



85% of problems in marriage were brought into the marriage!

Research by Kimberly Newell OpenStax-CNX model: m45043

“Why do you see the speck that is in your brother’s eye, but do not notice the log that is in your own eye?” Matthew 7:3-5 (NIV)

PRE-MARRIAGE EMBEDDED BELIEFS:

Communication: Conflict is fearful - not experienced as problem resolution

“I have to scream to be heard.”

“I need to avoid conflict to stay safe.”

“There is no need to ask for comfort, because I won’t get it anyway.”

Vulnerability: I can never show vulnerability. It’s not safe.
I keep my heart closely guarded.

Intellectually locked heart: I communicate with my head —-logic,
not with emotional connection.
Emotions are scary, bad or not necessary.

Past painful relationships: Attachment is painful so I
automatically react when something reminds of
a past painful event or person.