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Overview and Personal Assessment

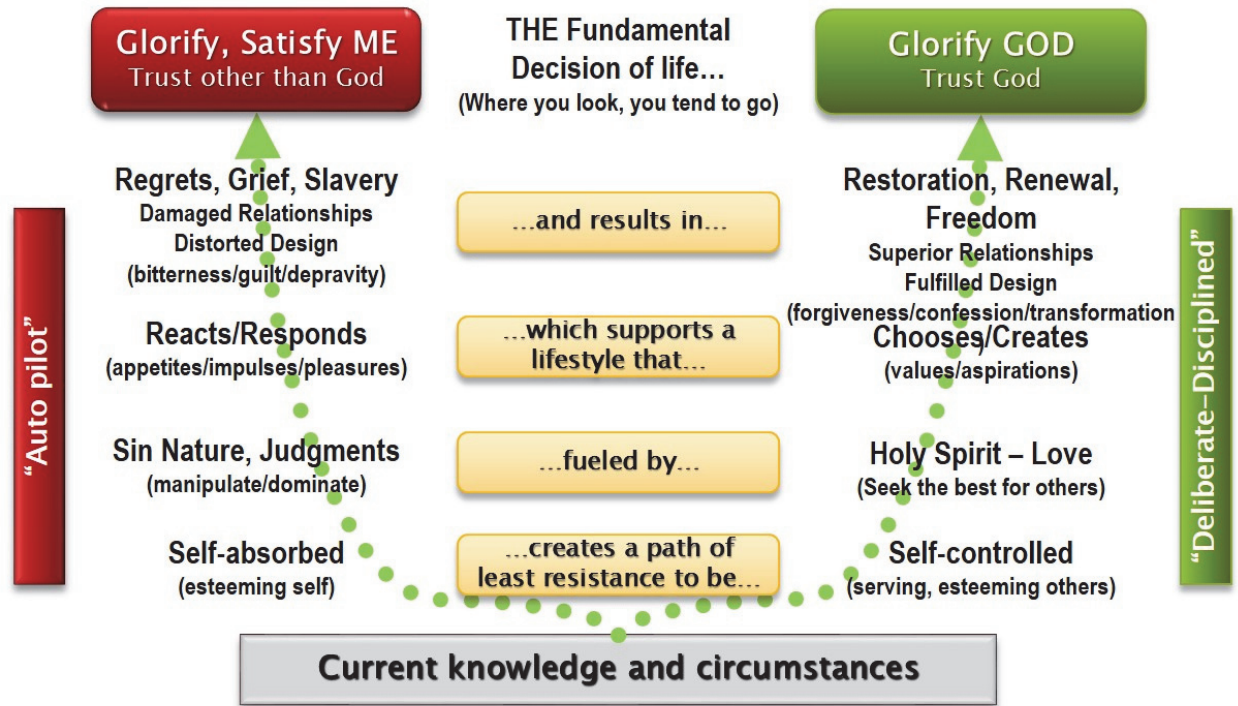
OVERVIEW

QUESTIONS THAT WILL BE ANSWERED

- What is the problem and solution for all relationships?
- What are 4 critical mistakes that cripple relationships?
- What is the future for marriage & relationships?
- How do you define a great relationship? How do you define Love?
- What is the solution for all relationships?
- What are the 15 elements of superior relationships?
- How does freedom and control impact relationships?
- What is the only remedy for freedom from what you have done wrong?
- Men and women, are you operating in your design? Do you know how you are designed?
- Are men and women the same or different?
- What is the model God used when He designed man and woman?
- How do we distort this model and distort the design of man and woman?
- What is the best way to organize your thinking, emotions, and actions?
- What is the only remedy for freedom from bitterness, grudges, and resentments?
- What is the primary reason we sin and how do we see that in Adam and Eve?
- Does your marriage look just like Adam and Eve's marriage when they sinned?
- What is the real, yet unknown, judgment that hurts women?
- How does this judgment on women impact her marriage and children?
- What is the real, yet unknown, judgment that hurts men?
- How does this judgment toward man impact his marriage and children?
- How do the judgments create a path of least resistance for men and women?
- How are the judgments linked to the designs of man and woman?
- Are marriages better or worse than when Apostle Paul lived?
- How does "triangling" and "cross gendering" damage our children?
- How do parents set up their children to be attracted to specific types of mates?
- What are the 8 steps to use to change or transform your life?
- What makes a REAL man?
- What makes a REAL woman?
- What do men and women need to know about submission?
- Why is authority & leadership distorted and abused?
- What is one critical skill that could help any relationship?
- What are 3 fundamental elements of all relationships, and how are they working for or against you?
- What are 6 Myths about divorce and blended families?
- What are the REAL consequences of divorce both short term and long term?

TWO WAYS TO LIVE

This chart illustrates how some material in the study guide can be organized. Good relationships require depending on and trusting God, because He designed us and knows what will work best for us.



LIFE QUESTIONS

- Will I be in heaven for sure when I die? How can I be sure?
- Will I depend on God or something / someone else?
- Will I seek a relationship with Jesus Christ first, before relating to others?
- Will I operate in my design and be who God made me to be?
- Will I accept others for who they are and value them?
- Will I pursue the best for others or primarily myself?
- Will I make life about me or about others?
- Will I live based on how I feel or truth and values?
- Will I make decisions and act based on faith and truth or fear?
- Will I organize my life around what really matters?
- Will I organize my life toward eternity or think this life is all there is?
- Will I spend my life trying to get others to change or focus on changing me?
- Will I use the past for learning or for control and manipulation?
- Will I live primarily in the past, present or future?
- Will I operate my life in freedom, non-judgmentalness and stand for truth?
- Will I make choices based on reality or on concepts, theories, and opinions?
- Will I focus on clear aspirations and values or look for immediate, short term gratification?
- Will I stand on good values or will I be a people pleaser?
- Will I look for and act upon what's right, or will I look for what's wrong?
- Will I use each situation as a catalyst to grow or use it to blame others and/or beat myself up?
- Will I focus more energy on using and enhancing my strengths and the strengths of others or will I focus on weaknesses?

7 REASONS COUPLES DISAGREE ABOUT WORKING ON RELATIONSHIPS

Not knowing the foundation for or why the following 7 items are true will tend toward working on symptoms not the real problem

1. Women are designed to be fulfilled from Relationships
2. Men are designed to be fulfilled from Work and Activities
3. Women's design to relate places relationships as the priority and will desire, even pressure a man for a relationship, wanting time for and work on the relationship
4. Men's design to work views time working on relationships as lower priority and will resist pressure to relate, wanting time for work and activities not relationships
5. Women's design encourages good, hopeful feelings when seeking help
6. Men's design encourages bad, failure feelings when seeking help
7. Men & women are more interested in themselves their own feelings, their own happiness, than what is best for the relationship or the other person

10 SECOND SUMMARY OF GR8 RELATIONSHIPS

- There is a PROBLEM and SOLUTION for all relationships



FOUR TOOLS TO IMPLEMENT THE SOLUTION

- **Feelings** – understand how feelings work and how they are best used. Too often, feelings are using you rather than you using your feelings. You will build a foundation for a dramatic change when you learn and apply the 2 critical words you need to know about your feelings.
- **Freedom** – understand freedom's definition, whether it is responsible or irresponsible and where it fits in the hierarchy of values. This tool is ESSENTIAL for relationships to work and impacts the other 3 tools. This is often the tool that is most difficult for most to apply properly and this tool will help you understand how "expectations cripple relationships and seldom help them".
- **Forgiveness** – understand the definition, how you can know if you have done it, and how it is like dealing with a physical wound. Learn and apply the 7 steps to get a firm grasp on this powerful tool God has provided us. This is often the tool that most people think they know how to do, but really don't.
- **Confession** – understand real and false guilt, why it is needed, and the 7 steps to follow to verify your understanding and application. Again, this is something that is known as a word, but not understood as to its power.

CURRENT REALITY AND DESIRED FUTURE

REALITY

Relationships

- Any Relationship Can Be Broken
 - No matter what our religious beliefs, family background, social standing, church office, label, or designation is—relationships can be broken
 - We may be on that path right now if we don't know or ignore reality about relationships!
- Any Relationship Can Be Restored
 - Forgiveness is possible
 - Reconciliation is possible
 - Love, respect, and trust can exist again
 - Even in the worst situations, no matter what has happened relationships can be restored
 - When we pay attention to current reality and then create a new direction for our marriage

Relationships can be broken when we choose Selfishness instead of Serving

Relationships can be restored when we choose to depend upon God, His image, and our design

Objectivity

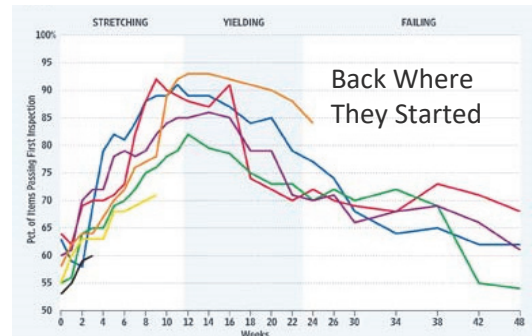
- Requires Clear Thinking
- Assessing current reality in your relationships requires objectivity—discipline—clear definitions—clear thinking

The men of old...first set up good government in their own states; wanting good government in their states, they first established order in their own families; wanting order in the home, they first disciplined themselves; desiring self-discipline, they rectified their own hearts; and wanting to rectify their hearts, they sought precise verbal definitions of their inarticulate thoughts

Chinese Proverb

Two Natural Laws

- Entropy
 - A measure of the disorder or randomness in a closed system
 - Inevitable and steady deterioration of a system or society
- Inertia
 - A body at rest will tend to stay at rest
 - A body in motion will tend to stay in motion
 - **More energy is needed to start moving!**
- Without Work, Energy and Repetition
 - All good values, relationships, learning, and improvements will decline
 - Look at the energy expended to improve then LOST!
 - Relationships and values are no different
 - Get inertia to work for you not against you
- One most needed “energy” is — _____



Back Where They Started
 Process-improvement programs often follow the same pattern that a metal spring does when it is pulled with increasing force: They progress through “stretching” and “yielding” phases before failing entirely. Here’s a look at the life cycle of seven projects at an aerospace company, with the percentages of items passing first inspection rising initially before turning back down and then returning roughly to original levels.
Where Process-Improvement Projects Go Wrong, Satya S. Chakravorty

SURVEYS

Men's Survey

Score your **satisfaction** with each statement below. Rate yourself from 1 to 10, where 10 is totally satisfied. Below, if married, "her" means wife, otherwise, it means your special female relationship. If not in a relationship, score relationship questions on how you did in your last relationship.

Description	1 - 10 Rank
Building up, enhancing my spiritual life	
Walking with and trusting God	
Submitting to authority	
Providing, protecting, and preserving her	
Not focusing on work and activities to the point it hurts my relationship with her	
Not ruling (using/abusing) her; not hurting her or comparing her to other women	
Clearly accountable to God and a Godly authority	
Leading (head of) her physically and spiritually as God has appointed me	
Using my authority gently and humbly, without dominating or manipulating	
Not provoking my children	
Being respectable, worthy of respect	
Dwelling with, cleaving to my wife, not separating from her	
Understanding and considerate of her	
Honoring her, chivalrous (gracious courtesy) to her	
Loving (pursuing the best for) her, like Christ pursues my best, whether she deserves it or not	
Sacrificing (surrendering something I value) for and giving of myself for her	
Growing in the knowledge of God's Word (for cleansing and developing her)	
Using scripture to purify her and keep her clean	
Developing, maturing and "blossoming" her	
Providing for and nourishing her	
Cherishing her; holding her dear, valuing her, taking good care of her, treating her tenderly	
Providing a "warm, soft, comfortable" place for her	
Observing, praising and recognizing her, especially for excellence	
Not focusing (NO focus) on getting my wife to submit to me	
Standing on and doing what is right, even if it does not please her and others	
Sexually exhilarated with ONLY my wife (no others, no comparing)	
Giving myself and body to my wife, recognizing my body is the property of my wife, desiring to satisfy her sexually	

Women's Survey

Score your **satisfaction** with each statement below. Rate yourself from 1 to 10, where 10 is totally satisfied. Below, if married, "him" means husband, otherwise, it means your special male relationship. If not in a relationship, score relationship questions on how you did in your last relationship.

Description	1 - 10 Rank
Building up, enhancing my spiritual life	
Walking with and trusting God	
Submitting to authority	
Serving, helping, supporting him	
Not controlling (dominating or manipulating) him	
Clearly accountable to my husband, father, or spiritual authority	
Serving God through him	
Being an example to him without words; no nagging or reminding him of changes needed	
Focusing on and having a gentle & quiet spirit (God's beauty standard)	
Focusing on internal beauty as the priority not external beauty	
Dressing appropriately, modestly to please God and him (not attracting other's eyes)	
Living without fear, even when treated unjustly	
Loving (pursuing the best for) him	
Loving (pursuing the best for) my children	
Teaching and discipling younger women	
Being sensible and discreet; disciplined, clear thinking, discerning, curbed impulses	
Being pure of mind and heart; chaste, modest, no carnality	
Making home my priority; busy at home as opposed to busy elsewhere	
Being good and kind; pleasant, agreeable, relating not controlling	
Submitting to / respecting my husband	
Being honorable in character; trustworthy, do only good for him	
Being a devoted homemaker; clothe & feed family, rise early, good with money, diligent	
Being a generous neighbor; personally involved with needs presented	
Being an influential teacher; wise, apply what I teach, edify others	
Being an effective mother; watch over household, productive not idle	
Being an excellent person; fear the Lord, praised by husband and family	
Giving myself and body to my husband, recognizing my body is the property of my husband, desiring to satisfy him sexually	

Life Survey

Score your **satisfaction** with each item below. Rate yourself from 1 to 10, where 10 is totally satisfied.

Description	1 - 10 Rank
Home and physical environment	
Fun and recreation	
Spiritual growth	
Mental or intellectual growth	
Emotional growth	
Spouse (marriage) or special relationship	
Intimacy, oneness with spouse (closeness with special relationship)	
Romance	
Children	
Relatives (father, mother, siblings, etc.)	
Friends	
Health	
Exercise	
Money	
Occupation	
Physical appearance	
Fear	
Anger	
Faith in, fear of God, obeying God's Word	
Know what God wants me to value and do	
Doing what is right	
Self control, not living for appetites, impulses, and pleasures	
Perseverance; not tiring of doing what is right	
Kind toward and serving others	
Clear direction or goals, know where I am going	
Clarity of thinking; not acting on opinions and speculations	
Not living in the past	
Seeking and sharing the truth in love about both facts and feelings	
Not trying to change others, but accepting, valuing, and loving them where they are	
Not making life about me	
Integrity, living from the inside out, not dependent on situations or people's behavior	

Separate or Belonging

What is your primary behavior right now? Considering your behavior overall, not in just one or two situations, which would you choose below? Most people will identify with both areas to some degree, but choose which **most** describes you.

SEPARATE; independent, standing against the crowd, driven, just, doing, powerful? Briefly describe why you see yourself this way.

BELONGING; relating, getting along, accommodating, peacemaking, merciful, being, caring? Briefly describe why you see yourself this way.

Ask your spouse, special person, or someone who knows you well if they would agree with your assessment. CIRCLE the word that they chose. **SEPARATE** **BELONGING**

Relationship Satisfaction Survey

Complete the Survey

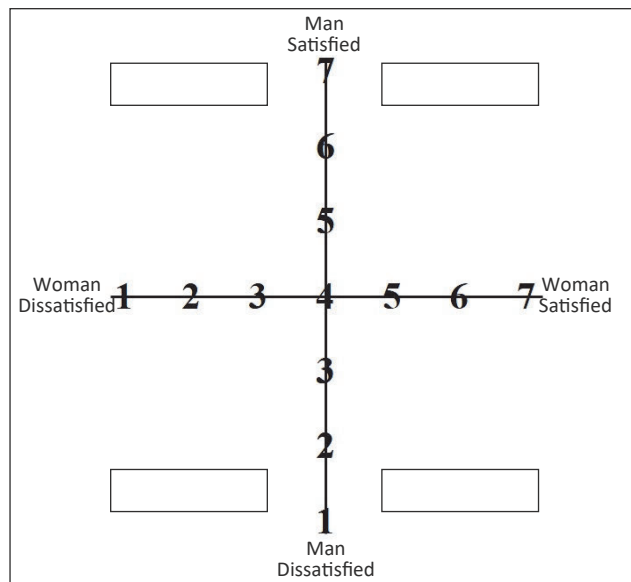
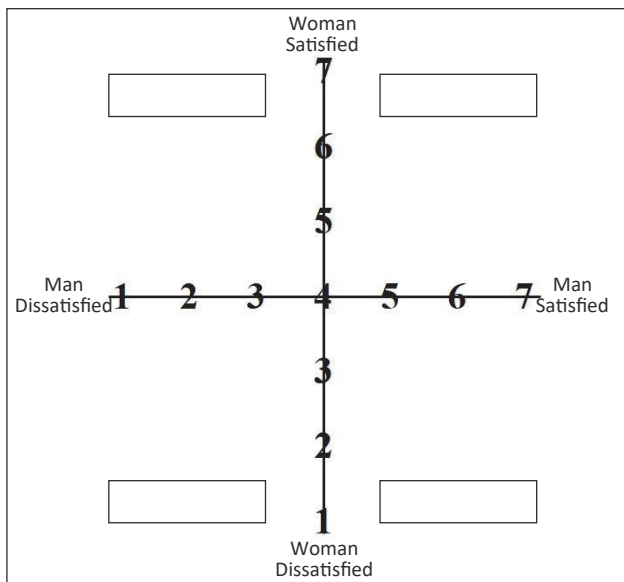
- Answer the following questions individually. Do not discuss the questions or your answers with each other. Use the NUMBER from the following scale for your answer.

- | | |
|---------------------------|------------------------|
| 1. Extremely dissatisfied | 5. Somewhat satisfied |
| 2. Very dissatisfied | 6. Very satisfied |
| 3. Somewhat dissatisfied | 7. Extremely satisfied |
| 4. Mixed | |

	Number
How satisfied are you with the marriage/special relationship?	
How satisfied are you with the person (husband/wife as a spouse, special person as exclusive partner)?	
How satisfied are you with your relationship with the individual (husband, wife, special person)?	
TOTAL: Add your 3 scores together	
RESULT: Divide the TOTAL by 3	

Chart Your Results

1. Men mark both charts on the MAN lines and women mark both charts on the WOMAN lines. For example, if a man scored 6, place a mark at the 6 on each MAN line.
2. Get the RESULT from the other person and mark their RESULT on the other line.
3. Draw a line from each RESULT on the number line or scale so that the lines intersect with each other. This shows which quadrant is applicable to your relationship. For example, if the man scored 6 and the woman scored 3, on the man’s chart the lines would intersect in BOTTOM RIGHT quadrant, while the woman’s chart would have the lines intersect in the TOP LEFT quadrant.
4. Now write the following words in the boxes in each quadrant. Top Left—*Frustrated*, Top Right—*Fulfilled*, Bottom Left—*Troubled*, and Bottom Right—*Blind*



Adapted from Kansas Marital Satisfaction Survey

FOCUS AND PLAN

Focus

- "Limits Yield Intensity"
 - Water hose illustration
- Increasing the Odds of Change
 - Accountability Partner(s)
- Four Time Principles
 - Time is inflexible
 - Time is limited
 - You will always have more to do than time to do it in
 - Focus (Not Efficiency) is the key to mastering our time
- My 3 Focus Items for the Next 90 Days
 - Using the information you have gathered from the surveys, identify 3 specific items to focus or work on during the next 90 days.
 - Describe it on the ITEM line and provide a description of how you will measure it. For example, you want to work on your communication;
 - **ITEM: Daily communication *Measurable Result:*** Spend at least 30 minutes, without distractions, sharing and listening, specifically to see life through their eyes

Probability of Change

Action Taken	Probability of Implementing
Listen to an idea	10%
Consciously decide to adopt an idea	25%
Decide when to act on the idea	40%
Design a plan to act on the idea	50%
Commit to another person to act on the plan	65%
Get a specific accountability appointment with the person to whom you made your commitment	95%

American Society for Training and Development

<p>ITEM:</p> <p><i>Measurable Result:</i></p>
<p>ITEM:</p> <p><i>Measurable Result:</i></p>
<p>ITEM:</p> <p><i>Measurable Result:</i></p>

Forms

- Personal Plan Form
 - Use the form to capture each measurable result, current reality about where you are right now in relation to that result and actions to take to help you achieve the result
 - Share your plan with an Accountability Partner and ask them to call you regularly (daily at first) with a question formed from your desired end result. For example, using the above, "Did you spend at least 30 minutes, without distractions, sharing and listening today?" The call need not be a discussion. A yes or no answer is all that is needed.
- Daily Focus Form
 - Follow the instructions at the top of the form to create focus on the most important items to achieve today, the next 7 days and next 30 days.
 - This is not your To Do List, it is the *most important things to do*.

Personal Plan Form

1. THERE—Goals, Desired Outcomes (Picturable, Measurable, Specific)	Date	
Benefits for me:	Supports my values of:	
2. HERE—Current Reality	•	
•	•	
•	•	
•	•	
•	•	
•	•	
•	•	
3. PATH—Actions	Progress Measures	Partners
Date Prepared		

This form is available as a Microsoft Word document for completion on a computer

Daily Focus Form

Date ___/___/___

Directions

1. Do MY PROJECTS and MY CONTACTS before you do MY TODAY
2. Schedule 3 uninterrupted 60 minute slots today for items below
3. Write and review items needed in 7 and 30 days for your projects
4. Write all other intends or ideas on the other side of this sheet
5. 1 week rule for listed items – Delete, Do, Schedule, or list on back

Time Principles

1. Limited Resource
2. Inflexible Resource
3. More Things to Do Than Time Available
4. ***Focus (Not Efficiency) Is The Key to Mastering Time***

MY FOCUS FOR TODAY (No more than 3!)

I HAVE REVIEWED MY PROJECTS and MY CONTACTS and this is most important for today

MY CONTACTS

People I need to contact today to help me accomplish my goals and projects

Could Help My Goals / Projects	Need to Follow Up or Waiting On Them

MY PROJECTS

3-5 things I need to do in the next 7 and 30 DAYS to help move each project or goal forward

Next 7 Days	Next 30 Days
Project 1—	
Project 2—	
Project 3—	
Project 4—	

VALUES

Identify Your Values

– A Powerful Tool

- The process of clarifying values can be difficult. It can cause people to intellectualize and fantasize about what they consider as important. Reality is critical here, so look into your life and uncover the values that are there in your day-to-day actions. That is a reason that selecting values from a list does not work very well: the list becomes an opportunity to vote on the most desirable or acceptable values, rather than serving as a mechanism to identify the values you are living.
- Values are observable in our daily actions. The questions that follow help you view your life in such a way that existing values are revealed. As you answer the questions, values will be revealed, but the right words may not be found at that point. The exact wording will matter in the long run, but in the short run what is most important is that the approximate label for the value resonates with you. As a practical matter, the questions can be enormously helpful in learning about yourself.
- The wording of the values will most likely change, therefore, it might be helpful to use pencil or use a computer as you articulate your values. Getting it right the first time is not important so use the eraser and delete key liberally if needed.
- As you work to create a list of values it is okay to string value words together. Just put a slash between the words that are similar in concept. For example: Integrity/honesty/walk-the-talk or Integrity/whole/congruent. After you have created a string of words, then determine which best is the best description of the value and put it at the front of the string .
- It may take several months to create a fairly complete list of values. It is unlikely that you will capture them accurately and completely in one sitting. So, consider the first time through as just the beginning.
- ***As values become defined and clear they become a powerful tool in creating focus and direction for choices, especially when facing crossroads.***

REMEMBER

Do not select values that you want to have. Instead, identify values that are being demonstrated by the questions and examples from your life.

– Values Questions

For each of the following write the answers in the *Value column* on **Values Worksheet 1**

1. Describe yourself in one word.
2. Think of two important people in your life. List one word to describe each of those people.
3. Name one of your traits you would like to pass on to a child
4. You just started your own country. On your money it says, “In _____ we trust.”
5. What are two qualities you look for in a life partner?
6. Finish this quote by Ghandi and make it your own. “Whenever you are confronted with an opponent conquer him with _____.”
7. If there were just two rules everyone should follow, what would they be?
8. Think of a famous person you admire. In one word, why?
9. Voltaire’s said, “Ice cream is exquisite—what a pity it isn’t illegal.” What do you consider as exquisite in life?

Values Worksheet 1

Value	My Description
1	
2a	
2b	
3	
4	
5a	
5b	
6	
7a	
7b	
8	
9	

Values Worksheet 2

Value	My Description
10	
11	
12	
13	

For the following, write your answer on a separate sheet of paper then select your values from that answer and put them on Values Worksheet 2.

10. Pick a moment in your life when life was especially rewarding or significant. Who was present? What was happening?
 - List up to 3 values demonstrated in that moment on the Values Worksheet.
 11. Pick a moment when you were very emotional and upset. Describe your emotions? Who was present? What was happening?
 - List up to 3 values demonstrated in that moment on the Values Worksheet.
 12. Determine what you must have in your life in order to be fulfilled. What are your must haves? (For example: Must you have adventure and excitement, partnership and collaboration, a sense of accomplishment or success? Must you have or surround yourself with beauty or beautiful things? What form of creativity and self-expression must you have?)
 - List up to 3 values demonstrated by your must haves on the Values Worksheet.
 13. We are capable of obsessive behavior, inflating it into a demand (ideal) rather than just a form of proper self-expression. What is it that people say about you? What do you say about yourself? What is it that people tease you about or that drives them nuts? Write about a time when you had a case of “my way or the highway.”
 - These can be values that have mutated into ideals. What underlying values do you see from the above answers? Write up to 3 values on the Values Worksheet.
- Describe Your Values
- Write a short description of each of your answers in the “Description” column on the Values Worksheet
 - Write how **YOU** would describe the value that you have identified. Preferably, do not use a dictionary, because you need to write down how YOU would describe this value.

Prioritize Your Values

- What Is Most Important to You?
- Review the list of values that you have created. Combine any of the values that you see as similar.
 - Select no more than 10 from the list and write them on the following table.

Top 10 Values	Top 5	Top 4	Top 3	Top 2	#1
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

- Imagine you are permitted to have only 5 values on the list. Which 5 would you give up? Put a check mark in the Top 5 column for the 5 you will keep. Draw a line through the 5 you will give up.
 - Now imagine you can only have 4 values. Which one would you give up? Draw a line through it and put check marks for the remaining 4 in the Top 4 column.
 - Now cross off another one to bring your list down to 3.
 - Now cross off another, to bring your list to 2.
 - Finally, cross off one of your 2 remaining values. This is the one value on the list that you care about the most.
- What Happens When Values Are Threatened / Ignored / Disregarded
- How did it feel to give up one of your Top 5 values?

 - Identify what you were thinking or feeling when you gave up that last value.

 - Have you ever had those thoughts or feelings before, at home or at work?

 - ***What can you learn from this exercise?***

 - How do you want to handle this situation in the future if it arises?
- Your Top Three Values
- How would your life be different if those values were prominent and consistently practiced? What evidence would you have that your life was different?

 - What would your family or organization look like if you consistently led people based on the values you have chosen?

 - How does your current behavior DETRACT from the values and vision you have for the family or organization you want in the future?

Purpose / Mission

– Your Top Values As A Purpose

- A very simple method to remember your top values is to make them into a memorable statement that you can use as your Purpose Statement
- Just list your top 3, 4 or 5 values below

- Now work them into a simple, short sentence that you can memorize
 - Example: 4 values, Truth, faithful, integrity, serving and helping others. Those four elements can be stated as “Faithfully serving and helping others with truth and personal integrity”
 - HINT: Make the first part about others then add your contribution

– Developing Your Purpose / Mission

If you desire to add more details to your Purpose consider the following questions. Capture your answers on paper or in a computer, so you can reflect on them.

- What are 3 things you really want to accomplish in the next 10 years?
- Think about a time you were really excited about life. You were healthy, alive, together, passionate. Describe what you were doing. Who was there? What was the situation?
- Consider yourself on a journey right now with your life. What is your journey about?
- Think of a person that knows you best. What would he or she say are your strengths? List up to 3.
- Write how you could use those strengths to make a positive contribution—With your family, At Work, With friends
- If you could turn back the clock, what significant changes would you make?
- What are you most proud of so far?
- If you had \$1,000,000 to give to a cause, what would it be and how would you advise them to use it?
- What is the most important thing you can do in each of these areas that will have the most positive impact on your life—Physical, Mental, Social/Emotional, Spiritual

– Draft a Statement

- With the answers you have developed above and from your work on your Values, write a Purpose or Mission Statement
- A first draft would simply take each answer and combine them together. Then start revising so that it would make more sense. Obviously, combine similar thoughts and add elements to provide a richer meaning
- Follow these three simple guidelines
 1. Write something—make it readable, not perfect, just workable
 2. Get help—ask others to provide input on how to improve it
 3. Make it better—make revisions from what others said and what you see as better

– ***HOW ABOUT STARTING YOUR FIRST DRAFT NOW!***