

## **Life, Love and Family Daily Fact Sheet**

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**"Walk-Away Syndrome"**

### **Statistics:**

- 40 to 50 percent of all first marriages in America end in divorce, statistics are even higher each time you remarry. (Popenoe, 2007)
- You have a 40 percent chance of being divorced, if your parents were divorced. If your parents remarried, you are 91 percent more likely to get divorced. (Wolfinger, 2005)
- One out of five adults (22%) have never been married. (Barna Group, 2008)
- Four out of Five Americans (78%) have been married at least one time, 84 percent of all Christians have been married at least once, and 74 percent of non-Christians have been married at least once. (Barna Group, 2008)
- If you argue about finances more than once a week, you are 30 percent more likely to end in divorce than a couple who does not argue about finances weekly. (Dew, 2009)

### **The Wrong way we deal with Problems: (Clinton & Mintle, 2013)**

1. Harsh Startup- Beginning a conversation with an immediate attack filled with pent up emotions, anger, resentment, explosive feelings, and defensiveness.
2. Negativity- viewing everything that is said, done, and suggested as being a personal attack on your value and worth.
3. Unforgiveness- Not letting things go, never moving forward, and allowing these feelings to eat at you!
4. Criticizing- Cynicism, Sarcasm, and tearing down each other in order to make a point or to win the argument!
5. Overloading- Men tend to shut down when overloaded with feelings, understand your husband may need time to sort out his feelings- allow him time to pause.
6. Giving up! – Don't bury your feelings, write it down in your black book, and quit trying! There are right ways to deal with problems.

### **The Right way to talk about Problems: (Clinton & Mintle, 2013)**

1. Don't wait- delaying to talk about problems only builds up feelings, make sure you address these concerns before they get out of hand.

2. Remember the positives- All the good qualities about your spouse, the good things they have done, and the great memories you have of them.

3. Pause- When things do get out of hand in a conversation you need to slow it down, or even stop and realize (don't let emotions control you) all the things I value in my spouse. Take a cool down period. Agree to talk about it in an hour.

4. Calm Yourself Down- Before emotions cause you to react: count to 10, take deep breaths and slowly let them out, pray, or even pause the conversation to take a walk. Become aware of your feelings and how to keep yourself calm.

5. Letting Go of the Grudge- Turning over the anger and resentment to God, allowing Him to help you forgive. Being willing to try again, and move forward with a fresh start; desiring change in yourself and giving time for God to work in your spouse's life.

6. Don't Quit! – A willingness to work things out and agreeing to discuss things calmly, even if you don't agree on everything, is the biggest part of the battle, if you promise not to quit, you are already half way there!

#### **Quotes:**

- “God created marriage. No government subcommittee envisioned it. No social organization developed it. Marriage was conceived and born in the mind of God.” ~ Max Lucado
- “Many marriages would be better if the husband and the wife clearly understood that they are on the same side.” ~ Zig Ziglar
- “Making marriage work is like running a farm. You have to start all over again each morning.” ~ Author Unknown
- “To solve a marriage problem, you have to talk with each other about it, choosing wisely the time and place. But when accusations and lengthy speeches of defense fill the dialogue, the partners are not talking to each other but past each other. Take care to listen more than you speak. If you still can't agree on a solution, consider asking a third party, without a vested interest, to mediate.” ~ R.C. Sproul
- “What you are as a single person, you will be as a married person, only to a greater degree. Any negative character trait will be intensified in a marriage relationship, because you will feel free to let your guard down - - that person has committed himself to you and you no longer have to worry about scaring him off.” ~ Josh McDowell

#### **Key Thoughts: (Clinton & Mintle, 2013)**

- We learn behaviors from our parents and how we were raised:
- How our parents dealt with problems
- How they dealt with anger, frustration, and criticism
- Look for the negative patterns in your own behavior and how it affects your spouse.

- Admit your negative behavior, and commit to work on ways to change.
- Discuss how negative behavior patterns have hurt you emotionally.
- If things are out of control, be willing to seek help from a Christian Counselor.

#### **Verses:**

- Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! Again, if two lie together, they keep warm, but how can one keep warm alone? And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken. - Ecclesiastes 4:9-12
- And above all these put on love, which binds everything together in perfect harmony. - Colossians 3:14
- Husbands, love your wives, as Christ loved the church and gave himself up for her - Ephesians 5:25
- Above all, keep loving one another earnestly, since love covers a multitude of sins -1 Peter 4:8

#### **Endnotes:**

Barna Group (2008) Divorce Among Adults Who Have Been Married, Retrieved from: <http://www.barna.org/barna-update/article/15-familykids/42-new-marriage-and-divorce-statistics-released>

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Dew, J. (2009) Bank on It: Thrifty Couples Are the Happiest, Institute of American Values, Retrieved from: [http://www.stateofourunions.org/2009/bank\\_on\\_it.php](http://www.stateofourunions.org/2009/bank_on_it.php)

Popenoe, D. (2007) The Future of Marriage in America, National Marriage Project: The State of Our Unions, The University of Virginia, Retrieved from: [http://www.stateofourunions.org/2009/bank\\_on\\_it.php](http://www.stateofourunions.org/2009/bank_on_it.php)

Wolfinger, N. (2005) Understanding the Divorce Cycle, Cambridge University