

SESSION 5

RECONCILING WITH YOUR WIFE

I. A woman marries a man when she feels she can _____ her heart to him

> She feels cherished, valuable, and

II. A woman emotionally pulls away from her husband only if she starts to feel

> A wounded wife _____ in him.

> If she is deeply wounded she will start to _____ of all his

III. The basis for solving most conflicts is rooted in re-establishment of

A. Here's what will **NOT**

> _____ gestures

>

> _____ of everything you have done

>

> Simply _____ her that you

> An overload of _____ (if she's deeply bitter). Unless she's starved for affirmation.

> _____ her.

> Correcting her _____ .

> _____ her for her contribution.

> Any words or actions that _____ back to _____ ie: "Here's what I realize about myself..."

B. Here's what will help

> Genuine “

> Sincere

> If she is starved for , affirm her

> Your words and actions reflect for her

> You need to be able to and for her wounds

IV. Your primary goal in restoring relationship

A. The preeminent goal is not be about the relationship, but about helping her

B. This will require restoration of

V. What to do when a conflict starts.

A. Stop taking her words

B. Don't look upon her words as

C. Don't argue with her, ie: correcting her factual errors or misstatements.

D. Stop and ask yourself “What are the behind her passionate words?”

> What is she of? Finances? Loneliness? Your future as a couple? The house? The kids? Extended family relationships? Being a bad mother?

E. Address with what you think are her , ie: “Have I left you feeling lonely?” “Are you afraid for our future?” “Jesus knows your fear and wants you to rest in Him.”