though counsel and rebuke play a part; not on insight, though self-awareness that disrupts complacency and points toward new understanding is important; but on connecting, on bringing two people into an experience of shared life.”<sup>15</sup>

“Relationships heal when they reflect the energy of Christ, we can impact other by:

1. Letting people know we delight in them as Christ does;
2. Eagerly looking for the goodness in someone’s heart and identifying the passion that are prompting loving, strong choices;
3. Exposing the darkness in someone’s heart, their sin, and pain, in order to engage them more convincingly with the Savior’s kindness; it is the kindness of God that leads to repentance.

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<sup>14</sup> Larry Dr. Crabb, *Connecting, Healing for Ourselves and Our Relationships* (Nashville, TN: W Publishing Group, 1997), 44-45.

<sup>15</sup> *Ibid*, 31.

These three ingredients of powerfully healing relationship are available to every Christian but practiced so little. However, when they are practiced, even when only the first ingredient is in place, enormous good can result.”<sup>16</sup>

### **The “Secret” Hidden in Ephesians 5:33**

Dr. Emerson Eggerichs has a M.A. in communications from Wheaton College, a Master’s of Divinity from Dubuque Seminary and a Ph.D., in child and family ecology from Michigan State University. Dr. Eggerichs says, “This passage of scriptures Ephesian 5:33 has been there for some two thousand years for all of us to see. In Ephesian 5:33, Paul writes, “Each of you also must love his wife as he loves himself, and the wife must respect her husband.” (NIV) The Love and respect Connection is the key to any problem in a marriage.”<sup>17</sup> The Love and Respect Connection is clearly within scripture, but so is the constant threat that the connection can be strain or even broken. And then came what I call the “Aha” moment: this thing trigger itself. Without love, she reacts without respect, without respect, he reacts without love-Ad nauseam. Thus was born the crazy Cycle!”<sup>18</sup> “If husbands and wives are to understand the Love and Respect Connection, they must realize that they communicate in code, and the problem is, they don’t know how to decipher the message they send to one another.”<sup>19</sup>

Communication in marriage has been described, discussed, and dissected in hundred, if not thousands, of books and articles. Why is communication between husband and wives such a

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<sup>16</sup> Larry Dr. Crabb, *Connecting, Healing for Ourselves and Our Relationships* (Nashville, TN: W Publishing Group, 1997), 21.

<sup>17</sup> Emerson Eggerichs Dr., *Love & Respect* (Nashville, TN: Thomas Nelson, 2004), 14-15.

<sup>18</sup> Ibid, 16.

<sup>19</sup> Ibid, 25.

problem? It goes back to the fact that, we send each other message in “code,” based on gender, even though we don’t intend to. What I say is not what you hear and what you think you heard is not what I meant at all. She says, I have nothing to wear, she means she has nothing new. He says, I have nothing to wear, he means he has nothing clean.”<sup>20</sup>

### **Communicating & Connecting in Relationship**

“The word communication derives from the root to communicate. It has two levels sharing information and connecting with others. The body language of tone, expression, and engagement come into play at both levels. For the spiritual-minded overtones of to communicate suggest that people connect with nature and God as well. For all of us, communication at its best can mean applying love and acceptance in how we listen, talk, and value each other.”<sup>21</sup>

### **Two Levels of Communication**

Dr. Jim Petersen has a Doctor of Ministry and Master of Divinity from San Francisco Theological Seminary in San Anselmo, California and he is a License Professional Counselor. In addition to communication work, he teaches courses and workshops in personal growth, informal, peer counseling, problem solving, motivation and decision making, conflict resolution, life-planning, couples counseling, biblical reflection and discovering meaning through assessing life experiences.

Dr. Petersen says, “Level one communication gives and receives information and discusses points of view. At this level when we as where the copy machine is, who decides on the vacation schedules, or how much fifteen percent of the dinner bill comes to, all we care about

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<sup>20</sup> Emerson Eggerichs Dr., *Love & Respect* (Nashville, TN: Thomas Nelson, 2004), 31.

<sup>21</sup> James C. Peterson, D.Min, L.P.C, *Why Don't We Listen Better? Communication & Connecting in Relationships* (Tigard, OR: Peterson Publication, 2007), 18.

is getting the facts. Level two communications goes deep than words. It moves us toward more satisfying relationships. We develop trust, intimacy, and more personal caring. Strangers become friends. It connects us at a level of feeling and spirit.”<sup>22</sup> “Good communication is just as important in business, family, and social life, but being able to work together effectively is. It helps keep friendship vital and even makes a difference in casual relationship where you merely want ease. I have learned the value of communication balancing; listen a while, talk until the other person stop hearing and listen until the person calms enough to hear again. Real listens get us inside each other and there seems to be something in such human connection that touches and changes us.”<sup>23</sup>

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<sup>22</sup> James C. Peterson, D.Min, L.P.C, *Why Don't We Listen Better? Communication & Connecting in Relationships* (Tigard, OR: Peterson Publication, 2007), 18.

<sup>23</sup> *Ibid*, 4-5.

## CHAPTER FOUR:

### ABUSE (PHYSICAL AND EMOTIONALLY)

#### Emotional Abuse

Raoul Felder is a nationally renowned divorce attorney. He is the author of eight books, including *Bare-Knuckle Negotiation*, and has appeared on television, radio, and in print as an expert in Divorce litigation. Barbara Victor has authored five novels and eight works of nonfiction, and a study of domestic violence which was nominated for a Pulitzer Prize in 1995.

Felder and Victor says, “Emotional abuse or repeated attacks on your spouse intelligence, looks character, dreams, desires or sexual prowess destroys their self-esteem. If the relationship becomes a constant barrage of insults where any one of the above traits or characteristics is dissatisfied with partners enough to provoke vicious slurs, the marriage is irreparable without help. Regardless of which transgression listed above occurs, with the exception of physical or emotional abuse, communication is the key.”<sup>1</sup>

“Women or men who are in abusive relationship might blame themselves for provoking their partners or they accept the abuse rather than admit to it or react to it proactively out of embarrassment or fear of reprisal. Drug or alcohol abuse is often a matter of one partner enabling the other or joining in. This too might go on for years until one or the other is arrested or admits to the addiction and goes into therapy, leaving the other with no partner in the game of self-abuse.”<sup>2</sup>

#### What is Abuse?

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<sup>1</sup> Raoul Felder and Victor Barbara, *The Good Divorce* (New York, NY: St Martin's Press 2011, 27.

<sup>2</sup> Ibid, 28.

Barber Roberts is a survivor of domestic abuse, and she explains the scriptural dilemmas of an abuse victims. She carefully examines the scriptures and scholarly research to show how the Bible set victims of abuse free from bondage and guilt. According to Barber Roberts, “The term domestic abuse is referred to a pattern of behavior where one adult abuses another adult and the two are or have been partnered intimately. An abuser abuses power in a relationship at the expense of the victim. Both men and women can be victims and perpetrators of abuse. In most people minds, the term violence signifies only physical violence, but the domestic abuse can include emotional, social, financial and other types of mistreatment, and may not even involve physical violence.”<sup>3</sup>

“Emotional Abuse is the most frequent form of relationships. It permeates all other areas of a relationship and it is the core of the other forms of abuse listed. It may involve put downs, criticism, cursing, yelling, ridiculing, or humiliation. The abuser may undermine the victims’ sense of identity, opinion, feeling, privacy, preferred wardrobe, hair do or special possession.”<sup>4</sup>

“Lundy Bancroft a former Co-director of Emerge, the first U.S. Program for abusive men, and a fifteen year veteran of work with abusive men, reminds readers that each year in this country, two to four million women are assaulted by their partners and that at least one out of three American women will be victim of violence by a husband or boyfriend at some point in her life. His valuable resource covers early warning signs, ten abusive personality types, the abusive

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<sup>3</sup> Barbara Roberts, *Not Under Bondage, Biblical Divorce for Abuse, Adultery & Desertion* (USA: Maschil Press, 2008), 18.

<sup>4</sup> Ibid, 22-23.

mentality, problems with getting help from the legal system and the long, complex process of change.”<sup>5</sup>

“We believe there are basic that all relationship needs to have, indispensable elements as:

1. Love, affection, and kindness
2. Mutual respect
3. Freedom of both partners to express their true opinion and feelings
4. Safe, loving physical intimacy
5. Equality
6. Making each other a high priority (though not necessary the only priority)
7. Accepting responsibility for one’s own actions
8. Each partner caring about how his or her actions affect the other person.”<sup>6</sup>

“Every relationship is unique, but most healthy relationship follows a fairly typical pattern composed of three stages. There are no hard and fast rules for when a couple enters these stages or how long each stage lasts, but we can make some generalization for the purpose of enabling you to determine where your relationship may be. The three stages of a healthy relationship are the romantic stage, the conflict stage, the evaluating the commitment stage.”<sup>7</sup>

### **Stages of Grief**

“The best way to survive this crisis is to let go of the emotional attachments invested in the relationship. If saving the marriage is beyond your ability, it is time to detach so you can get on

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<sup>5</sup> Lundy Bancroft and Jac Patrissi., *Should I Stay or Should I Go? A Guide to Knowing If Your Relationship Can and Should Be Saved* (New York, NY: The Berkley Publishing Group, 2011), I.

<sup>6</sup> Ibid, 2.

<sup>7</sup> Ibid, 11-13.

with your life. This is done by going through a grieving process, similar to mourning death. How do people grieve? Although each of reacts different, research has shown that certain stages are common to us all. These stages are:

1. Denial- the psychological defense of not accepting the obvious by telling ourselves, “It is not true. He did not really mean it. This is not happening to me. He will come back to our marriage.”
2. Anger-directed at the source of our pain, often expressed in demanding, “How could you do this to me after all I’ve done for you?”
3. Guilt-turning our anger inward and berating ourselves by thinking, “It’s my entire fault-I wasn’t good enough to keep this from happening.”
4. Bargaining-believing the unrealistic beliefs that circumstances will change if we change or by our making concessions such as saying, “If she come back, I’ll do whatever she wants.”
5. Depression-experienced as we face the reality that matters are beyond our control, acknowledging, “It’s really true, our marriage is over.”
6. Acceptance-recognizing the finality involved and the freedom to leave the past behind for a new life.”<sup>8</sup>

### **Using Coercion and Treats**

“This category comes under emotional abuse, but because coercion and threats are powerful in maintaining control of the relationships, these strategies need special consideration. An abuse may threaten to hurt you, the children, pets our extended family or your property if you do not do what he or she wants. Others tools used by some abusers are stand over tactics, using personal size to intimidate, driving dangerously, making threats of suicide and displaying weapon.”<sup>9</sup>

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<sup>8</sup> Kniskern 1993, 24.

<sup>9</sup> Roberts, *Not Under Bondage, Biblical Divorce for Abuse, Adultery & Desertion*, 40.

### **Social Abuse**

“Social abuse is when a victim is isolated from friends and family. The abuser may limit access to work, study or social activities. The perpetrator may makes demands on personal time by constantly checking upon her whereabouts, or prescribing rigid time limits for out of household tasks. The victim’s phone call may be taped or monitored and mail may be opened.”<sup>10</sup>

### **Financial Abuse**

“Some perpetrators determine how the family finances are spent or managed without their spouses’ consent or awareness. They may put the household on a budget that is inappropriately tight, given the amount of money that comes into the family. They may spend more frivolously on themselves, or make financial commitments which impair the growth, safety, security or goals of other members of the family.”<sup>11</sup> Financial abuse can destroy a marriage relationship.

### **Sexual Abuse**

“To ignore when a partner says “No”, to attempt to force a partner to do something that they feel morally obliged to avoid, or uncomfortable doing is Sexual abuse. This includes cases where the partner is too afraid to say no or unable to give consent. Some abusers expect sexual willingness immediately after an incident of abuse or violence. Some men are addicted to pornography and masturbation but, as a result of it, either deprive their wives of sex or want to play out pornographic scenarios on their wife. Some women treat sex as bartering tool to get their way in something else. “If you this, I will reward you tonight”. An abuser who reads the Bible may insist that a wife is only allowed to refuse sex unless the husband and wife are both

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<sup>10</sup> Roberts, *Not Under Bondage, Biblical Divorce for Abuse, Adultery & Desertion*, 22.

<sup>11</sup> *Ibid*, 21.

praying and fasting, He may claim that since Hebrew 13:5 say the marriage bed is undefiled, he is entitled to demand anal intercourse or other debasing or unnatural practices.”<sup>12</sup>

“The Bible teaches that sexual relationship between married couple should be one of mutual giving; there should be reciprocal generosity, each partner rendering the affection due to the other partner. There should also be reciprocal authority, each partner having authority over their spouses body (1 Corinthians 7:3-5) balancing these principles, we see that it is up to each partner to give pleasure, not to take it.”<sup>13</sup>

“Disciplinary divorce occurs when a divorce is used as a disciplinary tool. This situation arises when a spouse has willfully repudiated the marriage covenant by adultery, abandonment, abuse or harmful neglect, but not has commenced the legal process of divorce. 1 Corinthians 7:15 covers all kinds of disciplinary divorce, adultery, desertion, abandonment, and constructive desertion (abuse, harmful neglect) are all occasion for disciplinary divorce.”<sup>14</sup>

### **Anger in Divorce**

Steve Grissom is the president of the Church Initiative, Inc. After having experienced the pain of divorce himself Steve founded the Church Initiative Inc., a ministry that develops and procures video and work book based programs for churches to minister to people in other life crisis such as divorce, grief and addiction. Kathy Leonard is the editorial director for the Church Initiative, Inc. and Steve discovered that, “Divorce brings an abrupt end to things that you thought were good, right, and secure in your life. Now you are not sure which parts of your

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<sup>12</sup> Roberts, *Not Under Bondage, Biblical Divorce for Abuse, Adultery & Desertion*, 22.

<sup>13</sup> *Ibid*, 22-23.

<sup>14</sup> *Ibid*, 23.

married life were real and which parts were only illusions. You are not wrong to feel anger; justified anger can be a good and necessary response.”<sup>15</sup>

“Anger can root deeply, grow quickly and choke out your emotional health. Unless you cut away at your anger and learn to express it in a healthy manner, it can cause great harm to you and to others around you. You may feel guilty about the extreme thoughts your anger is leading you to have. Be assured that these thoughts are normal for a person who is going through a divorce.”<sup>16</sup>

Dr. Les Carter says, “That having anger means standing up for your own worth, needs and convictions. You don’t get angry when folks are kind, pleasant or understanding. Anger shows up when someone has rejected you or is being uncooperative, or when a person is being critical, harsh, or difficult to get along with. When anger appears on the scene, it arouses your sense of self-preservation. By identifying the causes of your anger, you will be better prepared to handle your anger when it arises. Anger can stem from several sources. One source is an overdependence on other people.”<sup>17</sup>

“By identifying the causes of your anger, you will be better prepared to handle your anger when it arises. Anger can stem from several sources. One source is an overdependence on other people. You were born dependent on others for many things including affirmation and love. You do not need to depend on your former spouse for your emotional wellbeing. Depend on God. He

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<sup>15</sup> Grissom Steve and Leonard Kathy, *Divorce Care, Hope, Help and Healing during and after your Divorce* (Nashville, TN: Thomas Nelson, 2005), 54.

<sup>16</sup> Ibid, 57.

<sup>17</sup> Ibid, 59.

knows that you need love, affirmation, and a human touch. He will make sure that you get it and that it comes from the right sources.”<sup>18</sup> “But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth. Lay not one to another, seeing that ye have put off the old man with his deeds”. (Colossian 3:8-9) “And grieve not the Holy Spirit of God, whereby ye are sealed unto the day of redemption. Let all bitterness, and wrath, and anger, and clamor, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.” (Ephesian 4:30-32)

### **The Emotionally Destructive Relationship**

Leslie Vernick is a licensed clinical social worker with a private counseling practice; she completed postgraduate work in biblical counseling and cognitive therapy. Leslie Vernick writes, “That a destructive relationship injures more than our emotion. It attacks every part of our lives. It destroys our very souls. Most people typically think of relationship that includes some kind of physical, verbal, or sexual abuse.” All abuse behavior, whether physical, sexual or emotional is always destructive to the person hood of the victim and lethal to the relationship. A relationship is damaged when it is weakened, fractured or killed through the attitudes and action of one or both people in the relationship.”<sup>19</sup>

“Healthy relationships are at the heart of the biblical message because God created us to live connected to one another. Many people suffer in relationship where offensive words and

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<sup>18</sup> Grissom Steve and Leonard Kathy, *Divorce Care, Hope, Help and Healing during and after your Divorce* (Nashville, TN: Thomas Nelson, 2005), 65.

<sup>19</sup> Leslie Vernick. *The Emotionally Destructive Relationship, Seeing It, Stopping It, Surviving It* (Eugene, OR: Harvest House Publishers, 2007), 12.

threatening gestures are the weapon of choice, used to manipulate, control, punish, and wound without leaving any physical evidence.”<sup>20</sup>

“When someone deeply betrays us and will not take responsibility for the deception, the relationship itself may be beyond repair, at least until the Lord shows this other person his own sin. But you can learn from the situation and move ahead into new relationship with more wisdom. Becoming more aware and alert can help you in future relationship so that you are not caught by surprise.”<sup>21</sup>

“Not every destructive relationship involves abuse, but any relationship that entails any kind of abuse is always destructive. When diagnosing the problem of relationship abuse, there are important distinction between relationship in which one person continually seeks power over the other and uses abusive tactics whether physical, verbal sexual or economic to control and intimidates mutually abusive behavior where both partners verbally or physically assault each other out of anger and frustration, and one-time abusive incidents.”<sup>22</sup>

“Fear of being physically, sexually or emotionally harmed squashes all healthy communication. Power seeking abusers don’t love their victims in a godly way. The abusers focus only on their feeling, their wants, their need and their preferences. When an abuser fails to attain these goals, rage, often results. The best way to recognize unhealthy or destructive

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<sup>20</sup> Leslie Vernick. *The Emotionally Destructive Relationship, Seeing It, Stopping It, Surviving It* (Eugene, OR: Harvest House Publishers, 2007), 13.

<sup>21</sup> Ibid, 24.

<sup>22</sup> Ibid, 28.

relationship is to compare and contrast them with the characteristics that describe healthy relationship.”<sup>23</sup>

Healthy adult relationship exists where both people in the relationship give and both receive. If you are in a relationship that lacks mutual caring, safety, honesty, or respect and you regularly feel anxiety, fear shame, anger or despair, then your emotions are warning you that you are in a destructive relationship. Even if you sometime experience positive feeling toward this person and are able to have good times together, chronic dread, fear, anger, or stress quench whatever positive feeling you have. Emotions are contagious.”<sup>24</sup>

### **The Emotionally Abused Woman**

Beverly Engel is a nationally recognized psychotherapist and sex therapist with twenty years experiences, as well as a bestselling author. She is the founder of the Center for Adults Survivors of Sexual Abuse in Redondo Beach, California. Engel Beverly says, “While emotional abuse is probably the most common type of abuse, until now it has received the least attention. Many women who are being emotionally abused do not even realize what is happening to them. Many suffer from the effects of emotional abuse-depression, lack of motivation, confusion, difficulty concentrating or making decision, low self-esteem, feeling of failure, worthlessness, and hopelessness, self-blame, and self-destructiveness but do not understand what is causing these symptoms.”<sup>25</sup>

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<sup>23</sup> Leslie Vernick. *The Emotionally Destructive Relationship, Seeing It, Stopping It, Surviving It* (Eugene, OR: Harvest House Publishers, 2007), 36.

<sup>24</sup> Ibid, 50.

<sup>25</sup> Beverly Engel M.F.C.C, *The Emotionally Abused Woman: Overcoming Destructive Patterns and Reclaiming Yourself* (New York: Fawcett Ballantine Books, 1990).

“Abuse is any behavior that is designed to control and subjugate another human being through the use of fear, humiliation, and verbal or physical assaults. Emotional abuse is any kind of abuse that is emotional rather physical in nature. It can include anything from verbal abuse and constant criticism to more subtle tactics such as intimidation, manipulation and refusal to ever be pleased.”<sup>26</sup>

“Emotional abuse is like brainwashing in that it systematically wears away at victim’s self-confidence, sense of self-worth, trust in her perceptions, and self-concept. Whether it is done by constant berating and belittling, by intimidation, or under the guise of guidance or teaching the results are similar. With emotional abuse, the insults, the insinuations, the criticism, and the accusations slowly eat away the victim’s self-esteem until she is incapable of judging the situation realistically. She has become so beaten down emotionally that she blames herself for the abuse.”<sup>27</sup>

“Emotionally-abuse victims become so convinced that are worthless that they believe no one else could possibly want them. Therefore, they stay in abusive situation because they believe they have nowhere else to go. It is uncommon for a woman to be emotionally abused by more than one person. This is because the pattern of abuse often started when she was a child, so she has grown up with low self-esteem and the expectation of being abused. As a result she continually attracts abusive people into her life.”<sup>28</sup>

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<sup>26</sup> Beverly Engel M.F.C.C, *The Emotionally Abused Woman: Overcoming Destructive Patterns and Reclaiming Yourself* (New York: Fawcett Ballantine Books, 1990) 10.

<sup>27</sup> Ibid, 10-11.

<sup>28</sup> Ibid, 11.

“Often, an emotionally abused woman feels a responsibility to stay in an abusive relationship because she feels a responsibility to her children. Even though her husband is emotionally abusive to her, she may continue to endure the abuse out of fear of not being able to provide for her children adequately on her own. She may rationalize this decision by convincing herself that since her husband is not abusing her physically, is not unfaithful, and bring home his check very payday, he is a good husband.”<sup>29</sup>

### **Types of Emotionally Abused Women**

“The Selfless” Woman is one with a very shaky sense of identity. Because her mother was with too smothering and controlling and didn’t allow her to separate from her or because her mother was rejecting and abandoning and didn’t provide adequate nurturing, the selfless woman did not develop a strong identity and sense of self.

The “Pleaser” woman are always trying to keep everyone happy, there motto is “Peace at any Price,” and the price they pay is often damage to their self-esteem. They want to keep everything smooth and on an even keel, and they often sacrifice their own happiness in the process.

The “Sinner” women always feels responsible, always believes that “It is my fault.” The sinner woman also suffers from intense feeling of guilt and shame, which play an important role in her motivation to please. Often this tendency to blame herself comes from her having been severely criticized as a child. Constantly apologizing, she obsesses about “If only”-if only she had done something differently, if only she has said the right thing.

The “Codependent” woman is one who has let another person’s behavior affect him or her, and who is obsessed with controlling that person behavior. A codependent has pattern of getting involved with people whom she tries to rescue or take care of and she lives her life for others. She anticipates other people needs, and she then wonders why they don’t do the same for her.

The “Drama Junkie” Woman were usually raised in dysfunctional, highly chaotic homes where there was alcohol or drug abuse, frequent fighting between the parents, physical abuse, or other forms of frequent disruption or upset. Also sometime referred to as “adrenaline junkies,”

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<sup>29</sup> Beverly Engel M.F.C.C, *The Emotionally Abused Woman: Overcoming Destructive Patterns and Reclaiming Yourself* (New York: Fawcett Ballantine Books, 1990) 11.

drama junkies have become accustomed to a tremendous amount of change, violence, and crisis and emergency situations.

The “Victim or Martyr” woman, many women have what is frequently called a victim mentality. Some believe that life is one bad thing after another, and that there is nothing they can do to control their lives in any way. Other needs continuing adversity in order to keep proving their worth. A martyr is one who voluntarily scarifies her own health, happiness, or well-being for others. The most common cause of a victim mentality is having had one who voluntarily sacrifices her own health, happiness, or well-being for others.”<sup>30</sup>

### **Taking Steps toward Recovery**

Engel says, “Because of the undermining nature of emotional abuse, because it tear down your self-esteem and causes you to doubt yourself and your perceptions, you will undoubtedly continue to question whether or not you are actually being emotionally abused. It is important for you to understand that an emotionally abuser will blame his victim for his abusiveness and will always have an excuse for his behavior. If you are being emotionally abused by someone, or if you recognized that you have established a pattern of consistently being mistreated and disrespected by others, help is available. The steps to recovery are; 1. Recognize the roots of your problems. 2. Decide whether you should leave your relationship. 3. Raise your self-esteem so that you will not continue to allow others to abuse you. 4. Change you negative patterns and break the cycle of abuse once and for all.”<sup>31</sup>

### **Christian Woman Facing Abuse**

Marie M. Fortune is an ordained minister in the United Church of Christ and the director of the Center for Prevention of Sexual and Domestic Violence in Seattle. Marie M. Fortune writes that “When a woman is battered by a member of her family, she will likely bring to that

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<sup>30</sup> Beverly Engel M.F.C.C, *The Emotionally Abused Woman: Overcoming Destructive Patterns and Reclaiming Yourself* (New York: Fawcett Ballantine Books, 1990), 31-44.

<sup>31</sup> Ibid, 29-30.

experience of violence in her background and values as a Christian woman. In addition, her experience of violence in her family will be not only physical and emotional crisis but a spiritual crisis.”<sup>32</sup>

“The person who has hurt you, the person whose violence you fear is someone very close to you. It is not a stranger walking down the street. It is a person you loved and shared your life with. This makes the hurt much deeper. You are a Christian woman, a woman of faith who has been abused by a member of your family. Your family may be traditional or nontraditional. Whatever form your family takes, you face all the problem of dealing with the abuse and its impact on you and your children. But you also face the possibility that your church does not understand or want to know about your experience as a battered woman. You may feel abandoned by your church; you may feel abandoned by God.”<sup>33</sup>

“Many women say that their husbands force them to have sex immediately following a beating. Frequently the husband says that this is because they love their wives and want to make up after a fight. In fact this focused sexual activity is just another kind of battering. Sexual sharing between two people is one of God’s greatest gifts to us. It is this gift that is celebrated in Scripture in the Song of Solomon. But what is necessary for sexual sharing to be a blessing between two people is that both people be fully consenting and that it takes place in a context of respect, choice and regard for each other’s well-being.”<sup>34</sup>

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<sup>32</sup> Marie M. Fortune, *Keeping the Faith, Guidance for Christian Women Facing Abuse* (New York, NY., 1987), XII.

<sup>33</sup> *Ibid*, 5.

<sup>34</sup> *Ibid*, 18.

“The suffering that you experience in being battered physically and psychologically is a suffering that is put upon you against your will. It is involuntary suffering, you never choose it, and it is the same kind of suffer in as discovering that one has cancer because of exposure to a chemical dump or as the suffering of being injured by a drunk driver. There is another kind of suffering. It is voluntary suffering. We freely submit to this kind of suffering in order to accomplish a greater good. We still do not like the pain that is involved but we are willing to do it because we believe in something greater. For example, we are willing to undergo the pain of child birth in order to bring a child into the world.”<sup>35</sup>

### **A 30 Year Abuser Speaks Out**

“Abuse plagued Austin F. James over two-third of his life, but through great sorrow, the ability came to him to transform himself from the ashes of defeat to a type of cleansing and healing that not only renew the spirit, but all it to soar to new heights. In his ground breaking book, he explains the root of emotional abuse and how he broke free from it.”<sup>36</sup>

Austin James says, “It is important to note that I am not a doctor, psychologist, or counselor, nor have I played one on television. I hold no degree in the science of the mind. I simply have thirty-plus year degree in life as an abusive man. My experiences, I talk about; the way I went about my recovery and what I learned are experiences alone and it may not align up with conventional wisdom amongst professional-so be it.”<sup>37</sup>

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<sup>35</sup> Marie M. Fortune, *Keeping the Faith, Guidance for Christian Women Facing Abuse* (New York, NY., 1987), 19.

<sup>36</sup> Austin F. James, *Emotional Abuse, Silent killer of Marriage* (Columbus, OH: CreatesSpace.Com, 2013), 5.

<sup>37</sup> *Ibid*, 5.

“Austin James emotional abuse consists of the following forms of emotional abuse toward his wife Teri and the children.

1. Lying
2. Controlling conversations
3. Being judgmental, disrespectful, or rude
4. Making condescending and patronizing statements
5. Withholding affection
6. Ignoring promise made
7. Betraying her trust in him
8. Anger

By using anger all through our dating phase and our entire marriage, I normally ended up the victor of arguments and got just about anything I wanted.”<sup>38</sup>

“Teri and I went to five different professional marriage counselors during our twenty-four years marriage and spent a ton of money. Teri always brought up anger as the underlying issue in our relationship, yet not a single counselor mentioned abuse during any of our session. It is not that the counselors were bad counselors; they were not trained in emotional abuse and did not know to probe for the signs of abuse when the anger issue surfaced between us. Something as complex as emotional abuse cannot be treated with both parties present in counselling at the same time. You must have individual and independent counselling before you can hope to do

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<sup>38</sup> Austin F. James, *Emotional Abuse, Silent killer of Marriage* (Columbus, OH: CreatesSpace.Com, 2013), 20-23.

counseling as a couple. Emotional abuse affects the couple but it is an individual disorder, not a couple one.”<sup>39</sup>

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<sup>39</sup> Ibid, 208.

**CHAPTER FIVE:**  
**ENRICHING YOUR SEX LIFE**

**Narcissistic Lover**

Cynthia Zayn and Keven Dibble M.S. says, “Many victims of injurious and emotionally abusive relationship were unwittingly victimized by women with Narcissistic personality disorder, an often misunderstood psychiatric condition that is characterized by, among other things, deceit, manipulation and complete and utter self-absorption.”<sup>1</sup> “According to recent studies, the causes of Narcissistic Personality disorder (NPD) are not known. However, it is believed to have its origins in the early childhood years and to have been influenced by parents, peers and caregivers of those afflicted. During a particular stage of personality development, with too much or not enough attention is given to a child who then learns to love himself or depend only on himself as a means of self-preservation.”<sup>2</sup>

“Psychologists believe that the narcissistic spends her life trying to re-live whatever went wrong at a particular time in her personality development. She finds more and more people with whom to reenact her life and each time she truly believes this time she will get it right. So at the onset of your relationship, she really did believe you were the perfect fit, the best relationship or her ideal love. She believes those things because she wants to believe them, she needed to believe them, because the Narcissistic feels unloved and insecure, she spends her life trying to find ideal love. She believes in a perfect love that will end her search and stop her pain. She goes from

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<sup>1</sup> Cynthia Zayn and Kevin Dibble M.S, *Narcissistic Lovers, How To Cope Recover and Move On* (Far Hill, NJ: New Horizon Press, 2007), x.

<sup>2</sup> Ibid, 4.

relationship to relationship, sometimes without pause for recovery. This is baffling to those she leaves behind, how can she just move along like that, especially after things seem so intense?”<sup>3</sup>

Zayn and Dibble also says, “Whether you feel anger, disgust, pity or sorrow for your narcissist. Eventually you may wonder if there is hope for his or her recovery from NPD. Most experts in the field of psychology agree that there’s no cure for NPD, only treatments for its symptoms. So it is understandable that the Narcissistic sometime realizes that something is not quite right with him or her, but the narcissistic never really accepts responsibility for any of it. Instead the narcissistic rationalizes that the negative in his or her personality are actual okay and that fate or his or her poor choices for partners are the problems.”<sup>4</sup>

### **Enriching Your Sex Life**

Dr. Gary Rosberg earned his Education degree from Drake University, and he has been a marriage and family counselor for more than twenty-five years. Barbara Rosberg earned her B.F.A., from Drake University and has authored *Connecting with Your Wife* and Co-author many more book with Dr. Rosberg.

Dr. Gary and Barbra Rosberg says, “There are certainly some good books out there about sexual technique, but I am little concerned that by focusing on technique and the physical aspects of sex, they may miss out on the deeper, more fulfilling aspects of a great marriage relationship.

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<sup>3</sup> Cynthia Zayn and Kevin Dibble M.S, *Narcissistic Lovers, How To Cope Recover and Move On* (Far Hill, NJ: New Horizon Press, 2007), 5.

<sup>4</sup> Ibid, 189.

Marriage is so much more than sex, and sex is so much more than physical pleasure and technique.”<sup>5</sup>

First, “Sex has the potential to be the most profoundly satisfying and rich part of a marriage. Sex the way God intended it to be expressed with the context of a loving, serving relationship between a husband and wife is a mysterious and sacred act that knit a couple together in ways that are beyond description. We have learned that intimacy was the number two need expressed by both husbands and wives. However, we learned that men spell intimacy as in sex and women spell intimacy as in talk.”<sup>6</sup>

Second, “Most of us come to our marriage with unrealistic expectations about sex, expectation built on media images of sculpted bodies and steamy seduction. We measure our own experiences against what we see on our television and movie screens or what we read about in books and we feel disappointed and may be even cheated.”<sup>7</sup>

Third, “Our sexual lives can cause hurt because we too often see sexual pleasure as something we get rather than something we give; we are more focused on our own needs than our spouses. A great sex life leaves no room for selfishness.”<sup>8</sup>

### **Disappointment about Sex**

“In many households, couples are confused and disillusioned about sex. Many books discuss specific techniques or other options relating to what takes place during intercourse. We

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<sup>5</sup> Rosberg, Gary Dr. and Rosberg Barbara Dr., *The 5 Sex Needs of Men & Women. Discover the Secret to Great Sex in a Godly Marriage* (Carol Stream, IL: Tyndale House Publishers, Inc., 2006), 4-5.

<sup>6</sup> Ibid, 6-7.

<sup>7</sup> Ibid, 6-7.

<sup>8</sup> Ibid, 7.

define sexual needs as what goes on both inside and outside of the bedroom. What is or is not going on outside the bedroom has a profound impact on what goes on inside the bedroom”<sup>9</sup>

“Most of us live with a Golden-Rule mentally in our sex lives; if I treat my spouse the way I want to be treated, then we’ll be happy and have a fulfilling sex life. Understanding your spouse’s uniqueness and committing yourself to meeting those unique needs should be the goal of a satisfying sexual relationship.”<sup>10</sup>

“We can never experience truly satisfying and fulfilling sex apart from relationship. Redefining sex means we face our selfishness head on. You may not be physically cheating through adultery or pornography, but you may be cheating your marriage out of the God-honoring, God-designed sex life that was meant for you and your spouse. We cheat when we withhold affection, when we give too much of our time and energy to our kids or others beside our spouses. We cheat when we connect emotionally with opposite sex friends or colleagues. We cheat when we do not fully give ourselves sexually to our spouses. We cheat when we become selfish with our sexuality, when sex or lack of sex becomes more about me, me, and me than we, we, and we.”<sup>11</sup>

### **What do Husbands and Wives Really Need?**

“Good sex is other-centered; it allows you to focus solely on your spouse. God called you into a mysterious and unique relationship—a relationship in which you complete each other, in which two people become one through the physical and emotional intimacy of sex. True service

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<sup>9</sup> Rosberg, Gary Dr. and Rosberg Barbara Dr., *The 5 Sex Needs of Men & Women. Discover the Secret to Great Sex in a Godly Marriage* (Carol Stream, IL: Tyndale House Publishers, Inc., 2006), 10.

<sup>10</sup> Ibid, 13-14.

<sup>11</sup> Ibid, 20-21.

means persistently watching for ways we can love, assist, support, praise, appreciate, protect, and please our spouses-then taking action, without expecting something in return.”<sup>12</sup>

“God intentionally made males and females to be different from each other. Even though we recognize the difference, many of us never take the time to study, appreciate, and pursue those differences as being good and worthy. When we give our spouses what they need-not what we think they want or need-then we fulfill God’s design for sexual intimacy. The top five sex needs of men and women according to Dr. Gary & Barbara Rosberg.

#### Men’s Sex Need:

1. Mutual satisfaction- More than 67 percent of the men who responded to our survey listed mutual satisfaction as their top sex need. They indicated that they believe a good sexual relationship is one in which both husband and wife experience satisfaction during lovemaking. Sexual satisfaction is more than simply a physical release for a man. The purpose of mutual satisfying sex is not just orgasm but satisfaction through an emotional and spiritual connection. A man feels like a man when he can please his wife.

2. Connection –Nothing makes me feel closer to their wives than being physically and emotionally connected. Connecting inside the bed room is pretty clear cut, its sexual intercourse. Sex build connection for a husband in the same way that talking and helping around the house build connection for a wife. Like women, men desire to be understood, listened, to accepted, cared for, encouraged and given attention. This kind of connection occurs when a wife seek to learn what’s important to her husbands; work, sports, his view, his often guarded emotions, When a wife connects to her husband in these ways, she show not only the value she places on the relationship but also the value she sees in him. Satisfaction in your ex-wife life is directly

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<sup>12</sup> Ibid, 22-28.

related to the frequency with which you initiate connection and respond to your spouse's attempt to connect with you.

3. Responsiveness of wife-When a wife rejects her husband's advances, he often interprets her lack of sexual responses as "*I don't care about you*" or "*Your need are not important.*" Responsiveness is so important to husbands that nearly 63 percent of the men survey ranked it as a top sexual need. When a wife turns down her husband sexual advances, he feels emotionally rejected. When a wife responds to her husband sexual need, he feels loved. Sex is man's way of feeling close. One of the greatest threats to husband's sense of worth is his sexuality. Although a wife typically needs tenderness before sex, a husband often needs a sexual release to experience tenderness.

What happens when a husband sex need are not met?

1. He may withdraw sexually and emotionally.
2. He may become angry and resentful.
3. He may become vulnerable to sexual temptation.

How to meet your husband's sex needs.

1. Realized sex play a major role in helping men process life.
2. Say yes as often as possible.
3. If you must say no, don't say it right away.
4. Help your spouse knowhow to please you.
5. Get over shyness.
6. Realize your husband emotions may not work like yours.
7. Take the 10 percent challenge.
8. Create a game plan.

4. Initiation- Men enjoys spontaneity that statement is so important for wives to understand that it requires repeating; Men enjoy spontaneity. A husband needs his wife to initiate so he knows he's not the only one who cares about their sex life. When she initiates, he realizes that she care about his needs, live him, and thinks about him. Her initiation allows him to take a

break from initiating, and the fear of lack of response, and enjoy a spontaneous sexual encounter. Wife initiation relieves him of the pressure of starting the process of sexual intimacy. Fulfill your husband's fantasy to be desired and pursued by you.

5. Affirmation- If a wife wants her husband to be all God created him to be, she need to affirm him in every way possible. A wife is the one person who gets close enough to her husband to build or destroy him. Here are some ideas in meeting your husband needs for affirmation. Affirm him for who he is. Affirm him for being a good lover. Understand that for men, body image does matter. Practice the golden rule.

#### Women's Sex Need:

1. Affirmation- affirming you waif means building her self-esteem. It is giving her genuine compliments, actively listening to what he says, giving her the opportunity to slow down from her busy pace of life, saying complimentary thing about her in front of others people, and encouraging her when she is discouraged. Affirmation is pointing out what she does right, overlooking her failures and reminding her how much you appreciate what she does. Affirmation is especially important during sex. Women need to hear how beautiful they're and how much they satisfy their husband.

2. Connection- The life long, permanent commitment embodies in marriage itself tends to make sex Better. There is no better strategy for achieving great sex than binding oneself to an equally committed mate. More than fifty percent of the women ranked connection as a top sex need. One key to a wife's sexual excitement, responsiveness, and ability to initiate sex is a strong connection to her heart. These women feel that their sex lives are a satisfying when both partners receive first an emotional and/or spiritual connection and then a physical connection.in other word when a husband emotionally connects to his wife, he prepares her for sexual

intimacy. Through sex, men draw women into a physical relationship. Through connection women draw men into an emotional relationship.

3. Nonsexual touch- No sexual touch, affection, is intimacy in and of itself. It's not the mean to and. In many situations it is the end. More than eighty percent of a women's need for meaningful touch is nonsexual. Most psychologists will tell you a vast majority of woman appreciate and love a hug, a touch, a kiss, holding hands, any physical sign that they are special. Nonsexual touch is loving affection. it may have the tone of sexual arousal around it, but the goal of nonsexual touch is not intercourse. Foreplay touch on the other hand leads to sexual intimacy for a couple. The problem is to a man touch is touch is torch. It all feels the same. But that is not the case for his wife.

Affirmation, connection and nonsexual touches are important to women for the following reason;

1. They help build trust.
2. They help her want to please her husband.
3. They rev a woman's sexual motor.
4. They melt tension and stress for both spouses.
5. They lead to positive chemistry in your relationship.
6. They keep her physically and emotionally healthy.

When a wife's sex needs are not met?

1. She may feel disappointed or she may feel rejected.
2. She may begin to doubt and mistrust.
3. She may see her husband as selfish.
4. She may become irritable and resentful.
5. She may pull away sexually.
6. She may pull away emotionally.
7. She may try to punish her husband.
8. She may look elsewhere to have her needs met.

How to meet you wife's sex Needs.

1. Be consistent.
2. Affirm her just because.
3. Make her feel beautiful.
4. Learns what's in her mind.
5. Include her in your life.
6. Make eye contact.
7. Verbally affirm her during sex.
8. Stay close afterward.
9. Learn from her.
10. Identify her need and preferences for touch.
11. Ask her how you are doing.
12. If you are confused, clarify.
13. Schedule time for connection.

4. Spiritual intimacy- husbands often will do all he can to take care of his wife by providing for her, but sometimes he doesn't tend to her soul, her spirit, her innermost beliefs and passion. When a husband takes the lead spiritually, by praying, reading his Bible, or going to church, I am drawn to him on a deep level. It makes me feel so secure that I am eager to give myself fully to him. Women want men who can connect to the deepest part of them the spiritual part. You wife needs you to be her inner soul protector. You will experience deep spiritual intimacy when you have a mutual, heartfelt desire to be close to God, when you seek God's direction for your marriage and your sex life. Spiritual intimacy means that in the midst of conflict you honor and respect each other. You don't put each other down in an attempt to win, you think about how God would want you to act in the situation. You become united together through prayer. You unite under biblical principle for you lives and marriage. You actively invite God into every aspect of your marriage including sex.

5. Romance- Romance is the bridge between love and sex so when a wife's need for romance is not met, she struggle to move toward sex. She views her husband more as preoccupied and distant than as her lover. Will she agree to have sex? Probably, but it is not as exciting or enjoyable for her as it could be. A wife feels romanced when her husband does

anything that show he cares for her and thinks about her; special phone calls or notes, surprises, something out of the ordinary on an ordinary day. She feels romanced when her husband talks wither without distractions, when he holds her hand and kisses her every morning. Love is feeling; romance is love inaction.”<sup>13</sup>

### **Sexual Problems**

Paul D. Meier and Frank B. Minirth are vice-president and president respectively of the Minirth-Meier Psychiatric Clinic, Richardson, Texas. Donald E. Ratcliff is the assistant professor of psychology and sociology at Toccoa Falls College. Minirth, Meier and Ratcliff say, “Most sexually active people have occasional problem. Many newly married men have some difficulties with premature ejaculation and the new wife may have problems achieving orgasm immediately. Such problems usually disappear in with patience, sensitivity, and practice. There may be occasional times when one spouse may have less sexual desire that the other, or no desire at all. Even chronic sexual difficulties arise in most marriage; time and discussion of any personal problems usually facilitate resumption of normal sexual activity.”<sup>14</sup>

“The Diagnostic and Statistical Manual of Mental Disorders (p.291) lists four stages that comprise the sexual cycle. (1) *Appetitive*, increased sexual fantasies and desire for sexual activity; (2) *Excitement*, a sense of sexual pleasure and physiological changes (the male develops an erection; muscle tenses in the woman’s pelvis and the vagina secretes a lubricating fluid). (3) *Orgasm*, a peaking of sexual pleasure with release of sexual tension and rhythmic contractions of

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<sup>13</sup> Rosberg, Gary Dr. and Rosberg Barbara Dr., *The 5 Sex Needs of Men & Women. Discover the Secret to Great Sex in a Godly Marriage* (Carol Stream, IL: Tyndale House Publishers, Inc., 2006), 36-40.

<sup>14</sup> Frank, Minirth B., M.D. Meier, Paul D., M.D., and Ratcliff, Donald E, *Bruised & Broken, Understand and Healing Psychological Problems* (Grand Rapids, MI: Baker Book House, 1992). 134

the muscles, the penis emitting semen, and (4) *Resolution*, general muscular relaxation; males (but not females) resist further sexual activity during this stage.”<sup>15</sup>

“Hypoactive sexual desire or inhibited desire involves the persistent, pervasive lack of sexual interest. Among possible organic reasons, a number of medications lower sexual desire. Among psychological causes, Depression individual often lack all sexual desire.”<sup>16</sup> “Sexual aversion actively dislikes or is disgusted by sexual behavior. The person does not lack desire; he or she is repulsed by and therefore avoids all things sexual. Inhibited sexual excitement seen in lack of erection for the male or lack of lubrication and excitement for the male is sometimes referred to as frigidity in women or impotence in men.”<sup>17</sup>

### **Causes of Sexual Dysfunctions**

“Some develop sexual dysfunction because of well-meaning parents who so strongly teach their children not to engage in premarital sex that the child only learns that any sexual relationship must be avoided. The parent should teach a healthy view of sexuality, that physical relationships are good and desirable when reserved for marriage. Anxiety also may cause problems. Fear related to difficulties of life or anxiety about sex itself disturbs the normal sexual response cycle.”<sup>18</sup>

“Sexual dysfunctions result from feeling of being rejected by the spouse or because one or both sexual partners have extremely high standards for their performance. Sin, such as lust,

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<sup>15</sup> Frank, Minirth B., M.D. Meier, Paul D., M.D., and Ratcliff, Donald E, *Bruised & Broken, Understand and Healing Psychological Problems* (Grand Rapids, MI: Baker Book House, 1992), 134.

<sup>16</sup> Ibid, 134.

<sup>17</sup> Ibid, 1992, 135.

<sup>18</sup> Ibid, 1992, 137.

adultery, or premarital sex may results in many sexual problems. Sin produces certain psychological and physical consequences. Many of these dysfunctions may also be related to unhealthy learning, at any point in one's lifetime. Sexual desire may decrease simply because of an unresponsive spouse. Rape may create sexual aversion because sex is associated with pain and trauma."<sup>19</sup>

### **Sexual Dysfunctions**

1. *"Hypoactive sexual desire*-Consistent lack of desire for a sexual relationship and absence of sexual fantasies.
2. *Sexual aversion*-Persistent avoidance and aversion to sex.
3. *Female sexual arousal disorder/Male erection disorder*-Regular lack of pleasure or inability to become physically excited during sexual intercourse.
4. *Inhibited female orgasm/inhibited male orgasm* –Consistent delay or absence of orgasm during sexual intercourse.
5. *Premature ejaculation*-the male penis ejaculates after minimal stimulation, allowing little or no control over orgasm.
6. *Dyspareunia*-recurrent pain in the genitals related to sexual intercourse
7. *Vaginismus*-muscle spasms in the vagina during sexual intercourse that impede sexual relations."<sup>20</sup>

### **The Consequences of Sexual Sin: David's Story**

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<sup>19</sup> Frank, Minirth B., M.D. Meier, Paul D., M.D., and Ratcliff, Donald E, *Bruised & Broken, Understand and Healing Psychological Problems* (Grand Rapids, MI: Baker Book House, 1992), 137.

<sup>20</sup> Ibid, 133-134.

Dani Miser after graduating college spent several years a school teacher. In 2007, she began working with CARES, an apartment-based ministry. With this platform, Dani Miser partnered with churches to organize community outreach projects and initiated a bible study. She has shared her story with hundreds of people. Therefore *Single Women Seeks Perfect Man, Facing the Consequences of Unhealthy Relationship* came into being.

Dani Miser writes, “That David walked through many times of success and failures over the course of his life, just like each one of us, at times he chose to trust God and follow His leading. And when he did, he had great success, because the Lord was with him. But on other occasion, David made the decision to step outside of God’s will. Perhaps the most devastating of these choices led to the turning point of his life and his sin with Bathsheba.”<sup>21</sup>

“One evening, David left his bedchamber and went up to the roof top of the place to enjoy the cool evening of air. He glimpses a woman bathing. At that instant, David had a choice to make. He could turn his eyes away and avoid temptation. Or he could give in to his fleshy desires and keep watching. The physical battles he had avoided opened up a much more dangerous spiritual battle. David sent Bathsheba and she came at once too slept with David branding them both as adulterers. Bathsheba was the wife of Uriah the Hittite.”<sup>22</sup>

“But imagine Bathsheba’s distress that she discovered that she was pregnant. Her husband was away, so her sin was about to be broadcast to the world. A cover-up begin, David sought to make the child legitimate by ordering Uriah to come back from the battlefield hoping that he would sleep with Bathsheba and think that the child was his own. After Uriah came home

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<sup>21</sup> Dani Miser, *Singles Woman Seeks Perfect Man, Facing the Consequences of Unhealthy Relationship* (Sisters, OR: Deep River Books, 2010), 33.

<sup>22</sup> Ibid, 34.

and refuse to sleep with his wife, David had Uriah put into the hottest battle and Uriah was killed.”<sup>23</sup>

“David adultery and murder demanded justice, David fell into a deep depression after Nathan’s pronouncement, fasting and praying for his child. But God judgment came to pass and their child died. David expressed his grief and sorrow in Psalms 51. Sexual sin holds greater physical and emotional consequences than any other sin.”<sup>24</sup> “Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body.”(1 Corinthians 6:18 Niv)

“The first step in the process of healing from sexual sin is simple, recognize it admit that the relationship has moved beyond the boundaries that God has set for our protection. And choose to step away from sin. The second step is come before the Lord and asked for his forgiveness. He will give it freely when we ask with repentant hearts, then commit to change. The third step, Live in freedom of forgiveness, being pure and clean is a gift that should be appreciated for the miracle it is. But be on guard; do not miss God best for your life because of the temptation of the flesh or the bondage of sin.”<sup>25</sup>

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<sup>23</sup> Dani Miser, *Singles Woman Seeks Perfect Man, Facing the Consequences of Unhealthy Relationship* (Sisters, OR: Deep River Books, 2010), 36.

<sup>24</sup> Ibid, 37.

<sup>25</sup> Ibid, 37.

## CHAPTER SIX:

### GUIDELINES TO HELP MARRIAGE SUCCEED

#### Learning What Makes Marriages Successful

Willard F. Harley is a nationally acclaimed clinical psychologist, a marriage counselor, and the bestselling authors of numerous books, including *Five Steps to Romantic Love*, *Love Busters* and *His Needs, Her Need for Parents*. Willard Harley offers practical solutions to almost any marital problem.

Willard Harley says, “In my effort to become a marriage expert, though, I made crucial discovery, I wasn’t the only one failing to help couples. Almost everyone else working with me in the clinic was failing as well! My supervisor was failing; the Director of the clinic was failing and so were the other marriage counselors who worked with me. And then I made the most astonishing discovery of all, Most of the marital experts in America were also failing. It was very difficult to find anyone willing to admit his or her failure, but when I had access to actual cases, I couldn’t find any therapist who could prove that the counseling provided was any better than no counseling at all. Many of these experts did not even know how to make their own marriage work; many had been divorced themselves several times. Marital therapy had the lowest success rate of any form of therapy at that time. What a challenge! Marriages were breaking up at an unprecedented rate, and no one knew how to help. So I stopped looking for answers from books, clinic, and experts and started looking for them from those who came to me for answers-couples about to divorce. I listened to spouses explain to me why they were ready to throw in the towel. I asked them, what do you think it would take for you to be happily married again? The answer that came back to me was almost too simple to believe. Most couldn’t imagine that ever happening. But when I persisted and couples were able to reflect on my question, the answer I heard repeated over and over was, for us to be in love Again.”<sup>1</sup>

#### His Needs are Not Hers Needs

“When a husband and wife come to me for counsel, my first goal is to help them identify their most important emotional needs-what each of them can do for each other to make them happiest and most content. I have been able to classify most of their responses into ten emotional needs-admiration, affection, conversation, domestic support, family commitment, financial

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<sup>1</sup> Harley Willard F. Jr, *His Needs, Her Needs: Building an Affair-Proof Marriage* (Grand Rapids, MI: Revell, a Division of Baker Publishing Group, 2011), 11.

support, honesty and openness, physical attractiveness, recreational companionship and sexual fulfillment. Husbands and wives have so much difficulty meeting each other's needs. They are willing to do for each other what they appreciate the most, but it turns that their efforts are misdirected because what they appreciate most, their spouses appreciate least. ”<sup>2</sup>

### **How to Express Heartfelt Commitment to Your Mate**

Dr. Gary Chapman is the author of the best-selling Five Love Languages Series and the Director of Marriage and Family life Consultants, Inc. Dr. Gary Chapman says, “We must be willing to learn our spouse's primary love language if we are to be effective communicators of love. My conclusion after thirty years of marriage counseling is that there are basically five emotional love languages, five ways that people speak and understand emotional love.”<sup>3</sup>

The Five Love Languages are:

“1) Word of affirmation: You feel extremely loved when your partner compliments you on the way you look or on the things you have done. You love their encouragement and verbal support and save their cards and love notes as some of your most precious items. You are always filled with such love when you receive a card they've written that expresses their heartfelt love for you in their own little way, little poems they might write, or if they ring you spontaneously during the day to say they love you.

2) Quality time: There's nothing that makes you feel more loved than spending quality one-on-one time with the person you love with great conversation and eye contact, flowing conversation, laughter and just being together. While fancy gifts and kindly spoken words are nice, you'd trade them any day for uninterrupted "together" time. You love it when your partner's mobile phone is turned off or they sacrifice other important activities to spend time with you. Whether it's fancy restaurant or just cuddling up on the couch to watch a movie and laugh about it together, you're happiest when you can share experiences together.

3) Receiving gifts: There's nothing better than receiving a thoughtful gift to make you feel loved in a relationship. Whether it's a single flower or something much more expensive, you love

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<sup>2</sup> Harley Willard F. Jr, *His Needs, Her Needs: Building an Affair-Proof Marriage* (Grand Rapids, MI: Revell, a Division of Baker Publishing Group, 2011), 16.

<sup>3</sup> Gary Chapman Dr., *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate* (Chicago: Northfield Publishing, 2004), 15.

being fussed over, spoilt and thought of. The fact that your partner thought to give you something then organized it is very meaningful to you.

4) Acts of service: You feel so loved when your partner does little things to help you. You always notice when they are thoughtful and put themselves out to assist you, even if you could do those things yourself. There is such a sense of love and thankfulness you feel when they do this.

5) Physical touch. You feel especially loved when your partner touches you in loving ways. Whether it's a spontaneous kiss, playful cuddle, or gentle, loving touch on the arm, you feel that touch convey the love your partner feels. You don't understand why people would prefer to sit far apart on different chairs or couches, when they could be touching or in each other's arms. When walking together, you really enjoy your partner reaching out to hold your hand, and you'd never say no to them giving you a massage.”<sup>4</sup>

### **Creating Extraordinary Relationship through Intimacy**

“Intimacy is sometime translated as “into me you see” or occasion as “into me I see.”

Because of our relationship with others are really extension of our relationship with ourselves, “into me I see” is essential for “into me you see” to be possible. People who are willing to genuinely see themselves and unconditionally accept what they see are capable of a higher level of relationship. The more we know and accept ourselves from our fears and insecurities to our motivation and talents the more open, honest and receptive we will be with other”<sup>5</sup>

“Self-intimacy is liberating .as we really come to know who we are, we become empowered, and we feel more comfortable, confident, and effective in the world. Opportunities open up for us, opportunities that become apparent when we are no longer distracted by the things we have been covering up or avoiding looking at. Despite all we have gain from increased self-intimacy; many of us-motivated by fears of rejection, embarrassment, or criticism often

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<sup>4</sup> Ibid, 115.

<sup>5</sup> Apple, Malie and Dunn, Joe, *The Soul Mate Experience; A Practical Guide to Creating Extraordinary Relationships* (San Rafael, CA: Higher Possibility, 2011), 48-49.

devised endless ways to keep from seeing ourselves clearly. However, when you are comfortable with yourself, you are likely to be comfortable sharing yourself.”<sup>6</sup>

### Dating

Ronn Elmore, Dr., is a bestselling author and creator of Drronn.com, the popular relationship advice website. A national speaker, he has frequently appeared on television, radio and in the print of *Essence*, *Gospel today*. Dr. Ronn Elmore says, “One of the chief complaints, I hear from married couples is that she let herself go or he sat in the recliner watched television and grew a beer gut. Don’t be one of those people who keep it all together until you get your spouse and then stop trying to look good. Saying I do means I’ll keep doing it.”<sup>7</sup>

“Basically, the premise is that men and women have two different set of need. Both needs are met only when a woman give her man the kind of loves he requires, and likewise, as he is fulfilled, he give his woman the kind of love she requires, sometimes even unconsciously. The wonderful part is that it is doesn’t matter who starts this process, but when it happen, inevitable both partners get the kind of love that speaks directly to them. For men, the respect issue is very simple. Yet for a lot of women, it may be difficult to grasp.”<sup>8</sup> In the Amplified Bible Ephesians 5:33 says, “However, let each man of you without exception love his wife as being in a sense his very own self; and let the wife see that she respects *and* reverences her husband, that she notices him, regards him, honors him, prefers him, venerates, and esteems him; and that she defers to him, praises him, and loves and admires him exceedingly.” “The flip side of the

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Apple, Malie and Dunn, Joe, *The Soul Mate Experience; A Practical Guide to Creating Extraordinary Relationships* (San Rafael, CA: Higher Possibility, 2011), 48-49.

<sup>7</sup> Elmore, Ronn Psy.D., *No-Nonsense Dating; Maximize Your Confidence and Recognize Your God-Given Soul Mate* (Eugene, OR: Harvest House Publishers, 2008), 76.

<sup>8</sup> *Ibid*, 54.

Ephesians command is that men are mandated to love their wives. Every woman wants a man who truly loves woman. Woman wants man who is attentive to his mother needs, feeling and wishes; a man who cherishes his mother and who is protective and loving with his sisters. A man who respects his female business associates. Most of all, she wants a man who will always be loyal and speak of her with respect, no matter where he is or whom he is with. A man like this is a prized among women because they know he will be a good partners, and excellent husband and a loving dad.”<sup>9</sup>

“Giving mixed signals about what you want and expect will get you a mixed response. The cycle of miscommunication will grow and mutate until neither of you understands what the other is saying or meaning.”<sup>10</sup> Dave Meurer says, “A great marriage is not when the perfect couple comes together. It is when an imperfect couple learns to enjoy their differences.”<sup>11</sup> Stephen W. Simpson Ph.D. says, “The discussions on dating in Christian circles tend to focus on mate selection, sexual purity and maintaining a healthy relationship. A man approaches dating differently. He has confidence and passion. He is a risk taker but not a foolish, reckless boy. He doesn’t play games and he doesn’t hide his agenda. In addition, though he respects women immensely, he doesn’t worship or fear them. The Woman is the one who makes the final decision to honor you with the opportunity of getting to know her better.”<sup>12</sup>

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<sup>9</sup> Elmore, Ronn Psy.D., *No-Nonsense Dating; Maximize Your Confidence and Recognize Your God-Given Soul Mate* (Eugene, OR: Harvest House Publishers, 2008), 57-58.

<sup>10</sup> Ibid, 70.

<sup>11</sup> Ibid, 208.

<sup>12</sup> Simpson, Stephen W. PhD, *What Women Wish You Knew About Dating: A Single Guy's Guide to Romantic Relationships* (Grand Rapids, MI: Baker Books, 2008), 13.

“Second, I realize that are those who advocate not dating in favor of friendship until a couple is engaged. I’m not in that camp. I agree with Henry Cloud and John Townsend, authors of *Boundaries in Dating*, that dating gives people a place to grow and learn in the safety of people who can help them develop. Dating improves your chances of finding the right person and having a healthy relationship. It can be healthy path of self-understanding and relationship growth, but whether we call it dating or friendship that leads to marriage. A lot of men feel frustrated either way. Friendship is an indispensable part of dating, but the stakes aren’t as high when a man and woman are just friends.”<sup>13</sup>

“If your best friend is male, he probably wants more than friendship. There are exceptions to this, but not many. If you are spending most of your time with a guy, it is important to have an open discussion about his intentions and yours. Otherwise, things might get a little psycho when you start dating someone else.”<sup>14</sup> “Men are attracted to women who are not looking for a man. They can smell desperation a mile away, and it is sure to make them run in the other direction.”<sup>15</sup> “The relationship a man has with his mother and sister is the same type of relationship he will have with you. A man knows he is supposed to do the pursuing. When that process is thwarted by a woman’s aggressiveness, he will become passive, leaving her to carry the relationship if it gets that far.”<sup>16</sup> “A man will step up the plate when he is ready to claim you,

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<sup>13</sup> Simpson, Stephen W. PhD, *What Women Wish You Knew About Dating: A Single Guy's Guide to Romantic Relationships* (Grand Rapids, MI: Baker Books, 2008), 14.

<sup>14</sup> Ibid, 20.

<sup>15</sup> Michelle M. Hammond, *How to Be Found by the Man You've been Looking For* (Eugene, OR: Harvest House Publishers, 2005), 61.

<sup>16</sup> Ibid, 73-74

he will be intentional in the steps he takes to secure your hand in marriage.”<sup>17</sup> “We men want and need to hear, I respect you. Submission has to do with function, not being. It does not signify that a wife is inferior to her husband in terms of her worth before God. There are too many women, even in the family of God, who are prisoners of their own rebellion and stubbornness because they refuse to recognize or yield to the divine order of marriage.”<sup>18</sup>

“Competency-based counseling is a brief interactional approach to human dilemmas that focuses on people’s resourcefulness rather to human dilemmas that focuses on people resourcefulness rather than their deficits. People have a wealth of resources that they bring to any situation, most of which are neglected or forgotten when problem develop.”<sup>19</sup>

Frank and Cockburn say, “Insight-oriented models have long been the stock in trade or pastoral counseling. To us, insight-oriented approaches in counseling are often characterized by belief in the following: 1. People have fixed psychological/emotional traits and disorders; 2. Catharsis, or release of pent up emotions, is the healing even in psychotherapy; 3. There are underlying psychological causes for symptoms and amelioration of these symptoms or complaints without resolving these causes will lead to further symptoms and pathology; and 4. Insight that is conscious awareness and understanding is necessary for lasting change.”<sup>20</sup>

## **BIBLICAL COUNSELING**

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<sup>17</sup> Michelle M. Hammond, *How to Be Found by the Man You’ve been Looking For* (Eugene, OR: Harvest House Publishers, 2005), 134.

<sup>18</sup> Tony Evans Dr., *For Married Women Only* (Chicago, IL: Moody Publishers, 1995), 9-45.

<sup>19</sup> Thomas Frank and Cockburn Jack, *Competency-Based Counseling; Building on Clients Strength* (Minneapolis, MN: Fortress Press, 1998), 4.

<sup>20</sup> *Ibid*, 3.

Dr. Tim Clinton and Dr. Ron Hawkins say, “Divorce is a death in every sense of the word the death of a marriage, a family and a dream. No one especially a Christian enters marriage expecting the marriage to end in a divorce.”<sup>21</sup> Dr. Clinton and Dr. Hawkins give biblical exception for divorce. “1). Sexual activity outside the marital covenant breaks the marriage vow, in Matthew 19:9. Jesus said that if a spouse has committed this type of sin, the other spouse is free to divorce and remarry. This does not mean divorce is required in instances where sexual sin has been committed but is permitted. 2). Some maintain that the abandonment of a believers by a non-believing spouse leaves the believing spouse free to divorce the deserter (1 Corinthians 7:15).”<sup>22</sup>

“Physical abuse is not addressed in the Bible as a reason for divorce, but nowhere does Scripture command a woman to stay in a home where she or her children are being physically abused. Separation (not divorce is necessary for physicals safety. Restoration should be predicated on true repentance and by a significant change in the abusers behavior that last for an extended period of time. The church can serve as a protector of the abused by providing them with safe place to stay, counselling, economic assistance, and church discipline to hold the abusive spouse accountable.”<sup>23</sup>

“For couples contemplating divorce, they should delay the divorce settlement and attend marriage counseling if they have not done so. They should also begin to meet with a trained marriage mentoring couple who can encourage and instruct them. Have on file the names of

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<sup>21</sup> Tim Clinton Dr. and Ron Hawkins Dr., *Biblical Counseling Quick Reference Guide, Personal and Emotional Issues* Ron (United States: AACC Press, 2007), 76.

<sup>22</sup> Ibid, 77.

<sup>23</sup> Ibid, 78.

several good Christian marriage mentors and counselors. They can read book on Marriage and Divorce.”<sup>24</sup>

“For divorce couples give them counsel to attend a divorce recovery group. Start individual counseling on a weekly basis. The person needs someone to whom he can be accountable for taking steps toward healing. The couple should not make any major life decision for at least a year without consulting his counselor or pastor. This caution guards against making poor decisions while he is still emotionally vulnerable. The person should not rush into any new dating relationships. The person should focus on letting God fill the emptiness inside him, the person need to heal before entering another relationship. Encourage the person to get involved in church and join a Sunday school class or bible study.”<sup>25</sup>

### **Strategic Pastoral Counseling: A Short-Term Structure Model**

According to David G. Benner Ph.D., “Pastoral and counseling are legitimate parts of Christian ministry because they provide a unique opportunity for God’s Word to be spoken to the specific life experience of the person seeking pastoral help. Pastoral counseling should never be a matter of simply preaching to someone after hearing his or her story. Rather it involves relating the Word to specific needs and life experiences and embodying it in what Aden has called a living relationship of loving service.”<sup>26</sup>

“Christian Soul Care has had varied expression but as always been a central part of the life and mission of the church. Reviewing the history, Clebsch and Jackle 1964, not that such care

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<sup>24</sup> Tim Clinton Dr. and Ron Hawkins Dr., *Biblical Counseling Quick Reference Guide, Personal and Emotional Issues* Ron (United States: AACC Press, 2007), 82.

<sup>25</sup> Ibid, 82.

<sup>26</sup> Benner, David G. Ph.D., *Strategic Pastoral Counseling: A Short Term Structured Model* (Grand Rapid, MI: Baker Academic, 2003), 10.

has involved four primary elements; healing, sustaining, reconciling and guiding. *Healing* involves efforts to help someone overcome impairment and move toward wholeness. These curative efforts can involve physical healing as well as spiritual healing but the focus is always the total person, whole and holy. *Sustaining* refers to acts of caring designed to help a hurting person endure and transcend a circumstance in which in which restoration or recuperation is either impossible or improbable. *Reconciling* refers to efforts to reestablish broken relationship. The presence of this component of care demonstrates the communal, not simply individual, nature of Christian soul care. *Guiding* refers to helping a person make wide choices and thereby grow in spiritual maturity.”<sup>27</sup>

“The Strategic Pastoral Counseling Model is a brief structured counseling approach that is explicitly Christian and that appropriates the insights of contemporary counseling theory without sacrificing the resources of Pastoral ministry. The term strategic emphasizes the fact that this approach to counseling is highly focused and time limited. The term pastoral points to the fact that it offered by a representative of the Christian church that is accountable to the church. The term counseling means that the help offered is organized around the problems experienced by those seeking pastoral assistance. Seven characteristic of this model are particularly important. Strategic pastoral counseling is brief and time limited, holist, structured, involved assigned work between sessions, and is church based, spiritually focused, and explicitly Christian.”<sup>28</sup>

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<sup>27</sup> Benner, David G. Ph.D., *Strategic Pastoral Counseling: A Short Term Structured Model* (Grand Rapid, MI: Baker Academic, 2003), 15.

<sup>28</sup> *Ibid*, 47.

## **Effective Biblical Counseling: A Model for Helping Caring Christian Become Capable Counselors**

Dr. Larry Crabb says, “His purpose for writing this volume is to think through a model of counseling which can be gracefully integrated into the functioning of the local church. In my view, any approach to counseling which is truly biblical will work most effectively when carried out in the context of a local body of believers. We hear much these days about such concepts as body life, Koinonia fellowship and agape love. The emphasis is not only biblical but also timely for a Christian church which has become largely impersonal and superficial in its practices of community.”<sup>29</sup>

Dr. Crabb lists the stages of counseling for Effective Biblical Counseling: “Stage 1. Identify problem feelings, Stage 2. Identify problem behavior, Stage 3. Identify problem thinking, Stage 4: Clarify biblical thinking, Stage 5: Secure commitment, Stage 6: Planed carry out biblical behavior. Stage 7: Identify spirit-controlled feeling. Dr. Crabb also lists the Level of Counseling: Level 1 Problem feeling-Encouragement –Biblical feeling, Level II Problem Behaviors-Exhortation-Biblical Behavior, Level III Problem Thinking-Enlightenment-Biblical-Thinking.”<sup>30</sup>

### **Solution-Focused Pastoral Counseling: An Effective Short-Term Approach for Getting People Back on Track**

Charles Allen Kollar says, “This book is written for pastors and other Christian leaders who counsel, or wish to counsel, with the local church. Many have expressed a desire to offer

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<sup>29</sup> Larry Crab Dr., *Effective Biblical Counseling, A Model for Helping Caring Christian Become Capable Counselors* (Grand Rapid, MI: Zondervan Publishing House, 1977), 14.

<sup>30</sup> Ibid, 160-165.

counseling that is effective and short-term. They are seeking an affirming and positive way to help their congregation. Solution-Focused counseling (SFPC) offers an alternate to all problem-focused counseling models. Its intention is to provide counselors with the how-to for staying on track during the counseling interview—as well as helping individuals, couples, or families get unstuck and back on track.”<sup>31</sup>

“Solution-Focused Pastoral Counseling is about Imagineering with those who came to us for counseling. It is about clear procedures for getting them unstuck and back on track in their lives, marriages, and families. It is about busting paradigms regarding how counseling is done, both in the mind of the counselor and of the counselee. Counseling should be fun and spontaneous. The traditional paradigm that counseling must primarily focus on the problem is an unhelpful idea that has hindered counselors for years.”<sup>32</sup>

“Solution-focused Pastoral Counseling shifts the emphasis from the problem to the strengths, vision, and practical solutions. That lies with the individual. Stressing the God is already active in the counselee. Dr. Kollar first laid the theological and theoretical groundwork for short term counseling. Then he shows how to apply theory to practical, short term sessions that help people get back on track in their marriage, family living, and other aspects of life.”<sup>33</sup>

### **Guidelines to Rekindle and Strengthen the Marriage Bond**

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<sup>31</sup> Kollar Charles Allen Dr., *Solution-Focused Pastoral Counseling: An Effective Short-Term Approach for Getting People Back on Track* (Grand Rapids, MI: Zondervan, 1997), 9.

<sup>32</sup> Ibid, 17.

<sup>33</sup> Ibid, 62.

Bancroft and Patrissi says, “Here are a few example of commonly accepted wisdom, treated as virtual fact in the talk show world, which will actually feed an unhealthy future for the kinds of relationship we are writing about:

1. Both partners have equal responsibility for making the relationship work.
2. Each relationship partners has to focus on evaluating his or her own faults, and stay out judging the other person’s.
3. Issues from the past need to be left in the past.
4. Don’t shame your partners about what he or she has done; you will just make him or her feel bad about themselves.”<sup>34</sup>

### **The Proven 7-Step Program for Saving Your Marriage**

Michele Weiner Davis provides a road map for finding your way back to a loving marriage. Step Number 1: Start With a Beginner’s Mind

Michelle Davis writes “That Buddhist believes that people should endeavor to approach their lives with a beginner’s mind there are many possibilities. While in an experts mind, there are but a few. Although age and experience can bring wisdom in some area of our lives, it can also bring narrow-mindedness and short sightedness. We get set in our ways and our creative juices stop flowing.”<sup>35</sup>

“Since many of the concepts, strategies and techniques upon which this seven step program are base challenge mainstream thinking, it is essential that before you do anything else, you empty out your expert mind. There are two primary areas in which people expertise clouds

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<sup>34</sup> Bancroft and Patrissi, 2011, 310-311.

<sup>35</sup> Michele Weiner Davis, *The Divorce Remedy: The Proven 7-Steps Program For Saving Your Marriage* (New York, NY: Simon & Schuster Paperbacks, 2001), 49.

their thinking when they are having relationship problems. The first involves dearly held fallacies about love and marriage. The second has more to do with faulty misconception about how to bring about change in their relationship.”<sup>36</sup>

#### Step Number 2: Know What You Want:

“Despite all of our reservation and doubts about our viability of relationship goal setting, we spend much of our lives trying to get through our partners, to get them to be more understanding, compassionate, and loving. In other words we try to influence our mates without the benefits of a compass to help us know when we are on track. Take times and write out your relationship goals. Specific goals contain with them seeds for solutions. By writing things down, you are taking an action. When you see your thoughts in black and white, it makes them more real. Writing your goals down will offer you a baseline to which you can refer in days to come. You will be able to chart your progress and identify areas needing more of your attention.”<sup>37</sup>

#### Step Number 3: Ask For What You Want

“You may be pleasantly surprised to find that setting solution-oriented goals and then asking for what you want in a more constructive ways are extremely productive. But even though you’ve moved in a positive direction, you are only beginning to scratch the surface when it comes to keeping your marriage on track.”<sup>38</sup>

#### Step Number 4: Going Down Cheeseless Tunnels

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<sup>36</sup> Michele Weiner Davis, *The Divorce Remedy: The Proven 7-Steps Program For Saving Your Marriage* (New York, NY: Simon & Schuster Paperbacks, 2001), 50.

<sup>37</sup> Ibid, 80-81

<sup>38</sup> Ibid, 92.

“People will go down cheese less tunnels forever because they are more intent on proving to themselves that they are right than they are in finding and eating the cheese. When it comes to pursuing the cheese less tunnels in our lives, it isn’t very funny at all. It makes our lives miserable and weakens our marriages. Why because when you do more of what has not been working, you not only fail to eliminate the problems in your life, you actually make thing worse.”<sup>39</sup>

#### Step Number 5: Experiment and Monitor Result

“The bottom line is that you need to become more systematic; better at noticing how you approach to things creates subtle changes, both positive and negative, in your partner’s responses and reaction. And this is considerably easier to do if you have a plan in hand and a concrete method for evaluating how it’s working.”<sup>40</sup>

#### Step Number 6: Take Stock

“Step number 6, is where you will sit down and really examine the progress you’ve made since you’ve started this program. I know you’ve had your good days and your bad days, and that it’s hard to appreciate how far you’ve come because you have been so acutely aware of day to day fluctuations. But it is important to see the bigger picture. The following questions will help you clarify where you are: On a one-to- ten scales, with one being the pits and ten being great. Where on the scale would you say your marriage was prior to starting the program? Where on the scale would you say you are right now? Are you satisfied?”<sup>41</sup>

#### Step Number 7: Keeping the Positive Changes Going

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<sup>39</sup> Michele Weiner Davis, *The Divorce Remedy: The Proven 7-Steps Program For Saving Your Marriage* (New York, NY: Simon & Schuster Paperbacks, 2001), 94-95.

<sup>40</sup> Ibid, 100.

<sup>41</sup> Ibid, 141-142.

“The bottom line is that you can’t sit back and take your changes for granted, if you want to stay in love with your spouse, you have to continue to do loving things every day. You never get to the point where you can stop being careful or thoughtful about how you treat your spouse .every day is another opportunity to be solution-oriented and to keep your marriage on track.”<sup>42</sup>

### **How to Heal from Emotional Abuse, Deceit, Infidelity and Chronic Resentment**

Steven Stosny, Ph.D. say, “The destructive force and lasting effects of intimate betrayal come from its violation of the implicit promise that gives us the courage to love in the first place: The promise that no matter what happens, the person you love and trust care about your well-being and never intentionally hurt you. These two key elements classify the types of intimate betrayal. Behaviors that intentionally hurt include not emotional abuse, verbal aggression, and domestic violence. Failure to care about your well-being; most deceit, infidelity, covert misuse of communal resources, continual resentment, anger, criticism, stonewalling, and other isolating or hurtful behaviors.”<sup>43</sup>

“Determined focus on healing, growing, and creating a life that you deeply value is the only reliable way to heal from the past and prevent betrayal in the future. Love relationships are held together by deep emotional bonds that were crucial to the very survival of our species.”<sup>44</sup>

“Two points about healing have become clear to me after thousands of hours of work with people who have suffered both common and unimaginable emotional pain. The first is the

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<sup>42</sup> Michele Weiner Davis, *The Divorce Remedy: The Proven 7-Steps Program For Saving Your Marriage* (New York, NY: Simon & Schuster Paperbacks, 2001), 155.

<sup>43</sup> Steven Stosny, Ph.D., *Living & Loving after Betrayal; How to Heal from Emotional Abuse, Deceit, Infidelity, and Chronic Resentment* (Oakland, CA: New Harbinger Publication, Inc., 2013), 1-2.

<sup>44</sup> *Ibid*, 8.

human beings have an extraordinary capacity for healing emotional wounds. The second truth is this: the most important element in overcoming emotional pain is developing a healing identity. With a healing identity you will identify with your strengths, resilience, and desire to improve your life. Your decision to develop a healing identity will free you from debilitating thoughts of damage, unfairness, and blame that inevitably occur after intimate betrayal.”<sup>45</sup>

“Emotional healing is more complicated and less mechanistic, but otherwise follows a similar path to restoration. It can be accomplished with as much efficiency and effectiveness as the wondrous healing of our bodies. Emotional healing happens when the brain replaces painful memories images of injury or damage with restorative images, which motivate behavior that promotes safety, growth, and well-being, thereby restoring the normal function of the mind. This process occurs naturally for most people, although it takes a long while.”<sup>46</sup>

“You can forgive someone who has betrayed you without resuming a relationship. Forgiveness does not mean condoning or excusing bad behavior. It does not relieve the offender of responsibility or accountability for the offense. If you want to repair the relationship, forgiveness does not relieve your partner of having to earn back your trust through consistent reparative and trustworthy behavior. Forgiveness requires regulating the impulse to punish, resent, or carry a grudge. Your decision to forgive should be based in the Word of God.”<sup>47</sup>

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<sup>45</sup> Steven Stosny, Ph.D., *Living & Loving after Betrayal; How to Heal from Emotional Abuse, Deceit, Infidelity, and Chronic Resentment* (Oakland, CA: New Harbinger Publication, Inc., 2013), 30.

<sup>46</sup> Ibid, 45-46.

<sup>47</sup> Ibid, 238.

“The other primary function of forgiveness is relationship detachment. In the psychological sense most relevant to intimate relationship, detachment for man emotional bond occurs at the point where you become able think about your former lover without significant positive or negative emotion. In other words, you are over it, that kind of forgiveness is described as bringing peace, unfortunately detachment through forgiveness is rare.”<sup>48</sup>

“The secret of forgiveness, regardless of whether you want to use it as a method of detachment or as a way of fortify your relationship after repair, it so focus not on the offensive behavior, but on freeing yourself of the emotional pain you experienced as a result of the behavior. The most severe aspect of emotional pain is the sense of powerlessness it engenders. Intentional forgiveness helps you take back power over your emotional life.”<sup>49</sup>

Dr. Larry Crabb restates these four upsetting trends that are infecting much of today’s thinking about the marriage family. “1. Family problems are often regarded as simple, one-issue difficulties that can be readily resolved with teeth-gritting effort by carefully applying step-by-step formulas. 2. The appeal of many book titles is their promise of fulfillment, subtly eroding a willingness to endure hardship, (especially the hardship of rejection from family members) for the sake of obedience to Christ. 3. Gluing a marriage together in a way that satisfies the participants and meets their relational needs has quietly assumed greater priority than simply doing whatever God says in the belief that obedience to His Word will meet personal need. 4. The available literature tends toward a piecemeal strategy for fitting together the marital jigsaw

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<sup>48</sup> Steven Stosny, Ph.D., *Living & Loving after Betrayal; How to Heal from Emotional Abuse, Deceit, Infidelity, and Chronic Resentment* (Oakland, CA: New Harbinger Publication, Inc., 2013), 229.

<sup>49</sup> *Ibid*, 230.

puzzle; the larger picture of God's design is obscured by attending to various smaller parts of the puzzle."<sup>50</sup>

“Spirit Oneness requires each partner to trust Christ for complete satisfaction of deep personal needs and to regard marriage as a unique experience of sharing life in Christ. Soul Oneness is the mutually satisfying relationship that develops when each partner recognizes the opportunity that marriage provides. The route of Soul Oneness is helping our mated to appreciate more their fundamental worth as people who bear the image of God and saints who are truly secure and significant in Christ.”<sup>51</sup>

“Soul Oneness is felt subjectively as a relationship so intimate that only sexual intercourse can fully express it. This sort of oneness can develop only when both partners accept an unconditional commitment to minister to the ended of the other, hoping for but never demanding reciprocal ministry. Relationship built on manipulative effort's to enhance our own feeling of being loved or to protect ourselves against further hurt will never achieve the oneness. God wants to enjoy. A shift from the principle of manipulation to the principle of ministry is the only route to soul oneness.”<sup>52</sup>

“Married couples who seek counseling because of sexual difficulties often ask for less than what God wants to provide. Too often a man will want no more than to learn ejaculatory control and woman will express a desire for more frequent orgasms. Perhaps the most typical

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<sup>50</sup> Larry Crabb Dr., *The Marriage Builder: A Blue Print for Couples and Counselors* (Grand Rapid, MI: Zondervan, 1992), 13.

<sup>51</sup> Ibid, 64.

<sup>52</sup> Ibid, 64.

request is for help in reducing tension in the bedroom and in somehow finding a way for both partners to warmly anticipate and enjoy the sexual experience.”<sup>53</sup>

“Something has gone wrong with the sexual drive. The natural appetite for erotic pleasure has become a mad tyrant, demanding fulfillment with no concern for either boundaries or consequences. Ruined reputation, shattered relationships, or prematurely ended ministries; no price seems too high to pay for the pleasure of sex. Why? Why has the biological desire for sexual fun become a slave master, driving people to disregard God’s standards?”<sup>54</sup>

“My point is this: Sex provides a physical solution for a personal problem. The evil thing is that it seems to work so well. During those few magic moments of sexual climax, a person experiences a consuming excitement in the body that counterfeits a sense of wholeness in the soul. Satan’s most convincing imitation of the enduring and real personal worth available in Christ is the temporary but intense bodily pleasure of sex. He seeks to persuade us that when our bodies are tingling with sexual excitement-there is nothing deeper to be enjoyed. And his argument is convincing to the degree that we regard ourselves as mere bodies evolved from impersonal matter and not as real person made in the image of a personal God. So Satan doe offer Fun Sex; sex that for a moment helps a woman feel desirable, feminine, wanted, secure; sex that enable a man to feel attractive, adequate, manly, significant, But Satan cannot offer meaningful relationship built on loving commitment to one another. Fun sex is a charade; it satisfies the body but leaves the real person empty and despairing. It offers pleasure for the body without meaning for the person.”<sup>55</sup>

### **How to Predict a Happy Marriage**

Dr. Les Parrott III and Dr. Leslie Parrott give guidance on how to predict happy marriage. Marriage specialists have researched the ingredients of a happy marriage. As a result, we know more about building a successful marriage today than ever before. For example, happily married couple will have:

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<sup>53</sup> Larry Crabb Dr., *The Marriage Builder: A Blue Print for Couples and Counselors* (Grand Rapid, MI: Zondervan, 1992), 88.

<sup>54</sup> Ibid, 89.

<sup>55</sup> Ibid, 92.

1. Healthy expectation of marriage.
2. A realistic concept of love.
3. A positive attitude and outlook toward life.
4. The ability to communicate their feeling.
5. An understanding and acceptance of their gender differences.
6. The ability to make decisions and settle arguments.
7. A common spiritual foundation and goal.

In short, the things that forecast a healthy marriage form the basis of the seven questions we pose in this book. Every couple should be aware of these issues before and after they marry. Taking time to understand these issues is like investing in an insurance policy against divorce.”<sup>56</sup>

“Many couples wrongly blame in laws, money, and sex for breakups and marital dissatisfaction. However, the hot points in marriage usually result from poor communication, gender issues, and lack of spiritual health.”<sup>57</sup>

“Every difficult marriage is plagued by a vast assortment of misconception about what marriage should be. Most incongruous expectation falls into two major categories; unspoken rules and unconscious roles. Bring both of them out into the open can save years of wear and tear on a young marriage.”<sup>58</sup>

“The motivational side of the triangle is passion, the spine-tingling sensation that moves us toward romance. Passion is sensual and sexual, characterized by physiological arousal and an

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<sup>56</sup> Les Parrott III Dr. and Parrott, Leslie Dr., *Saving Your Marriage Before it Starts, Seven Question to Ask Before and After you Marry* (Grand Rapids, MI: Zondervan, 1995), 13-14.

<sup>57</sup> Ibid, 14.

<sup>58</sup> Ibid, 16-17.

intense desire for physical affection. The emotional side of Love triangles is intimacy; love without intimacy is only a hormonal illusion. One cannot desire another person over the long haul with really knowing that person. Intimacy has a best friends or soul mate quality about it. Commitment is the cognitive and willful side of the love triangle. Commitment looks toward a future that cannot be seen and promises to be there until death. With being bound to the fulfillment of our promises, writes philosopher Hannah Arendt, we would be condemned to wander helplessly in the darkness of each person's lonely heart. Passion, intimacy and commitment are the hot, warm, and cold ingredients in love's recipe."<sup>59</sup>

### **Rekindle Romance through Affection, Warmth and Encouragement**

According Dr. Tim Burns, Ph.D., "Too many marriages are over committed and under connected. Far too many couple settles for mediocrity n their marriage when they would never settle for second-best in other areas of their life. I want to encourage you to set a tone of affection, warmth, and encouragement in your relationship that will result in rekindling the romance in your marriage."<sup>60</sup> "When it comes to marriage, the institution is in trouble. I call it the lonely wife/lonely husband syndrome. They are busy at work, busy with the kids, even busy with their church. Some of these fine couples are weary from well doing, but one day they look up and realize that they have little relationship with each other. They don't have the energy to

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<sup>59</sup> Les Parrott III Dr. and Parrott, Leslie Dr., *Saving Your Marriage Before it Starts, Seven Question to Ask Before and After you Marry* (Grand Rapids, MI: Zondervan, 1995), 33-35.

<sup>60</sup> Jim Burns Ph.D., *Creating an Intimate Marriage, Rekindle Romance Through Affection, Warmth and Encouragement* (Bloomington, MN: Bethany House Publishers, 2006), 15-16.

invest in their marriage. So they keep on keeping on, living lonely, desperate lives or moving to the arms of a lover, the bottle or some other unhealthy addiction.”<sup>61</sup>

Many Marriage couple has misinterpreted the Ephesians 5:22-25 passage, the word submission is a sticking point. “Wives, submit yourselves unto your own husbands, as unto the Lord. For the husband is the head of the wife, even as Christ is the head of the church: and he is the savior of the body. Therefore as the church is subject unto Christ, so let the wives are to their own husbands in everything. Husbands love your wives, even as Christ also loved the church, and gave himself for it.” Ephesians 5:22-25 (KJV)

“The scripture is a call for mutual submission to each other, while acknowledging that our main responsibility for submission is always directed to God. The wife is called to serve her husband and the husband is called to serve his wife just as Christ served the church. If every marriage has this passage as its foundation a lot of the selfishness in marriage relationship would be dissolved”<sup>62</sup>

Another great scripture for Marriage couple is the call for Love “Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up, Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; Rejoiceth not in iniquity, but rejoiceth in the truth; Beareth all things, believeth all things, hopeth all things, endureth all things.” 1 Corinthians 13:4-7 (KJV)

Dr. Burns says, “You set the mood, tone, and atmosphere in your marriage. You can change the atmosphere to your marriage almost immediately with A.W.E. (Affection, Warmth,

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<sup>61</sup> Jim Burns Ph.D., *Creating an Intimate Marriage, Rekindle Romance Through Affection, Warmth and Encouragement* (Bloomington, MN: Bethany House Publishers, 2006), 26.

<sup>62</sup> Ibid, 32.

and Encouragement). Far too many times we don't intentionally set the thermostat of our relationship to a more positive setting. Instead, we let the temperature fluctuate according to what the other persona does or doesn't do. We react to the stresses of life, and the atmosphere can quickly turn negative. Marriage couples can have more affection, warmth, and encouragement in any marriage, even in the most high maintenance ones, since they do have the option to set the tone and atmosphere towards greater connection and intimacy."<sup>63</sup>

"A=Affection: Couples can often create an atmosphere of intimacy and closeness through affection. It takes eight to ten meaningful touches a day for person to thrive. Couples, who hold hands, kiss passionately and bring gifts like flowers and chocolate to one another are couples who have a much better chance for a healthy relationship. Back rubs work: saying "I love you" in hundred different ways works, showing tenderness and honoring your spouse also works wonder for your relationship."<sup>64</sup>

"W=Warmth, "It really does take a lot of work, self-control and focus to keep a relationship full of warmth. Couple can reset the thermostat from chilly to warm but they can't do it without an incredible amount of discipline and self-determination. Choose to create an environment of love."<sup>65</sup>

E=Encouragement, "The only thing that a critical spirit, nagging and negativity bring to a relationship is lack of intimacy. Make a study of your spouse to figure out the most effective ways to encourage and affirm. All people are drawn to encouragement and flee from negativity.

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<sup>63</sup> Jim Burns Ph.D., *Creating an Intimate Marriage, Rekindle Romance Through Affection, Warmth and Encouragement* (Bloomington, MN: Bethany House Publishers, 2006), 38-39.

<sup>64</sup> Ibid, 45

<sup>65</sup> Ibid, 46

Your presence in your spouse's life makes a difference. It sometimes speaks louder than words. Your availability, both physically and emotionally says to your spouse that he or she is in a safe relationship."<sup>66</sup>

### **Interventions for Strengthening Communication**

Everett L. Worthington Jr. Ph.D. says, "People communicate to meet their needs. High on the list of needs is giving and receiving love. It is precisely that need in which trouble couples are deficient. Listed below are principles for training the couple in an effective training method for better communication.

1. Instruct especially how partners can communicate.
2. Demonstrate the communication or give an example.
3. Have the partners employ your suggestion, usually with an issue that is involving but does not have high emotional significance.
4. Have the couple employ the suggestion on a hotter issue.
5. Assign the couple to try the behavior at home. Time homework carefully. Don't assign at home communication until the couple can avoid damage.
6. Over time, fade your feedback to the couple, making fewer direct suggestions as the partners become more adapt to communications."<sup>67</sup>

### **Loving Communication**

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<sup>66</sup> Jim Burns Ph.D., *Creating an Intimate Marriage, Rekindle Romance Through Affection, Warmth and Encouragement* (Bloomington, MN: Bethany House Publishers, 2006), 38-39.

<sup>67</sup> Everett Worthington L. Jr. Ph.D., *Hope-Focused Marriage Counseling, A Guide to Brief Therapy* (Downers Grove, IL: Intervarsity Press, 1999), 148-149.

Dr. Worthington also “Believes that the root of all communication problems, whether they are understood as misunderstanding, poor communication styles or attempts to gain power within the marriage can be understood as a deficit of love. The desire to be understood but not understand the other person is a lack of love. Poor styles of communication suggest my agenda is more important than yours. Such communication does not show the valuing love to the partner that the spouse might actually feel; the partner’s feels devalued, unimportant, unloved. When partners feel insecure, threatened or without power they want to prove that they are adequate, important, and powerful in short valued and loved. So they try to control their marriage.”<sup>68</sup>

“Communication difficulties will not be dealt with unless the root cause of deficient love is addressed. Partners must defeat pride and power and replace them with love through valuing the spouse, even if it means laying down one’s own expectation and rights. Love is being willing to value and not to devalue the partners, this willingness springs from another oriented heart. People need to be reminded that in marriage they have a great opportunity to cultivate another oriented heart.”<sup>69</sup>

### **Sexual Standards**

Dr. Myles Munroe says, “One of the biggest challenges couples face during engagement is the temptation to go too far sexually. Many couples underestimate the power of the human sex drive and how easy it is to slide onto the slippery slope of physical arousal. It usually starts very subtly in the mind. The fact that a couple is getting married does not justify or excuse premature and improper sexual behavior. This is why is so important for engaged couples to commit

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<sup>68</sup> Everett Worthington L. Jr. Ph.D., *Hope-Focused Marriage Counseling, A Guide to Brief Therapy* (Downers Grove, IL: Intervarsity Press, 1999), 66.

<sup>69</sup> *Ibid*, 66.

themselves to a standard of absolute sexual purity before marriage. Failure in this area affects not just the body, but also the spirit. Paul's words to the Corinthians believers are as fresh and timely for us today as they were 2000 years ago."<sup>70</sup>

“Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body. What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.” 1 Corinthians 6:18-20 (KJV)

“Engagement is the period where a couples sexual standards either stand or falls because it is during engagement that those standards face the greatest test. By successful handling sexual temptation a couple proves their maturity, integrity, faithfulness and self-control.”<sup>71</sup>

### **When Both are Willing**

Dr. Gary Chapman says, “When you spouse responds affirmatively, he or she is as willing as you are to work at restoring the dream you had when you were married. Should you move back into the same apartment or house immediately? Probably not; remember your objective is to give birth to your marriage. The conflicts, frustration, misunderstanding, and unmet needs that led you to separate must be examined and resolved.”<sup>72</sup>

“For most couples the process of restoration will require the services of a pastor or marriage counselor. You need to develop skills in expressing your feeling in a constructive way.

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<sup>70</sup> Myles Munroe Dr., *Waiting and Dating, A Sensible Guide to a Fulfilling love Relationship* (Shippensburg, PA: Destiny Image, Publishers, Inc., 2004), 139.

<sup>71</sup> Ibid, 138.

<sup>72</sup> Gary Chapman Dr., *Hope for the Separated; Wounded Marriages can be Healed* (Chicago, IL: Moody Publishers, 2005), 123.

You must come to understand and appreciate the thoughts and feelings of your spouse. You must find ways to meet each other's emotional and physical needs. Marriage counselors and many pastors are trained in helping you develop such skills. As you meet with the pastor or counselor and develop your communication skills. You will begin to feel freedom in your relationship. You will begin to feel more understanding. You will begin to reach agreements on issues that have been unresolved conflicts. You will give each other the freedom to disagree and on certain issues and yet be kind and loving to each other."<sup>73</sup>

### **The Seven Principles for Making Marriage Work**

John M. Gottman Ph.D., and Nan Silver say, "What can make a marriage work is surprisingly simple. Happily married couples aren't smarter, richer, or more psychologically astute than others. But in their day to day lives, they have hit upon a dynamic that keeps their negative thoughts and feeling about each other (which all couples have) from overwhelming their positive ones. They have what I call an emotionally intelligent marriage."<sup>74</sup>

Dr. Gottman says, "It took studying hundreds of couples until he finally uncovered the secrets of these emotional intelligent marriages, no two marriages are the same, but the more closely he looked at happy marriage the clearer it became that they were alike in seven telltale ways. Happily married couples may not be aware that they follow these seven principle but they all do. By mastering these seven principles you can ensures that your own marriage will thrive.

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<sup>73</sup> Gary Chapman Dr., *Hope for the Separated; Wounded Marriages can be Healed* (Chicago, IL: Moody Publishers, 2005), 123.

<sup>74</sup> Gottman John M. Ph.D. and Silver Nan, *the Seven Principles for Making Marriage Work* (New York, NY: Three Rivers Press, 1999), 3.

You'll learn to identify which of these components are weak spots, or potential weak spots, in your marriages, and to focus your attention where your marriage most needs it."<sup>75</sup>

#### Principle 1: Enhance Your Love Maps

“Emotionally intelligent couples are intimately familiar with each other’s world. I call this have a richly detailed love map-my term for that part of your brain where you store all the relevant information about your partner’s life. Another way of saying this is that these couples have made plenty of cognitive room for their marriage. They remember the major events in each other history, and hey keep updating their information as the facts and feeling of their spouses word change. They know each other goals in life, each other worried and each other’s hopes.”<sup>76</sup>

#### Principle 2: Nurture Your Fondness and Admiration

“People who are happily married like each other. If they didn’t, they wouldn’t be happily married. But fondness and admiration can be fragile unless you remain aware of how crucial they are to the friendship that is at the core of any good marriage. By simply reminding yourself of your spouse’s positive qualities -even as you grapple with each other flaws-you can prevent a happy marriage from deteriorating. The simple reason is that fondness and admiration are antidotes for contempt. If you maintain a sense of respect for your spouse, you are less likely to act disgusted with him or her when you disagree. So fondness and admiration prevent the couple from being trounced by the four horsemen (criticism, contempt, defensiveness, or stonewalling).”<sup>77</sup>

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<sup>75</sup> Gottman John M. Ph.D. and Silver Nan, *the Seven Principles for Making Marriage Work* (New York, NY: Three Rivers Press, 1999), 18.

<sup>76</sup> Ibid, 48.

<sup>77</sup> Ibid, 65.

### Principle 3: Turn toward Each Other Instead of Away

“Real romance is fueled by a far more humdrums approach to staying connect. It is kept alive each time you let your spouse know he or she is valued during the find of everyday life. Romance actually grows when a spouse is having a bad day at work and you take sixty seconds out of your work day to leave word of encouragements on his or hers voicemail. Turning toward your spouse in the little ways is also the key to long-lasting romance. Many people think that the secret to reconnecting with their partners is a candlelit dinner or by the sea vacation. But the real secret is to turn toward each other in little ways every day. A romantic night out really turns ump he heat only when a couple has kept the pilot light burning by staying in touch in the little ways.”<sup>78</sup>

### Principle 4: Let Your Partner Influence You

“We have found that even in the first few month of marriage, men who allow their wives to influence them have happier merges and are less likely to divorce than men who resist their wives influence. Statically speaking, when a man is not will to share power with his partner, there is a 91 percent chance that his marriage will self-destruct. We also found that the happiest, most stable marriages in the long run were those where the husband treated his wife with respect and did not resist power sharing and decision making with her. When the couple disagreed on decision making, these husbands actively search for common ground rather than insisting on getting their way.”<sup>79</sup>

### Principle 5: Solve Your Solvable Problem

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<sup>78</sup> Gottman John M. Ph.D. and Silver Nan, *the Seven Principles for Making Marriage Work* (New York, NY: Three Rivers Press, 1999) 80-81.

<sup>79</sup> Ibid, 100-101.

“The popular approach to conflict resolution, advocated by many marital therapists, is to attempt to put yourself in your partner’s shoes while listening intently to what he or she says, and to communicate empathetically that you see the dilemma from his or her perspective. It is not a bad method, if you can do it. By studying intently what these couples did do, I have come up with a new model for resolving conflict in a loving relationship. My fifth principles entail the following steps:

1. Soften your startup
2. Learn to make and receive repair attempts
3. Soothe yourself and each other
4. Compromise
5. Be tolerant of each other’s faults.

To a certain degree, my fifth principle comes down to have good manners. It means treating your spouse with the same respect you offer to company.”<sup>80</sup>

#### Principle 6: Overcome Gridlock

“The Goal in ending gridlock is not to solve the problem, but rather to move from gridlock to dialogue. The gridlocked conflict will probably always be a perpetual issue in your marriage, but one day you will be able to talk about it without hurting each other. You will learn to live with the problem. To navigate your way out of gridlock, you have to first understand its cause. Grid lock is a sign that you have dreams for your life that aren’t being addressed or

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<sup>80</sup> Gottman John M. Ph.D. and Silver Nan, *the Seven Principles for Making Marriage Work* (New York, NY: Three Rivers Press, 1999), 158.

respected by each other. By dreams I mean the hopes, aspirations, and wishes that are part of your identity and give purpose and meaning to your life.”<sup>81</sup>

#### Principle 7: Create Shared Meaning

“If you marriage adhere to my first six principle, there is a good chance that that your relationship is stable and happy. What may be missing is a deeper sense of shared meaning. Marriage is not just about raising kids, splitting chores, and making love. It can also have a spiritual dimension that has to do with creating an inner life together- a culture rich with symbols and rituals, and an appreciations for your role and goals that link you, that lead you to understand what it means to be a part of the family you have become. A crucial goal of any marriage therefore is to create an atmosphere that encourages each person to talk honestly about his or her conviction. The more you speak candidly and respectfully with each other, the more likely there is to be a blending of your sense of meaning.”<sup>82</sup>

#### **Seven Conversations for a Lifetime of Love**

According to Dr. Sue Johnson, “We are never more emotional than when our primary love relationship is threatened. The material that I found mostly said that love was irrelevant or impossible to understand and also that the strong emotion were obviously dangerous and best left alone. My attempts to get couples to practice communication skills sparked comment’s about how these exercises didn’t really get to the heart of the matter. They missed the point. Emotion comes from a Latin word *emovere*, to move. We talk of being moved by our emotion, and we are

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<sup>81</sup> Gottman John M. Ph.D. and Silver Nan, *the Seven Principles for Making Marriage Work* (New York, NY: Three Rivers Press, 1999), 217-218.

<sup>82</sup> Ibid, 244-245.

moved when those we love show their deeper feeling to us. If partners were to reconnect, they indeed had to let their emotion move them into new ways of responding to each other.”<sup>83</sup>

#### Conversation 1: Recognizing the Demon Dialogues

“Demon Dialogue 1-*Find the Bad Guy*, the purpose of finds the bad guy is self-protection, but the main move is mutual attack, accusation, or blame. Demon Dialogue 2-*The Protest Polka*, the Main move of the Protest Polka create a stable loop, each move calling forth and reinforcing the next. One partner reaches out, albeit in a negative way, and the other steps back, and the pattern repeats. The dance goes on forever because the emotions and need behind the dance are the most powerful on this planet. Polka is more subtle, one partner is demanding, actively protesting the disconnection: the other is withdrawing, quietly protesting the implied criticism, dissatisfied partners missing each other signals often complain of a fuzzy communications problem or constant tension.”<sup>84</sup>

Demon Dialogue 3-Freeze and Flee is, “What I see is that both partners are shut down into frozen defense and denial. Each is in self-protection mode, trying to act as if he or she does not feel and does not need. This is what happens when the pursuing, critical partner gives up trying to get the spouses attention and goes silent. If this cycle runs it courses, the aggressive partner will grieve the relationship and then will detach and leave. The extreme distancing of Freeze and Flee is a response to the loss of connection and the sense of helplessness concerning how to restore it.”<sup>85</sup>

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<sup>83</sup> Sue Johnson, Dr., *Hold Me Tight, Seven Conversation for a Life Time of Love* (New York, NY: Little, Brown and Company, 2008), 42-44.

<sup>84</sup> Ibid, 68-74.

<sup>85</sup> Ibid, 90-91.

### Conversation 2: Finding the Raw Spot

“What is exactly a raw spot? I define it as a hypersensitivity formed by moments in a person’s past or current relationship when an attachment need has been repeatedly neglected, ignored, or dismissed, resulting in a person’s feeling what I call the “2Ds” emotionally deprived and deserted. The 2 Ds are universal potential raw spots for lovers. These sensitivities frequently arise from wounding relationships with significant people in our past, especially parents, who give us our basic template for loving relationships; sibling and other members of our family and of course past and present lovers.”<sup>86</sup>

### Conversation 3: Revisiting a Rocky Moment

“In this conversation, you’ll see how to take charge of moments of emotional disconnection or miss-attunements, as attachment theorist calls them, and tip them away from dangerous escalation and toward safety and security.”<sup>87</sup>

### Conversation 4: Hold Me Tight-Engaging and Connecting

“In this conversation, you’ll take the first step toward by deliberately creating moments of engagement and connection. The Hold Me Tight conversation builds on the sense of safety you and your partner have started to produce as a result of conversation 1, 2, and 3, which taught you how to halt or contain negative patterns of interacting with your partner as well as to mark and name at least one of the deeper feeling that come up in native cycles and moment of disconnection. Effectively seeking connection and responding supportively is hard without a basic platform of safety. In this conversation, you’ll learn how to generate positive patterns of reaching

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<sup>86</sup> Sue Johnson, Dr., *Hold Me Tight, Seven Conversation for a Life Time of Love* (New York, NY: Little, Brown and Company, 2008), 98-99.

<sup>87</sup> Ibid, 122-123.

for and responding to your love one in effect, you will be learning how to speak the language of attachment.”<sup>88</sup>

#### Conversation 5: Forgiving Injuries

“The hurt partner needs to speak to his or her pain as openly and simply as possible. The injuring partner stays emotionally present and acknowledges the wounded partners pain and his or her part in it. Partner’s starts reversing the Never Again dictum. The injuring partners now take ownership of how they inflicted this injury on their lover and express regret and remorse. This cannot take the form of an impersonal or defensive apology. A Hold Me Tight conversation can now take place, centering on the attachment injury. The couple now can create a new story that captures the injuring event, how it happened, eroded trust and connection, and shaped the Demon Dialogues.”<sup>89</sup>

#### Conversation 6: Bonding trough Sex and Touch

“How important is satisfying sexing sustaining a love relationship? Good sex, it turns out, is integral though not paramount to happy relationships. Satisfied partners see sex as just one of many sources of pleasure and intimacy, while despondent partner’s homes in on sex and often view it as the chief source of trouble. The safety of our emotional connection defines our relationship in bed as well as out. Depending on how comfortable we are with closeness and how safe we feel about needing our loved one, we will have different goals in bed. I call these three kinds of sex; Sealed off Sex, Solace Sex and Synchrony Sex.”<sup>90</sup>

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<sup>88</sup> Sue Johnson, Dr., *Hold Me Tight, Seven Conversation for a Life Time of Love* (New York, NY: Little, Brown and Company, 2008), 142.

<sup>89</sup> Ibid, 173-178.

<sup>90</sup> Ibid, 186-187.

“Seal-off Sex, the goal is to reduce sexual tension, achieve orgasm, and feel good about our sexual prowess. Solace Sex occurs when we are seeking reassurance that we are valued and desired, the sex act is just a tag long. The goal is to alleviate our attachment fears. Synchrony sex is when emotional openness and responsiveness, tender touch, and erotic exploration all come together. This is the way sex is supposed to be. This is the sex that fulfills, satisfies, and connects.”<sup>91</sup>

### Conversation 7: Keeping You Love Alive

“Conversation 7 is a road map for taking your love into the future. Conversation 7 is built on the understanding that love is a continual process of seeking and losing emotional connection and reaching out to find it again. The step entails:

1. Recapping and reflecting on the danger points in your relationship where you slide into security and get stuck in Demon Dialogues.
2. Calibrating the positive moments, big and small.
3. Planning rituals around the moments of separation and reunion to your daily lives to mark recognition of your bond, support and responsiveness.
4. Helping each other identify the attachment issues in recurring differences and arguments and deciding together how to defuse the issues up front to deliberately create emotional safety and trust.
5. Creating a resilient Relationship story, this story describes how the two of you have built and are continuing to build loving bond.

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<sup>91</sup> Sue Johnson, Dr., *Hold Me Tight, Seven Conversations for a Lifetime of Love* (New York, NY: Little, Brown and Company, 2008), 193.

6. Create a future Love story. This story outlines what you want you bond to look like five or ten years down the road and how you would like your partner's help in making the vision a reality.”<sup>92</sup>

### **Results Twenty Questions Survey for a Divorce**

There were seventy personnel who completed the divorce survey. Thirty- three divorcées took the survey; twenty-five married personnel, five remarried personnel, and seven personnel were in the widow and separated status. The top three causes of divorce from the information collected in the divorce survey are 1. Infidelity, 2. Money/finances, 3. Communication. The other of causes of divorce from the survey are abuse, counseling attendance , trust issues, unequally yoke, sex, following Biblical instruction and unforgiveness.

Counseling Question: Who did you go to for help for counseling? Were they helpful?

Twenty-two personnel went to counseling with their pastor, marriage counselor. The counseling was effective and it was very helpful for the couple who attended counseling. Ten personnel received counseling from their immediate friends. 8 personnel went for help by talking to their parents; three personnel went to God for advice through prayer. Twenty-seven personnel refuse counseling.

Name a way that you can rekindle the fire in your marriage?

1. Have the same hobbies
2. Spend time doing thing you both enjoy
3. Learn what made you love each other
4. Pastoral and Marriage counseling
- 5 Movie and Date night

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<sup>92</sup> Johnson 2008, 205-206.

6. Time alone
  7. Couple time, dinner, movies weekend trips
  8. Remember the things you did before you got married
  9. Date, communicate, date night, role playing
  10. Forgiving one another
  11. Pay more attention and listen to each other
  12. Need a miracle
  13. God & candle light
  14. Get the attraction out of your life
  15. Forgive and forget
  16. Take a cruise
  17. Sex, communication, going fun thing together
  18. Help
  19. Try new ideas, be more flexible
  20. Dating, fun times talking
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### **Conclusion:**

#### **Divorce in the Christian Society and a Prescriptive Model to Rekindle the Marriage.**

John M. Gottman Ph.D. and Julie S. Gottman Ph.D. are the founder and directors of Gottman Institute and the Relationship Research Instituted in Seattle, they have been developing tools to help couples identify problems that a proven to destroy relationships and to turns those problem around. Through their workshops, therapy sessions, and books couple are gaining the tools they need to build stronger friendships and manage their conflicts. Dr. John M Gottman and Nan Silver have written a book that gives Seven Principle for Making Marriage Work. Effective communication also makes a marriage work.

Dr. Sue Johnson has written a book on Seven Conversation for a lifetime of love. Some other guidelines that Dr. Sue Johnson shared some additional information in her book to rekindle the fire in your marriage are: Regularly and deliberately hold hands, hugging and kissing while walking, going to sleep and leaving home and returning. Writing letter and leaving short notes for each other. Leaving sexy message on their voice mail and tell them how much you love them daily.

Dr. Willard F. Harley Jr. wrote a power book on His Need and Her Need, Building an Affair Proof Marriage. Inside of Dr. Willard Books Appendix B, there is an Emotional Needs Questionnaire that will truly be a blessing to marriage couple and couple thinking about marriage. This questionnaire will assist them understanding each other emotional need.

Dr. Gary Chapman present his book name The Five Love Languages, How to Express Heartfelt Commitment to Your Mate. Dr. Gary Chapman includes The Five Love Languages personal assessment tool in his book. This tool will help single and married couples understand their love language and gives guidance on how to meet each other need. David Olsen Ph.D. and

Doug Stephen Ph.D., say, “Spiritual Intimacy is very important to making your marriage work. Spiritual intimacy might be defined as the deep feeling of sharing of religious beliefs and the practice of those beliefs between to partners. This form of intimacy is imbued with the mutual sharing of transcendent meaning. This gives the two partners a connection both verbal and nonverbal. The partners have a strong conviction and a deep commitment to their belief that is spiritual rewarding to each one.”<sup>1</sup>

“Recreational Intimacy is a unique form of closeness, often found in dual career marriages, the demand on time and energy of managing two careers and family sometimes requires partners to work almost as a tag team with home responsibilities. But in the midst of juggling tasks and dealing with exhaustion, some couples find a way to share a hobby or another form of recreation together on a regular basis. Hobbies, causes, or mutual sports can provide an opportunity for self-expression and shared satisfaction.”<sup>2</sup>

“Of all the forms intimacy can take emotional intimacy the most difficult to describe. Many of the forms discussed previously were built on a common experience or focus that initially connects the partners in a common concern. With emotional intimacy, the depth of the sharing of the self is the connection, rather than the sharing of an event, object or person. Many marriages are strong with multiple forms of intimacy; other may have only one or two forms. Partners who share in emotional intimacy with watch other may have very little in the way of

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<sup>1</sup> Olsen, David Ph.D. and Stephens, Douglas Ed.D, *The Couples Survival Workbook: What You Can Do to Reconnect with Your Partners and Make Your Marriage Work* (Williamsville, VT: Echo Pont Books and Media, 2011), 136.

<sup>2</sup> Ibid, 136.

shared interests, and they may not have weathered crises together, yet they find a special passion connecting with one another about each other daily experiences.”<sup>3</sup>

“Understanding your interaction patterns, belief systems, and family of origin message is an important start. However intimacy is contingent on more than changing pattern, examining your belief, expanding your definition of intimacy, or examines your origin message. These are very important steps and will help you take further steps toward a more satisfying level of intimacy, but in themselves these steps do not go far enough. Intimacy is utterly dependent on there being two separate psychological selves in the relationship.”<sup>4</sup>

“For deep intimacy to take place there must be two separate people. Too often, couples subscribe to the biblical notion that “the two shall become one.” In the misguided attempt to become as one, some couples forget to continue to define themselves. When people are not self-defined, they tend to become overly reactive and easily influenced by the people around them, they either lose their sense of self and become the self whether a partner wants or reactively they become the opposite of what their partner desires.”<sup>5</sup>

“So what really makes marriages work? Books about intrinsic gender differences arise, in turns out that men and women want very similar experiences within their couples relationship. They want sex and romance, passion and companionship all of which are to be found in marriage if there is an underlying deep friendship of good quality. Believing that one’s partner wants the best for us, as well as for themselves, somehow can give us the hope to move beyond the

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<sup>3</sup> Olsen, David Ph.D. and Stephens, Douglas Ed.D, *The Couples Survival Workbook: What You Can Do to Reconnect with Your Partners and Make Your Marriage Work* (Williamsville, VT: Echo Pont Books and Media, 2011), 138.

<sup>4</sup> Ibid, 143.

<sup>5</sup> Ibid, 144.

difficulties of the moment. Another key to a strong marital relationship is having a transcendent value system, a belief in something greater than self. Believing that there are large themes at work in our lives can provide a depth of meaning and purpose to marriage that can help us pursue connection with our partner even through many frustration.”<sup>6</sup>

“Healthy marriages certainly do have conflicts, often in several areas, for example housecleaning, sex, in-laws. Gottman found that despite significant differences in personality, avid interests, and even value, couple in happy marriages still report high satisfactions with their relationship. What sustained them was deep friendship. Friendship with marriages requires many skills, but here are two that are essential for a healthy marriage. The first according to Gottman (2000) is that there must be a generally positive atmosphere in the marriage in both non-conflict and conflict situation. The second is that healthy couples who are deep friends can reduce negative affect, that is they can reduced the emotional fallout from their conflicts by accepting each other’s emotion and refraining from evaluating or judging them”<sup>7</sup>

According to Willard F. Harley, Jr., “The first step in in building romantic love is to make commitment to do just that. Goals are not achieved by chance; leaving things to chance creates problems. So if you want to keep romantic love in your marriage; you must commit your selves to that purpose. The second step is to identify habits that destroy romantic love. Romantic

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<sup>6</sup> Olsen, David Ph.D. and Stephens, Douglas Ed.D, *The Couples Survival Workbook: What You Can Do to Reconnect with Your Partners and Make Your Marriage Work* (Williamsville, VT: Echo Pont Books and Media, 2011),, 4.

<sup>7</sup> Ibid, 4.

love is the feeling incredible attraction toward another person, and people rarely marry without. But romantic love is very fragile and requires special care to continue through life.”<sup>8</sup>

Jim Burns says, “The trait that is most closely linked to the success or failure of your marriage is your ability to communicate. When you combine a lifetime of unhealthy communication habits and poor communication resolution skills you hurt your chance of experiencing true intimacy. Add to that the many different styles of communication, and it is no wonder people regularly struggle in this area. If you want to intimately connect with your spouse, you will need to roll up your sleeves and work at bettering your communication. We all want a marriage where there is warmth and connectivity, but most people aren’t willing to work at the relationship enough to bring the marriage to a more positive place.”<sup>9</sup>

“Communication is at the top of the chart when it comes to developing more intimacy in your marriage. Couples have the same needs. They both need connection and emotional intimacy that comes from healthy communication. Communication is less about talking than it is about the health of the relationship. A couple whose emotional needs are not being met rarely communicate well.

Apple and Dunn say, “When we are in a new relationship, we may feel we have finally found the perfect person to share our life with. In an effort to preserve our new found happiness, we begin to form expectations to try to ensure that our partner continues to bring us everything we want or think we need. This usually is not a conscious process; it is simply part of what we have learned about how relationships work. Expectations, we are told, are unavoidable. We are not only

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<sup>8</sup> Harley, Willard F. Jr., *Five Steps to Romantic Love* (Grand Rapids, MI: Revell, A Division of Baker Publishing Group, 2009), 13.

<sup>9</sup> Burns, *Creating an Intimate Marriage*, 71-72.

conditioned to have them of our partners, we are conditioned to expect our partner to have them for us. Expectations are far more prevalent in our lives than we realize. We bring an extensive collection to every new relationship, acquired from our families and friends, the media and previous relationships. Expectations are beliefs about what someone should or should not do or how they should or should not behave. We have them about everyone in our lives including ourselves.”<sup>10</sup>

Steven Stosny, Ph.D. writes that, “In attempting to repair a betray relationship, it is helpful to distinguished among behaviors that belong in the past (blame, dishonesty, disrespect), the present (compassion, responsibility, safety respect, honesty) and a future of increased intimacy and trust. The natural relationship cycles of routine, distance, and closeness drag out the repair process, as a distressed central nervous system cannot tell if present behavioral improvement are merely products of an interval before the danger stage of the cycle. Roughly three of your typical cycles have to go by without any of the behaviors of the “past” for intimacy and trust to return. Compassion is the key. The Compassion Repair Process consists of a serious of solemn agreements to the betrayer makes to the betrayed partner.”<sup>11</sup>

Bancroft and Patrissi give some principle of fighting fair when you are in a confrontation.

“1. No name calling and no reducing of the others person’s statements or opinion during the argument.

2. No telling the hot person the real reason behind what they are saying or doing in the argument, no discrediting.

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<sup>10</sup> Apple and Dunn, *The Soul Mate Experience*, 146.

<sup>11</sup> Stosny, *Living & Loving After Betrayal*, 209.

3. No scary body language, including no getting so loud that it intimidates the other person.
4. Each person gets to talk for roughly the same amount of time in the argument.
5. No interrupting, even when you are really mad (unless the other person is taking up way more than their share of the argument).
6. Try seriously to understand the other person's thought and feeling, even when you are angry and even when you feel sure that your partner is wrong.
7. Look for solutions that would work for both of you, instead of just single-mindedly insisting on getting your way.
8. Neither partner gets to insist that their way is the only right ways to talk about the conflicts or ere solve it (except for following the faith fight rule).
9. Be prepared to sometimes let go of some parts of what you were hoping for.”<sup>12</sup>

Michele Davis says, “No book on divorce prevention would be complete without a chapter devoted to having a loving and satisfying intimate relationship. Without physical closeness, it is difficult for spouses to feel connected emotionally and spiritually. A nonexistent or unsatisfying sexual relationship triggers low-grade ill will that permeates your life and colors cost of your interaction. At first you fool yourself into thinking that sex is not that important and that as long as the rest of your marriage is working ,everything will be okay, but slowly ,almost imperceptibly, thing start falling apart. You find your selves arguing more often. Every small annoyance becomes magnified. You feel like your opponent rather than teammates. You feel

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<sup>12</sup> Bancroft and Patrissi, *Should I Stay or Should I Go*, 371-372.

hurt and misunderstood; you practice self –protection rather than cooperation and compromise. You stop caring about each other feeling and needs. You stop being kind.”<sup>13</sup>

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<sup>13</sup> Davis, *The Divorce Remedy*, 265.

“Appendixes A: List three of the Top 10 reason from

[Http://www.top10stop.com/lifestyle/top-10-reasons-for-divorce-and-marriage-breakdowns-stats-from-the-US](http://www.top10stop.com/lifestyle/top-10-reasons-for-divorce-and-marriage-breakdowns-stats-from-the-US).”<sup>1</sup>

Appendixes B: List the approval to use Emotional Abuse, Silent Killer of Marriage by Austin James.

“Appendixes C: List the latest National Marriage and Divorce Rate Trends Provisional Number of Marriages and Marriage rate: United States, 2000-2011.

[http://www.cdc.gov/nchs/nvss/marriage\\_divorce\\_tables.htm](http://www.cdc.gov/nchs/nvss/marriage_divorce_tables.htm).”<sup>2</sup>

“Appendixes D: List the Divorce Rate with the percentage of varies according to anything from ethnicity and religion to political stances. It’s also important to note Christian divorce rates as well as Non-Christian divorce rates. As for Non-Christians, 38% of this group will face divorce at least once within the United States. The [divorce rate](#) for atheists and agnostics is only at 30%, however, this percentage is often considered flawed. People of these

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<sup>1</sup> Unknown, "Top 10 Reason for Divorce and Marriage Break Downs: American Stats," *Top 10 Stop*, May 11, 2011, 2011, <http://www.top10stop.com/> (accessed March 12, 2014).

<sup>2</sup> Office of Information Services, "National Marriage and Divorce Rate Trends," *Cdc/Nchs National Vital Statistics System*, February 19, 2013, 2013, [http://www.cdc.gov/nchs/nvss/marriage\\_divorce\\_tables.htm](http://www.cdc.gov/nchs/nvss/marriage_divorce_tables.htm). (Accessed March 12, 2014).

religions often have higher rates of cohabitation and lower rates of actual marriage. Christian divorce rates are lower than the national average, and some Christian sects have dramatically lower rates than the national average. The Appendix D chart describes Christian divorce rates for different types of Christianity”<sup>3</sup>

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<sup>3</sup> Unknown, "Christian Divorce Rate," *Laws.com*, March 13, 2012, <http://divorce.laws.com/christian-divorce-rate/> (accessed March 12, 2014).

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## APPENDIX A

<http://www.top10stop.com/lifestyle/top-10-reasons-for-divorce-and-marriage-breakdowns-stats-from-the-US>.

### 1. “First Top Three Reasons for Divorce: Marriage Infidelity:

Infidelity or more commonly known as “cheating” is on top of the list of reasons for divorce in the US. Most people know what infidelity or cheating is but in more formal terms infidelity is a violation of mutually agreed rules or boundaries that a couple assume in a relationship. In most marriages these terms are not mentioned since they are only assumed to be kept and honored by each person. Ironically, it is holds the number one reason for divorce in the US and many other countries.

### 2. Second Top Reason: Communication Breakdown in Relationship

In a lot of cases when a marriage is breaking down one or both partners often say “we just cannot communicate” or “we just don’t understand each other.” Some people may think that “communication” in a marriage always means agreeing with each other. So when they are not able to agree then the couple refers to the problem as “communication problem.” This is not true. Good communication is not always about agreement but when you are in disagreement it most likely means that you are communicating well and clearly stating your position. Couples who have communication problems, which usually lead to divorce and breakdown are not able to find the between the two points of medium. And once again it is all compromising and finding a balance in between.

### 3. Third Top Reason: Physical, Psychological or Emotional abuse

Marriage abuses – from either the husband or the wife – are a big area of concern for many couples. Physical, psychological or emotional abuses come in different forms, which vary from couple to couple and family to family. However, in a short list they include things like telling a spouse that they are unwanted, physical abuse in form of beating, name-calling, ignoring the spouse, restricting the person to a room, emotional or physical terrorizing, monitoring phone calls, forcing spouse to do something they are not comfortable with. Abuse is one of the most common reasons for divorce. It is important for *any* person who is facing any form of an abuse to seek immediate professional help.”<sup>228</sup>

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<sup>228</sup> Unknown, "Top Ten Reason for Divorce and Marriage Breakdown: American Stats," *Top 10 Stop*, May 11, 2011, <http://www.top10stop.com/lifestyle/top-10-reasons-for-divorce-and-marriage-breakdowns-stats-from-the-US/> (accessed March 12, 2014).

**APPENDIX B**

## Approval to Cite a Purchase Book

Subject: Approval to use Emotional Abuse, Silent Killer of Marriage by Austin James

Hi Frederick,

Yes, you have permission to use anything you would like from my book. God bless you for getting the word out into the Body of Christ - It is sorely needed.

It is self-published via [createspace.com](http://createspace.com) and written/published in Columbus Ohio so not sure how to answer the publishing question. Sorry. I'm just a sinner with a testimony. ;o)

If I can be of any further assistance, please don't hesitate to contact me.

Would you be so kind as to send me an electronic version of your work when completed?

Thank you,  
Austin James

On Mon, Dec 16, 2013 at 9:45 AM, Fred Styles <[bishopfstyles@aol.com](mailto:bishopfstyles@aol.com)> wrote:

To Mr. Austin James,

I am writing a dissertation on Divorce in the Christian Church and the three topics are Infidelity, Communication and Abuse (Emotional and Physical). I am asking for your permission to use your book as a reference to cite information from your book that I purchases for the dissertation project. Please respond and send me your approval and publication city, publisher and state.

Thanks in Advance,

Frederick Styles

## APPENDIX C

### “National Marriage and Divorce Rate Trends

1 Excludes data for Louisiana

Provisional number of marriages and marriage rate: United States, 2000-2011.

[http://www.cdc.gov/nchs/nvss/marriage\\_divorce\\_tables.htm](http://www.cdc.gov/nchs/nvss/marriage_divorce_tables.htm).

Year	Marriages	Population	Rate per 1,000 total population
2011	2,118,000	31,591,917	6.8
2010	2,096,000	30,874,538	6.8
2009	2,080,000	30,677,529	6.8
2008	2,157,000	30,409,966	7.1
2007	2,197,000	30,123,207	7.3
2006 <sup>1</sup>	2,193,000	29,407,247	7.5
2005	2,249,000	29,551,599	7.6
2004	2,279,000	29,280,529	7.8
2003	2,245,000	29,010,933	7.7
2002	2,290,000	28,762,519	8.0
2001	2,326,000	28,496,955	8.2
2000	2,315,000	28,142,906	8.2

2 <sup>1</sup> Excludes data for Louisiana.

3 Note: Rates for 2001-2009 have been revised and are based on inter-censal population estimates from the 2000 and 2010 censuses. Populations for 2010 rates are based on the 2010 census.

4 Source: CDC/NCHS National Vital Statistics System.

5 Excludes data for California, Indiana, Louisiana, and Oklahoma.

Provisional number of divorces and annulments and rate: United States, 2000-2011

Year	Divorces & Annulments	Population	Rate per 1,000 total population
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Year	Divorces & Annulments	Population	Rate per 1,000 total population
2011 <sup>1</sup>	877,000	24 6,273,366	3.6
2010 <sup>1</sup>	872,000	24 4,122,529	3.6
2009 <sup>1</sup>	840,000	24 2,610,561	3.5
2008 <sup>1</sup>	844,000	24 0,545,163	3.5
2007 <sup>1</sup>	856,000	23 8,352,850	3.6
2006 <sup>1</sup>	872,000	23 6,094,277	3.7
2005 <sup>1</sup>	847,000	23 3,495,163	3.6
2004 <sup>2</sup>	879,000	23 6,402,656	3.7
2003 <sup>3</sup>	927,000	24 3,902,090	3.8
2002 <sup>4</sup>	955,000	24 3,108,303	3.9
2001 <sup>5</sup>	940,000	23 6,416,762	4.0
2000 <sup>5</sup>	944,000	23 3,550,143	4.0

6 <sup>1</sup> Excludes data for California, Georgia, Hawaii, Indiana, Louisiana, and Minnesota.

7 <sup>2</sup> Excludes data for California, Georgia, Hawaii, Indiana, and Louisiana.

8 <sup>3</sup> Excludes data for California, Hawaii, Indiana, and Oklahoma.

9 <sup>4</sup> Excludes data for California, Indiana, and Oklahoma.

10 <sup>5</sup> Excludes data for California, Indiana, Louisiana, and Oklahoma.

11 Note: Rates for 2001-2009 have been revised and are based on intercensal population estimates from the 2000 and 2010 censuses. Populations for 2010 rates are based on the 2010 census.

12 Source: CDC/NCHS National Vital Statistics System.<sup>229</sup>

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<sup>229</sup> Office of Information Services, "National Vital Statistics System," *Center for Disease Control and Prevention*, February 19, 2013, [http://www.cdc.gov/nchs/nvss/marriage\\_divorce\\_tables.htm](http://www.cdc.gov/nchs/nvss/marriage_divorce_tables.htm). (Accessed March 12, 2014).

## APPENDIX D

### Christian Divorce Rate Chart:

<http://divorce.laws.com/christian-divorce-rate>

“As always, the percentage of [divorce rates](#) varies according to anything from ethnicity and religion to political stances. For example, some of the following statistics apply to different types of people:

- 1). Downscale Adults- 39% percent of this group has undergone a divorce at least once
- 2). Baby Boomers- 38% of this generation have faced at least one divorce
- 3). African Americans- 36% of African Americans have faced at least one divorce
- 4). Caucasian Americans- 32% will face divorce at least once
- 5). Hispanic Americans- 31% of this ethnic group will face divorce at least once
- 6). Asian Americans- Only 20% of these ethnic groups have been faced with divorce in the United States
- 7). Liberals- Of those who consider themselves liberal on the political scale, 37% have faced divorce at least once in their lifetime
- 8). Conservatives- Of those who consider themselves conservative, only 28% have undergone divorce in the United States

### Christian Divorce Rate

- 1) Evangelical Christians- 26% of these Christians will face divorce at least once in their lifetime
- 2) Non-Evangelical Born Again Christians- 33% of these Christians will face divorce at least once
- 3) Notional Christians- 33% will face divorce at least once
- 4) All Born Again Christians- 32% will face divorce at least once
- 5) All Non-Born Again Christians- 33% will face divorce at least once
- 6) Protestant Christians- 34% of these Christians will face at least one divorce in their lifetime
- 7) Catholics- 28% will face divorce at least once<sup>230</sup>

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<sup>230</sup> Unknown, "Statistics on Christian Divorce Rates," *Christian Divorce Rate*, 2013, <http://divorce.laws.com/christian-divorce-rate/> (accessed March12, 2014).

## APPENDIX E

### Twenty General Questions Divorce Survey

1. What do you think is the top three reasons for divorce in the Christian society are?
2. Are you married or divorce?
3. How long have you been married?
4. What first attracted you to each other?
5. How did you know that this was the person you wanted to marry?
6. When did you first realize there were problems? What have you tried already to solve these problems?
7. What is your primary reason for this divorce?
8. What would you need from your spouse to reconcile?
9. What do you think divorce will accomplish for you?
10. How do you think the divorce will affect your children?
11. What do the bible says about divorce?
12. What do you hope the outcome of counseling will be?
13. Did your feeling change during the marriage? How?
14. How did your spouse tell you he or she wanted to end the marriage? What were your feelings at this time?
15. Who did you go to for help? Were they helpful?
16. What could you have done better to prevent your marriage from going through a divorce?

17. Name a way that you can rekindle the fire in your marriage?

18. Do you both want a divorce? Why or why not?

19. What are your plans for getting on with your life?

20. How has this experience made you stronger?

## APPENDIX F

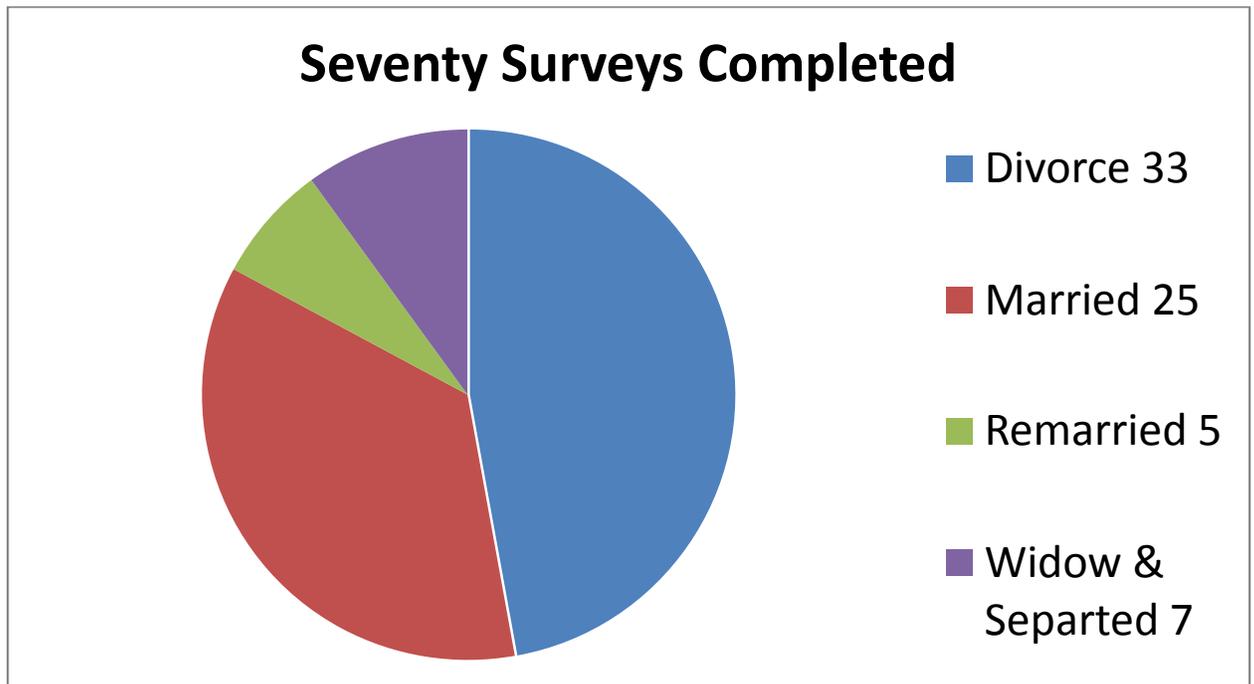


Figure 1: Seventy Surveys Completed Chart

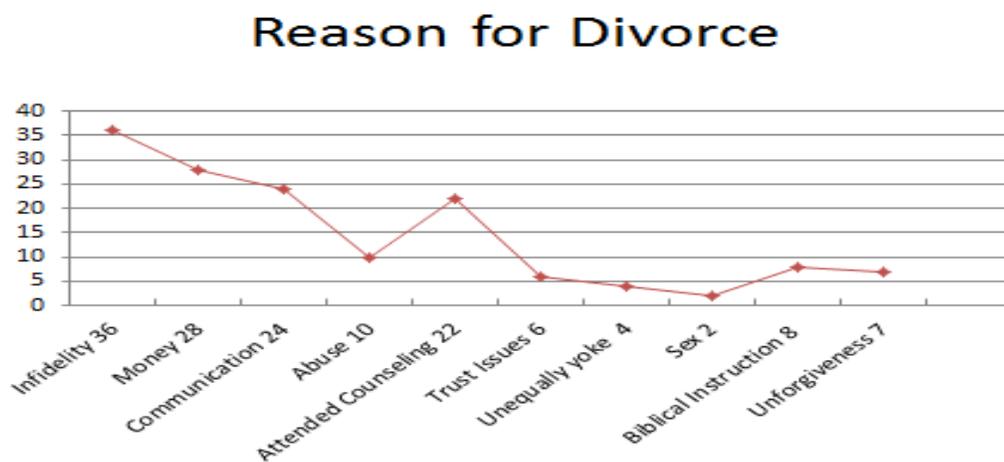


Figure 2: Reason for Divorce