

# The Power of Us

FINDING US IN YOU AND ME



# RELATE WELL

## LIVE WELL

### WHO IS LIVE THE LIFE SOUTH FLORIDA?

Live the Life is a Christian based 501c3 founded in 1998 with offices in Tallahassee, Jacksonville, Panama City and South Florida. We exist to strengthen marriages and families through healthy relationship education beginning in middle school through senior adults. We incorporate a three -pronged approach; prevention, maintenance and intervention. Beginning with prevention of family fragmentation we offer 2 research based programs: Start Smart, a premarital class and our Student LIFE curriculum teaching middle and high school students social and emotional wellness in public and private schools. We teach marriage and family maintenance with our Adventures in Marriage, Power of Us, Family Frontiers and RECL(AIM) workshops. Lastly, we offer crisis intervention through our three-day, marriage intensive, HOPE Weekend. We have four core goals: Increase the marriage rate, decrease the divorce rate, decrease non-marital child birth and increase church attendance.

Programming is applicable in both secular and faith-based community settings.

In the last 18 months LTLSF has served a total of 11,000+.

- 27 schools impacting 5636 individuals with an average of 16 hours of education per participate through the Student LIFE program. (this is an accredited class taught during the school day; not an after-school program) We anticipate 35 schools in 2020-2021.
- 5700 individuals in one of our marriage programs with a minimum of 9 hours of education per person.

### STATEWIDE AND NATIONALLY:

- Live the Life has been credited with decreasing the divorce rate in Duval and Leon County. Most recently, an article was published in Newsweek and Christianity Today citing the collaborative initiative between the Protestant and Catholic community impacting the divorce rate in Duval county.
- Live the Life serves our Special Operations military couples through marriage education retreats in New Mexico, Florida, Japan and England.





**RELATE WELL**  
— LIVE WELL —

## WHY LIVE THE LIFE SOUTH FLORIDA?

Our primary reason for the WHY is we want people to know Christ hence our goal of increasing church attendance but we also want to teach people the HOW of living out the second commandment and learn to operationalize loving our neighbor as ourselves.

Secondly, we believe a rising tide floats all boats. If we can diminish the fragmentation of our families through increased relationship literacy, we can reduce poverty, homelessness, incarceration, addictions, domestic violence and a host of societal ills. The symptoms of fragmented families have become their own industries. Communities will never eradicate serving the needs of the less fortunate, but the goal is they are the exceptions, not the rule. Our intent in sharing some of the statistics below is not to condemn but to inspire.

- 44% to 50% of all births are to single Mothers. Marriage would reduce single mother poverty by 65% and the probability of child poverty by 82%.
- Children living in households with unrelated adults are 50 times more likely to die of inflicted injuries as children living with both biological parents.
- Juvenile incarceration is 12x higher for children of divorced parents than children in two-parent families.
- High rates of family disruption and low rates of marriage were associated with high rates of murder and robbery among both African American and white adults and juveniles. "Family structure is one of the strongest, if not the strongest, predictor of variations in urban violence across cities in the United States.
- The victimization rate for women separated from their husbands is about 25x higher than that of married women.
- Drug use in children is lowest in intact married families.
- Marriage reduced binge drinking by 10% and the frequency of such drinking episodes by 11% for men and reduced the proportion of women who reported binge drinking behavior by 20%.
- In one state alone the cost of divorce to Florida taxpayers is \$1.95 Billion every year.
- A study of 80,000 suicides found those who are widowed and divorced were about 3x more likely to commit suicide than those who are married.
- 66% of all families are no longer headed by both biological parents.

**Join us in creating communities where  
marriages and families thrive.**



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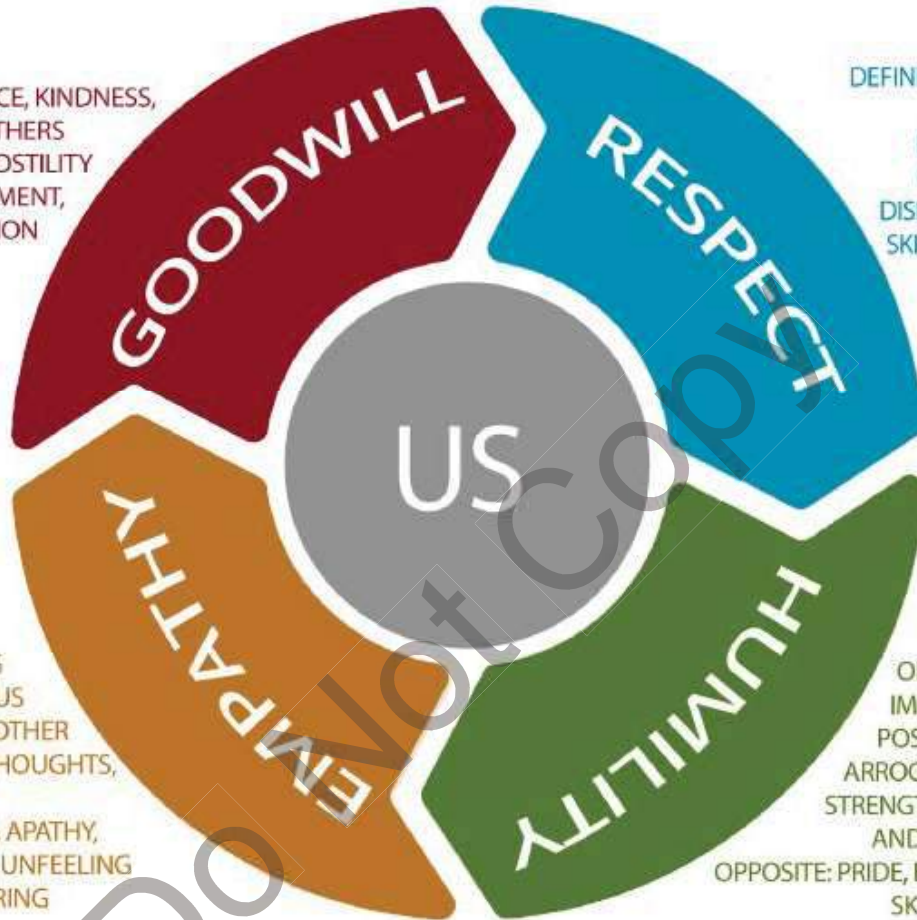
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# 4 PROTECTIVE WALLS OF US

## GOODWILL

DEFINED: BENEVOLENCE, KINDNESS,  
SEEKING TO BETTER OTHERS  
OPPOSITE: ILL-WILL, HOSTILITY  
SKILLS: SELF-MANAGEMENT,  
EMOTIONAL REGULATION



## RESPECT

DEFINED: VALUING ANOTHER,  
HONORING ANOTHER,  
DEFERENCE TO OTHERS  
OPPOSITE: DISRESPECT,  
DISHONOR, CONTROLLING  
SKILLS: COMMUNICATION,  
PROBLEM SOLVING

## EMPATHY

DEFINED: IDENTIFYING  
WITH OR THE VICARIOUS  
EXPERIENCING OF ANOTHER  
PERSON'S FEELINGS, THOUGHTS,  
AND ATTITUDES  
OPPOSITE: UNCARING, APATHY,  
MISUNDERSTANDING, UNFEELING  
SKILLS: LISTENING, CARING

## HUMILITY

DEFINED: MODEST  
OPINION OF ONE'S OWN  
IMPORTANCE, RANK AND  
POSITION; NOT PROUD OR  
ARROGANT; KNOWING ONE'S  
STRENGTHS AND WEAKNESSES  
AND BEING OK WITH THEM  
OPPOSITE: PRIDE, EGOTISM, ARROGNACE  
SKILLS: SELF-AWARENESS

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# EMOTIONAL stages of DEVELOPMENT

adult

Capacity for mutual concern; able to listen with empathy; confides needs in a caring, positive manner. Desire for relationship to win.

TEEN

"Don't tell me what to do!"

child

Doesn't say what's wrong... acts out in behavior and keeps you guessing

INFANT

"I want it when I want it"

**BECOMING AN EMOTIONAL ADULT** is not easy and it's not necessary to be one all of the time. However, you do need to behave like an emotional adult in order to handle conflict constructively.

You become an emotional adult whenever your desire to protect is greater than your desire to be protected, and your desire to love is greater than your desire to be loved.

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# EMOTIONAL stages of DEVELOPMENT

## EMOTIONAL INFANTS

- You have what I need
- I will force you to give it to me
- You owe it to me
- I simply need, nothing else is required of me
- You must figure out what my needs are
- I'm entitled – you do nothing else but give to me
- I'm outraged if you violate these demands
- I never get enough
- I require all of you
- I must eliminate any interest that competes with you giving to me
- I will not tolerate you having any self-interest that is not gratifying to me
- I cannot live without you
- I would rather eliminate you than lose you.
- I must stay in charge
- It's all or nothing

## EMOTIONAL CHILDREN

- You have something that I want and I will find a way to get it from you
- I will lie, trick, manipulate and whine, and find a way to get what I want
- I will seek revenge if you do not give me enough
- I will get even with you for the pain you cause me by not doing what I want
- I will pretend and pose to entice you to give to me
- I will hide my truth in order to keep you
- I will be belittling and controlling of any competition
- I will use any and all of the Stress Styles, such as:
  - Blaming or sulking to let you know I'm upset
  - Placating so you will feel sorry for me and appease me
  - Computing to logically persuade you
  - Distracting to confuse you and be seductive and beguiling
- I will develop physical reactions to the pain of your rejection or disapproval
- I will regress to childhood decisions about what I can allow myself to experience, show or do
- I experience strong doubts about my love-ability and adequacy

## EMOTIONAL ADOLESCENTS

- "Don't tell me what to do"
- My autonomy is threatened by needing and taking too much from a relationship
- I misunderstand your requests as attempts to control me
- I am rebellious when criticized, corrected or directed
- I view commitment as something to be rebelled against
- I believe I already know everything or should know everything
- I constantly measure my personal performance and adequacy against my (unrealistic) views of adulthood
- I compare my fortunes, capabilities and performance with others
- I harbor perfectionistic expectations of others
- I am always trying to prove something
- I cannot listen with empathy because I hear your reality as a criticism of me
- I feel trapped and limited by relationships
- I need space in order to feel my autonomy and freedom
- I blind myself to the consequences of risk taking/rule breaking
- I am easily bored by routine. I'm restless, changeable, seek variety and adventures

## EMOTIONAL ADULTS

- I can listen with empathy without demanding, manipulating, or rebelling regarding others' reality
- I am self aware and can receive criticism without becoming defensive
- I am able to give and take pleasure without fear of painful loss, lack of control or loss of autonomy
- I can speak congruently in my own behalf or in behalf of the relationship, even at the risk of displeasing you
- I can sustain emotional intensity in a relationship
- I can ask for what I need, want or prefer without controlling, engulfing, manipulating or fleeing from you
- I can comfortably move between being dependent, independent, and interdependent with a partner
- Personal existence, love-ability, adequacy and the ability to have my needs met in cooperation with others
- I can self-maintain in times of sickness, work, or preoccupation elsewhere of partner.
- Has the capacity to join in mutual concern and empathy



# TRADING PLACES

Use the following worksheet to uncover hidden assumptions you have about things you see your partner do that are troubling to you.

Examples might be:

When you watch TV instead of talk to me...  
When you seem upset or angry with me...  
When I feel pressured by you...  
When you reject me sexually...  
When you seem distant or troubled...  
When you put your phone/iPad ahead of me...

1. Pick one action your partner does that you struggle with.
2. When this behavior happens, what are you thinking and feeling about your spouse?
3. When this behavior happens, what are you thinking and feeling about yourself?
4. When this happens, how do you react?
5. When you react this way, how do you hope or fear your spouse will react?
6. What is the price we are paying for this in our relationship?

Now “trade places” with your partner, put yourself in his/her shoes, and use your entire life experience with your spouse to try and understand what this is like for them.

“As \_\_\_\_\_, I struggle when you \_\_\_\_\_ watch TV so much. I feel disconnected and distant from you and that really bothers me. I don’t understand why you don’t want to talk to me, and it makes me feel unloved by you. I feel unworthy of your love and that makes things worse. So what I do is get upset and leave the room and hope you will notice I left. I hope you will be bothered enough to do something about it, but I fear you will just keep watching TV and ignoring me. What I want is for us to spend more time together without the TV between us.”



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# THE DONUT VS. THE DONUT HOLE

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Resources, Assets, Strengths

My Spouse

Myself



Our Marriage/Family

# Three HEBREW words for INTIMACY

There are 3 Hebrew words used to describe  
the English word “intimacy”

## YADA

YADA is about KNOWING someone and becoming known – to become acquainted with and familiar with another person.

YADA is desiring to know a person’s heart and experience them below the surface all the way to the heart.

Yada is how someone knows us and our innermost thoughts and the attitudes of our heart.

FAILURE to disclose, and no “Yada” yields a superficial relationship

## SAKAN

SAKAN is about CARING. Sakan speaks to the motivation behind why one would do YADA and SOD. I Yada and Sod because I CARE.

You express Sakan “CARING involvement” because you treasure someone.

Do you care? Sakan involves stepping outside of myself and caring enough to serve and meet the needs of others.

Failure to “Sakan” yields a relationship full of frustration and disappointment because we believe our spouse just doesn’t care

## SOD

SOD means vulnerable self disclosure. To REVEAL, become transparent, disclose information, and make oneself known through talking and conversation

SOD creates a safe environment that allows people to confide and share and reveal ourselves to our spouses in a vulnerable and transparent way.

SOD is both the circle of trust with one's closest associates, and the confidential matters that are discussed with them.

Without SOD you will not get below the surface to know a person deeply. Failure to “Sod” yields a relationship with little emotional connection.



INTIMACY

# what about US?

1. Given the choice of anyone in the world, whom would you want as a dinner guest?
2. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
3. Would you like to be famous? In what way?
4. Before making a phone call, do you ever rehearse what you're going to say? Why?
5. If you could wake up tomorrow having gained one quality or ability, what would it be?
6. What would constitute a perfect day for you?
7. When did you last sing to yourself? To someone else?
8. If you lived until you were 90 and could retain either the mind or body of a 30-year old for your last 60 years, which would you choose?
9. Do you have a secret hunch about how you will die?
10. Name three things you and your partner appear to have in common.
11. For what in your life do you feel most grateful?
12. If you could change anything about the way you were raised, what would it be?
13. Share a personal problem and ask your spouse's advice on how he or she might handle it. Also, ask your spouse to reflect back to you how you seem to be feeling about the problem you have chosen.
14. Take four minutes and tell you partner your life story in as much detail as possible.
15. If a crystal ball could tell you the truth about yourself, your life, the future or anything else, what would you want to know?
16. Is there something that you've dreamt of doing for a long time? Why haven't you done it?
17. What is the greatest accomplishment of your life?
18. What do you value most in a friendship?
19. What is your most treasured memory?
20. What is your most terrible memory?
21. What does friendship mean to you?
22. What roles do love and affection play in your life?
23. Alternate sharing something you consider a positive characteristic of your partner. Share five items with one another.
24. How close and warm is your family of origin? Do you feel your childhood was happier than most other people's?
25. How do you feel about your relationship with your mother? Your father?
26. Make three true "we" statements each. For instance, "we are both in this room feeling..."
27. Complete this sentence "I wish I had someone with whom I could share..."
28. If you were going to become a closer friend with your spouse, please share what would be important for him or her to know.
29. Tell your spouse what you like about them: be honest, saying things that you might not say to someone you've just met.
30. Share with your spouse one embarrassing moment in your life.
31. When did you last cry in front of another person? By yourself?
32. Tell your spouse something that you like about them already.
33. What, if anything, is too serious to be joked about?
34. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
35. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
36. Of all the people in your family, whose death would you find most disturbing? Why?

Take time to interview your spouse and write down their answers to the following questions. Be sure to not argue or interrogate your partner, but merely ask them these questions and see what you can learn.

- In what ways do you believe you give to US?
- What prevents you from wanting to give to US?
- What does US like to do that you personally do not like? (going shopping, playing golf, opera, watching sports, going fishing, etc)
- What does your spouse do that motivates you to give to US?
- What does your spouse do that makes it harder for you to want to give to US?
- What fictional couple (from TV, movies, books, etc.) reminds you of US?
- What is it like to live on the other side of me?

### **YADA AND SOD BECAUSE YOU SAKAN**

- What are three things that have brought you joy in the past month?
- What are three things that have caused you stress/anxiety in the past month?
- What are three things that have made you sad in the past month?
- Name two people that you are closest to at this moment in your life
- Name two people that you are in conflict with at this moment in your life
- What personal improvement would you like to make in your life?
- Who would you say is your greatest source of support?
- What stresses are you facing in the future?
- Describe two hopes or dreams you have for yourself
- What is one thing you have done that makes you laugh when you think about it?
- What prevents you from caring?
- Where have you found joy in your life?



# LOVE KNOTS

<p><b>MINE:</b> I believe this Love Knot is true</p>	<p><b>YOURS:</b> I think my spouse believes this Love Knot is true</p>	
		<p><b>ONE:</b> If you really loved me, you would know what I want, and you would do it. Since you don't, you obviously don't care. So when you tell me what you want, I won't be very interested.</p>
		<p><b>TWO:</b> If you really loved me, you would talk to me. You don't. You don't really love me.</p>
		<p><b>THREE:</b> If we do not agree, then one of us must be wrong. It cannot possibly be me. If it is me, that would mean I am dumb, stupid, ignorant, or defective. I must prove that it is you who is wrong so I can win the argument, and not feel like a failure. I blame you, attack you, and argue with you. You distance and become closed.</p>
		<p><b>FOUR:</b> When I tell you how I feel, you interrupt, disagree, give advice, judge, or dismiss my feelings. That's not what I want. I stop telling you. I distance.</p>
		<p><b>FIVE:</b> If you are in pain, I believe I should be able to fix it. I don't know how to fix it, so I feel inadequate. I get angry with you for making me feel inadequate. I withdraw from you and blame you when you are in pain</p>
		<p><b>SIX:</b> If I love you, I will need you. I cannot trust you to stay. I will provoke you, blame you, and drive you away. So when you leave, I will know I was right.</p>

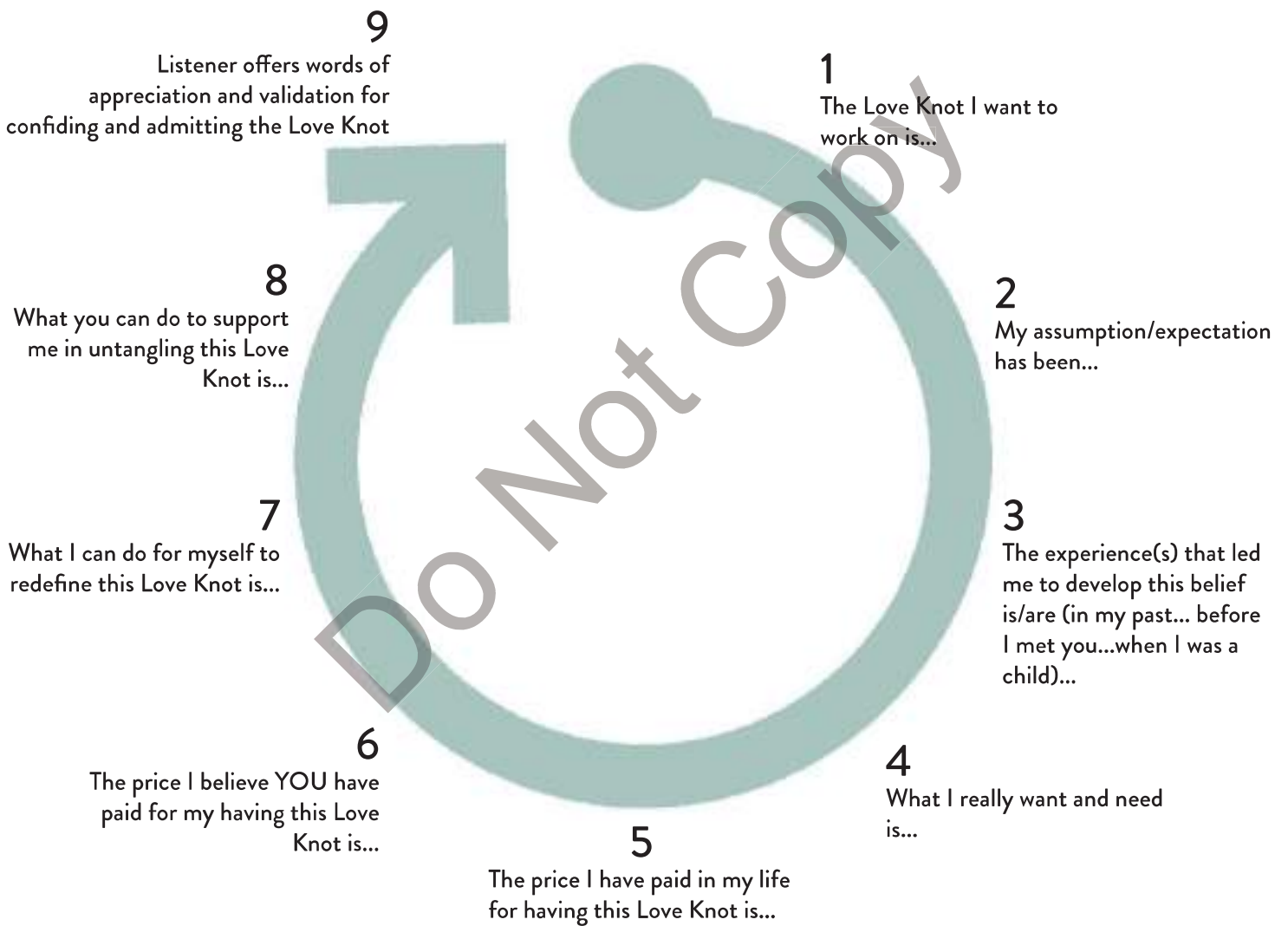


<p><b>MINE:</b> I believe this Love Knot is true</p>	<p><b>YOURS:</b> I think my spouse believes this Love Knot is true</p>	
		<p><b>SEVEN:</b> If I tell you what I want and you do what I want, it doesn't count (because I had to tell you). If I don't tell you what I want, you don't do what I want. If you do what I want, but not the way I wanted you to, it doesn't count. I feel unloved.</p>
		<p><b>EIGHT:</b> If I do what you want, and it's not what I want to do, I resent it. I believe you would resent it if I do what I want to do. (as it isn't what you want to do). So I never do what I want. I'm miserable. I hate you for making me miserable.</p>
		<p><b>NINE:</b> If I tell you what I want, you won't do it, as you resent feeling controlled. If I don't tell you what I want, there's a slim chance you might do it on your own. So I never tell you what I want. After a while, I even stop letting myself know what I want. What do I want? I'm confused.</p>
		<p><b>TEN:</b> If I ask what you are thinking or feeling, I believe I am intruding (as you would tell me if you wanted me to know). If I don't ask, you believe I'm not interested, so you never tell me. We live as strangers.</p>
		<p><b>ELEVEN:</b> If I tell you how I feel, you are angry. If I don't tell you how I feel, you are angry. If I tell you how angry I am at you, you distance yourself from me. If I don't tell you how angry I am at you, I distance myself from you.</p>
		<p><b>TWELVE:</b> If I let myself get too close to you, I will need you. If I am too dependent and need or love you too much, I will not be able to survive without you. I will lose my ability to be alone, to function on my own. I will become weak. I must avoid closeness. I will distance myself from you, and care less, so that I won't miss or need you too much when you are gone, die, or leave me.</p>

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# LOVE KNOTS

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# LOVE NOTE

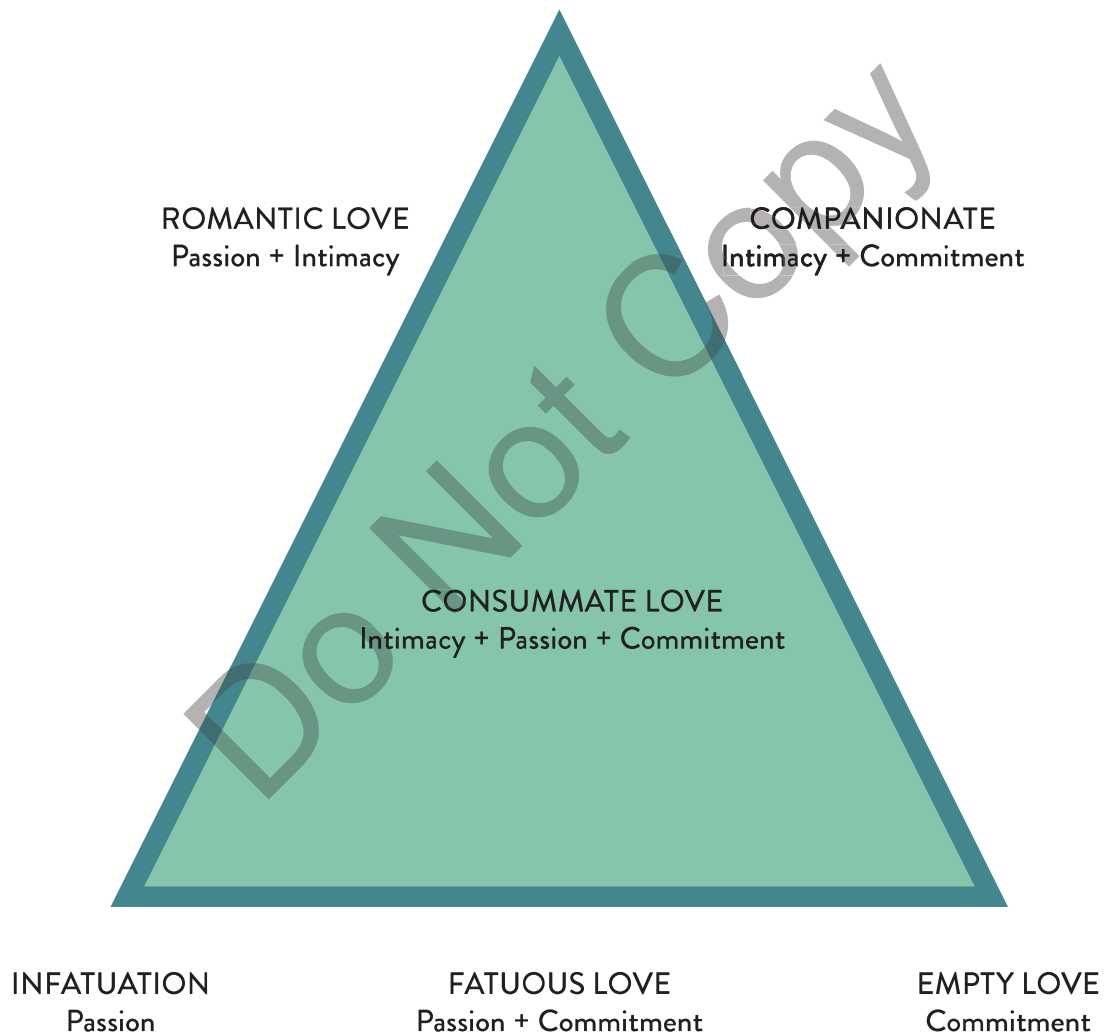
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Re-write your Love Knots into a Love Note

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# STERNBERG'S THEORY OF LOVE



# NOTES

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# NEXT STEPS



## HOPE WEEKEND

Hope Weekends are marriage intensives that combine Christian principles with the latest research to provide specific, practical, attainable skills to help couples. With an 80% success rate, the program is designed to help couples rebuild intimacy and trust, and to teach couples essential relationship skills for developing, maintaining, and sustaining a deeply bonded and connected relationship.



## FAMILY FRONTIERS

In order for modern families to thrive, they need strategies, tips and practical tools to work through everyday challenges. Family Frontiers offers some fun and highly interactive opportunities to connect with one another and provides the hands-on practice and experience families need to develop healthy patterns and learn how to love one another well.



## START SMART

Start Smart is a comprehensive premarital mentoring program with 4 key elements: 1. An inventory driven by current research that provides a unique profile of a couple's relationship. 2. Up to five mentoring sessions with trained marriage coaches. 3. Experiential learning of specific communication and conflict resolution skills. 4. A workbook packed with innovative exercises and meaningful insights on how to have a healthy marriage.



## REAL ESSENTIALS

Teaching students to navigate the dynamics of social and emotional learning. Specifically designed to equip adults to teach young people skills for combating challenges they face in adolescence. Lessons content captivates the heart and directs students towards positive decision making. All lessons are inclusive, evidence-based, and medically approved.



## ADVENTURES IN MARRIAGE

Our Popular Faith based workshop to encourage marriages with some great communication tools, personality discoveries and core needs reviewed.

For More information download our app  
TO DOWNLOAD, TEXT KEYWORD: **LTLSF** TO 56525  
954-909-0360  
[www.livethelife.org/ft-lauderdale](http://www.livethelife.org/ft-lauderdale)

