

Healthily Relationships

The following requires and understanding and acceptance of "there is a God who created all" and continues to help man improve upon the imperfections that keep us from becoming "The Best We Can Be", on a daily basis, and more importantly, you are not God.

From the time we start interacting with others (age zero), relationships become important part of our development, as a way of measuring ourselves, develop social skills, reflecting on conversations, body language, facial expressions, etc. This learning cycle dictated how we approach the next relationship. The art of people pleasing becomes a part of our lives, without a conscious effort. The world teaches us to do this in order to succeed. When except for knowing Christ and having eternal life, healthy relationships can make life enjoyable perhaps more than anything else. Let's see what God's word, the bible says about Healthily Relationships: Now before you tune me out. Review your methods, if they work for you and you have found a sense of contentment, or you aren't convinced in the reality of God then stop reading and continue with your way, if not please read on with an open mind.

In (Matt. 22:36) Jesus is asked, "Teacher, which is the great commandment in the Law?"

Jesus replied (Matt. 22:37-40):

"'You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.' This is the greatest and foremost commandment. The second is like it, 'You shall love your neighbor as yourself.' On these two commandments depend the whole Law and the Prophets."

Peace of mind, successful life in relationships rest on those two thoughts.

When you hear the word Relationship your first thought might be: someone else is involved, and you would be correct. Your second might be: what if they don't want to cooperate and apply the same precepts? The information contained in this presentation is not "How

do I get someone else to do what is right”, but how do I change the things about me that allow me to do right. You are NOT responsible for how others perceive you, you are only responsible for making Matt. 22:36 – 40 apply to your life. Some people are not meant to be in a relationship with you or anyone for that matter.

What makes a Healthily Relationship work.

Relationships are the most complicated activity on this planet. This presentation does not even scratch the surface in an attempt at describing all the UPs and DOWNS of relationships. This is a starting point in understanding what works and what doesn't.

Although this presentation is targeted to close relationships, its theme works for any relationship.

Remember you are the only person you can change. Three areas that need to be evaluated are:

1. Areas of physical intimacy outside marriage (single most common reason a non-marital relationship fails)
2. Self-willed needs
3. Precepts of what norms and values are to be used in the relationship.

These three areas of thought/values affect the relationship greatly. Evaluate these three areas to see where the focus is in the relationship. If your desire is not to let the relationship develop to a Christian relationship, the relationship "Why's" might need further investigation as to why are you in the relationship. Focus on you and not the other person.

A sense of yourself as a separate person

Healthy relationships are best described as interdependent. Interdependence means you rely on each other for mutual support but still maintain your identity as a unique individual.

In other words, your relationship is balanced. You know you have their approval and love, but your self-esteem doesn't depend on them. Although you're there for each other, you don't depend on each other to get all of your needs met.

You still have friends and connections outside the relationship and spend time pursuing your own interests and hobbies.

There is nothing wrong with living a life that can stand alone on its own Christian merits while in a relationship, because you then have something to share and add to the relationship. Vicarious living is not healthy.

Open communication

Communication is a vital part of anything you do, but in a relationship it is critical. Obvious right? But you might be surprised how the lack of it can lead to the end of the relationship. When communication becomes "What I want" or "What is in it for me" instead of what is best for the relationship something is wrong and needs to be addressed. Loving communication is not adversarial. Who is right has little or nothing to do with what will work for both, always look for the "win-win" resolution.

A willingness to consider or talk over changes to your relationship structure if aspects of your existing relationship become less functional. It also involves realism. You see them for who they truly are and care about that person, not an idealized version of them. A "Red Flag" is in seeing this in your relationship when you think "Why won't they do (this or that)". "Can't they see that (whatever is bothering you) is bothering me". These statements require someone else to effect change without the needed information required to accomplish a right action, when with a little loving conversation of your perspective and more importantly listening to their view, even if they have a different opinion, this will allow the "Empathy Factor" to enter in. You are looking to understand what their "norms" or "value structure" is as it is being expressed. Your value structure and norms may not be the same as theirs, depending upon your background and your parents' input during the early years of your development. Lack of understanding of terms and words being expressed will lead to conclusions that may or may

not fit a common understanding. Listening without *judgment* and then sharing only your perspective. Ask questions for understanding on areas that might need further explanation. There is a middle ground, ask yourself *what can you change*, not what they should change.

Partners in healthy relationships typically talk about the things going on in their lives: successes, failures, and everything in between.

You should be comfortable talking about any issues that comes up, from things that happen in everyday life, work or friend stress, to more serious issues, such as mental health symptoms or financial concerns.

Wait to be asked for help before jumping in and giving directions on "How", "What", and "Whys" of the situation. This is the effective action to take when you see your partner starting a project. "Jesus Christ did not enter until asked" Revelation 3:20. It is ok to ask "Do you want help", but if you hear "No", move away. Don't take offence, sometimes the perspective is locked up in their head and implementation is taking a little longer than they expected and you addressing the wrong views can be very distracting and insulting. When your partner is ready, being there when the request is made for help, is your job. This does not mean sitting in the background securitizing what they are doing wrong. No, it means get back to your activities, likes and wants, if the partner succeeds then a complement is in order or if they don't then they will ask for your input. If they don't ask for your input, then the project was not that important to them or they have other resources to call upon and wish to accomplish the task on their own merits, it has nothing to do with your self worth in their eyes. Giving your partner the independence to accomplish is sometimes a sign of respect. You trust them to accomplish, if they don't accomplish, it was *not* your project.

Trust

Trust involves honesty and integrity. You don't keep secrets from each other.

When you're apart, you don't worry about them pursuing other people.

But trust goes beyond believing they won't cheat or lie to you.

It also means you feel safe and comfortable with them and know they won't hurt you physically or emotionally. You know they have your best interests in mind but also respect you enough to encourage you to make your own choices.

Trust is an essential component of a strong relationship, but it doesn't happen quickly. And once it's broken, it's hard to rebuild.

When you think about circumstances that could lead you to lose trust in your partner, infidelity may come to mind right away. But cheating isn't the only way to break trust in a relationship.

Other possibilities include:

- a pattern of going back on your word or breaking promises
- not being there for your partner in a time of need
- withholding, or keeping something back
- lying or manipulation
- a pattern of not sharing feelings openly

What does trust really mean?

Before going over how to rebuild trust, it's important to understand what trust is, exactly.

To start, it might be helpful to think of trust as a choice that someone has to make. You can't make someone trust you. You might not choose to trust someone until they show that they're worthy of it. Proverbs 3:5- "Trust in the LORD with all your heart, and do not lean on your own understanding." It is easy to lean on what we have learned throughout our lives, but trusting God to give you understanding will give you the direction you need will help you make a positive trusting. This is NOT easy, it requires practice and faith.

Signs of trust in a relationship

Trust can mean different things to different people. In a romantic relationship, trust might mean:

- You feel committed to the relationship and to your partner.

- You feel safe with your partner and know they'll respect physical and emotional boundaries.
- You know your partner listens when you communicate your needs and feelings. That does not mean they will be able to meet the need, just that they care enough to try.
- You don't feel the need to hide things from your partner.
- You and your partner respect each other.
- You can be vulnerable together.
- You support each other.

It's also important to understand what trust *isn't*.

In a relationship, for example, trust doesn't necessarily mean you tell your partner every single thing that crosses your mind. It's totally normal to have personal thoughts you keep to yourself.

Trust also doesn't mean giving each other access to:

- bank accounts (unless it's a shared one)
- personal computers
- cell phones
- social media accounts

You may not mind sharing this information, especially in case of an emergency. But the presence of trust in a relationship generally means you don't need to check up on your partner. A 'Red flag' you need to address is if you feel a necessity to check. You have faith in them and feel able to talk about any concerns you might have.

Rebuilding trust when you've been betrayed

Having someone break your trust can leave you feeling hurt, shocked, and even physically sick. It might prompt you to consider your relationship — and your partner — in a different way.

If you want to attempt to rebuild trust, here are some good starting points.

Consider the reason behind the lie or betrayal

When you've been lied to, you might not care much about the reasons behind it.

But people do sometimes lie when they simply don't know what else to do. This doesn't make their choice right, but it can help to consider how you might have reacted to their position.

Sure, your partner may have betrayed you to protect themselves, but they may have had a different motive. Were they trying to protect you from bad news? Make the best of a bad money situation? Help a family member?

Maybe the betrayal of trust resulted from a miscommunication or misunderstanding.

Whatever happened, it's important to make it clear that what they did wasn't OK. But knowing the reasons behind their actions may help you decide whether you're able to begin rebuilding the trust you once shared.

Communicate, communicate, communicate

It might be painful or uncomfortable, but one of the biggest aspects of rebuilding trust after betrayal is talking to your partner about the situation.

Set aside some time to clearly tell them:

- how you feel about the situation
- why the betrayal of trust hurt you
- what you need from them to start rebuilding trust

Give them a chance to talk but pay attention to their sincerity. Do they apologize and seem truly regretful? Or are they defensive and unwilling to own up to their betrayal?

You may feel emotional or upset during this conversation. These feelings are completely valid. If you feel yourself getting too upset to continue communicating in a productive way, take a break and come back to the topic later.

Talking about what happened is just the beginning. It's perfectly fine, and entirely normal, if you can't work through everything in just a night or two.

Practice forgiveness

If you want to repair a relationship after a betrayal, forgiveness is key. Not only will you need to forgive your partner, but you also may need to forgive yourself.

Blaming yourself in some way for what happened can keep you stuck in self-doubt. That can hurt the chances of your relationship's recovery.

Depending on the betrayal, it might be hard to forgive your partner and move forward. But try to remember that forgiving your partner isn't saying that what they did was OK. Rather, you're empowering yourself to come to terms with what happened and leave it in the past. You're also giving your partner a chance to learn and grow from their mistakes.

Ask God to help you forgive. Forgiveness is about letting go of anger and your desire for revenge. Realize that you are powerless to forgive unless you have God's strength. God does not ask you to do something without giving you His strength and power to do it (Psalm 29:11). This does not mean your forgiveness will lead to a fix, it means God will give you peace within to move on to get past the hurt.

Avoid dwelling on the past

Once you've fully discussed the betrayal, it's generally best to put the issue to bed. This means you don't want to bring it up in future arguments.

You'll also want to go easy on constantly checking in on your partner to make sure they aren't lying to you again.

This isn't always easy, especially at first. You might have a hard time letting go of the betrayal and find it difficult to start trusting your partner, especially if you're worried about another betrayal.

But when you decide to give the relationship a second chance, you're also deciding to trust your partner again. Maybe you can't completely

trust them right away, but you're implying you'll give trust a chance to re-grow.

If you can't keep thinking about what happened or have misgivings about your partner's future honesty or faithfulness, couples counseling can help. But these signs could also indicate you may not be ready to work on the relationship.

How to Forgive Yourself

Making peace and moving forward is often easier said than done. Being able to forgive yourself requires empathy, compassion, kindness, and understanding. It also requires you to accept that forgiveness is a choice.

Whether you're trying to work through a minor mistake or one that impacts all areas of your life, the steps you need to take in order to forgive yourself will look and feel the same.

All of us make mistakes at times. As humans, we're imperfect. The trick is to learn and move on from our mistakes. As painful and uncomfortable as it may feel, there are things in life that are worth enduring the pain for in order to move forward, and forgiving yourself is one of them.

Here are 12 tips you can try the next time you want to forgive yourself.

1. Focus on your emotions

One of the first steps in learning how to forgive yourself is to focus on your emotions. Before you can move forward, you need to acknowledge and process your emotions with a Trusted Source. Give yourself permission to recognize and accept the feelings that have been triggered in you and welcome them.

2. Acknowledge the mistake out loud

If you make a mistake and continue to struggle with letting it go, acknowledge out loud what you learned from the mistake. When you give a voice to the thoughts in your head and the emotions in your

heart, you may free yourself from some of the burdens. You also imprint in your mind what you learned from your actions and consequences.

3. Think of each mistake as a learning experience

Thinking of each “mistake” as a learning experience that holds the key to moving forward faster and more consistently in the future.

Reminding ourselves that we did the best we could with the tools and knowledge we had at the time, will help us forgive ourselves and move forward.

4. Give yourself permission to put this process on hold

If you make a mistake but have a hard time putting it out of your mind, Try to visualize your thoughts and feelings about the mistake going into a container, such as a mason jar or box.

Then, tell yourself you are putting this aside for now and will return to it if and when it will benefit you.

5. Have a conversation with your inner critic

Journaling can help you understand your inner critic and develop self-compassion. One thing you can do is write out a “conversation” between you and your inner critic. This can help you identify thought patterns that are sabotaging your ability to forgive yourself.

You can also use journaling time to make a list of the qualities you like about yourself, including your strengths and skills. This can help boost your self-confidence when you’re feeling down about a mistake you made.

6. Notice when you are being self-critical

We are our own worst critics, right? That’s why one important action tip is to notice when that harsh voice comes in and then write it down. You might be surprised by what your inner critic actually says to you.

7. Quiet the negative messages of your inner critic

Sometimes it can be difficult to recognize the thoughts that are getting in the way of forgiveness. If you're struggling to sort out your inner critic, trying this exercise might help:

- On one side of a piece of paper, write down what your inner critic says (which tends to be critical and irrational).
- On the other side of the paper, write a self-compassionate and rational response for each thing you wrote on the other side of the paper.

8. Get clear about what you want

If the mistake you made hurt another person, you need to determine the best course of action. Do you want to talk to this person and apologize? Is it important to reconcile with them and make amends?

If you're on the fence about what to do, you might want to consider making amends. This goes beyond saying sorry to a person you've hurt. Instead, try to fix the mistake you've made. One study found that forgiving ourselves for hurting another is easier if we first make amends. What is required is a sincere desire to turn from this type of action in future and acknowledge God is in charge and is willing to help you, if asked.

9. Take your own advice

Oftentimes, it's easier to tell someone else what to do than to take our own advice. Ask yourself what you would tell your best friend if they were sharing this mistake they made with you, and then take your own advice.

If you're having a difficult time working through this in your head, it can help to role-play with your friend. Ask them to take on your mistake. They will tell you what happened and how they are struggling to forgive themselves.

You get to be the advice giver and practice telling your friend how to move on.

10. Quit playing the tape

It's human nature to spend time and energy on replaying our mistakes. While some processing is important, going over what happened again and again won't allow you to take the proper steps to forgive yourself.

When you catch yourself playing the "I'm a horrible person" tape, stop yourself and focus on one positive action step. For example, instead of replaying the tape, take three deep breaths or go for a walk. Interrupting the thought pattern can help you move away from the negative experience and reduce stress and anxiety.

11. Show kindness and compassion

If your first response to a negative situation is to criticize yourself, it's time to show yourself some kindness and compassion. The only way to begin the journey to forgiveness is to be kind and compassionate with yourself.

This takes time, patience, and a reminder to yourself that you're worthy of forgiveness.

Forgiveness of yourself does not make the mistake right, it allows you to focus your energy on a positive win-win outcome.

12. Seek professional help - Christian Based

If you're struggling to forgive yourself, you may benefit from talking to a Christian professional. Talking to a Christian counselor who can help you learn how to break these unhealthy patterns in your life and learn new and healthier ways of coping with mistakes.

The takeaway

Forgiveness is important to the healing process since it allows you to let go of anger, guilt, shame, sadness, or any other feeling you may be experiencing, and move on.

Once you identify what you're feeling, give a voice to it and accept that mistakes are inevitable. You'll begin to see how free forgiveness can be.

Finally forgiveness of infidelity:

Cheating and Dishonesty:

Proverbs 6:32 But the man who commits adultery is an utter fool, for he destroys himself.

Hebrews 13:4 Give honor to marriage and remain faithful to one another in marriage. God will surely judge people who are immoral and those who commit adultery.

Exodus 20:14 *“You must not commit adultery.”*

Matthew 5:28 But I say, anyone who even looks at a woman with lust has already committed adultery with her in his heart.

Above are some of the verses in the Bible that God speaks on Adultery. As you can see, he takes it very seriously. You are not to do it. What then happens to a relationship that it has happened in. There is no easy answer as well as excuse for the adultery. Each marriage should be looked at to see if there is a possible reconciliation. Again, no acceptable motivation. But if it has only occurred once, there might be a chance the marriage can be rebuilt. Prayer and meditation will bring clarity.

If it is an ongoing action, then the bible allows for divorce, Jesus specifically allowed divorce for **infidelity.**

Matthew 19:9 (ESV)

And I say to you: whoever divorces his wife, except for sexual immorality, and marries another, commits adultery.

Note that Jesus does not say this is the only reason for divorce. We find other reasons for divorce in Scripture.

The Apostle Paul allowed divorce for **abandonment**

1 Corinthians 7:14-15 (NIV)

For the unbelieving husband has been sanctified through his wife, and the unbelieving wife has been sanctified through her believing husband; for otherwise your children would be unclean, but as it is, they are holy. Yet if the unbeliever leaves, let it be so. The brother or the sister is not bound in such circumstances; God has called us to live in peace.

The Law of Moses allowed divorce for **abuse**

The Law of Moses actually **commanded** divorce for breaking any of the three marriage vows in Exodus 21:10: **food, clothing, and "marital rights," which can be defined as "love,"**.

Conclusions:

With usage of a good browser, additional information can be gleaned. Start with the question "What does the Bible say about (insert subject).

There is a lot of information presented here, you might want to listen/view more than once. Take notes, any questions email:

<http://www.howrecovery.com/index.html>

References:

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