

Love In Real Life
When Your Relationship Has Too Much Criticism

1. _____
_____: Focuses on a specific behavior or issue
_____: 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!*
- _____
- 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: _____

Key: Make a _____

Common criticisms

- You're impossible to talk to."
- "Everything is about you."
- "You never listen."
- "You don't care."
- "You're so controlling."
- "You're selfish."
- "You always have an excuse."
- "You're just like your mother."
- "You can't be counted on."
- "What's wrong with you?"
- "I shouldn't have to tell you."
- "You never think."

These have moved from a behavior that hurt me to an attack on the person's identity.

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

1 Peter 1:22 *Now that you have purified yourselves by obeying the truth so that you have sincere love for each other, love one another deeply, from the heart.*

Romans 12:9-10 *Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honor one another above yourselves.*

John 15:12-13 *Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honor one another above yourselves.*

Criticism	Gentle Start-Up
You never listen to anything I say.	I feel frustrated because I haven't finished sharing my thoughts. I need a few minutes to finish, then I'd like to hear your thoughts. Would that be ok?
You're so lazy.	I'm feeling overwhelmed with the workload because there are still several things to do before bed. I need your help with the dishes and laundry. Would you help me finish up?
You only care about your own interests.	I feel lonely because our recent activities haven't included things I enjoy too. I need us to choose some things we both enjoy doing this weekend. Would you be willing to sit down and plan some things this weekend together?
You are completely unreliable.	I feel unsettled because our plans changed at the last minute. I need us to confirm plans and communicate changes as soon as possible. Could I ask that...
You're impossible to talk to.	I feel overwhelmed because we are both raising our voices. I want us to be able to talk through this, and I'd appreciate it if we could both slow down and listen. Could we...
You always ruin special occasions.	I'm feeling disappointed about how today went because we spent so much time arguing. I'd love for us to figure out how to make future celebrations more enjoyable...
You're just being selfish.	I feel disappointed because we made a decision before discussing what matters to each of us. I need to hear both perspectives before deciding. Could we agree that...
You never keep your promises.	I feel hurt because the task we agreed on is still unfinished. I need us to agree on a realistic time to complete it. Could I ask that in the future...
You don't care about this family.	I feel overwhelmed because I'm handing dinner, homework, and bedtime tonight. I need help with bedtime and homework. Could I please ask you to...
Why are you always so irresponsible?	I feel worried because that bill is overdue. I need us to make a plan to pay bills on time. Could we set up a plan...
I can't count on you.	I feel anxious because I was waiting and didn't know when to expect you. I need an update when arrival plans are changing. Could I ask that in the future...
You really need to get your priorities straight.	I'm feeling stressed because we've had little family time this week. I need us to put some "Us" time on our calendar. Could we sit down and plan...