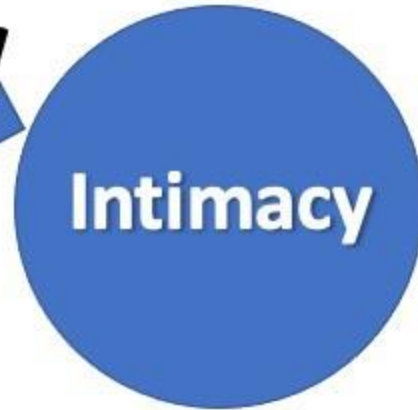


Relational Safety in Marriage

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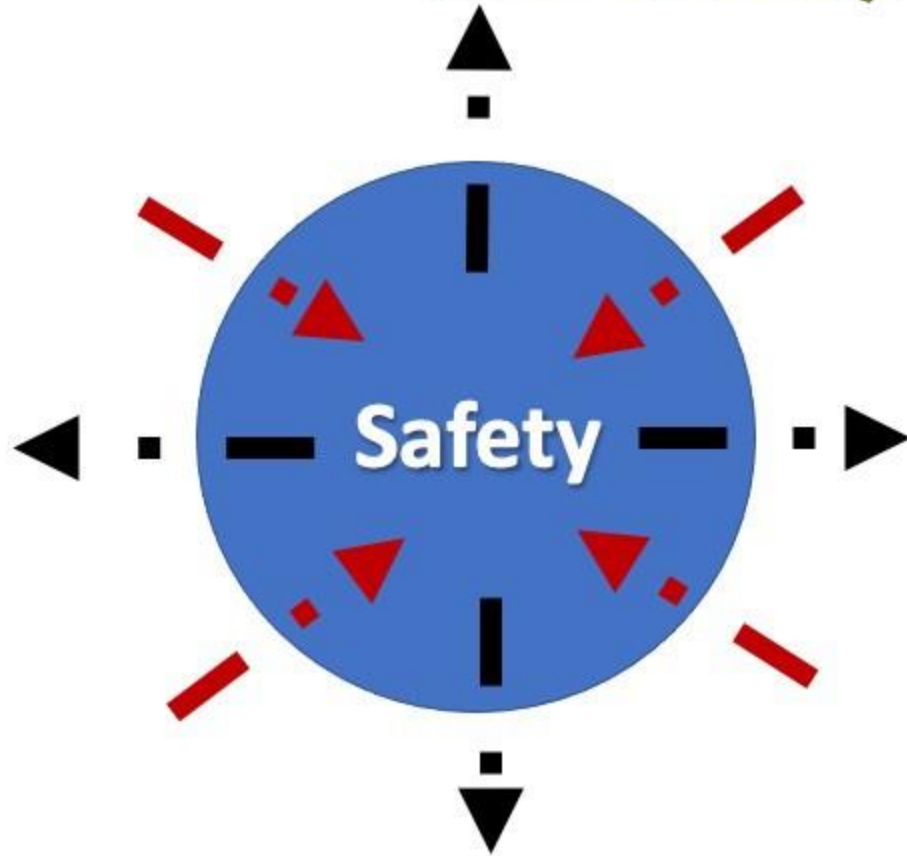
The Goal



- ✓ Spiritual
- ✓ Verbal
- ✓ Emotional
- ✓ Relational
- ✓ Physical
- ✓ Sexual
- ✓ Financial

- ✓ Spiritual
- ✓ Verbal
- ✓ Emotional
- ✓ Relational
- ✓ Physical
- ✓ Sexual
- ✓ Financial

The Problem



- ✓ Spiritual
- ✓ Verbal
- ✓ Emotional
- ✓ Relational
- ✓ Physical
- ✓ Sexual
- ✓ Financial

The Problem

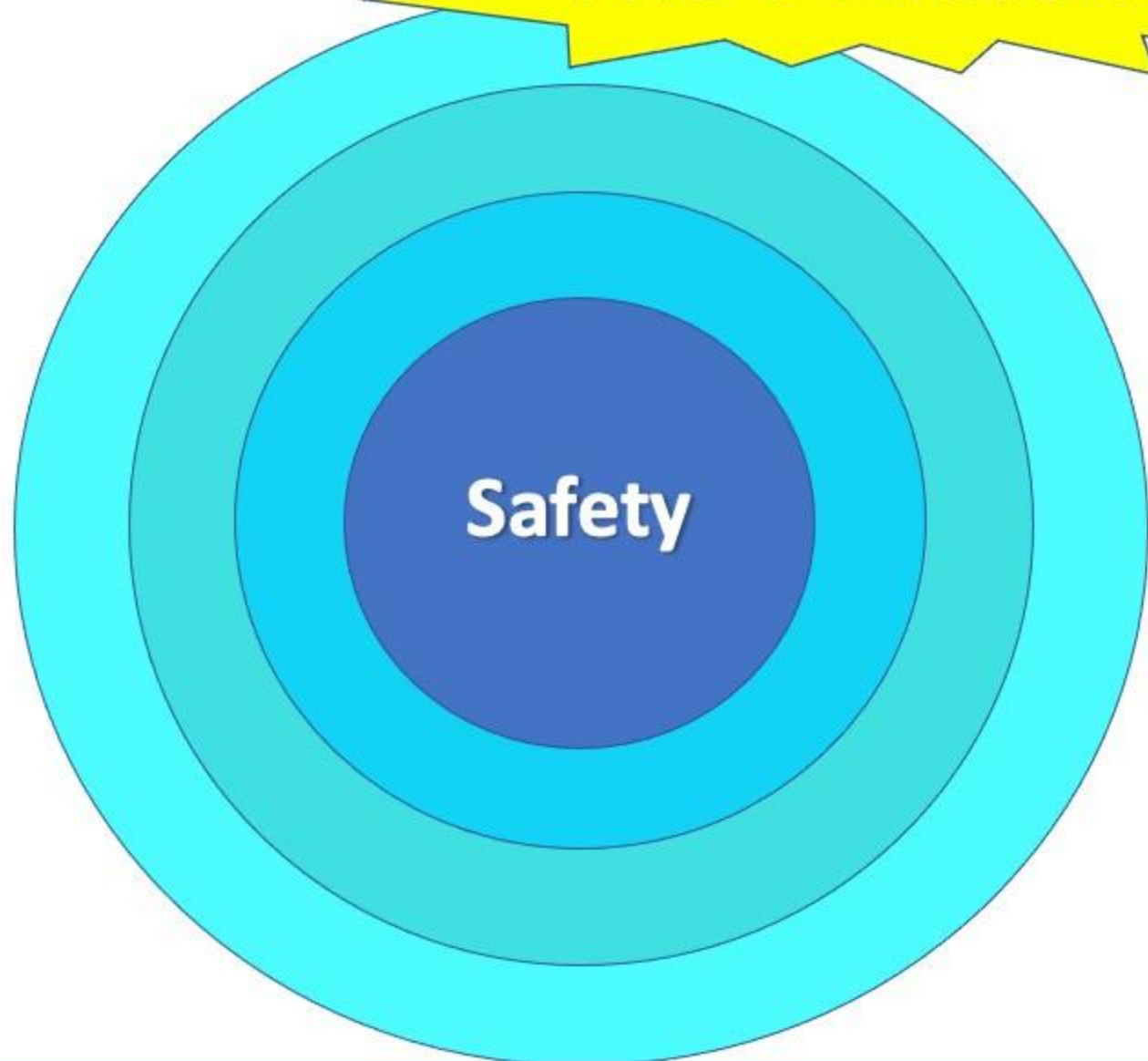


- ✓ Spiritual
- ✓ Verbal
- ✓ Emotional
- ✓ Relational
- ✓ Physical
- ✓ Sexual
- ✓ Financial



- ✓ Spiritual
- ✓ Verbal
- ✓ Emotional
- ✓ Relational
- ✓ Physical
- ✓ Sexual
- ✓ Financial

The Problem



- ✓ Spiritual
- ✓ Verbal
- ✓ Emotional
- ✓ Relational
- ✓ Physical
- ✓ Sexual
- ✓ Financial

The Solution



Safety

Identify

Emotions?

Words?

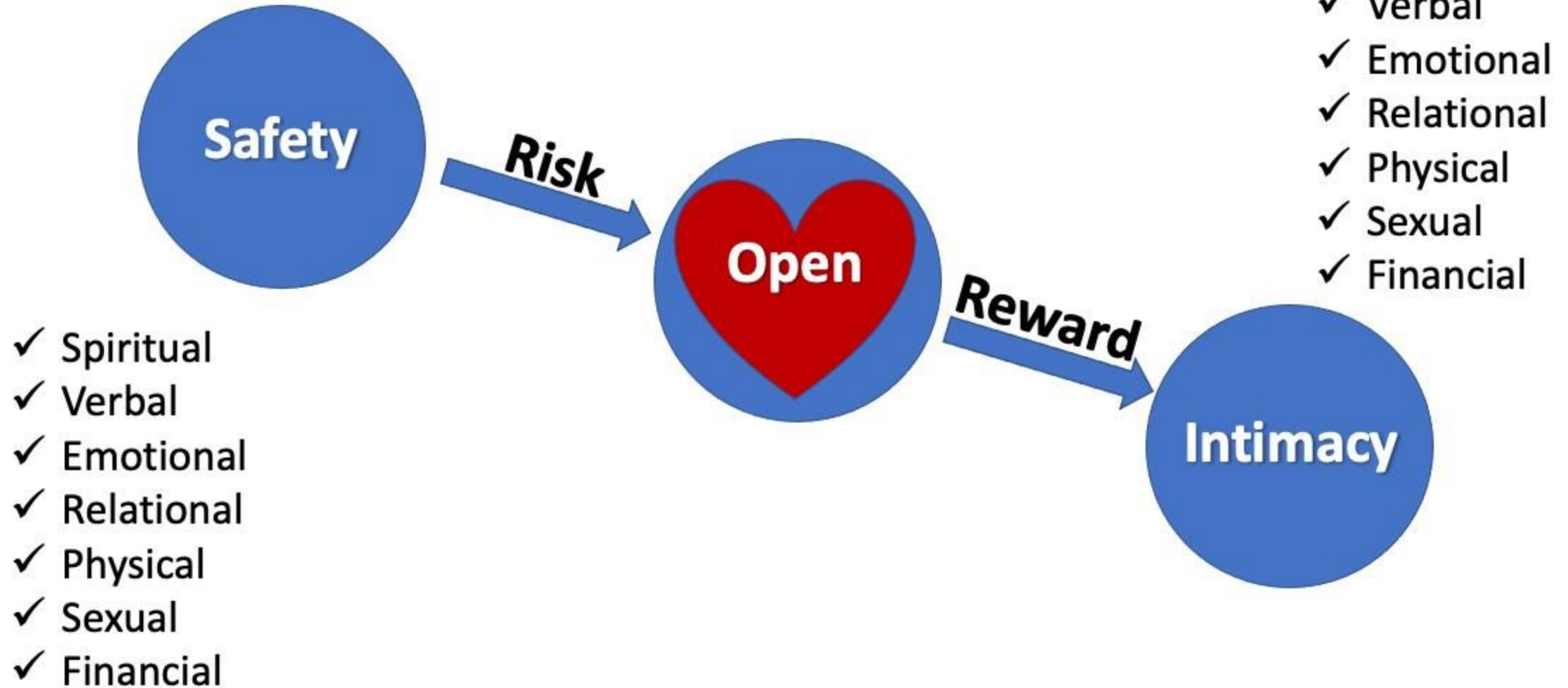
Actions?

Inactions?

- ✓ Spiritual
- ✓ Verbal
- ✓ Emotional
- ✓ Relational
- ✓ Physical
- ✓ Sexual
- ✓ Financial

Take Personal Responsibility

Healthy & Rewarding



[No Title]

OUR REACTIVE CYCLE

A man and a woman are shown from the chest up, facing each other and holding hands. The man is on the left, wearing a light blue shirt, and the woman is on the right, wearing a darker blue shirt. They are both looking at each other with a slight smile. The image is centered within a large, circular frame that has a rough, hand-painted blue border. The background of the entire slide is white.

HIS EMOTIONAL BUTTONS



**HIS
EMOTIONAL
BUTTONS**



**CREATE
REACTIONS**

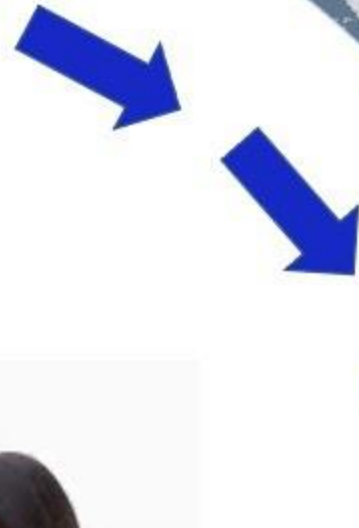
**HIS
EMOTIONAL
BUTTONS**



**CREATE
REACTIONS**

**Her
EMOTIONAL
BUTTONS**

**HIS
EMOTIONAL
BUTTONS**



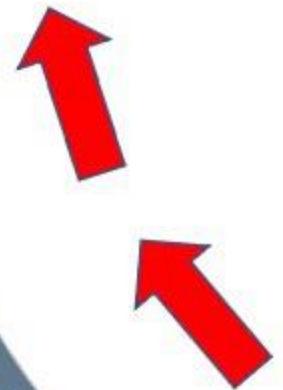
**CREATE
REACTIONS**

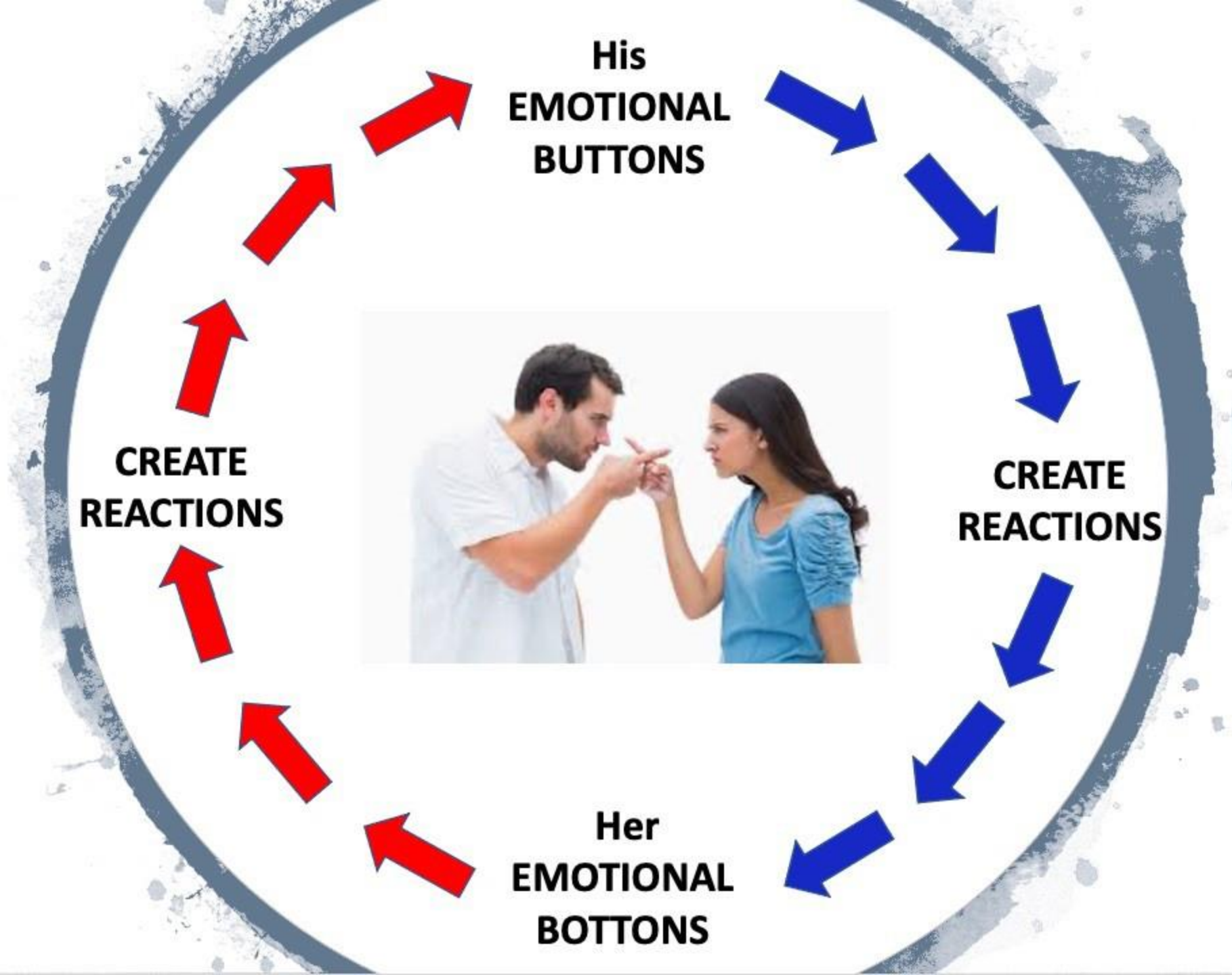


**Her
EMOTIONAL
BUTTONS**



**CREATE
REACTIONS**





HIS
EMOTIONAL
BUTTONS

THE

CRAZY

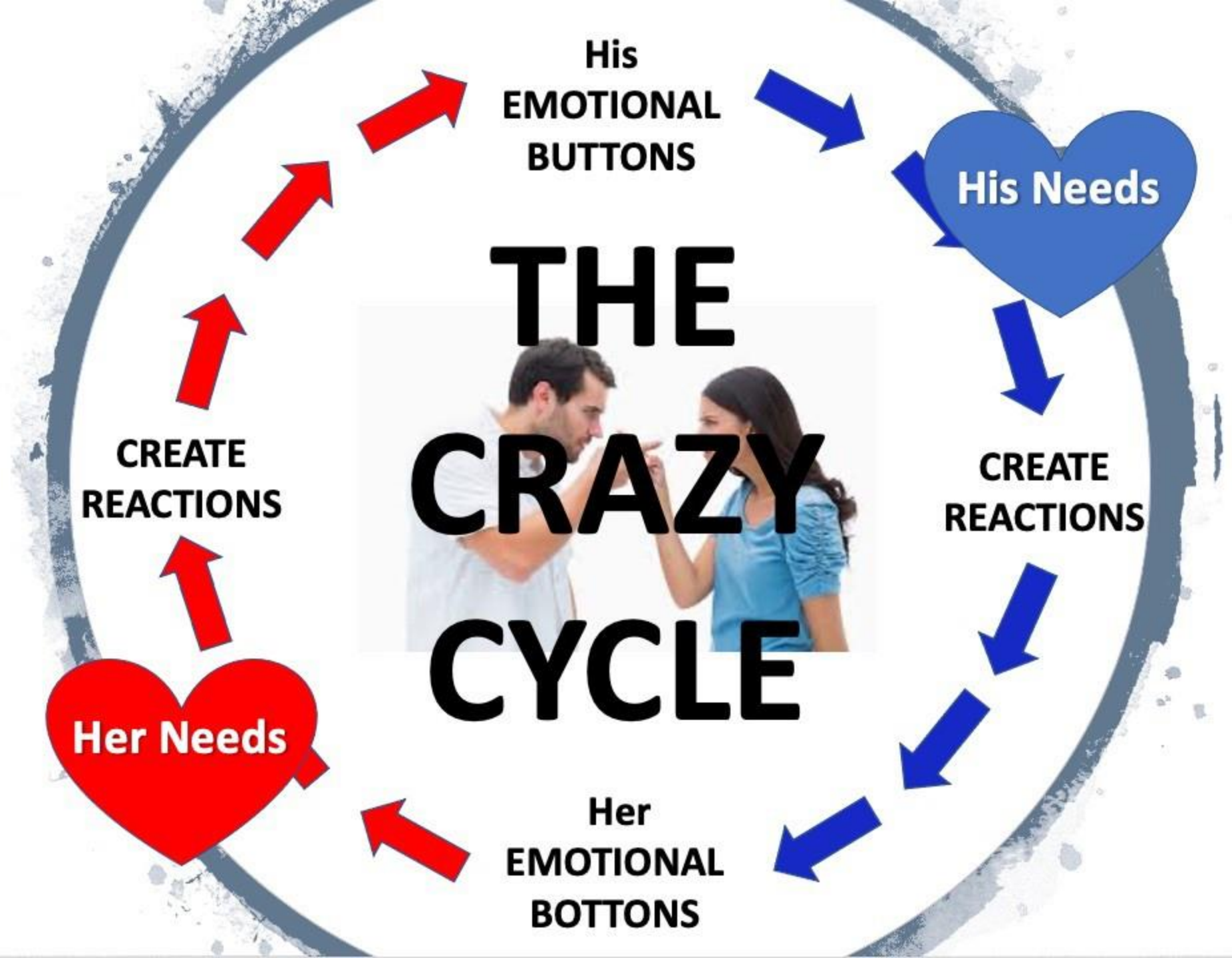
CYCLE

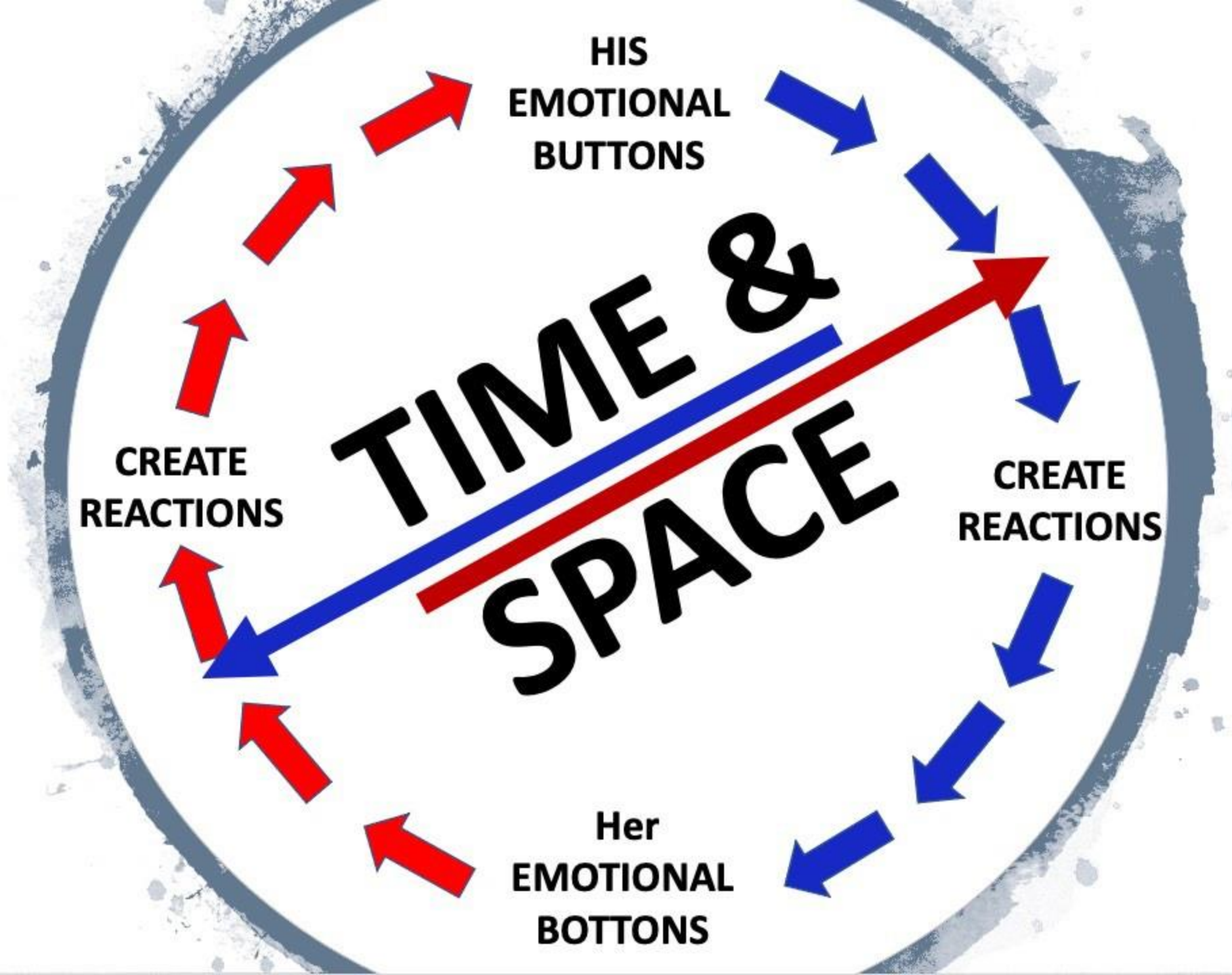
Her
EMOTIONAL
BUTTONS

CREATE
REACTIONS

CREATE
REACTIONS







**HIS
EMOTIONAL
BUTTONS**

**TIME &
SPACE**

**CREATE
REACTIONS**

**CREATE
REACTIONS**

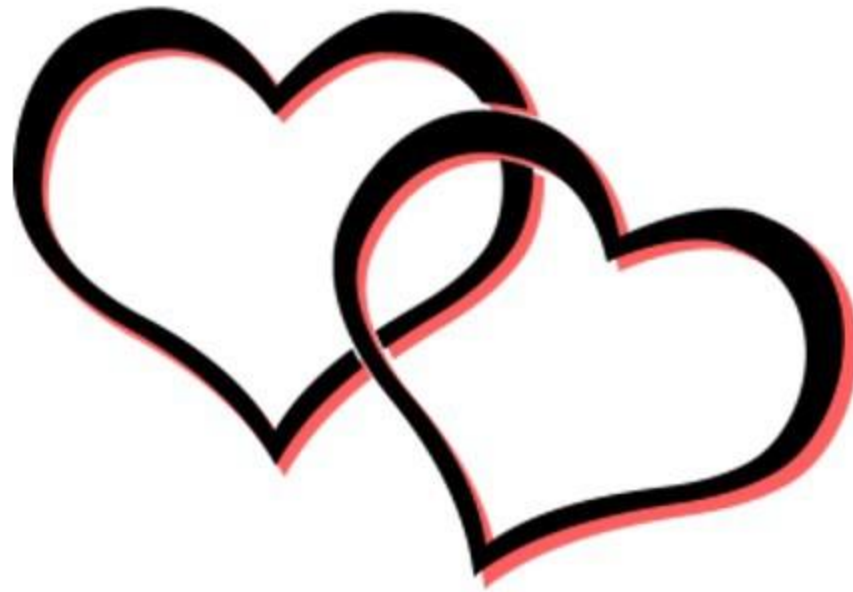
**Her
EMOTIONAL
BOTTONS**



THE
CARE CYCLE

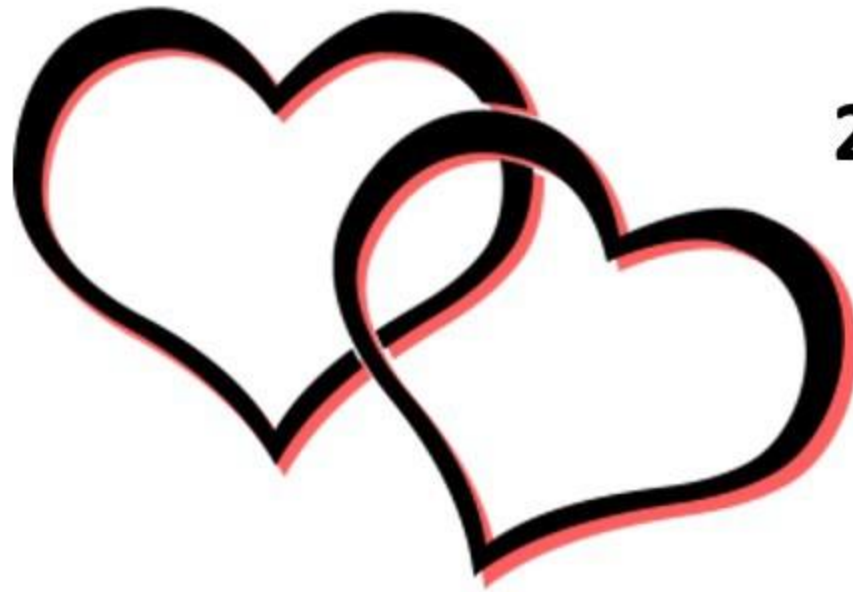
1. AWARE

What is your body saying?
How have you been
emotionally triggered?



1. AWARE

What is your body saying?
How have you been
emotionally triggered?



2. ACCEPT

Feelings
Responsibility

1. AWARE

What is your body saying?
How have you been
emotionally triggered?



2. ACCEPT

Feelings
Responsibility

3. ALLOW

Pray, stay connected with the Lord.
Who do you allow to help you?

1. AWARE

What is your body saying?
How have you been
emotionally triggered?



2. ACCEPT

Feelings
Responsibility

4. ATTEND

What's going on?
What am I thinking?

3. ALLOW

Pray, stay connected with the Lord.
Who do you allow to help you?

1. AWARE

What is your body saying?
How have you been
emotionally triggered?

2. ACCEPT

Feelings
Responsibility

5. ACT

What do I need to do?
Am I maintaining my
integrity?

4. ATTEND

What's going on?
What am I thinking?

3. ALLOW

Pray, stay connected with the Lord.
Who do you allow to help you?



How did this go? Was it in the best interest of everyone involved? What could I have done differently?

1. AWARE

What is your body saying?
How have you been emotionally triggered?

5. ACT

What do I need to do?
Am I maintaining my integrity?

2. ACCEPT

Feelings
Responsibility

4. ATTEND

What's going on?
What am I thinking?

3. ALLOW

Pray, stay connected with the Lord.
Who do you allow to help you?

