

Marriage Trauma

Describe the Marriage Trauma

Marriage Trauma Emotions

Emotion Category	Emotion Type
Depression	
Inadequateness	
Fear	
Confusion	
Hurt	
Anger	
Loneliness	
Remorse	

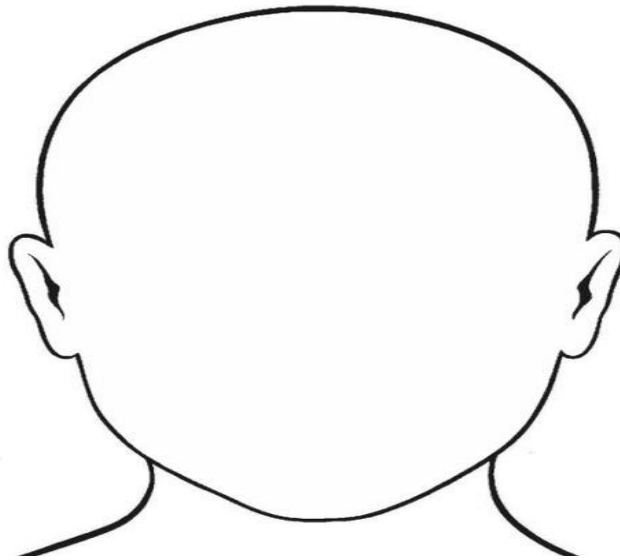
Emotion Vocabulary

Depression	Inadequateness	Fear	Confusion	Hurt	Anger	Loneliness	Remorse
Alienated Barren Beaten Bleak Bleeding Dejected Depressed Desolate Despondent Dismal Empty Gloomy Grieved Grim Hopeless In despair Woeful Worried	Blemished Blotched Broken Crippled Damaged False Feeble Finished Flawed Helpless Impotent Inferior Invalid Powerless Useless Washed up Whipped Worthless Zero	Alarmed Appalled Desperate Distressed Frightened Horrorified Intimidated Panicky Paralyzed Petrified Shocked Terrified Terror-stricken Wrecked	Baffled Befuddled Chaotic Confounded Confused Dizzy Flustered Rattled Reeling Shocked Shook up Speechless Startled Stumped Stunned Taken-aback Thrown Thunderstruck Trapped	Abused Aching Anguished Crushed Degraded Destroyed Devastated Discarded Disgraced Forsaken Humiliated Mocked Punished Rejected Ridiculed Ruined Scorned Stabbed Tortured	Affronted Belligerent Bitter Burned up Enraged Fuming Furious Heated Incensed Infuriated Intense Outraged Provoked Seething Storming Truculent Vengeful Vindictive Wild	Abandoned Black Cut off Deserted Destroyed Empty Forsaken Isolated Marooned Neglected Ostracized Outcast Rejected Shunned	Abashed Debased Degraded Delinquent Depraved Disgraced Evil Exposed Humiliated Judged Mortified Shamed Sinful Wicked Wrong
Awful Blue Crestfallen Demoralized Devalued Discouraged Dispirited Distressed Downcast Downhearted Fed up Lost Melancholy Miserable Regretful Rotten Sorrowful Tearful Upset Weepy	Ailing Defeated Deficient Dopey Feeble Helpless Impaired Imperfect Incapable Incompetent Incomplete Ineffective Inept Insignificant Lacking Lame Overwhelmed Substandard Unimportant	Afraid Apprehensive Awkward Defensive Fearful Fidgety Fretful Jumpy Nervous Scared Shaky Skittish Spineless Taut Threatened Troubled Wired	Adrift Ambivalent Bewildered Puzzled Blurred Disconcerted Disordered Disorganized Disquieted Disturbed Foggy Frustrated Misled Mistaken Misunderstood Mixed up Perplexed Troubled	Annoyed Belittled Cheaped Criticized Damaged Depreciated Devalued Discredited Distressed Impaired Injured Maligned Marred Miffed Mistreated Resentful Troubled Used Wounded	Aggravated Annoyed Antagonistic Crabby Cranky Exasperated Fuming Grouchy Hostile Ill-tempered Indignant Irate Irritated Offended Ratty Resentful Sore Spiteful Testy Ticked off	Alienated Alone Apart Cheerless Companionless Dejected Despondent Estranged Excluded Left out Leftover Lonely Oppressed Uncherished	Apogetic Ashamed Contrite Culpable Demeaned Downhearted Flustered Guilty Penitent Regretful Remorseful Repentant Shamefaced Sorrowful Sorry
Blah Disappointed Down Funk Glum Low Moody Morose Somber Subdued Uncomfortable Unhappy	Dry Incomplete Meager Puny Tenuous Tiny Uncertain Unconvincing Unsure Weak Wishful	Anxious Careful Cautious Disquieted Goose-bumpy Shy Tense Timid Uneasy Unsure Watchful Worried	Distracted Uncertain Uncomfortable Undecided Unsettled Unsure	Let down Minimized Neglected Put away Put down Rueful Tender Touched Unhappy	Bugged Chagrined Dismayed Galled Grim Impatient Irked Petulant Resentful Sullen Uptight	Blue Detached Discouraged Distant Insulated Melancholy Remote Separate Withdrawn	Bashful Blushing Chagrined Chastened Crestfallen Embarrassed Hesitant Humble Meek Regretful Reluctant Sheepish

Marriage Trauma Facial Responses

Use the following steps to determine your trauma facial responses.

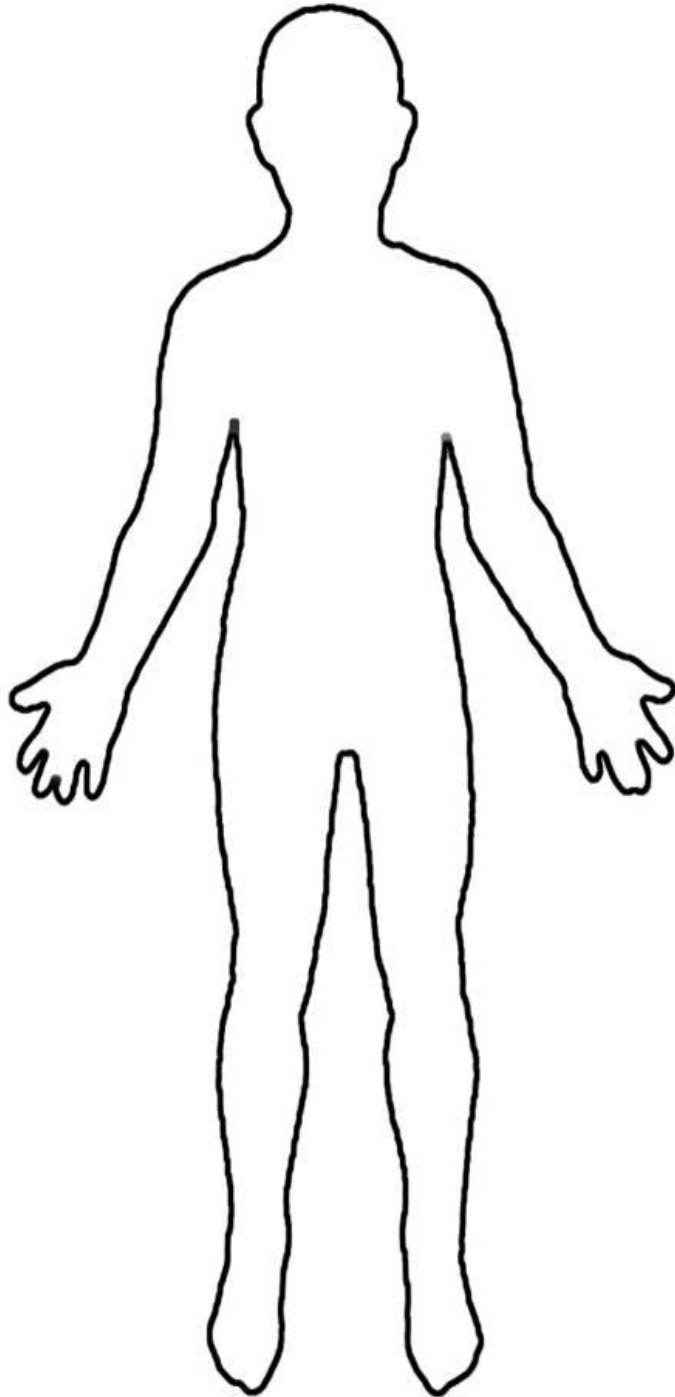
1. Close your eyes
2. Think of something that makes you angry
3. Record your facial expressions below



1. Eyes _____
2. Eye Brows _____
3. Nose _____
4. Ears _____
5. Lips _____
6. Chin _____
7. Cheeks _____
8. Other _____

Marriage Trauma Body Responses

Use the chart on page 9 to determine your body trauma responses.



A vertical grey rectangular area containing 20 horizontal lines, intended for writing notes or responses.

Anger Triggers

Verbal Behaviors	Nonverbal Sounds	Voice Quality, Tone, and Volume
Giving advice Global labeling Criticism Blaming Abrupt limit setting Threatening Using expletives Complaining Stonewalling Mind reading or assuming “Innocent” observations Teasing Humiliating statements Dismissing comments Put downs Profanity Sarcasm Accusations Guilt Ultimatums	Groaning Sighing Clucking sound “Tsk, tsk”	Whining Flatness Cold, frosty tone Throaty, constricted Loud, harsh quality Mocking, contemptuous tone Mumbling under your breath Snickering Snarling
Gestures Using Hands and Arms	Facial Expressions	Body Movements
Pointing a finger Shaking a fist “Flipping the bird” Folded arms Waving away Chopping motion	Looking away, looking at the floor Rolling eyes Narrowing eyes Eyes wide Grimacing Sneering Frowning Tightening lips Raising an eyebrow Scowling	Shaking head Shrugging shoulders Tapping a foot or a finger Moving or leaning toward Moving or turning away Hands on hips Quick movements or pacing Kicking or throwing objects

Anger Journal

Date and Time	Emotion	Facial Response	Body Response	Trigger

Time-Out Contract

1. The cues that indicate I am getting angry are

2. The “triggers (red flags) that I need to avoid are

3. The neutral, non-blaming timeout signal that I will use will be

4. When I give the above signal, I will go to

5. When my spouse gives the time-out signal, I will abide by the contract.

6. The time-out period will last for _____
(at least 60 minutes)

7. At the end of the time out we will pray using The Lord’s Prayer and

8. During the time-out period, I will observe the following rules:
(no-caffeine, drugs, or alcohol).

Signed _____

Witness _____ Date _____

The Lord's Prayer

Satan has accomplished a great deception by minimizing the importance of The Lord's Prayer. The early church always used the Lord's Prayer in public worship and they prayed the prayer three times a day. The Lord's Prayer is for those who are part of God's family of believers.

Our Father in Heaven

- Thank God for the relationship that you have with Him
- Thank God for sending His Son Jesus as a sacrifice for your sins
- Confess that Jesus Christ is the Son of God
- Confess that Jesus Christ is your Lord and Savior
- Confess that you believe that Jesus Christ was raised from the dead
- Confess that Jesus died for you sins
-

Hallowed Be Thy Name

- Thank God for the physical things that you have
- Thank God for the mental things that you have
- Thank God for the spiritual things that you have
- Thank God for the things that He has done for you in the past
- Thank God for the things that He has done for you today
- Thank God for the things that He is going to do in the future
- Thank God for saving your life from the clutches of sin
- Thank God for His protection
- Thank God for protecting your family and love ones
- Tell God that He is worthy
- Tell God why you love Him
- Tell God why you love His Son Jesus Christ
- Tell God why you love His Holy Spirit

Thy Kingdom Come

- Pray that God's kingdom principles will rule in our homes
- Pray that God's kingdom principles will rule in our families
- Pray that God's kingdom principles will rule in our places of employment
- Pray that God's kingdom principles will rule in our ministries
- Pray that God's kingdom principles will rule in the government offices and agencies
- Pray that God's kingdom principles will rule in places of authority
- Pray that God's kingdom principles will rule in the ministries around the world.

- Pray that God's kingdom principles will rule in our churches

Thy Will Be Done, on Earth as it is in Heaven

- Pray for perfect harmony between heaven and earth
- Pray that the earth will become more like heaven
- Pray that the people will desire for the earth to become like heaven
- Pray that the world will desire a relationship with our Lord and Savior - Jesus Christ

Give Us This Day Our Daily Bread

- Pray for the things that you need to sustain your life
- Pray for food
- Pray for shelter
- Pray for perfect health
- Pray for healing in your body
- Pray for a life style that glorifies the name of Jesus Christ
- Pray for the things that you need to serve The Lord
- Pray for an increase in spiritual knowledge
- Pray that you will become spiritual wealthy
- Pray that you will become financially wealthy
- Pray for a godly stewardship over you family, business, job, and ministry
- Pray for blessings from God
- Pray for what you need to do with the blessing that God gives/will give you
- Pray that God will teach you how to become a better disciple

Forgive Us Our Debts, as We Also Forgive Our Debtors

- Pray for forgiveness of the sins that we have committed
- Pray for forgiveness of the sins that you committed when you were a youth
- Pray for forgiveness for your sinful actions
- Pray for forgiveness for your sinful thoughts
- Pray for forgiveness for the sins that you have committed in the workplace
- Pray for forgiveness for the sins that you have committed in the church
- Pray for forgiveness for the sins that you have committed against your church leaders
- Pray that your family and loved one will forgive you for your transgressions against them
- Pray that your co-workers will forgive you for the sins that you have committed against them
- Pray that your business partners will forgive you for the sins that you have committed against them

- Pray for those who have committed sins against you
- Pray that you will forgive yourself for the sins that you have committed

Lead Us Not into Temptation

- Pray to be good disciples
- Pray that you will be a disciple that loves God
- Pray that you will be a disciple that love Jesus
- Pray that you will be a disciple that loves the Holy Spirit
- Pray that you will be a disciple that walks in the ways of The Lord
- Pray for the faith to overcome all trails and tests
- Pray for the faith to overcome all family trails and tests
- Pray for the faith to overcome all workplace trails and tests
- Pray for the faith to overcome all business-related trails and tests
- Pray for the faith to overcome all church related trails and tests
- Pray that you will triumphant over all testing that can lead to disobeying God

Deliver Us from the Evil One

- Pray that you will walk as a light in this world
- Pray that you will have no fellowship with the unfruitful works of darkness
- Pray that you will have Godly fellowship with other believers
- Pray for Godly order in you home
- Pray for Godly order in your church
- Pray for sound biblical teaching in your church
- Pray that your church will always focus on the Son of God - Jesus Christ
- Pray for Godly relationships between fathers and their children
- Pray that children will obey their fathers
- Pray that you will always be a great and Godly servant
- Pray that you will be righteous and holy before God
- Pray that you will be righteous and holy before family and loved ones
- Pray that you will be righteous and holy before co-workers
- Pray that you will be righteous and holy before the people of God
- Pray that you will not become so angry that it will lead to sin
- Pray that Christian will be kind to each other
- Pray that you will inherit the kingdom of God
- Pray that you will refrain from all uncleanness or covetousness, filthiness, foolish talking, jesting or idolatry.
- Pray that you will only follow the voice of God
- Pray that you will trust God with every breath and step that you take
- Pray for protection from those imaginations and things that attempt to exalt themselves above God

- Pray for protection from those imaginations and things that attempt to exalt themselves above the Son of God - Jesus Christ
- Pray for protection from those imaginations and things that attempt to exalt themselves above the Holy Spirit

For Thine is the Kingdom and Power and Glory Forever. Amen

- Thank God for His kingdom
- Thank God that His kingdom is powerful and glorious
- Thank God that you can trust Him in all things.

Abraham and Sarah

The life of Abraham takes up a good portion of the Genesis narrative from his first mention in Genesis 11:26 all the way to his death in Genesis 25:8. Although we know much about Abraham's life, we know little about his birth and early life. When we first meet Abraham, he is already 75 years old.

Abraham's story really turns interesting at the start of Genesis 12. In the first three verses, we see the call of Abraham by God: *"The LORD had said to Abram, 'Leave your country, your people and your father's household and go to the land I will show you. I will make you into a great nation and I will bless you; I will make your name great, and you will be a blessing. I will bless those who bless you, and whoever curses you I will curse; and all peoples on earth will be blessed through you'"* (Genesis 12:1-3).

Another example of Abraham's life of faith is seen in the birth of his son, Isaac. Abraham and Sarah were childless (a real source of shame in that culture), and yet God promised that Abraham would have a son (Genesis 15:4). This son would be not only the heir of Abraham's vast fortune with which God blessed him but, more importantly, the heir of promise and the continuation of the godly line of Seth.

Abraham believes the promise of God, and it is credited to him as righteousness (Genesis 15:6). God reiterates His promise to Abraham in Genesis 17, and his faith is rewarded in Genesis 21 with the birth of Isaac. Again, the author of Hebrews highlights this when he writes, *"By faith Abraham, when he was called to go out into a place which he should after receive for an inheritance, obeyed; and he went out, not knowing whither he went"* (Hebrews 11:8).

Sarah stepped ahead of God and tried to handle His business on her own by foolishly sending her handmaid, Hagar, to Abraham to bring forth the child God had promised and thereby ignited a feud that has lasted for 4,000 years (Genesis 16:3). She laughed in unbelief when, at

90 years old, she heard an angel tell Abraham that she would become pregnant (Genesis 19:12), but she gave birth to the promised child and lived another 30 years, dying at the ripe old age of 120 (Genesis 23:1). And so from this one man, and he is good as dead, came descendants as numerous as the stars in the sky and as countless as the sand on the seashore” (Hebrews 11:11-12).

Abraham’s life also shows us the blessing of simple obedience. When asked to leave his family, Abraham left. When asked to sacrifice Isaac, Abraham rose up early the next morning to sacrifice his son. There was no hesitation in Abraham’s obedience. Abraham, like most of us, may have agonized over these decisions, but when it was time to act, he acted. When we discern a true call from God, or we read His instructions in His Word, we must act. Obedience is not optional when God commands something.

In the final analysis, we see that Abraham and Sarah were exemplary individuals. God called Abraham out of the millions of people on the earth to be the object of his blessings. God used Abraham to play a pivotal role in the outworking of the story of redemption, culminating in the birth of Jesus. Abraham is a living example of faith and hope in the promises of God (Hebrews 11:10).

Furthermore, Sarah took her marriage vows seriously. She loved her husband so much that she willingly left her comfort zone and stepped out into the unknown to follow him, as he followed the directions of a God with whom she was unfamiliar at the time. She loved her husband so much that she turned her head while he took another woman into their bed, with her permission, because she did not want him to go through life without an heir. She loved her husband so much that she willingly allowed herself to be taken by a pharaoh, and a king, just to keep Abraham safe. She loved her husband so much that she believed their union, at the ages of 90 and 100, would produce the promised heir, Isaac, which it did. Sarah knew how to honor her commitments, and although she lived in a world of danger and confusion, made mistakes, and had the same problems and issues that every woman does, she stood firm in her commitment to her husband and to God.

What qualities did Abraham have as a husband?

What qualities did Sarah have as a wife?

What problems did they have in their marriage?

How could they have improved their marriage?

Are there any similarities in your marriage?

1. _____
2. _____
3. _____
4. _____
5. _____

What is the major problem in your marriage?
