

A man with dreadlocks and a beard, wearing a red and black plaid shirt, and a woman with curly hair, wearing a white shirt, are hiking through a sun-dappled forest. Both are carrying large backpacks and smiling. The man is holding a water bottle.

Journey
→ TO *us*

FOCUS
ON THE
FAMILY.

CONFERENCE

BUILDING A MARRIAGE YOU'LL BOTH LOVE



Session 1

The Reactive Cycle

“It is sometimes essential for a husband and a wife to quarrel—they get to know each other better.”

Goethe (circa late 1700's)

Two Women Fighting With Cars



Mein Film



“I don’t know what happened...I just
lost control.”



Buttons often stem from “lies” that have been written on our heart.



Common lies

I'm defective...I'm unlovable

I'm worthless...I'm not valuable

People won't respect me

I'm a failure

I'm inadequate...I don't have what it takes

I'm not good enough

I'll never measure up

No one will ever love me

I'm unwanted...people will abandon me

I'm helpless or powerless to change anything

People will try to control me

The messages are **lies**. Satan is the father of lies.
(John 8:44)

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Once a lie is written on our heart, those lies
become our **deepest beliefs**. “*For as he thinks in
his heart, so is he.*” (Proverbs 23:7, NKJV)

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The messages on our heart affect how we **see** ourselves and how we **interact** with others.

“Year after year, word after word our life scripts are etched...We believe what we are being told by others and what we are telling ourselves. Repetition is a convincing argument. In time we became what we most believed about ourselves.”

(Shad Helmstetter)





Heart Closes

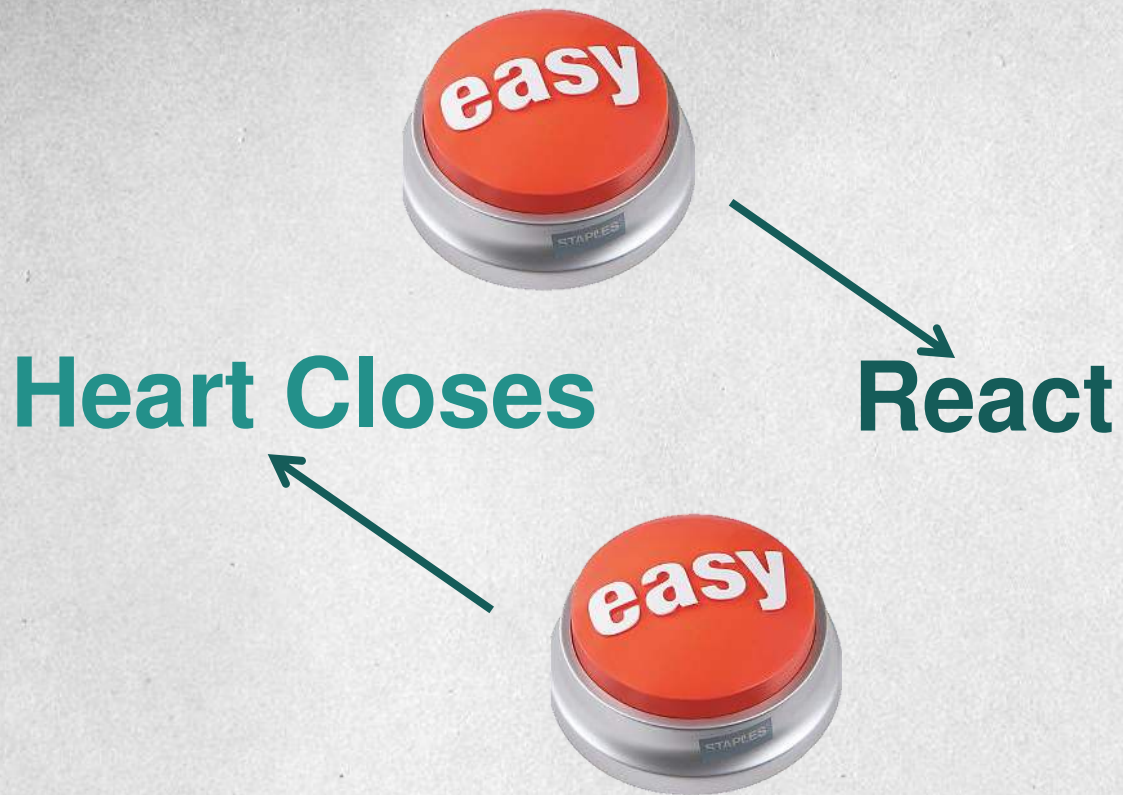


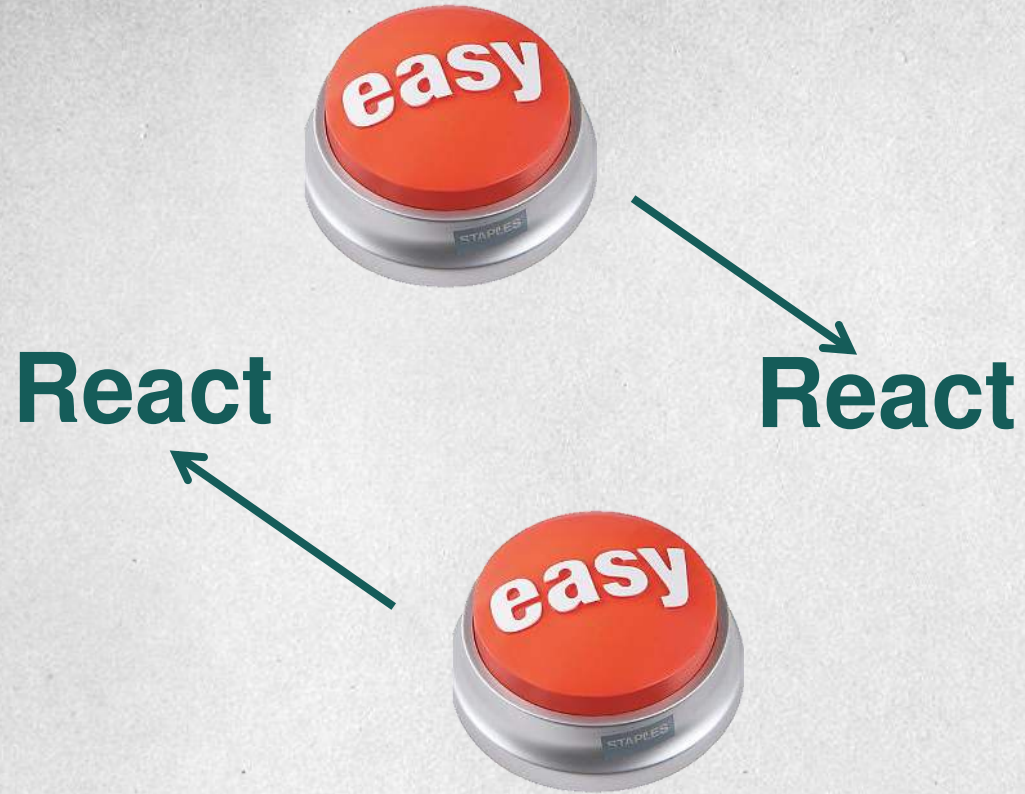
React



React







The Reactive Cycle

The Reactive Cycle



Greg's Buttons

Failed

Misportrayed

Unfair

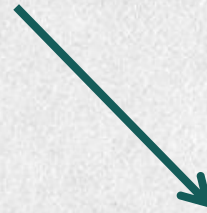
Controlled

The Reactive Cycle



Greg's Buttons

Failed
Misportrayed
Unfair
Controlled



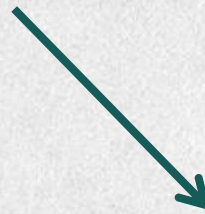
Heart Closes

The Reactive Cycle



Greg's Buttons

Failed
Misportrayed
Unfair
Controlled



Greg's Reactions

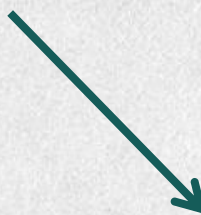
Defend
Fix-it
Rationalize
Minimize
Avoid feelings
Withdraw

The Reactive Cycle



Greg's Buttons

Failed
Misportrayed
Unfair
Controlled



Greg's Reactions

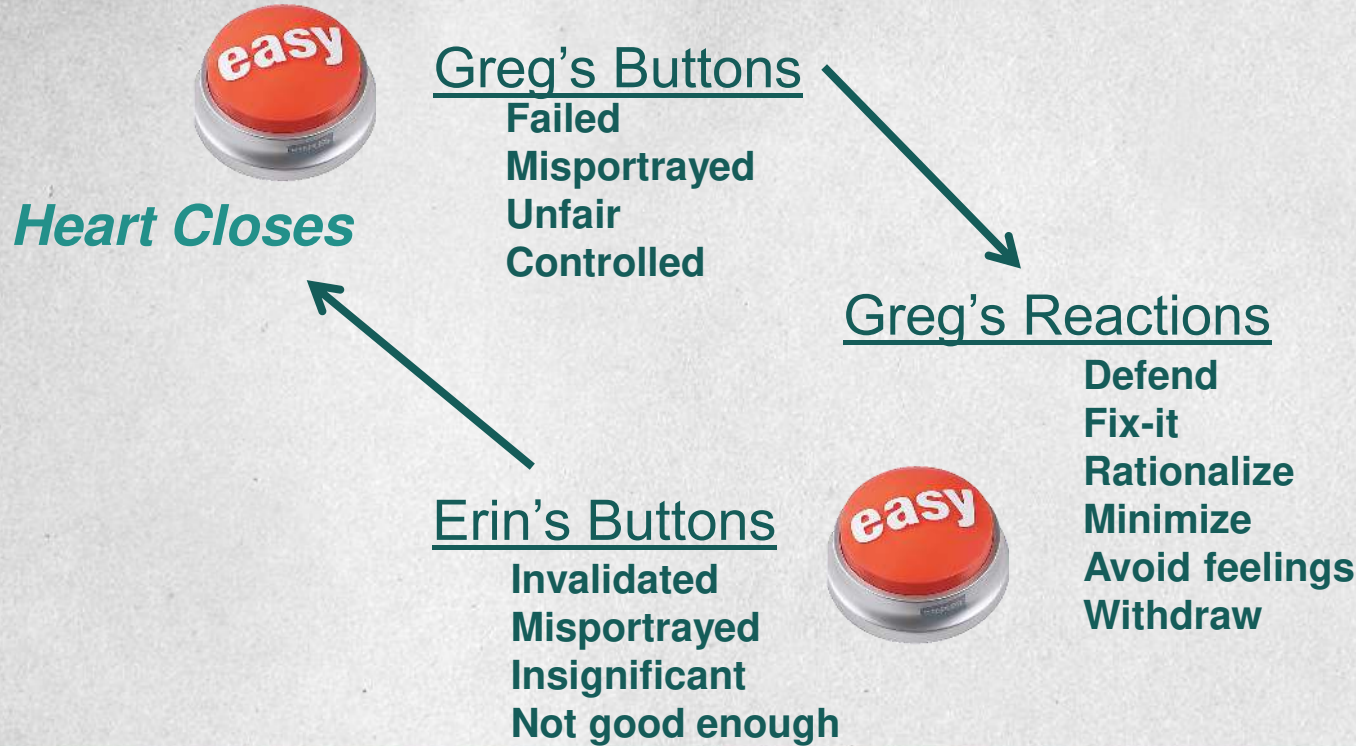
Defend
Fix-it
Rationalize
Minimize
Avoid feelings
Withdraw

Erin's Buttons

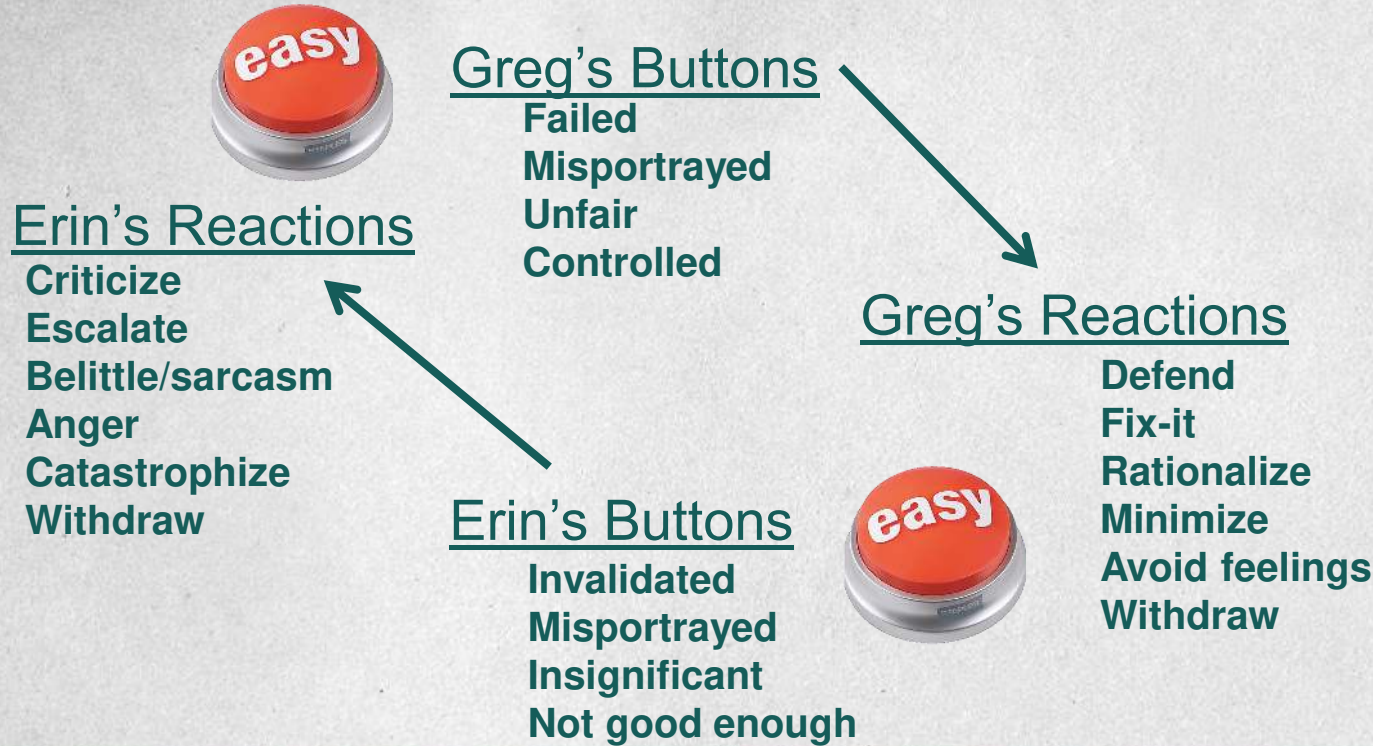
Invalidated
Misportrayed
Insignificant
Not good enough



The Reactive Cycle



The Reactive Cycle



Unhealthy conflict (“combat”) sets us up
as **adversaries**.

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This makes the relationship feel **unsafe**.

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This makes the relationship feel **unsafe**.

When we feel unsafe, our heart **closes** and we **react**.

The heart that stays closed will slowly fossilize or **harden**.

“Moses permitted you to divorce your wives because your hearts were hard. But it was not this way from the beginning.” (Matthew 19:8, NIV)



Take the *Reactive Cycle Test* (p.15) and map out your unique conflict cycle (p.14)

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Session 2

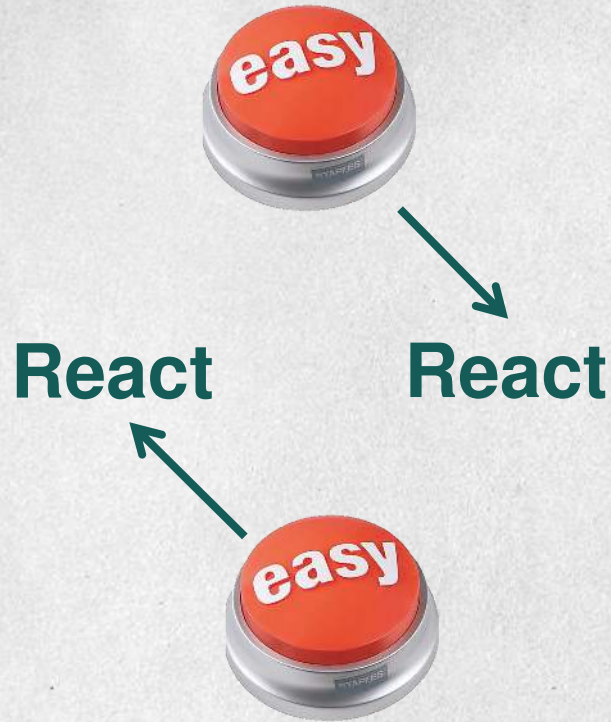
The Care Cycle

“Don't have anything to do with foolish and stupid arguments, because you know they produce quarrels.”

2 TIMOTHY 2:23, NIV



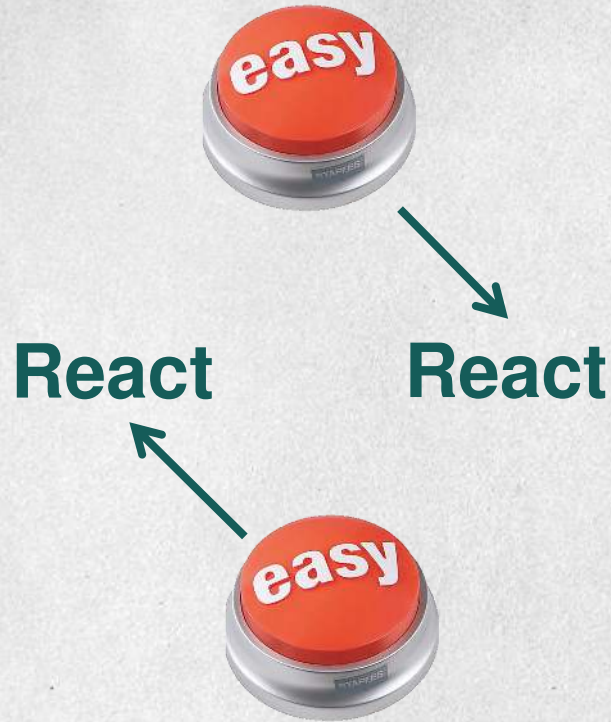
The Reactive Cycle



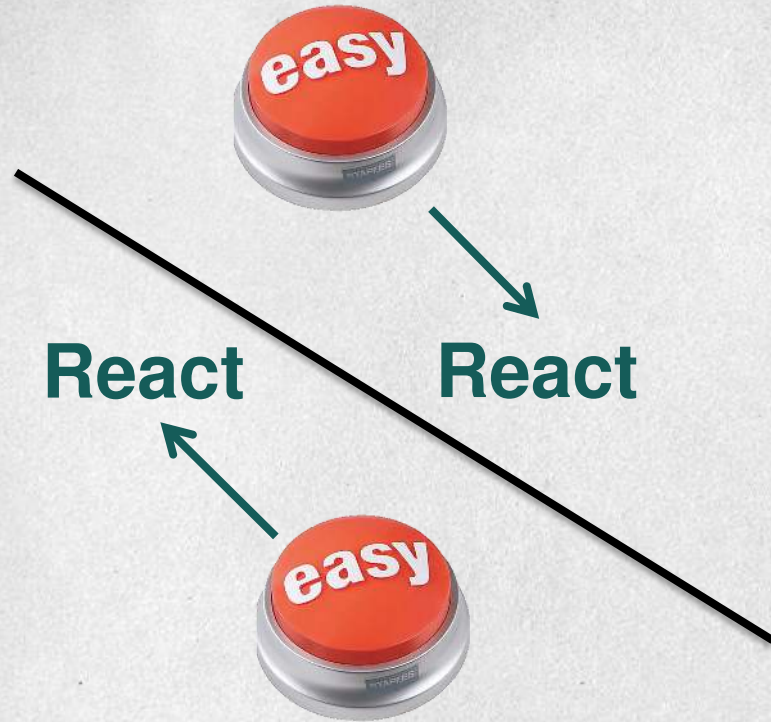
“And why worry about a speck in your friend’s eye when you have a log in your own? Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend’s eye.”

MATTHEW 7:3-5, NLT

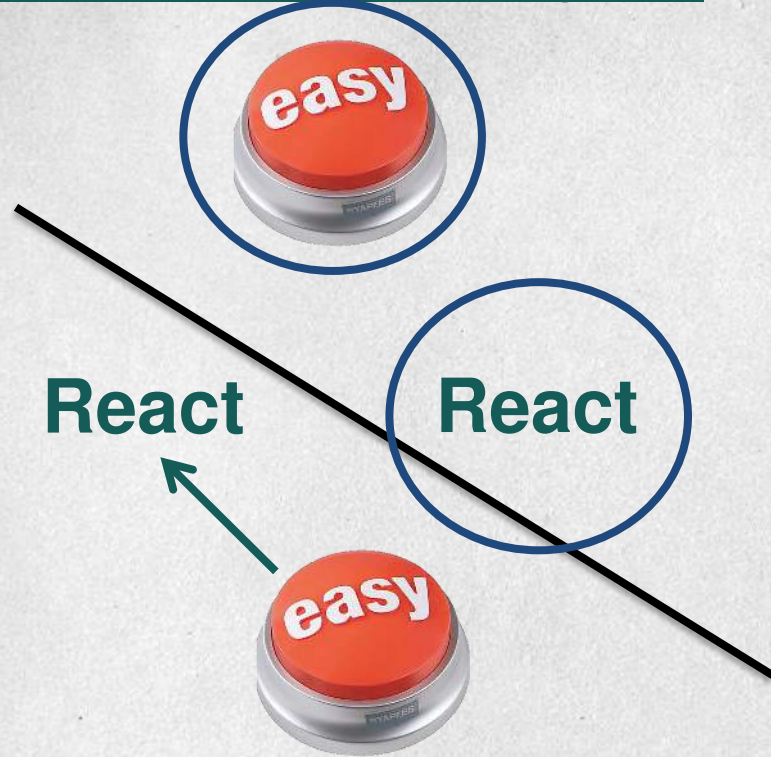
The Reactive Cycle



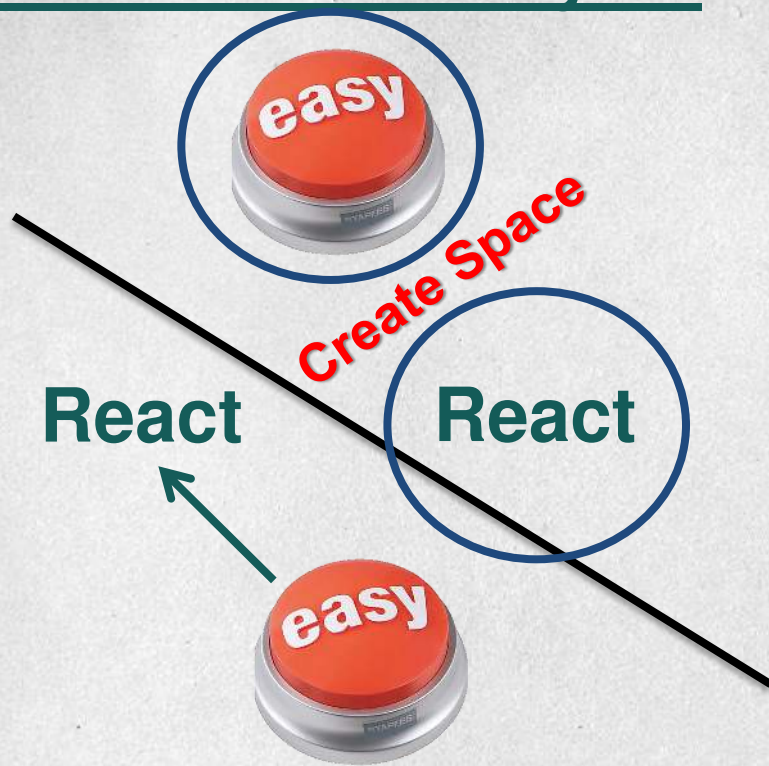
The Reactive Cycle



The Reactive Cycle



The Reactive Cycle

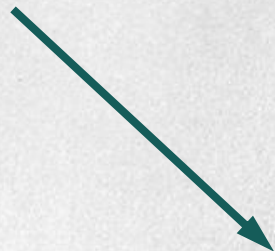


The Care Cycle

Goal: Open and well-cared-for heart

The Care Cycle

Aware

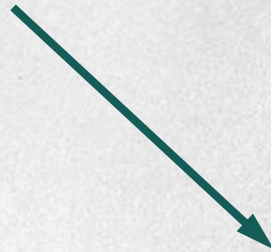


Recognize you are triggered and
your heart is closed
Your feelings; your responsibility
Take a “time-out” (20 min)

The Care Cycle

Aware

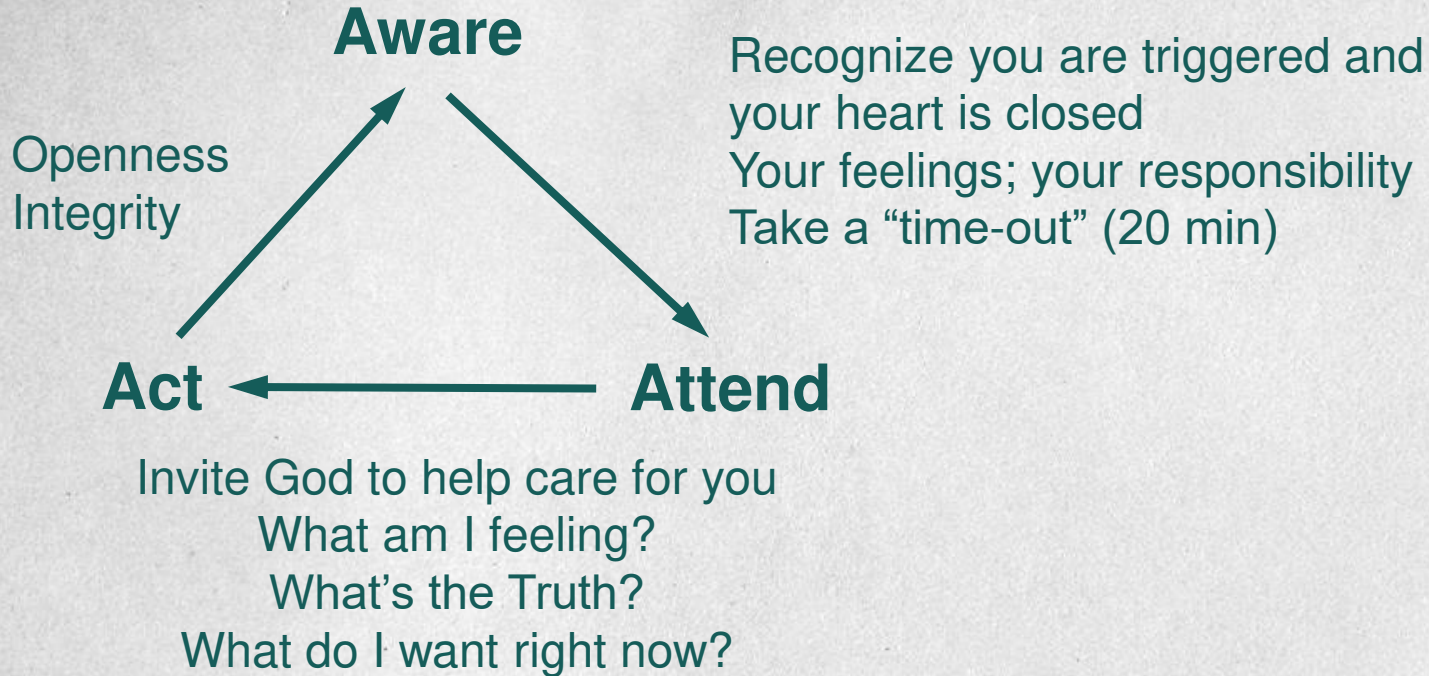
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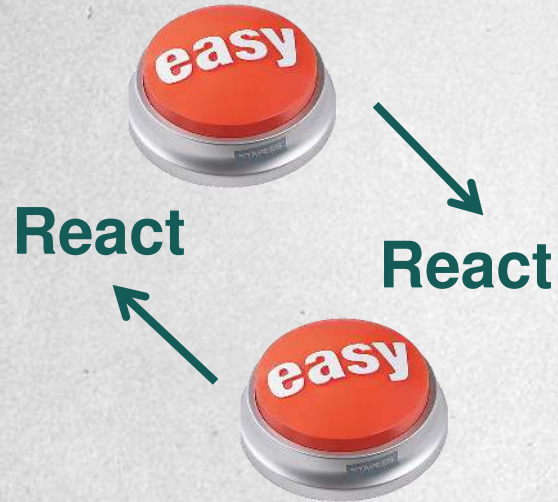
Attend

← Invite God to help care for you
What am I feeling?
What's the Truth?
What do I want right now?

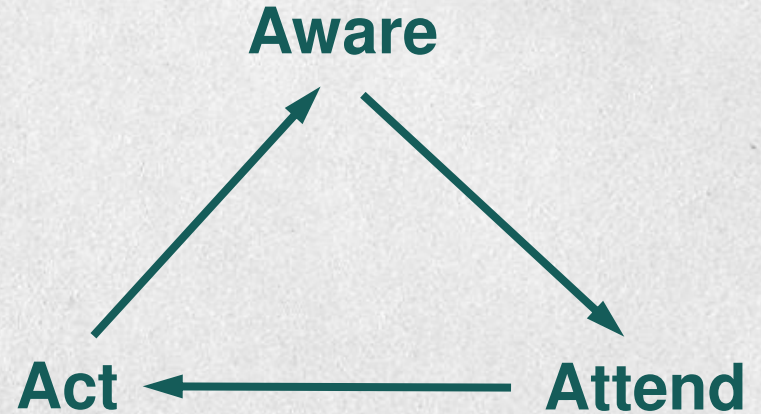
The Care Cycle



The Reactive Cycle



The Care Cycle



A man and a woman are hiking through a sun-dappled forest. The man, on the left, has dreadlocks and a beard, wearing a red and black plaid shirt and a large blue backpack. He is holding a silver thermos. The woman, on the right, has curly hair and is wearing a white t-shirt and a large red backpack. Both are smiling and looking towards the right. The text 'Journey TO us' is overlaid in a white script font, with an arrow pointing from 'Journey' to 'us'.

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Session 3

Heart Talk

“People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

(Maya Angelou)

It's Not About The Nail



Work Talk

Heart Talk

Work Talk

A → B

Heart Talk

Work Talk

Heart Talk

A —————> B

- Problem Solving (brain)
- Focus: Facts & opinions
- Goal: Solution
- Sense of Accomplishment

Work Talk



- Problem Solving (brain)
- Focus: Facts & opinions
- Goal: Solution
- Sense of Accomplishment

Heart Talk



Work Talk



- Problem Solving (brain)
- Focus: Facts & opinions
- Goal: Solution
- Sense of Accomplishment

Heart Talk



- Caring (inner life)
- Focus: Feelings & Longings
- Goal: Validation & Empathy
- Connection and Bonding

Heart Talk



Heart Talk



I

C

U

Heart Talk



Speaker

Listener

I

C

U

Heart Talk



Speaker

Listener

I - Identify my feelings

I

C - Care about my feelings

C

U - Seek to be understood,
"I feel..."

U

Heart Talk



Speaker

I - Identify my feelings

C - Care about my feelings

U - Seek to be understood,
"I feel..."

I

C

U

Listener



Heart Talk



Speaker

I - Identify my feelings

C - Care about my feelings

U - Seek to be understood,
"I feel..."

I

C

U

Listener



= EYES

Heart Talk



Speaker

I - Identify my feelings

C - Care about my feelings

U - Seek to be understood,
"I feel..."

I

C

U

Listener



= EYES



= EARS

Heart Talk



Speaker

I - Identify my feelings

C - Care about my feelings

U - Seek to be understood,
"I feel..."

I

C

U

Listener



= EYES



= EARS



= OPEN HEART

Heart Talk



Speaker

I - Identify my feelings

C - Care about my feelings

U - Seek to be understood,
"I feel..."

Listener

I - Identify the emotional
message

C - Care about the feelings
(compassion and empathy)

U - Seek to understand by
summarizing the emotional
message (validation)

Choose a fun topic like your ideal date night, dream vacation, or something from your “bucket list.”

Take turns describing in detail where you would go and what you would do.

Practice listening and repeating back what you hear your spouse saying—especially the emotions.

Remember your goal is to create a “heart-to-heart” connection. This is not the time for Work Talk. (p. 35)

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