

Relationship Restart
How To Build A Culture Of Appreciation And Respect

1. Learn to _____

Definition: Any verbal or nonverbal behavior that indicates you are better than your partner.

Examples: Mockery, sarcasm, ridicule, name-calling, eye rolling, scoffing, disrespect.

Luke 7:39 *When the Pharisee who had invited him saw this, he said to himself, "If this man were a prophet, he would know what kind of woman is touching him. She's a sinner!"*

Matthew 27:42 *"He saved others," they scoffed, "but he can't save himself! So he is the King of Israel, is he? Let him come down from the cross right now, and we will believe in him!"*

2. _____

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

1 Peter 3:15 *But do this in a gentle and respectful way.*

Key: Contempt is a _____

I feel _____ Because _____ I need _____

3. Build a _____

a) Get to _____

Key: I must _____

b) Start _____

Ephesians 4:29 *Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.*

c) Shoot for _____

1 Thessalonians 5:11 *So encourage each other and build each other up, just as you are already doing.*

"Underneath contempt is a desire, need, or want. Relationships become contemptuous when these needs are not met over time."

John Gottman

Questions:

What are you grateful for about your partner?

What do you appreciate about them?

What's one thing you really respect about them?

What are you grateful for about them?

What can you thank them for?

When do they feel appreciated and loved by you?

Tell your partner two things you appreciate about them every night before you go to sleep.

Express appreciation

Express thanks and gratitude

Express fondness and admiration

Motto: Small things often