

Enrich Your Marriage: Care Cycle

When your buttons get pushed, instead of focusing on the outward (what your spouse is doing), you need to focus on the inward (what's going on in your heart). These five steps will help you take care of yourself in the midst of conflict.

Act

Take that “what I want” question and move it into action. Act with integrity – remember the Be List person from video 1. You may choose to re-engage with your spouse or you may choose to practice more self-care with the goal of re-engagement in mind.

Attend

Ask yourself a series of questions. What am I feeling? Is this feeling familiar? Am I doing anything to amplify this feeling? What is the truth (facts) and what is the Truth (what God says)? What do I want? Unsure? Refer to your Reactive Cycle wants/ desires from video 4.

Aware

Become aware that you are feeling something. How is my body responding to what I'm feeling?

Accept

Sit with the feeling. Acknowledge it. Realize that it's difficult. Take responsibility for the feeling as well as how you'll care for yourself.

Allow

Invite God into your self-care. If you want, invite a trusted other such as a friend, counsellor, or pastor who loves you and your spouse. Caution: Don't bring your kids into the struggle.