

Homework Week 4

1. Review your notes from this week.
2. Take the 'attachment style' test and respond to one of the three bullets below.
 - If you tested anxious or avoidant – what impact might this have on your wife? What steps could you take to decrease the impact of your tendency on the relationship?
 - If you tested secure but your wife is more anxious or avoidant - How might you work with her tendency in terms of acceptance? How might you help her become less anxious? avoidant?
 - If you and your wife are both secure but you have a friend who is anxious or avoidant (i.e. or in a relationship with someone who is) – How might you help them in their relationship?
3. Have a date – you will use some of this time to practice commitment
Prior to the date, make sure the 'background music' of your relationship is positive and intimate.
Prior to the date, ask God to show you what He's doing to sanctify her. Tell him that you want to be involved if possible.
If you see her moving in some positive direction this week then say to her, "I noticed...." and then how cool you think it is.
If you see a character problem that seems to be keeping her from effectively loving God or others then say to her, "I've been thinking about you...I notice...I wonder if..." Give her lots of time to talk. Listen & keep drawing her out. Minimize lecturing or problem solving.
If she agrees with you ask her what she thinks she could do to work on that area. Ask her if she thinks you could help with anything.
If she disagrees with you ask her if she would be willing to pray about it. Consider her POV, pray about it and pray for another opportunity to discuss it with her.
4. When you have conflict this week, notice your tendencies.
Do you tend to freeze, flee or fight?
How did you fight the tendencies in order to cleave to your wife?
Did you 'show your cards' to her saying, "I guess I want to (name the tendency) but what I really want is _____."
What happened?
5. What exits from the relationship have you identified? What have you done to close those doors?