

From Anger to Intimacy:
Reignite Your Marriage with
Forgiveness, Understanding,
and Appreciation

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<https://woodhills.org/aacc-downloads/>

Ecclesiastes 9:9

Enjoy life with your wife, whom you love, all the days of this meaningless life that God has given you under the sun—all your meaningless days.

For this is your lot in life and in your toilsome labor under the sun.

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

“I’m sorry you feel that way.”



“I’m sorry you feel that way.”

“You shouldn't feel that way.”

“If I offended you, I’m sorry.”



“If I offended you, I’m sorry.”

“You’re too sensitive.”

“I’m sorry you took
it that way.”



“I’m sorry you took
it that way.”

“You read too much into that.”

“I’m sorry I said it that way.”



“I’m sorry I said it that way.”

“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...

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“I’m sorry”

3 of the hardest things to say...

“I’m sorry”

“I was wrong”

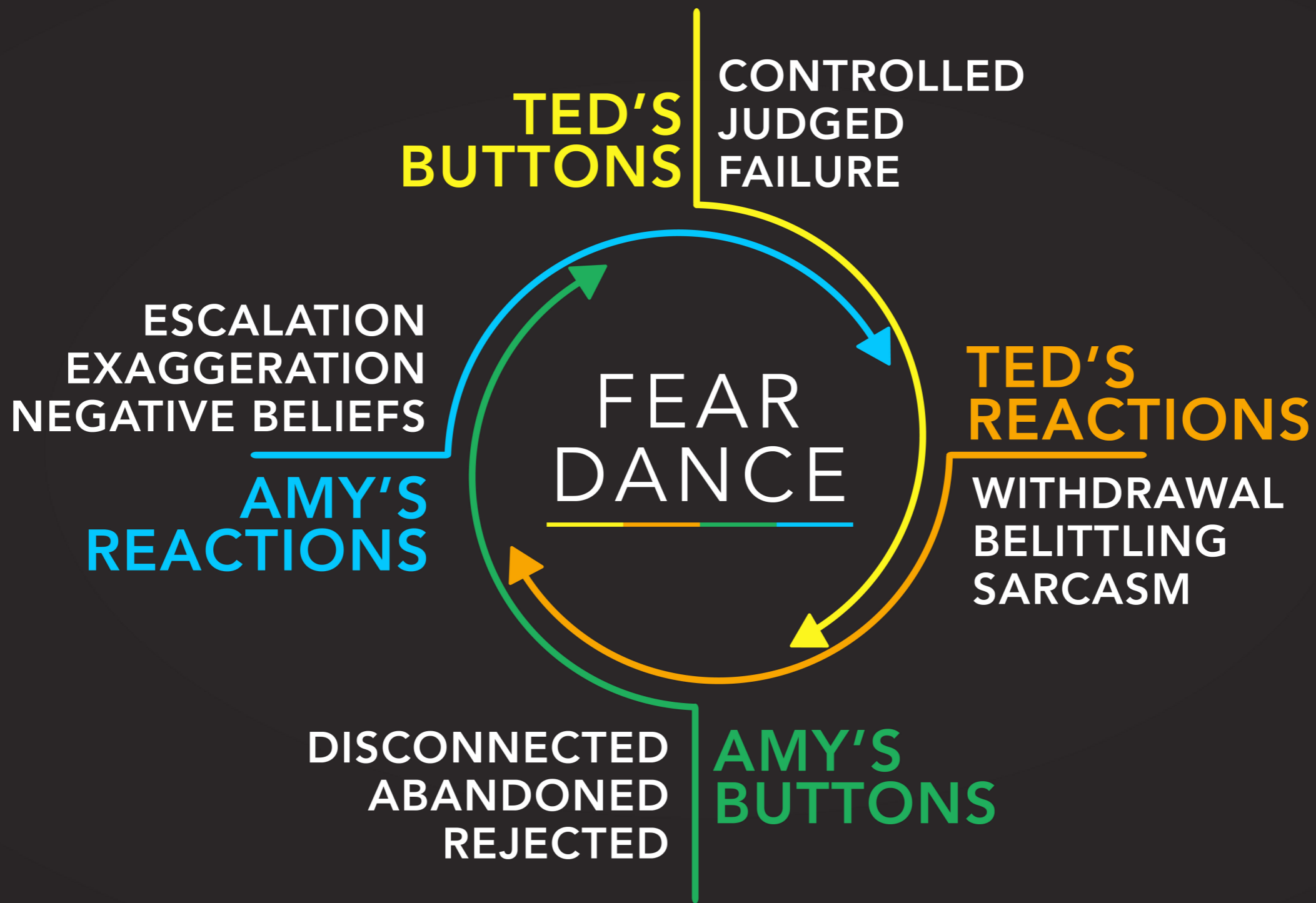
3 of the hardest things to say...

“I’m sorry”

“I was wrong”

“Worcestershire Sauce”

With unresolved anger, you...
blame your spouse



With unresolved anger, you...

blame your spouse

question your compatibility

COMMON MARRIAGE MYTHS

1. A **good match** guarantees outcome.
2. **Compatibility** is easy and automatic.
3. Healthy couples **avoid conflict**.
4. **Big issues** cause most divorces.
5. **Shared interests** keep us together.

With unresolved 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.**

Ephesians 4:32

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

I forgive because
I'm forgiven.

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

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**.

With unresolved 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.

Song of Solomon 1:4

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

With unresolved anger, you...

blame your spouse

question your compatibility

close your heart

isolate from others

doubt your future

With unresolved 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

Proverbs 4:23

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

Proverbs 20:5

The purpose in a man's heart is like **deep water**,
but a man of understanding will draw it out.

Level 1 - **Small Talk**

Level 2 -

Level 3 -

Level 4 -

Level 5 -

Level 6 -

Level 1 - **Small Talk**

Level 2 - **Facts**

Level 3 -

Level 4 -

Level 5 -

Level 6 -

Level 1 - Small Talk

Level 2 - Facts

Level 3 - Opinions

Level 4 -

Level 5 -

Level 6 -

Level 1 - Small Talk

Level 2 - Facts

Level 3 - Opinions

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

Level 4 - Feelings

Level 5 - Desires / Needs

Level 6 - Beliefs

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COUPLES



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