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The DNA of Relationships

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Published in association with the literary agency of Alive Communications, Inc., 7680 Goddard Street, Suite 200, Colorado Springs, CO 80920.

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Library of Congress Cataloging-in-Publication Data

The DNA of relationships / Gary Smalley . . . [et al.].

p. cm.

Includes bibliographical references (p.)

ISBN 0-8423-5530-8 (hc) ISBN 0-8423-5532-4 (sc)

1. Interpersonal relations—Religious aspects—Christianity. I. Smalley, Gary. II. Title: D.N.A. of relationships.

BV4597 .52.D62 2004

248.4—dc22

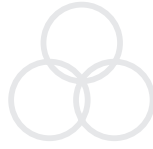
2004010263

Printed in the United States of America

10 09 08 07 06 05 04

8 7 6 5 4 3 2 1

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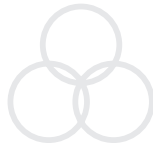
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1

A RELATIONSHIP REVOLUTION



LIFE IS RELATIONSHIPS;
THE REST IS JUST DETAILS.

THIS IS THE GREATEST TRUTH.

EVERYTHING IN LIFE THAT TRULY
MATTERS CAN BE BOILED DOWN
TO RELATIONSHIPS.

Almost everything we do touches a relationship in some way. Just think about your day. Whether you're at home or at work, driving your car, playing, exercising, shopping, vacationing, worshipping at church, or doing any one of the many activities you and I do everyday, we are constantly involved with people. We even interact with people in our sleep. There is no escaping relationships.

That is why for the past thirty-five years, I have felt passionate about helping couples, families, and individuals to strengthen, deepen, and enrich their most important relationships. That is what God has called me to do.

In this quest to improve relationships, I am always searching for what works and identifying what doesn't work. I love to take relationship theories, apply them to my own relationships, and see if they work for me personally. It makes no difference to me if I make the discovery on my own or if the new relationship idea comes from someone else. I'm always hunting.

So for three and a half decades I have traveled all over the world, delivering my message about how to improve relationships. Everywhere I go, I meet people who tell me that one of my conferences or one of my videos or books has helped save their marriage or improve their friendships or reconnect with family members. I feel deeply humbled and grateful for each of these encouraging reports.

Yet I also frequently hear something not quite so thrilling. Many people take me aside to say, "I watched your videos—but I lost my marriage." Or, "I read your book—but my wife still left me." Or, "I tried your material—but things just didn't work out." Whenever I hear stories like these, a deep sadness fills my heart. I know my message has helped a lot of people, but I also know it hasn't helped everyone. That's why I'm constantly on the lookout for anything that really *works* for the vast majority of people I meet.

A Revolutionary Discovery

Two years ago, while searching for information to improve relationships, I made what I now believe is the greatest discovery of my lifetime. Interestingly, it happened right under my nose, in my own backyard. It came from my son Greg's marriage counseling and research center, now called the Smalley Marriage Institute.

Soon after Greg earned his doctorate in psychology, he began assembling a team of professional counselors, including Bob Paul, Dr. Scott Sticksel, Dr. Peter Larson, Dr. Robert Burbee, Dr. Shawn Stoeber, and Dr. Brett Sparks. Almost immediately they started hearing reports, both encouraging and challenging, about my ministry. People told them that they loved the books and videos and confer-



ences I had done—but many said they needed *more*. They needed someone to come alongside them, to get “life-on-life” with them, and to help them put our material into practice.

Greg, Bob, and their highly trained relationship experts began doing what they call “marriage intensives,” where couples on the brink of divorce come for two or four days of intensive work on their relationships. While I wholeheartedly endorsed the efforts of Greg, Bob and the team, at that point I didn’t get deeply involved. I left them alone to do their good work.

But when their research team recently finished its first five-year study of the couples who came for the intensives, the results were staggering. The team found that 93 percent of the couples are still together—and thriving in solid, healthy relationships! Take a moment to digest that amazing number: *That’s a success rate of better than nine in ten!* When highly distressed couples learned and applied the material you’re about to read, 93 percent of them not only managed to keep their marriages intact but also have reported much higher satisfaction with their relationships!

After hearing such glowing accounts, I finally decided that I had to find out for myself what was going on. The team penciled me in to take part in both a four-day intensive and a two-day intensive. What I saw was amazing. I haven’t been the same since.

As the intensives began, I observed angry couples who couldn’t even stand to look at each other. They refused to hold hands. Many clearly didn’t even want to be there. Tears flowed freely from both the men and the women. I heard wrenching details of illicit affairs and habitual cheating, of serious financial problems, of fierce arguments and violent shouting matches.

Let me share the story of one couple to illustrate what I mean. Jim and Mary had already decided to give up on their marriage. After fifteen years together and three children, the couple came to the marriage intensive as a final attempt to salvage their marriage. I heard Jim say that if the marriage intensive didn’t change things, he was going to file for divorce the following week. He thought that this week would be a total waste of his time.

To me their situation seemed impossible. I wondered if they had any chance at all. They sat glaring at each other, hostility and tension written all over them.

The first years of their marriage had been reasonably good,

but as Jim became increasingly involved in work and Mary became focused on the kids, their relationship began to spiral into worsening emotional distance, combined with periodic angry outbursts toward one another. Mary felt Jim abandoned her, and she did everything she could to get him to talk about their problems and to work with her to make their marriage and family better. In response to Mary's pursuit, Jim grew cold, and at the time they entered the intensive, he admitted that he had lost all feelings of love toward Mary. He talked about being so tired of her trying to control his every movement and to manipulate him to do the marriage her way. Over the years they had sought help from several marriage counselors and a pastor, but nothing seemed to make any lasting difference.

The final straw was when Mary discovered that Jim was having an affair with a coworker. Mary felt completely devastated and deeply betrayed. The pain of losing her husband to another woman felt like the death of a loved one. She felt totally alone. But most of all, she felt helpless to keep Jim from this other woman. Mary had seriously considered ending the marriage, but her faith in God and her concern for her children caused her to look for an alternative. She was unsure if she could ever forgive Jim and wondered if she could ever trust him again.

Jim felt just as confused and distraught. His love for his wife was such a distant memory that he seriously doubted whether he could ever love her again. Worst of all, he questioned whether he even wanted to try. The only reason he came to the intensive was concern for his children and a desire to be able to say that he had tried "everything" to save the marriage. Neither Jim nor Mary was overly motivated to make things work.

Before they left for the intensive, their thirteen-year-old daughter, Sandra, had left a note for them:

*Dear Mom and Dad,
I don't know how God will solve this, but I just can't imagine my parents divorcing and our family breaking apart. Thank you for trying. Yet, I feel like a young puppy left outside in the cold with no shelter. It feels like it's getting colder and colder each night, and winter will soon be here. The other dogs tell me that I won't believe how cold it will get. I know the snow is coming,*



and I feel so helpless to find a way to keep warm. I'm so scared that I'll freeze to death before it's over. It's such a terrible feeling to be alone and to feel like no one understands what I'm going through. My friends have explained the pain I'll feel once you divorce, and it scares me. I feel so helpless, like I'm just sitting in my room waiting for the ice storm to hit. Each day is longer and longer, and it feels darker and darker. I'm sick inside all of the time. Please keep trying!

Sandra

Before the intensive begins, the team asks each couple, “Do you believe that God could do a miracle in your marriage and provide a way for you not only to stay together but actually to fall back in love the way you once were?” During the four-day intensive, both Jim and Mary had a series of miraculous encounters that totally surprised them. They began to understand the powerful truths I will unpack for you throughout this book. As they worked through the various steps I’ll share with you, they felt a deep sense of compassion and care for the other. They hadn’t felt this way toward one another for a long time. They also became aware of several significant beliefs that had led to frustration and failure. At one point Jim said, “No wonder our marriage has felt impossible for so long.” And Mary asked with exasperation, “Why hasn’t anyone ever told us about this before?”

By the end of the four days, they both recognized they had a challenging road ahead, but they each felt tremendous hope for the future of their marriage and their family. Jim’s heart began opening to his wife, and he was overwhelmed with gratitude toward God. Mary was thrilled with a new understanding of herself, and of Jim and their marriage. She felt the new knowledge and key skills were exactly what they needed to create a satisfying and safe marriage that both could be thrilled with. Like most couples who attend one of these intensives, after the third day, Jim and Mary were seen holding hands on the way to dinner.

When Jim and Mary arrived home, they sat down with their children. Jim began, “Kids, we have good news and some bad news. The bad news is that your mom and I will need more prayer and help with our relationship. The good news is that we are staying together. We believe with God’s help and the things we learned in the inten-

sive that we can make it. We want this for us and for you. We love you and want to stay together as a family.”

Instantly, Sandra jumped into their arms. With tears running down her cheeks, her words were powerful, “Thanks for getting me out of the cold and letting me back into the warm house. Thank you. Thank you. Thank you!”

The astounding turnaround just floored me. I’m in my early sixties, and this new discovery not only has changed me but also has taken me to a whole new level of understanding how to enjoy my important relationships. What Greg’s team has taught me these past few years has empowered me to determine how happy I am with each relationship, no matter what others are doing. I get to choose how fulfilled I am and that other people can’t rob me of my being full. When you finish this book, you’ll understand why I’m so excited about this new way of living.

Can you imagine my joy as I saw dozens of couples stabilize their relationships? And it made me wonder: *What is the secret to these miraculous turnarounds?*

A Definable Pattern

As Greg, Bob, and the team began to chronicle and analyze their experience with the intensives, an unexpected fact surprised everyone: The negative behavior that hurt the relationship of *every* couple resulted from an easy-to-identify, recurring pattern. None of these men and women realized that their spouses had been doing and saying things that prompted this vicious cycle to kick in, but whenever it happened, they stepped right into their own place in the pattern, injuring the relationship. Every time this hurtful pattern of behavior went into motion, it did so in consistent, predictable ways—ways that could be graphically charted out on a whiteboard.

It seemed almost as if these men and women were saying, “My spouse is making me feel disrespected or belittled. I feel like I’m a failure, or I feel abnormal. Since I don’t like these feelings, I have to do something to get my partner to stop.” So what did they do? They immediately fell into the well-worn ruts of their hurtful pattern, triggering round after round of the same sad cycle. Without even realizing what was happening, these sparring partners would begin a destructive dance.



Learning New Dance Steps

After the team helped these distressed couples understand how their destructive dance was destroying their marriages, they helped them to break the rhythm of that dance and learn new dance steps that would restore their relationships and renew their love for one another. Sounds like a tall order, doesn't it? Yet the team consistently filled that order.

How? What on earth did they do to manage such a tremendous feat? They taught these men and women three things:

- the DNA of relationships
- the pattern of their unique relationship dance
- five effective dance steps for building healthy relationships

By committing themselves to learning and practicing these principles and steps, these couples not only rediscovered their passion for one another but also learned how to build a fulfilling relationship, which had seemed frustratingly out of reach before.

Now, let's get real honest. Does it sound doubtful to you that couples *even on the brink of divorce* could, in a matter of days, do a 180-degree turnaround and start enjoying the marriage they always wanted? Does it seem far-fetched that by understanding and applying a few key concepts, sour relationships can turn sweet and anger can give way to joy? I used to think so. But then I saw with my own eyes what can happen when God steps in and lends his infinite power to the remarkable plan for relationship success that we want to share with you. Let me share another "impossible" story that proves miracles really can—and do—happen!

Bob Paul, one of the main creators of this new material, is married to Jenni. Both of them would tell you that the first several years of their marriage were anything but satisfying. Bob's constant demands and insensitive instructions about how she ought to meet his needs led to almost daily fights. She grew to hate him. In total disgust she shut him out of her emotional, spiritual, and physical life and once even told him, "The thought of ever making love to you again makes me feel like I'm going to vomit." If any relationship seemed impossible to save, this was it. However, many of the insights described in this book are a result of Bob's long journey as he allowed God to change him and completely transform his marriage. The process has dramatically influenced the

way he works with people. Bob and Jenni have now passed their twenty-third anniversary, and they've reached that milestone as a happy, contented couple, delighted to be together and thrilled with their marriage.

Sound impossible? It's really not. We're going to show you how to become part of this relationship revolution. This book will open the door to miracles in your own relationships. It fascinated me to hear Bob say to the couples that visited our counseling center, "I don't know how God is going to do this, but I've experienced a miracle in my own marriage and get to witness miracles occurring in other marriages almost every week of my life. A miracle really can take place in your relationship."

We're going to show you in this book how to experience that kind of miracle. In fact, let me offer you a guarantee: The powerful principles and techniques that you're about to learn can help to revolutionize *your* relationships and turn them into something deeply satisfying and even thrilling.

And you know what? It's easier than you think.

A Pattern for *All* Relationships

The exciting concepts and methods hammered out in our marriage intensives apply to *all relationships*, not merely to marriage. I made this discovery for myself as I saw major improvements taking place in my own home and with friends.

After seeing the results of the patterns that Greg and Bob's team had discovered, I started thinking, *Wait a minute! If this material has so effectively helped me to handle my conflicts with Norma, maybe it can also help to explain why I lost some key friendships back in the seventies and eighties.* I was closer than a brother to several men, and yet we fell out of fellowship and into terrible disharmony.

Dreadful memories flooded my mind, painful memories full of sadness and regret and grief. I thought of two men in particular, once dear and close friends, but from whom I had so totally disconnected that we no longer even spoke with one another. Here I was, a respected marriage and family "expert," and yet I couldn't even get along with men whom I once counted as my closest friends! The thought deeply embarrassed and troubled me.

As I replayed old mental tapes and pondered what might have

happened between us, eventually it dawned on me. I began to see how these men and I had been involved in a destructive dance. As a result we simply went our separate ways—angry, hurt, and confused. And so we lost a treasured friendship.

But maybe it didn't have to be that way! Maybe I could employ the same principles that worked so well with Norma to strengthen my current friendships and rebuild damaged ones!

I've been learning ever since! And what I've been learning and applying in my own life, I want to teach you.

The Joy Can Be Yours

We all want warm, fulfilling relationships—in our marriages, in our families, in our friendships, and in the workplace. I long for you to experience and enjoy the same newfound life and vitality in relationships that I've come to experience in the past few years as a result of applying the concepts in this book.

What a difference it can make when you understand the DNA of relationships, the relationship dances, and the five dance steps. As you join me in this delightful adventure of discovery, you'll experience God's love and power in fresh and exciting ways:



*You'll learn about the amazing **Power of One**.* You'll see how to take personal responsibility for your part in all relationships. You'll see how to become completely empowered to choose how you feel within all of your relationships. This message has completely changed our family, our staff, and our lives. We just have to send it out to the world, to churches and families and couples and singles, so that others can enjoy the same freedom and enthusiasm that we're enjoying! Can you just imagine teenagers—or anyone else for that matter—not blaming others for being unhappy? They could learn how to be responsible for their own emotions. That would be a great day.



*You'll learn about **Safety**,* about creating an environment that feels safe, where true intimacy can take root and bloom. You'll learn how personal differences can enhance your relationship instead of causing problems and how you can adopt an attitude of curiosity instead of judging others. And you'll discover how to effec-

tively and positively deal with “walls” that your partner or friends may put up. Just imagine friends, couples, and kids feeling completely safe to open up and share their deepest thoughts with others who love them.



*You'll learn about **Self-Care***, how God wants you to take care of yourself so that you can become a channel of his love to others. We'll show you how to make sure that your internal battery is charged, ready to connect for satisfying and fulfilling relationships. Imagine a host of people learning how to take care of themselves in ways that enable them to care for others. Can you see workplaces and churches filled with people who are not expecting others to fill them up but rather are taking care of themselves during the week and coming to work or church to enrich each other?



*You'll learn about **Emotional Communication***, a powerful communication method with the strength to eliminate the main causes of divorce and the primary causes of separation between friends. You'll learn how to connect deeply with the heart of another person. We'll show you how to find the emotional “nugget” that leads to effective and fulfilling communication, enabling you to feel confident that you will be understood. And we're going to show you how to make communication easier and more efficient than you've ever experienced! Imagine feeling that others deeply understand you.



*You'll learn about **Teamwork***, about adopting a no-losers policy that will help you walk in harmony and complete unity with your spouse, family members, and friends so that you never again have to worry about losing an argument. We'll show you how to identify the obstacles that make your relationships difficult, as well as how to remove those hurdles. Imagine families and neighbors and colleagues working through conflict in ways that don't damage relationships.

Does any of this sound appealing to you? Does it sound like something you would like in your own life?

Well, how could it *not*?



We Have a Relationship Crisis Today

What you will learn and experience in this book will have an impact far beyond your personal relationships because we are surrounded by millions of people in relationship crises. The following could be read as the headlines of a culture losing the battle for relationships:

- Lifelong friendship goes sour
- Teenager runs away from home
- Coworkers quarrel, one leaves the company
- Girlfriend and boyfriend split up
- Newlyweds have first fight
- Adult siblings stop talking to each other—for years
- Soldier returns home from defending country and abuses his wife
- Marriage of fifteen years shatters in divorce
- Lonely teenager commits suicide
- Pastor's marital infidelity splits church
- Two students, estranged from friends and society, assassinate a dozen schoolmates and then end their own lives
- Nineteen terrorists wreak havoc on a country, killing thousands of innocent people

Something has gone very wrong. We all know it. At least one of these scenarios has touched nearly every person on earth. The effects of broken relationships cut across the generations, from school children to married couples to senior citizens. And the consequences are staggering. Worse yet, the tragic stories of disrupted friendships, marriages, families, communities, and nations grow increasingly frequent.

We see that practically all the world's crises, little or large, can be reduced to one thing: *the breakdown of relationships*.

We believe that the message of this book can have a profound impact on our culture. Our ultimate goal is not merely to help you build great relationships but also to encourage you to take what you learn and multiply it in the lives of others around you.

Later we'll describe in more detail how we're working to recruit an army of a million relationship champions who will gather weekly with a small group of other champions to help one another learn and apply the DNA of relationships principles. It excites us beyond words

to think of the potential of partnering with you and a million or more other people around the world!

We're also actively praying for 100,000 churches to join us as we work to ignite the relationship revolution that will transform our country and our world. Could you be one of the leaders in your own church for whom we're searching? If so, we promise to equip you through our Web site, through a series of resources currently under development, a radio program, and several other resources. You can read all about these connections in chapter 10 and the resources pages of this book. In short, we'll be here for you until you understand this new message and can apply it easily in your life and relationships. We believe that we've found a relational gold mine, and we want you to profit from all its awesome riches.

More Excited Than Ever

In all my thirty-five years of ministry, the material in this book has taken me to a whole new level of understanding about how to help people in all of their most important relationships. If in the past you have found any help in what I've presented, then I promise that you're going to find vastly more help in what you're about to read.

As I said, God has called me to hunt for and discover what actually *works* in strengthening the relationships of couples, families, and singles. I don't know how to say it any more strongly: the material in *The DNA of Relationships* works not just theoretically but practically. I've seen its effectiveness in the lives of hurting couples as well as in my *own* life, in my *own* marriage, in my *own* relationships with family, and in my *own* friendships.

Believe me, this new stuff *works*!

But it gets even better! Not only does it work, but it also makes relationships far *easier* than I've ever known them to be. Just think about that: better *and* easier! What we're presenting here will not complicate your life. Much to the contrary, it will make it far simpler.

And how can you beat *that*?

JOIN THE ADVENTURE

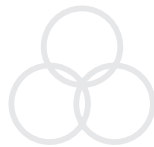
*Life is relationships; the rest is just details.*¹

We would never write a book like this if we didn't think God has shown us a better and easier way to build strong, satisfying relation-



ships, able to bring joy for a lifetime. We've both seen and experienced how God can turn around disastrous relationships and bring them to a place of health, satisfaction, and joy.

Would you like to see and experience the same thing? Then join us. Hop aboard for what could be the most thrilling ride of your life. And let's begin where all good rides start: at the beginning, at how God designed us. For without starting there, we'll miss out on the full relationship experience God means us to have.



LIFE IS RELATIONSHIPS;
THE REST IS JUST DETAILS.

ONE-MINUTE REVIEW

THE DNA OF RELATIONSHIPS

I. The DNA of Relationships:

- **You are made for relationships.** Relationships are part of the creation design. You are created to need relationships.
 - **You are made with the capacity to choose.** You can't always choose your relationships, but you *can* choose how you will act in those relationships.
 - **You are made to take responsibility for yourself.** You are responsible for your choices and actions. You cannot change the other person, but you can take responsibility for your own behavior.
- 2. You have a relationship with others, with yourself, and with God.** Each of those relationships is not only important, but each is intricately related to the others.
 - 3. It's never just about the other person.** The problem you have with another person is often a problem you have with yourself.
 - 4. Put yourself in the picture.** When you see yourself in the same "frame" as the other person, you begin to see yourself as part of the problem as well as part of the solution.
 - 5. Get God's lens for a healthy view of your relationships.** Only when you see your relationships through an accurate lens—God's lens—can you see others as he sees them and see yourself as he sees you. That lens is the basis for healthy relationships.
 - 6. All three relationships must be in balance.** Each of the three relationships is so tied to the others that if one is out of balance, the other two will be out of balance too.
 - 7. Choice equals change.** All relationships involve choice. When you choose to work toward healthy relationships, you often find things need to change. You must choose to change, even when the change is scary.
 - 8. Not choosing is itself a choice.** If you postpone making a choice, making a change, then you *are* choosing. By not doing anything, you force change to be done to you.

APPENDIX A

HOW TO HAVE A RELATIONSHIP WITH GOD



You have a relationship with God, whether or not you acknowledge it. That relationship is an important factor in your relationship with others and with yourself.

How would you describe your relationship with God? Is it distant? Is it intimate? Do you ignore him? Is he the center of your life? Do you know God personally?

Maybe you are consumed with a “try harder” religion. You believe that if you work hard, take care of your duties, and watch after your family or others, God will look over your whole life and conclude that in the end you are okay. Perhaps you believe that giving up your bad habits will place you in God’s good graces.

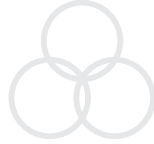
A relationship with God is not based on what you do—or abstain from doing. It is not about your best efforts. It is about a God who loves you and wants a relationship with you. In fact, the Bible says that “he is a God who is passionate about his relationship with you” (Exodus 34:14). Think about that. How many people are passionate about a relationship with you? Well, the God of the universe is. He loves you right where you are. He loves you despite your past. He wants a relationship with you no matter who you are or what you have done.

How can you have a relationship with God? Through his Son, Jesus Christ. As the Bible says, “There is only one God and one Mediator who can reconcile God and people. He is the man Christ Jesus” (1 Timothy 2:5).

We have a natural desire to be independent, to be the master of our own lives, to live by our own standards. It’s the old “look out for number 1” attitude. The biblical word for that attitude is *sin*. Our sin cuts us off from God. Every single one of us struggles with this prob-

APPENDIX B

IDENTIFY YOUR CORE FEAR



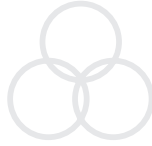
1. **IDENTIFY THE CONFLICT:** Identify a recent conflict, argument, or negative situation with your spouse, friend, child, neighbor, coworker, or whomever—something that really “pushed your buttons” or upset you. Think about how you were feeling and how you wished the person would not say or do the things that upset you. You might have thought something like, *If only you would stop saying or doing ____, I would not be so upset.*

2. **IDENTIFY YOUR FEELINGS.** How did this conflict or negative situation make you feel? Check all that apply—but “star” the most important feelings:

- | | | |
|---------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Unsure | <input type="checkbox"/> Uncomfortable | <input type="checkbox"/> Frightened |
| <input type="checkbox"/> Apathetic | <input type="checkbox"/> Confused | <input type="checkbox"/> Anxious |
| <input type="checkbox"/> Puzzled | <input type="checkbox"/> Worried | <input type="checkbox"/> Horrified |
| <input type="checkbox"/> Upset | <input type="checkbox"/> Disgusted | <input type="checkbox"/> Disturbed |
| <input type="checkbox"/> Sullen | <input type="checkbox"/> Resentful | <input type="checkbox"/> Furious |
| <input type="checkbox"/> Sad | <input type="checkbox"/> Bitter | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Hurt | <input type="checkbox"/> Fed up | _____ |
| <input type="checkbox"/> Disappointed | <input type="checkbox"/> Frustrated | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Wearied | <input type="checkbox"/> Miserable | _____ |
| <input type="checkbox"/> Torn up | <input type="checkbox"/> Guilty | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Shamed | <input type="checkbox"/> Embarrassed | _____ |

3. **IDENTIFY YOUR FEAR:** How did this conflict make you feel about *yourself*? What did the conflict “say” about *you and your feelings*? Check all that apply, but “star” the most important feeling.

APPENDIX C
RELATIONSHIP
RESOURCES



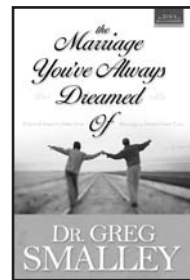
We at the Smalley Relationship Center and Smalley Marriage Institute are committed to serving you and equipping you as relationship champions. Look for these relationship resources:

Relationship Resources for Marriage

If you are committed to helping people in their marriage look for *The Marriage You've Always Dreamed Of* by Dr. Greg Smalley.

Dr. Greg Smalley and Robert (Bob) Paul run the Smalley Marriage Institute, which offers marriage intensives for couples who need the care of a relational emergency room. Couples come to the marriage intensives with broken and failed marriages. They are often ready to divorce the next week. Greg and Bob help these couples get to the heart of their differences and heal their wounds. These marriage intensives forge lasting behavior change—and *The Marriage You Always Dreamed Of* and another upcoming book will offer you what they have learned over years of counseling distressed couples.

Consider starting a marriage relationship revolution by inviting other couples into your home and leading a couples' small group that studies *The Marriage You Always Dreamed Of*. To learn more, visit www.smalleymarriage.com.

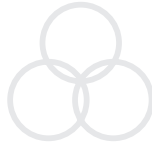


AVAILABLE
IN SPRING 2005

Relationship Resources for Young Singles

If you find yourself naturally hanging out with singles, God may be calling you to invest in their lives. Be proactive. Don't let MTV, FOX,

NOTES



CHAPTER 1—A RELATIONSHIP REVOLUTION

1. This phrase was coined by Dr. Scott Sticksel.

CHAPTER 2—THE DNA OF RELATIONSHIPS

1. Genesis 2:18.
2. See Genesis 2:15-17; 3:1-6.
3. Sharon Begley, “Your Brain on Religion,” *Newsweek* (May 7, 2001).
4. Exodus 34:14.
5. See John 10:10.
6. Rick Warren, *The Purpose-Driven Life* (Grand Rapids: Zondervan, 2002), 22–24.
7. See Isaiah 43:3-4.
8. If you need a reminder, read John 3:16 to see what lengths he went to in order to pay the price for every one of your bad choices.
9. Matthew 22:37-39.

CHAPTER 3—THE DANCE THAT DESTROYS RELATIONSHIPS

1. These and other names in this book have been changed to protect the privacy of the people whose stories we share.

CHAPTER 4—THE POWER OF ONE: TAKE PERSONAL RESPONSIBILITY

1. Archibald D. Hart, *Habits of the Mind: Ten Exercises to Renew Your Thinking* (Dallas: Word, 1996), 11.
2. *Ibid.*, 8–10.
3. *Ibid.*, 5.
4. Philippians 4:8.
5. 2 Corinthians 10:5, NIV.
6. See Philippians 4:19.
7. Romans 12:18, NIV, emphasis added.
8. James 1:2.
9. Luke 17:3-4, NIV.
10. Luke 17:5-6, NIV.
11. Matthew 6:12.
12. That truth is even more clear in a statement Jesus made right after he