

# **From Anger to Intimacy:**

**Reignite Your Marriage with Forgiveness,  
Understanding, and Appreciation**

**Ted Cunningham**

**Mom:** “What does IDK, LY, and TTYL mean?”

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**Son:** “I don’t know, love you, talk to you later.”

**Mom:** “What does IDK, LY, and TTYL mean?”

**Son:** “I don’t know, love you, talk to you later.”

**Mom:** “Okay, I’ll ask your sister.”

**“I’m sorry you feel that way.”**



**“I’m sorry you feel that way.”**

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**“You shouldn’t feel that way.”**

**“If I offended you, I’m sorry.”**



**“If I offended you, I’m sorry.”**

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**“You’re too sensitive.”**



**“I’m sorry you took  
it that way.”**

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**“I’m sorry you took  
it that way.”**

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**“You read more into that  
than I intended.”**

**“I’m sorry I said it that way.”**



**“I’m sorry I said it that way.”**

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**“What I told you was truth  
and you needed to hear it,  
but maybe I could have  
said it better.”**

**3 of the hardest things to say...**

**3 of the hardest things to say...**

**“I’m sorry”**

# **3 of the hardest things to say...**

**“I’m sorry”**

**“I was wrong”**

**3 of the hardest things to say...**

**“I’m sorry”**

**“I was wrong”**

**“Worcestershire Sauce”**



Marital satisfaction depends on **factors** and **skills** couples can do something about in any **season** or **stage** of life.

When filled with anger,

you...

blame your spouse

When filled with anger, you...

blame your spouse

question your compatibility

**When filled with anger, you...**

blame your spouse

question your compatibility

**close your heart**

Unresolved anger is like  
**drinking poison** expecting the  
other person to get sick.

You never bury anger **dead**,  
you always bury it **alive**.

Unreconciled relationships do  
not get better **over time.**

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

**Ephesians 4:32**



I forgive because  
I'm forgiven.

My inability to forgive  
is a **Source problem**,  
not a **spouse problem**.

I forgive you because  
I want you to forgive me.

“keeps no record of wrongs.”

1 Corinthians 13:5

In sports, we keep score so we can have a **winner** and a **loser**.

In relationships, we do not keep score because we are on the **same team**.

**I won't keep a record of your wrongs  
because I don't want you to keep a  
record of mine.**

**When filled with anger, you...**

blame your spouse

question your compatibility

close your heart

**isolate from others**





Every marriage is a **duet** in need  
of great **backup singers**.

**We rejoice and delight in you,  
we will praise your love more than wine.**

**Song of Solomon 1:4**

**When filled with anger, you...**

blame your spouse

question your compatibility

close your heart

isolate from others

**doubt your future**

**When filled with anger, you...**

blame your spouse

question your compatibility

close your heart

isolate from others

doubt your future

**explore other options**

# The Six Levels of Communication

Above all else, guard your heart,  
for it is the **wellspring** of life.

*Proverbs 4:23*

Your heart is a “tablet”  
*Proverbs 3:3*

The purposes of a person's heart are **deep waters**,  
but one who has insight draws them out.

**Proverbs 20:5**



Level 1 - **Small Talk**

Level 2 -

Level 3 -

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Level 4 -

Level 5 -

Level 6 -

Level 1 - **Small Talk**

Level 2 - **Facts**

Level 3 -

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Level 4 -

Level 5 -

Level 6 -

Level 1 - Small Talk

Level 2 - Facts

Level 3 - Opinions

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Level 4 -

Level 5 -

Level 6 -

Level 1 - Small Talk

Level 2 - Facts

Level 3 - Opinions

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Level 4 - Feelings

Level 5 -

Level 6 -

Level 1 - Small Talk

Level 2 - Facts

Level 3 - Opinions

---

Level 4 - Feelings

Level 5 - Desires / Needs

Level 6 -

Level 1 - Small Talk

Level 2 - Facts

Level 3 - Opinions

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Level 4 - Feelings

Level 5 - Desires / Needs

Level 6 - Beliefs