

Coaching: Marriage Matters



Week 31

Managing Your Emotions

Emotions are generated by beliefs. Whether we recognize it or not, many of our beliefs are formed from prejudiced and preconditioned points of view. This is why some of the biggest challenges faced in marriage are often the result of misunderstood and out-of-control emotions that are being fueled by faulty beliefs.

As committed marriage partners, you and your spouse must make an effort to develop an awareness about your emotions. By developing a deeper awareness of your emotions and what beliefs and circumstances trigger your behaviors and reactions, you will be able to more appropriately respond to your partner with sensitivity and grace.

Marriage is not a refuge where one can live a sheltered, unchallenged life and remain “just the way I am”. It takes effort and patience to learn how to best express your emotions. Likewise, when negative situations arise in marriage, partners cannot just walk away or ignore what is happening. For instance, one spouse cannot create an emotional mess and expect the other spouse to clean everything up.

It is the intimacy and proximity that is sought in marriage that also acts as the spotlight to illuminate emotional shortcomings. In marriage a husband and wife are forced to literally live with the results of their misspoken words, one-sided attitudes, misconceptions, and immaturities.

A husband and wife must each take the time, have the courage, and exercise the humility to examine the root of their emotions and how their personal beliefs affect their own life view and the well-being of those around them.

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Some Things to Do This Week

Day 2: Reflect on the message and scripture reading; journal if you like

Day 3: Pray for or meditate on what you think you need

Day 4: Discuss the message and scripture with your spouse

Day 5: Plan how you can best respond to the message

Day 6: Rest; don't think about the message or the scripture; listen in the stillness

Day 7: Recommit yourself to your marriage

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