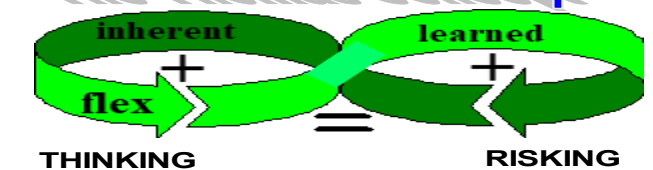


Southview Church
How to Keep the Flame Burning in Your Relationship
January 17th 2022 7:00 pm

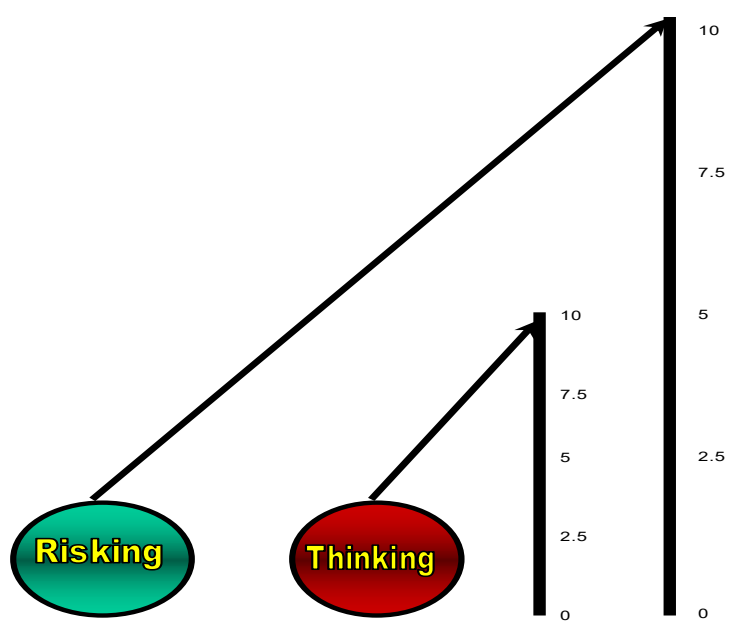
Purpose: To help you recognize the warning signs of your heart closing to your partner so you can “Team Up” and keep your heart open.

The Thomas Concept



THINKING	RISKING
Thought followed by action	Action followed by reflection
Emotionally reserved	Emotionally expressive
Decisions driven by rational analysis	Decisions driven by intuitive feel
Mistakes are felt to be a failure to prepare properly	Mistakes are less impact and a way to learn
Prefer to learn through concepts	Prefer to learn through experience
Plans to avoid failure	Views failure as the start of my next opportunity
Like structure and routine	Dynamic and Changeable
Tend to plan, then take the risk	Tend to be impulsive in their risk taking
Sees the risk	Courage to move in spite of the risks

RANGE OF EMOTIONAL EXPRESSION



<p>Identity: You are more than any one given event</p> <p>Healthy Self Esteem</p>	<p>Be Clear On: Desires/ Wants/ Longings</p> <p>Healthy Self Awareness</p>	<p>Continual Healing: working past our false beliefs</p> <p>Healthy Understanding of “Triggers”</p>
<ul style="list-style-type: none"> • Resting in your acceptance • Knowing you are valuable • Inner Strength • Personality and Gifting 	<ul style="list-style-type: none"> • Teammates – we are on the same team. • We desire Connection • To be Understood, Seen, Heard • Emotionally Available • Vulnerable/ Open 	<ul style="list-style-type: none"> • We question our acceptance • We question our value • We question can we handle it – pain • Personality weaknesses

How to Keep the Flame Burning in Your Relationship

1. Tell your spouse what attracts you to them and what you appreciate about them.
2. If there are parts of your heart, which have been closed, discuss why and what needs to happen for those parts to be opened.
3. As a couple, talk about how you can use the warning signs to help you be more pro-active in your relationship?
4. Remember you are on the same team, reaffirm your commitment to each other and your intent to keep growing in your marriage relationship. Team up and fight your struggles not each other.