

‘til Death

#5: How to Get What You Want (Without hurting your spouse)

1. Adopt a policy of _____

Matthew 19:5 *This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.’ Since they are no longer two but one, let no one separate them, for God has joined them together.*

1 Corinthians 7:33-34 *... a married man is concerned about the affairs of this world—how he can please his wife—and his interests are divided... a married woman is concerned about the affairs of this world—how she can please her husband.*

Never do anything without an enthusiastic agreement between you and your spouse

*You will have to become one or your _____

* It prevents _____ behavior

*It forces you to become _____

(Husband)

(Wife)

(Date)

2. Identify and sidetrack _____

Ephesians 4:29 *Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.*

3. Negotiate until you have _____

Leviticus 25:14 *When you make an agreement with a neighbor to buy or sell property, you must never take advantage of each other...*

*Identify the issue from both people’s perspective

*Get as many options on the table as you can

*Pick the one you both enthusiastically agree upon

Selfish Demands as a cause of unhappiness

0 1 2 3 4 5 6
 No unhappiness Some unhappiness Extreme unhappiness

Disrespectful Judgments as a cause of unhappiness

0 1 2 3 4 5 6
 No unhappiness Some unhappiness Extreme unhappiness

Angry Outbursts as a cause of unhappiness

0 1 2 3 4 5 6
 No unhappiness Some unhappiness Extreme unhappiness

Disrespectful Judgments Questionnaire

1. Does your spouse ever try to “straighten you out?”

1 2 3 4 5 6 7 8 9 10
 Almost never Sometimes Quite often

2. Does your spouse ever lecture you instead of respectfully discussing issues?

1 2 3 4 5 6 7 8 9 10
 Almost never Sometimes Quite often

3. Does your spouse seem to feel that his/her opinion is superior to yours?

1 2 3 4 5 6 7 8 9 10
 Almost never Sometimes Quite often

4. When you discuss an issue, do they interrupt you or talk so much that you are prevented from having a chance to explain your position?

1 2 3 4 5 6 7 8 9 10
 Almost never Sometimes Quite often

5. Are you afraid to discuss your points of view with your spouse?

1 2 3 4 5 6 7 8 9 10
 Almost never Sometimes Quite often

6. Does your spouse ever ridicule your point of view?

1 2 3 4 5 6 7 8 9 10
 Almost never Sometimes Quite often