

# INTENTIONAL MARRIAGES

## STEP THREE/FOUR: FRUSTRATIONS & CELEBRATIONS

Remember emotional safety is key.

- How do you think you both could resolve past hurts? Obviously, a course like this could never address such a complex conversation but once you're on a weekly rhythm with this tool, it becomes a natural clearinghouse, preventing resentment to build up. Please consider a trusted counselor if you're up against years of resentment.
- Which one of the Natural Reactions do you resemble? 3. Next time you're in an argument. Stop. Wait 20 minutes before re-engaging. NOTE: It's important to share this approach before you do this in the middle of an argument.
- What is your take away from the Andy Stanley video about Mr. & Mrs. Mug?
- Did you know Anger is not your first emotion? During your 20 minute timeout figure out what your first emotion is.

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- How do you know when a Desire has turned into an Expectation?
  - Why is it so hard to use 'I' statements instead of 'You'?
  - True or False: You can agree with your spouse's hurt even if you disagree with their perspective.
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- What good thing can you pick apart that your spouse did this week? (something with the kids, house, work, etc...)
  - When can you make this a part of your weekly schedule? (Saturday during nap time, Sunday after kids are in bed, etc...)