

shed happens
his n hers

safe climate to talk
leaving & cleaving
relationships
family romance
love n respect
honesty
what is normal?
dominion not domination
sexual behaviour
anger & conflict
bating
managing differences

shed happens
his n hers

THE PURPOSE of MARRIAGE

shed happens
his n hers

PETER ANETZKI & ASSOCIATES

Did I pick the right person?

This question inverts the starting and ending points. We do not pick our perfect match because we ourselves are not perfect. The universe hands us a flawless diamond-in the rough. Only if we are willing to polish off every part of *ourselves* that cannot join do we end up with a soul mate.

(Prather & Prather, 1990, p.10)

shed happens
his n hers

PETER ANETZKI & ASSOCIATES

Professor Archibald Hart

Marriage involves two imperfect people in an impossible situation - it is a miracle that it works

shed happens
his n hers

PETER ANETZKI & ASSOCIATES

Marriage is about My Growth

Marriage is a people growing process

(David Schnarch 1991,
Gary Thomas 2000)

shed happens
his n hers

PETER ANETZKI & ASSOCIATES

Marriage is about My Growth

What if God designed marriage to make us holy more than to make us happy?

(Gary Thomas 2000)

A great marriage is not when the 'perfect couple' comes together. It is when an imperfect couple learns to enjoy their differences.

(Dave Meurer, "Daze of Our Wives")

That is what marriage really means: helping one another to reach the full status of being persons, responsible and autonomous beings who do not run away from life.

(Paul Tournier)

shed happens
his n hers

PETER ANETZKI & ASSOCIATES

Marriage is about My Growth

Nearly all marriages, even happy ones, are mistakes: in the sense that almost certainly (in a more perfect world, or even with a little more care in this very imperfect one) both partners might be found more suitable mates. But the real soul-mate is the one you are actually married to.

(J. R. R. Tolkien (1892 - 1973), Letter to Michael Tolkien, March 1941)



TAKEAWAY

Marriage is about GROWTH.
A growing marriage is a product of TWO GROWING PEOPLE



WHAT IS NORMAL IN MARRIAGE?



Opposites
~~ATTRACT~~
ATTACK



31% Solvable 69% Perpetual

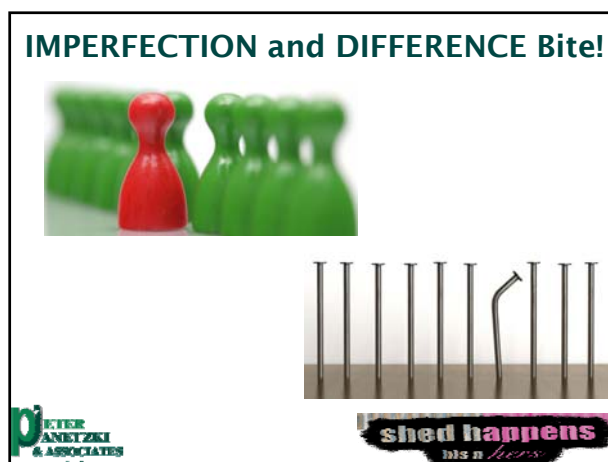
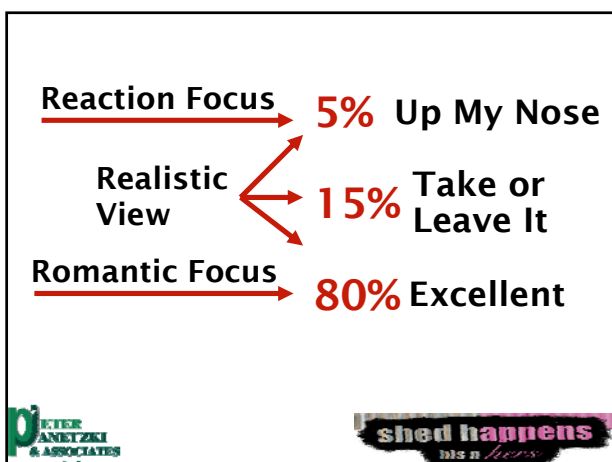
John Gottman (1999, p.129 & 130)



TAKEAWAY

CONFLICT is NORMAL in Marriage
DIFFERENCE is NORMAL in Marriage
IMPERFECTION is NORMAL in Marriage





TAKEAWAY

Successful Marriage is About SPACE for DIFFERENCE & IMPERFECTION

shed happens
his n hers

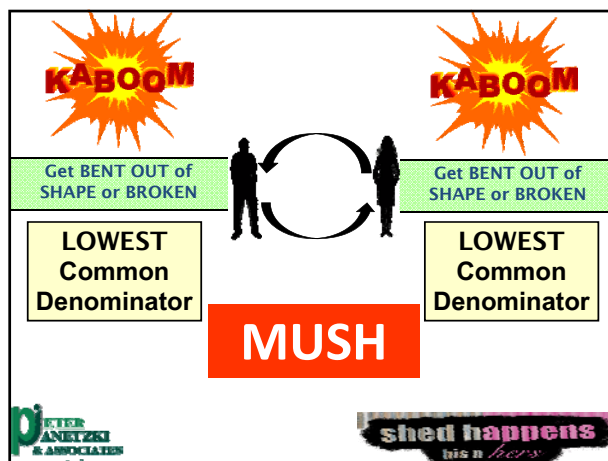
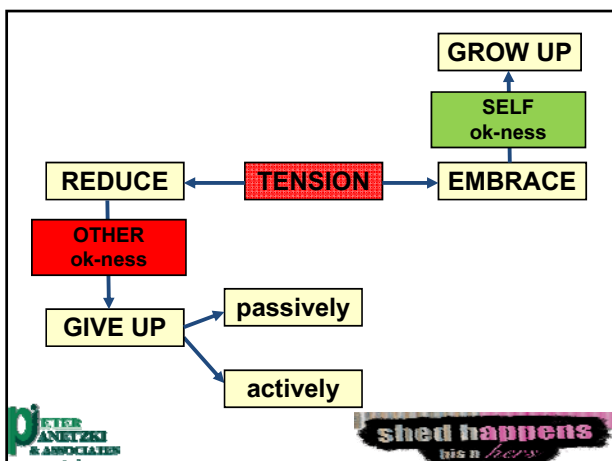
3 Choices of RESPONSE

Bent Out of Shape

Brittle, Easily Shattered & Broken

Bounces Back


shed happens
his n hers



TAKEAWAY

The key to GROWTH in MARRIAGE is learning to manage MY REACTIONS to difference & imperfection

And STOP trying to CHANGE the OTHER




Focus on Positives over Negatives

The Ratio of Positives to Negatives

20 to 1 - happy couples

5 to 1 - conflicted couples

0.8 to 1 - soon-to-divorce couples



~~Opposites ATTRACT~~
~~ATTACK~~

Our differences are a blessing and an asset





KABOOM **KABOOM**

Get BENT OUT of SHAPE or BROKEN

LOWEST Common Denominator

LOWEST Common Denominator

MUSH

Circuit Break
Calm Down By

1. Not reacting
2. Not taking it personally
3. Breathing

HOLD onto SELF OK-NESS



HOLD onto SELF OK-NESS

HIGHEST Common Denominator

HIGHEST Common Denominator

GROWTH

?





Practice Circuit Breaking

STOP

REPLAY

Slow Down And Breath!



**Don't sweat the
small stuff!**



www.peterj.com.au



Find us on
Facebook

www.facebook.com/PeterJanetzki

A banner for Peter Janetzki & Associates. The top left features the company logo. The top right shows a small photo of Peter Janetzki. The center contains the website URL. Below that is a Facebook logo and the text 'Find us on Facebook', followed by the Facebook profile URL.