

Welcome!



Marriage Workshop.

WITH MICHELLE AND JD SENKBILE





COMMON WELL
MARRIAGE SEMINAR



Introduction

- Story Formed
- Gospel Formed
- Facets of the Soul

Story Exercise

- Place
- People
- Plot
- Pinnacles
- Plan

Story Exercise

Place	This is where you detail where most of your story took place. This could be several different locations.
People	This is where you list any people who have been a significant part of your story.
Plot	This is where you detail your story according to the timeline of how your story has played out.
Pinnacles	This is where you detail significant events in your story that have shaped who you are today. (These can be celebratory, traumatic, unfortunate – all the good and the bad.)
Play	This is where you detail how your family responded to, or still responds, to major events. Does the family 'play book' result in more connection between family members or more distance?

FOUR FACETS OF THE SOUL

IDENTITY	INJURY
IMMATURITY	IMMORALITY

Four Facets of the Soul

Identity

- Who Am I?
- Where Do I Belong?
- Why Do I Matter?
- What Is My Purpose?

Four Facets of the Soul

Injury

- Where Have you Been Hurt?
- Where Have you Been Wronged?
- What Has this Injury Done to Your Identity and Sense of Self Worth?
- Who Cared For You?

Four Facets of the Soul

Immaturity

- What Things or People Am I Currently Worshipping?
- Where Am I Still Growing in the Gospel?
- What Spiritual Disciplines Could Help Me?
- Where Do I Want To Grow As a Believer ?
- What Parts of My Story Do I Want to See Redeemed?

Four Facets of the Soul

Immorality

- Where Do I Harbor Unforgiveness Toward Anyone?
- Where Do I Need to Confess and Repent?
- What Places in My Life Could Use More Gospel?
- What Part of My Story Do I Struggle to Surrender to Jesus?

The Big Six

How Attachment Style is Formed

Attunement

Attunement is the ability to be 'turned toward' another person in such a way that you are able to recognize and respond to their needs. The idea of being 'tuned-in' to the extent that you can read and enter into the emotional state of another individual.

The Big Six

How Attachment Style is Formed

Responsiveness

Responsiveness is the ability to both recognize and *respond* to someone's emotional state in a way that offers comfort, care or regulation in a time of distress.

The Big Six

How Attachment Style is Formed

Engagement

Engagement is the ability and desire to pursue another human being in a way that leaves them feeling loved and wanted. Engagement is the process that communicates a desire to know someone on a deep heart level.

The Big Six

How Attachment Style is Formed

Regulation

Regulation takes attunement, responsiveness and engagement and applies them in the act of regulating the emotional distress of another.

When a parent or caregiver is attuned, engaged and responsive to a child, they are able to help the child identify, articulate, process and work through their emotional distress. This takes time and intention.

The Big Six

How Attachment Style is Formed

Sturdiness

Sturdiness speaks to the ability of a person to be able to tolerate the emotions of another without labelling them as bad or wrong. A sturdy parent or caregiver is able to hold the emotions of their child whilst communicating their emotions are accepted and permitted.

The Big Six

How Attachment Style is Formed

Repair

Repair is the ability of a parent or caregiver to recognize and own when they have hurt you or wounded you. The parent or caregiver is then willing to do the work of repairing the rupture in the relationship. The willingness to repair communicates to the child that they are worth restoring with in a way that brings comfort and reconnection to the child.

The Big Six

How Attachment Style is Formed

A Grace-Filled Approach

- No child needs a perfect parent, but a child does need a parent who is able to repair when the Big-Six are not done well.
- A child with a parent who was not aware of, or committed to the Big-Six process may now be an adult that now experiences feelings of:

Abandonment

Betrayal

Powerlessness

The Big Six

How Attachment Style is Formed

Thinking through your own story

1. Which of the Big Six was done well by your parents and caregivers?
2. On which of the six might your parents have paid more attention?
3. Given what you know to be your attachment style, how do you believe that particular style was formed?
4. Where do you see evidence of these themes from your childhood playing into your marriage? (In conflict, in feeling pursued, in feeling understood and engaged?)

Attachment Styles

Adapted from *How We Love* by Milan and Kay Yerkovich

<p>Avoider</p> <p>“I like people but I’m not very comfortable when they get emotional or needy around me. I like to keep it simple—it’s so much easier when people just take care of themselves like I do.”</p>	<p>Pleaser</p> <p>“I enjoy caring for others and work hard at making those I love happy. I’m not great at saying “No” or keeping boundaries, but anything is better than having people upset with me.”</p>	<p>Vacillator</p> <p>“I long for close connection in relationships but people always let me down. I spend a lot of time in my head trying to process all the disappointments and I wonder why relationships are so hard.”</p>
<p>Controller</p> <p>“I don’t like being outside of my comfort zone, so I always make sure I’m the one in charge. That way I know for sure that I won’t be taken advantage of.”</p>	<p>Victim</p> <p>“I keep my needs quiet, and honestly, I’m not even sure what my needs are. It’s safer when I just go with the flow—there’s less opportunity for a blow-up.”</p>	<p>Secure Connector</p> <p>“I am comfortable with myself and with others, able to handle conflict, negative emotions, and both giving and receiving. When I need help, I’m not afraid to ask for it.”</p>

Comfort Circle

Adapted from *How We Love* by Milan and Kay Yerkovich



Defining The Dance

Music of Disconnection

Borrowed from *The Hold Me Tight Workbook* by Dr. Sue Johnson

Example responses include:

- ... you say you are too tired for sex and we have not made love for a few weeks.
- ... we fight about my child-rearing or parenting style.
- ... we don't seem to speak for days.

Partner 1: When _____, I do not feel safely connected to you.

Partner 2: When _____, I do not feel safely connected to you.

Demon Dialogues

Three Common Dances

Borrowed from *The Hold Me Tight Workbook* by Dr. Sue Johnson

- Find the Bad Guy
- Protest Polka
- Freeze and Flee

Four A's of Empathy

The Beginning of Repair

Borrowed from Soul Shepherding

1. Ask to Talk
2. Attune to Emotions
3. Acknowledge Significance
4. Affirm Strengths

Identity Inventory

Building Secure Attachment

Adapted from *Sonship Study* by Jack Miller

Orphan Identity

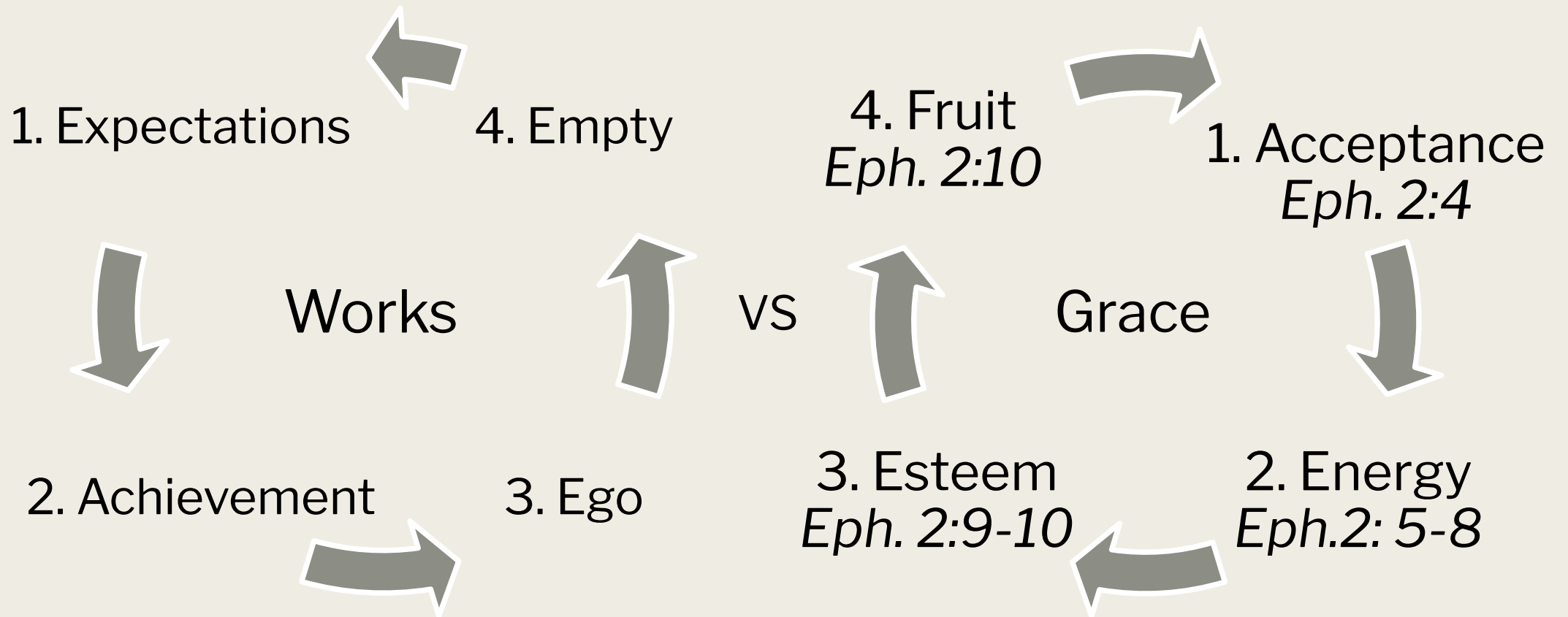
vs.

Son and Daughter Identity

Gospel of Grace

Building Secure Attachment

Borrowed from Soul Shepherding by Bill Gaultiere



A Model Lament

Praying Psalm 3

Borrowed from Soul Shepherding by Bill Gaultiere

¹ O Lord, how many are my foes! How many rise up against me! ²
Many are saying of me, “God will not deliver him.” *Selah*

³ But you, O Lord, are a shield around me, my glory, and the One who
lifts my head high. ⁴ I cry out loud to the Lord, and he answers me
from his holy mountain. *Selah*

⁵ I lie down and sleep; I wake again, because the Lord sustains me.

⁶ I will not fear the tens of thousands drawn up against me on every
side.

⁷ Arise, O Lord! Deliver me, O my God! Strike all my enemies on the
jaw; break the teeth of the wicked.

⁸ From the Lord comes deliverance. May your blessing be on your
people. *Selah*

Inner Healing Prayer

Inviting Jesus to Heal

Credit to Tom and Katy Sappington

1. Core Issues
2. Deception
3. Ungodly Reactions
4. The Battle Against: Flesh, World and Devil

Inner Healing Prayer

The Father Ladder

Credit to Sozo Ministry at Bethel

FATHER GOD	BODY <ul style="list-style-type: none">•Identity/Value•Protection•Provision	FATHER
JESUS	SOUL <ul style="list-style-type: none">•Communication•Companionship	SIBLINGS/FRIENDS
HOLY SPIRIT	SPIRIT <ul style="list-style-type: none">•Comfort•Teaching	MOTHER

