

## **SECTION TWO: MARRIAGE AND FAMILY**

### **Chapter 7 - The 4 C's of Marriage**

#### **WE MUST DISCOVER WHAT WE ARE LOOKING FOR INSIDE NOT OUTSIDE OF OURSELVES**

We all have an inner peace we can learn to consciously access.

External rational thought creates external feelings.

Internal conscious thought accesses internal feelings.

#### **SPIRITUAL INTELLIGENCE INVENTORY**

(1) To keep a marriage together, you must continually work on your commitment. True or false?

(2) In a marriage, couples need to learn to communicate. True or False?

(3) In marriages it is most important to have the other person understand you. True or False?

(4) People who do a lot of activities together will grow in intimacy. True or False?

(5) Compatibility tests before marriage will tell if the couple is compatible. True or False?

#### **THE FOUR C'S**

When I did premarital counseling, as compared with postmarriage counseling, the issues were the same but the approaches were different. I call them the "Four C's of marriage.

When people come into a marriage they exhibit four C's: (1) good communication, (2) good commitment, (3) good compatibility, and (4) they have good communion (intimacy).

You don't have to be a therapist to go to a wedding and see both the bride and the groom exhibiting the four C's. After all, why would anyone ever get married if they did not feel compatible, could not communicate, were not committed, and didn't liked being with each other?

When I see couples with marriage problems, I find they no longer have the four C's They have problems with their communication, their commitment, their compatibility and their communion. What went wrong? They are seeking help for something they knew how to do. I used to have a very excellent set of exercises to help couples in communications.

The premarital couples would study the exercises and then sometimes, if they felt bold enough, they would say, "This is nice, but you see we have excellent communication." And they did. They didn't need to be taught how to communicate with each other.

I would talk about commitment, speaking directly to some of the problems that would

come up. "Neither of you have a job." "You are still in school." "How are you going to handle a baby?" "Where will you live?" "What kind of income will you have?" They always had answers. They would be able to handle anything that came up because of their commitment to one another. How about compatibility? "You like to sleep late, while you are a morning person." "You like sports, while you like libraries." "You talk a lot, but you don't." "You like to express your feeling, but you don't." "You are an extrovert and get your energy from being with people, while you are more the introvert who gets energy by being alone." "You like to be early, you are always late." "You want things in order, you are very relaxed." I would ask them, "How will you handle these areas of incompatibility?" "Never mind," they would say. "We love each other, and these are no big deals." Well, how about intimacy? "We can't wait to be married so we can be together."

Those who come in for post marriage-counseling have a different story. "We don't communicate." "We have tried working on our commitment." "I am more committed than you are." "You have let me down." "We have tremendous money problems, because you spend too much." "You never want to have any fun." "You've got to get a better job." "You're not helpful with the children." "All you want to do is be with the children, but what about me?" "We never do anything together any more." "We used to talk about real things. All we talk about now is what we are going to do next." "Our marriage is like a business. You are never at home. You are always working." "You're not a good housekeeper, the place is a mess." "How can I perform when I am working all the time?" "How can you expect anything from me when you don't give anything to this marriage?" Whew!

What happened between the happy pre-married and the unhappy post-married? They seemed to have lost what they used to have.

Actually, they have changed internally. Externally it was always there. When they first meet, most couples feel pretty secure in themselves, and have high self esteem. They have a job or are in school, whatever. They feel comfortable about themselves.

When they get married, something happens. They begin to depend upon the other person to give them what they already had. It takes a while, but there comes a time when the other person they are depending upon for their happiness once too often lets them down, or is not there for them, or disappoints them in some other way. They begin demanding performance if they are to be happy and feel good about themselves. The seeds of dependency and codependency are planted.

There is only one diagnosis in any marriage problem and only one treatment. The diagnosis is, "They are out of the peace they once had." Why should they try to learn how to do something they already knew how to do, and did before marriage, that is, how to communicate. People begin to work on commitment. It is not something you work on. It is a fruit of the relationship. They try to learn how to deal with the very same things they feel incompatible with that they could handle very well before marriage. And doing things together does not create intimacy any more. Appreciating the experience of sensing the

other person's presence is what creates intimacy. Its not something you do, it is something you experience. The good news is that people do not lose their love for each other, they just think they lost it. There is only one treatment for all marriage problems: get into the peace.

When people are out of the peace they lose understanding and try rather to be understood. They are thinking about replies rather than listening. When they are out of the peace, they have arguments over compatibility issues. Why would two people argue with each other when they were in the peace? When they are in the peace, they begin to see the answers are not "yes " or "no", but "we can do all sort of things that can meet both our needs". It is no longer "win-lose" but "win-win". Problems are faced together as a team, and intimacy again becomes the enjoyment of being in each others presence no matter what is happening outside.

In other words, the problems that seem to cause the difficulties are symptoms, not issues. Even the issues are not the issue. The issue is they are out of the peace, and they need to get back in where they belong.

What people get so many times in marriage counseling is exercises on how to cope with a difficult situation. Married couples don't want to cope, they want to live. When a couple comes in for marriage counseling the diagnosis is already known as well as the treatment. The diagnosis is "They are out of the peace," and the treatment is "They need to understand how to get into the peace."

I counseled a couple for the first time who were literally on their way to the lawyers. In about twenty minutes they both got into the peace. I then asked them what specifically was troubling them. They honestly could not think of anything that was upsetting to them.

### **WHAT DIFFERENCE DOES IT MAKE?**

One way of getting into the presence is to wonder what difference does it make when you are in and when you are out of the presence while dealing with difficult situations? When one shifts from the rational faculties of analyzing the event to the conscious faculty of focusing on the presence by wondering you make yourself available to access the inner peace of God.

You can see how this works in The Four C's Marriage relationships.

### **COMMUNICATION, COMPATIBILITY COMMITMENT AND COMMUNION (INTIMACY)**

ON A BASIS OF ONE TO TEN, TEN BEING HIGHEST

1. What kind of score do you have when both partners are feeling FRUSTRATED while trying to COMMUNICATE to each other. SCORE \_\_\_\_\_

2. What kind of score do you have when both partners are feeling UNHAPPY when they are discussing areas of INCOMPATIBILITY? SCORE\_\_\_\_\_

3. What kind of score do you have when both partners are feeling INSECURE while thinking about their COMMITMENT to each other? SCORE\_\_\_\_\_

4. What kind of score do you have when both partners are feeling UNLOVED when thinking about their INTIMACY with each other. SCORE \_\_\_\_\_

ON A BASIS OF ONE TO TEN, TEN BEING HIGHEST

1. What kind of score do you have when both partners are feeling GOD`S PEACE while trying to COMMUNICATE to each other. SCORE \_\_\_\_\_

2. What kind of score do you have when both partners are feeling HAPPY when they are discussing areas of INCOMPATIBILITY? SCORE \_\_\_\_\_

3. What kind of score do you have when both partners are feeling SECURE while thinking about their COMMITMENT to each other? SCORE\_\_\_\_\_

4. What kind of score do you have when both partners are feeling LOVED, when thinking about their INTIMACY with each other. SCORE \_\_\_\_

Now check your answers and see if you have any change of heart.

RESPONSES TO SPIRITUAL INTELLIGENCE INVENTORY

1. To keep a marriage together, you must continually work on your commitment  
FALSE- Commitment is a fruit of a good relationship, not a work. You get the peace to create the commitment rather than getting the commitment so you create the peace.

2. In a marriage, couples need to learn to communicate  
FALSE -They already knew how to communicate before they were married. They do not communicate to get in the peace. They get in the peace to communicate.

3. In marriages it is most important to have the other person understand you  
FALSE- Highly successful people find they need to understand before they are understood.

4. People who do a lot of activities together will grow in intimacy  
FALSE Intimacy comes from internal thinking, not external thinking. You do things together because you appreciate the person, rather than appreciating the person because you do things together.

5. Compatibility tests before marriage will tell if the couple is compatible  
FALSE-Compatibility depends on how people think, not on what they do. You get in the

peace to solve the problem rather than trying to solve the problem to get in the peace.