



Face-to-Face Time

A Handbook for Excel Marriages Seminars

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EMOTIONAL INTIMACY:

Assertiveness means your ability to express feelings and ask for what you want.

Active listening is the ability to listen accurately and repeat back to the speaker the message you have heard.

Three things you most appreciate about each other:

1.

2.

3.

Three things you wish your partner would do more often for you:

1.

2.

3.

IDENTIFYING YOUR CONFLICT CYCLE:

I. **INTRO:** Couples fight because of something far more significant than their partner was late or they are on their phone too much. Behind all of our conflicts lie hidden **fears**. Fears like rejection, disconnection, being controlled, failure, invalidation, worthlessness, or unhappiness. Learn how to ask questions like, "So why does that bother you so much?" The more you ask that question the more you will encourage your partner to dig down deep to what the real issue is.

II. IDENTIFY THE CONFLICT:

- Identify a recent conflict, argument, or negative situation with your spouse that really pushed your buttons in some way.
- Think about how you were feeling and what they said or did. What was it they did that bothered you? How did you react? Who was around you? What was the environment like?
- You might have even thought "If only you would stop saying or doing _____, I would not be so upset."

III. **IDENTIFY YOUR FEELINGS.** How did this conflict or negative situation make you feel? How did it hurt you?

You can't change what you don't name! Once you can identify why you get upset then you can start changing the way you respond when your "buttons" get pushed (buttons like feeling devalued, unappreciated, worthless, etc.).

Abandonment	
Ashamed	Being invalidated
Being misunderstood	Being scorned
Condemnation	Danger
Despair	Disappointment
Disconnection	Failure
Feeling defective	Feeling devalued
Feeling disliked	Feeling Ignored
Feeling unimportant	Feeling unwanted
Humiliation	Inferiority
Judgment	Loneliness
Mistrust	Neglect
Powerlessness	Rejection
Unhappiness	Worthlessness

Fill out the chart below. What did that say about you?

IV. **IDENTIFY YOUR REACTIONS:** What do you do when you feel _____?

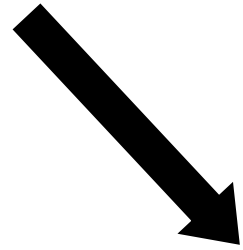
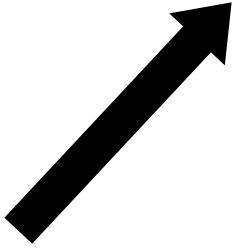
Here are some examples:

- | | |
|------------------------|-----------------|
| -minimize/maximize | -negative |
| -blaming | -exaggeration |
| -anger | -denial |
| -defensiveness | -complaining |
| -aggression or abuse | -manipulation |
| -numbing your emotions | -humour/sarcasm |
| -rationalization | -indifference |

Fill in your reactions on your Conflict Cycle Chart.

THE MAN'S

FEELINGS

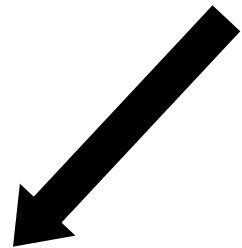
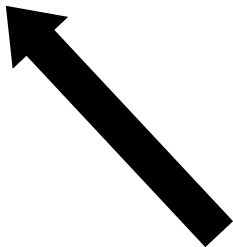


THE WOMAN'S

REACTIONS

THE MAN'S

REACTIONS



THE WOMAN'S

FEELINGS

LUV TALK

– Drive-thru Communication

Drive Thru chains like McDonalds, have studied effective communication to stayed 'married' to their customers and not get divorced by them!

Use when starting to get infected by Relational Germs:

- **L**isten
- **U**nderstand
- **V**alue

Welcome to Restaurant, can I take your order please!

1. Share only feelings in short sentences. (*I would like it.....
I feel..... When this happens.....*)

2. (Putting yourself in a non-defensive mode)

Repeat back only what they have heard and understood.
(*So what I heard you say is that you feel.....*)

1. Correct? Then continue with feelings or go onto what your needs are. (*I need....*)

2. Repeat back only what they have heard and understood.
(*What I am hearing you say is that you need me to.....Is there anything you would like?*)

1. Continue until finished then switch places.

BLEND

Discuss all options that could make a win/win solution

RULES FOR CONFLICT:

It is not how well you love each other
But how well you disagree!

- Don't go to sleep angry – Eph 4:26
- No unwholesome talk - Eph 2:29
- Soft words essential- Prov 15:1
- Nothing physical - Never!!
- We will never mention Divorce, (it is not an option!)
- We will not bring up old, unrelated items from the past.
- We will never fight in public or in front of our children.
- Failure is not an option, whatever it takes we will work it out!
- We will not bring up potential delicate topics on dates, holidays or the start of the weekends.
- We will value, respect and appreciate each other's differences (to understand/ and not try and change)
-
- ...
- ...



love fights fair



SEXUAL INTIMACY:

Men give affection to get sex
Women use sex to gain affection

Suggestion for improving your sexual intimacy in your marriage:

- Make regular sex a priority.
- Always remember that good sex begins while your clothes are still on - it's an all-day affair!
- True intimacy is about 'exclusivity' with one another in marriage.
- Talk with your partner about sex. Discuss likes, dislikes, preferences and expectations in a non-demanding way.
- Take time to think about yourself as a sexual being.
- Don't let sex become routine. Change your P's and Q's!
- Don't carry anger into your bedroom.
- Nurture the romance in your life. Dates nights are perfect for this.

“When it comes to sex and affection, you can't have one without the other.”

- (Husband) On a scale of one to ten, with ten being “very affectionate”, how affectionate am I towards my wife? How would she rate me?
- (Wife) Is affection as important to me as the experts say?
- Is affection the environment of our entire marriage? If not, discuss what it would take and look like if it was to be.
- (Wife) Would I find it easier to make love if I felt he were truly interested in me and affectionate toward me?
- (Husbands) Would I be willing to have her coach me in how to show her more affection in the ways she really likes it?

“The typical wife doesn't understand her husband's deep need for sex any more than the typical husband understands his wife's deep need for affections.”

In the table below, circle the number which you think best describes your sexual intimacy in each area. Rate yourself on the left and your spouse's responses to you on the right.

You					Area	Your spouse				
1	2	3	4	5	Communication	1	2	3	4	5
1	2	3	4	5	Tenderness and Gentleness	1	2	3	4	5
1	2	3	4	5	Responsiveness	1	2	3	4	5
1	2	3	4	5	Variety	1	2	3	4	5
1	2	3	4	5	Anticipation for sex	1	2	3	4	5
1	2	3	4	5	Passion	1	2	3	4	5
1	2	3	4	5	Quality of Companionship	1	2	3	4	5
1	2	3	4	5	The way we Initiate Sex	1	2	3	4	5
1	2	3	4	5	Frequency	1	2	3	4	5

1 = not so good and 5 = very good

Come together and discuss:

a) Which areas did you rate high?

.....

b) Which areas did your spouse rate high?

.....

c) Which areas did you rate each other differently?

.....

d) Choose three differences that are affecting your relationship the most and note down two things **you** could do to improve each situation.

Area	To improve the situation I could :

ACTION PLAN: *Taking information to bring transformation!*

Wouldn't it be amazing if our marriages shouted out to the world around us, 'this is the way God intended it!' Let's choose to live our married lives to the full!

During the seminar today, we discussed honour, emotional and sexual intimacy.

List at least three points that have impacted you during this seminar.

1.

2.

3.

Name one thing from your list can you start doing today:

Thank you for attending this course. If you would like to know more, please contact us: info@excelmarriages.co.nz for further relationship coaching.