



"5 Ways to Heal Relationship Fractures" with Dr. Kevin Skinner

Welcome!

Far too often when couples get stuck in conflict, they don't know how to resolve their problems. As a result, relationship intimacy is nearly impossible for them.

In this class, "5 Ways to Heal Relationship Fractures", we will provide five specific tools to help you and your spouse resolve the fractures that prevent you from creating the relationship intimacy you desire.

Topics include:

- Understanding Relationship Fractures
- Infusing Hope Into Your Relationship
- 5 Ways To Heal Relationship Fractures

Understanding Relationship Fractures

A relationship fracture occurs when our perception of our spouse shifts from feeling safe to questioning whether we can trust being intimate with our partner in the same manner.

These feelings could include...

- You are safe to share thoughts, feelings, or emotions vs. I don't trust opening up to you
- You care about me vs. I don't believe you care anymore
- You are love me vs. You don't love me
- You treat me well vs. You are not good for me
- You are trustworthy vs. I can't trust you

The Outcome of Relationship Fractures

Fight = Anger, verbal attacks, blame, criticism, contempt

Flee = Emotional distance, lack of eye contact, avoidance, surface level conversations

Freeze = Inability to respond, incoherent responses, confusing behaviors

Writing Assignment

What percentage of the time do you turn to fight, flee, or freeze when conflict arises in my relationship? Explain how you fight, flee, and freeze in your relationship.

[illegible]

Infusing Hope Into Your Relationship

Ask yourself, "How committed am I to making my relationship better?" On a scale of 1 (I'm done) to 10 (I will do anything to make things better) rate yourself on how committed you are

Writing Assignment

For the next seven days, spend ten minutes each day writing. This is a guided exercise designed to help you answer the following questions...

Day 1: What are the reasons for my score on the question, "How committed am I to making my relationship better?" Be specific and write for 10 minutes about your answer. Don't edit, just put your thoughts, emotions, and feelings on paper without stopping.

Infusing Hope Into Your Relationship Continued...

Day 2: Spend one minute reviewing your key thoughts from Day 1. Now write about the thoughts you are having today. Again, write for 10 minutes on your answer from yesterday. Don't edit, just write the thoughts, emotions, and feelings you are having.

[illegible]

Infusing Hope Into Your Relationship Continued...

Day 3: Review your writings from Day 1 and 2 for two minutes. Today, you will summarize what you have learned for the first three minutes. Next, write about the key fractures in your relationship. What created these fractures? What, if any, efforts have been made to heal these fractures? Identify your efforts and your spouse's efforts at healing. What prevents these fractures from being healed?

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Infusing Hope Into Your Relationship Continued...

Day 4: Review your writings from Day 3 in the first minute. Today, your focus is to write about your spouse's challenges. What are your spouse's fears, worries, concerns, or problems? What is it like for him/her being married to you? What is their greatest suffering? Write for 10 minutes on these questions. Again, don't edit, just write all of the thoughts that come to your mind.

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Infusing Hope Into Your Relationship Continued...

Day 5: Today, we will begin by reflecting on what you learned in yesterday's writings. Review what you wrote about yesterday and write about what you learned yesterday. Please write for 10 minutes on this question: "What needs to happen in your relationship for the fractures to be healed?"

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5 Ways to Heal Relationship Fractures

Way #1 – Understand Your Beliefs

Write down the beliefs that you have about your spouse

Way #2 – Challenge Assumptions

Write down assumptions you have about three of your spouse's behaviors. Then write down why you think your spouse does what they do.

5 Ways to Heal Relationship Fractures Continued...

Way #3 – Identify and Own Our Part

Identify a common problem that you and your spouse have in your relationship. Next, write about how you act when that problem arises. How do your actions influence your spouse?

Way #4 – Break Old Patterns

Write down what triggers you. Discuss your triggers with your partner. Tell your partner that if there is a concern or problem, you will talk about it with them before you distance yourself.

5 Ways to Heal Relationship Fractures Continued...

Way #5 – Create Love and Intimacy

"It is a serious thing to live in a society of possible gods and goddesses, to remember that the dullest most uninteresting person you can talk to may one day be a creature which, if you saw it now, you would be strongly tempted to worship, or else a horror and a corruption such as you now meet, it at all, only in a nightmare. All day long we are, in some degree, helping each other to one or the other of these destinations. It is in the light of these overwhelming possibilities, it is with the awe and the circumspection proper to them, that we should conduct all of our dealings with one another, all friendships, all loves, all play, all politics. There are no ordinary people. You have never talked to a mere mortal. Nations, cultures, arts, civilizations – these are mortal, and their life is to our as the life of a gnat. But it is immortals whom we joke with, work with, marry, snub, and exploit – immortal horrors or everlasting splendors."

- C.S. Lewis, The Weight of Glory