

Relationship Restart When Your Relationship Has Too Much Criticism

1. _____

Complaint: Focuses on a specific behavior or issue
Criticism: Focuses on their character or personality

"It's a way of complaining that suggest that your partners personality is defective." Author unknown

Matthew 12:24 *But when the Pharisees heard about the miracle, they said, "No wonder he can cast out demons. He gets his power from Satan, the prince of demons."*

2. _____

• _____

Proverbs 27:14 *A loud and cheerful greeting early in the morning will be taken as a curse!*

• D _____

I feel _____, because _____, I need _____

Step 1: _____

"What was I feeling underneath my response of anger, irritation, or frustration?"

Proverbs 14:29 *People with understanding control their anger; a hot temper shows great foolishness.*

Step 2: _____

Proverbs 15:1 *A gentle answer deflects anger, but harsh words make tempers flare.*

Step 3: _____

1 Corinthians 7:33 *...a married man has to think about his earthly responsibilities and how to please his wife.*

Examples

Complaint: You said you would empty the dishwasher and it's not done.

Criticism: You always make me do all the chores. You never do what you say.

Complaint: "I was scared when you were running late and didn't call me. I thought we had agreed that we would do that for each other."

Criticism: "You never think about how your behavior is affecting other people. I don't believe you are that forgetful, you're just selfish. You never think of others! You never think of me!"

What impact do you think this has on the person being criticized?

On a scale of 1-10, how much criticism is there in your relationship?

"Think of how you would make a behavior request to someone you admire and respect. That's how you should make behavior requests of your partner." - STEVEN STOSNY