



How to avoid a breakup

How to win a loser, or win a
winner



THE DAY IT ALL WENT WRONG

What was the problem?

- Was it that she “wasn’t the one”?
- Was it her personality?
- No, the problem was that I was immature!

What makes marriages succeed?

- Clearly, it's not a lack of communication skills.
- Rather, John Gottman suggests, it's the attitude with which we approach communication.

5 minutes to determine Your next 5 years

- How do conversations start?
- The four horsemen of the apocalypse
 - Criticism
 - Contempt
 - Defensiveness
 - Stonewalling
- Flooding
- Failure to stop an argument out of control

The Real Problem with Fights

- James 4:1-3
- The Problem is SELFISHNESS!

But what about dating couples?

- Ted Huston studied couples who were dating (168 of them) and traced them from their wedding day through 13 years of marriage.
- Couples who begin marriage in romantic bliss are particularly divorce-prone because such intensity is too hard to maintain.
- It is the loss of love and affection, not the emergence of interpersonal issues, that sends couples journeying toward divorce.

The first two years are critical

- “The two years are key- that’s when the risk of divorce is particularly high. And the changes that take place during this time tell us a lot about where the marriage is headed.”
- Loss of initial levels of love and affection
- This leads to bickering and fighting, and to the collapse of the union.
- Disillusionment leads to divorce.

The Dating Trap



Insecure Relationship 101

- **Flirt.**

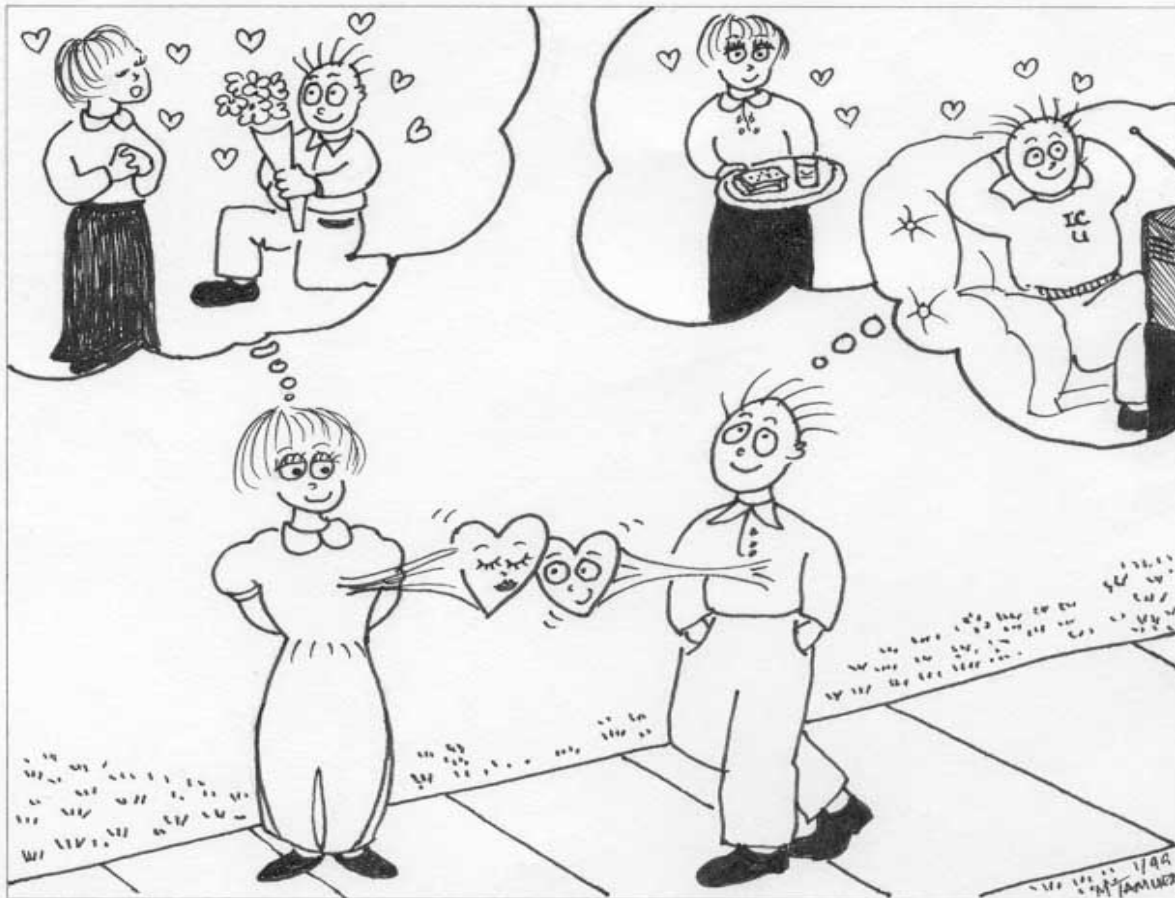
Insecure Relationship 101

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- **Choose based on attractiveness.**

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- **Initiate relationship quickly.**

THE OTHER SIDE *By Michael J Tamura*



Love at First Sight

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- **Isolate yourselves.**

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- **Progress as fast as you feel comfortable.**

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- Flirt.
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- **Ignore danger signs.**

Insecure Relationship 101

- Flirt.
- Choose based on attractiveness.
- Initiate relationship quickly.
- Isolate yourselves.
- Progress as fast as you feel comfortable.
- Ignore danger signs.
- **Make each other first priority.**

The First Breakup



No Cinderellas

- Researchers tracked more than 24,000 people from 1984 to 1995, asking participants every year to rate their overall life satisfaction from zero (totally unhappy) to 10 (totally happy)
- The average boost from marriage was small— one-tenth of one point on the scale
- "People who get married and stay married are more satisfied than average long before the marriage has occurred."

Journal of Personality and Social Psychology,
March 2003

The Courtship Process



Haste Makes Waste

- Immaturity is characterized by the inability to wait
- If you're going to be together the rest of your life, another month doesn't matter
- The more you do your homework, the less you risk heartache or mistake



“Make haste slowly.”

Adventist Home, p. 44

Secure Relationship 101

- **Be genuine, not flirtatious.**

“To trifle with hearts is a crime of no small magnitude in the sight of a holy God. And yet some will show preference for young ladies and call out their affections, and then go their way and forget all about the words they have spoken and their effect. A new face attracts them, and they repeat the same words, devote to another the same attentions.” *Adventist Home*, p. 57

Secure Relationship 101

- Be genuine, not flirtatious.
- **Invest in healthy, non-attraction-based friendships.**

Secure Relationship 101

- Be genuine, not flirtatious.
- Invest in healthy, non-attraction-based friendships.
- **Get to know one another in a wide variety of settings.**

Questions to Ask

- Is this person a lot like Jesus?
- Is this person a lot like you?
 - Spiritually
 - Socially
 - Intellectually
 - Habitually (leisure time, etc.)

Secure Relationship 101

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- Invest in healthy, non-attraction-based friendships.
- Get to know one another in a wide variety of settings.
- **Don't rely on your own wisdom**

“While pure love will take God into all its plans, and will be in perfect harmony with the Spirit of God, passion will be headstrong, rash, unreasonable, defiant of all restraint, and will make the object of its choice an idol.” *Adventist Home*, p. 50

Worshipping Your Idol



Secure Relationship 101

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- Get to know one another in a wide variety of settings.
- Build within a network.
- **Progress prayerfully.**

Relationships and Prayer

- How are you praying?
- When do you proceed and when do you break up?

The Questions to Ask

Examine carefully to see if your married life would be happy or inharmonious and wretched. Let the questions be raised, Will this union help me heavenward? Will it increase my love for God? And will it enlarge my sphere of usefulness in this life? If these reflections present no drawback, then in the fear of God move forward."

Adventist Home, pg 45; White

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- Progress prayerfully.
- **Watch for danger signs.**

What women need ...

When the novelty of marriage is over, will he love me still? Will he be patient with my mistakes, or will he be critical, overbearing, and dictatorial?...

Let a young woman accept as a life companion only one who possesses pure, manly traits of character, one who is diligent, aspiring, and honest, one who loves and fears God. Shun those who are irreverent. Shun one who is a lover of idleness; shun the one who is a scoffer of hallowed things.

Make a Covenant

“We choose to avoid other romantic attachments until we are sure of the will of God for our relationship. If after prayerful consideration and counsel, either of us believes God is not leading us together, he/she will be free to share the reasons why in honesty and to terminate this relationship without guilt.” (Parker-Crosier Covenant, September 2000)

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- Get to know one another in a wide variety of settings.
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- Progress prayerfully.
- Watch for danger signs.
- **Seek God's Will as You Move Forward**

The End of the Story