Love In Real Life
How To Restore A Broken Relationship

1. _____
James 1:19 *Everyone should be quick to listen, slow to speak and slow to become angry…*

2. _____
Psalm 38:8 *I am feeble and utterly crushed…*

- Don't say why you felt that way
- Don't comment on their feelings

3. Explain your perspective _____
Proverbs 18:17 *To answer before listening— that is folly and shame.*

Part 1: Share what happened from your point of view
Part 2: Listener summarizes and validates what makes sense
Part 3: Switch roles and repeat the process
Part 4: Ask, "Do we each feel understood? Is there anything else?"

4. _____
Psalm 139:23 *Search me, God, and know my heart; test me and know my anxious thoughts.*

Definition: *something happening now that touches a past hurt and brings those feelings back.*

5. Take responsibility _____
James 5:16 *Therefore confess your sins to each other and pray for each other so that you may be healed.*

6. Agree on what _____
I John 3:18 *Dear children, let us not love with words or speech but with actions and in truth.*

Video: Real repair: What happens after a big fight
Video: How to heal and process a fight – the Gottmans act it out

Love In Real Life

I John 4:7-12, 19-21
Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.

We love because he first loved us. Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen. And he has given us this command: Anyone who loves God must also love their brother and sister.

The Aftermath Of A Fight: John & Julie Gottman

1. Am I ready to process this regrettable incident?
2. Have my emotions been calm today and can I have a calm conversation about this incident?
3. Am I willing to seek to understand my partner's experience?
4. Am I willing to speak from my experience without trying to persuade my partner?
5. Am I willing to ATTUNE to my partner's feelings?
6. Are we in a distraction-free space where we can be fully present with each other?

- Defensive
- Not listened to
- Totally flooded
- Sad
- Misunderstood
- Took a complaint personally
- Not cared about
- Afraid
- I was right and you were wrong
- Both of us were partly right
- Frustrated
- Morally justified
- Unappreciated
- Unattractive
- Morally outraged
- Like staying & talking this through
- Overwhelmed with emotion
- Stubborn
- I had no influence
- My opinions didn't even matter
- There was a lot of give and take
- I had no feelings at all
- I had no idea what I was feeling
- Culpable
- Disloyal
- Foolish
- Remorseful
- Tired
- Feelings got hurt
- Angry
- Unloved
- Criticized
- Like you didn't even like me
- Worried
- Unsafe
- Tense
- Out of control
- Righteously indignant
- Unfairly picked on
- Disliked
- Stupid
- Taken for granted
- Like leaving
- Not calm
- Powerless
- I wanted to win
- Lonely
- Alienated
- Ashamed
- Guilty
- Abandoned
- Exhausted
- Overwhelmed
- Shocked

Identifying and processing your triggers: (Gottmans)

1. Share what escalated the interaction for you. What events in the interaction triggered a big reaction in you?
2. As you rewind the video tape of your memory, stop at a point where you had a similar set of feelings triggered in the past. Now, tell the story of that past moment to your partner, so your partner can understand why that is a trigger for you.
3. Continue to share your stories—it will help your partner to understand you. As you think about your early history or childhood, is there another story you remember that relates to what got triggered in you, your "enduring vulnerabilities?" Your partner needs to know you, so that your partner can be more sensitive to you

Validation: Does any part of your partner's triggers and story make sense to you? Listen with curiosity.

Specifically, what do you regret, and specifically, what was your contribution to this regrettable incident or fight? What do you wish to apologize for? I'm sorry that:

1. I over-reacted.
2. I was really grumpy.
3. I was defensive.
4. I was so negative.
5. I attacked you.
6. I didn't listen to you.
7. I wasn't respectful.
8. I was unreasonable.
9. I made a demand not a thoughtful request
10. _____

If you accept their apology, say so. If not, say what you still need