



Your Values

There are many things you may value in your life. Here is an exercise for you to try and discover the values that are most important to you and that are truly worth fighting for on a daily basis, especially in connection with your marriage relationship.

- What do you spend most of your time doing? What is on your calendar and schedule?

- What material possessions are in your home or yard that you care about most?

- What do you spend money on? Look at a bank statement if needed.

- What do you like to study or learn about?

- What hobbies and talents do you pursue?

- What do you enjoy talking about or sharing with others?

Now let's get more specific about what you value in your marriage relationship. Look at the following values and add a few more if desired.

Commitment/Loyalty * Honesty * Humility * Patience * Forgiveness * Time Together * Open Communication * Gifts * Tender Touch * Sexual Faithfulness * Words of Appreciation * Sacrifice/Selflessness * Service/Helpfulness * Righteousness * Gratitude * Compassion * Order/Tidiness * Cleanliness * Trust * Faith * Honor * Equanimity * Frugality * Comfortable Silence * Calmness * Truth * Respect * Loyalty

Choose 1-2 that even though you value this trait, you need to improve upon in your marriage relationship.

Considering all the things you value and want in your life, ponder the 3 questions on the next page. Write some answers specifically focused on your marriage relationship, since you are in The Marriage Academy, but you can also include what you are fighting for in all areas of your life. Journal about these 3 questions often and you will gain more clarity; depth and insight. These questions allow you to stay in your frontal lobe more and avoid going into the "Crazy Spin" and middle animal brain.

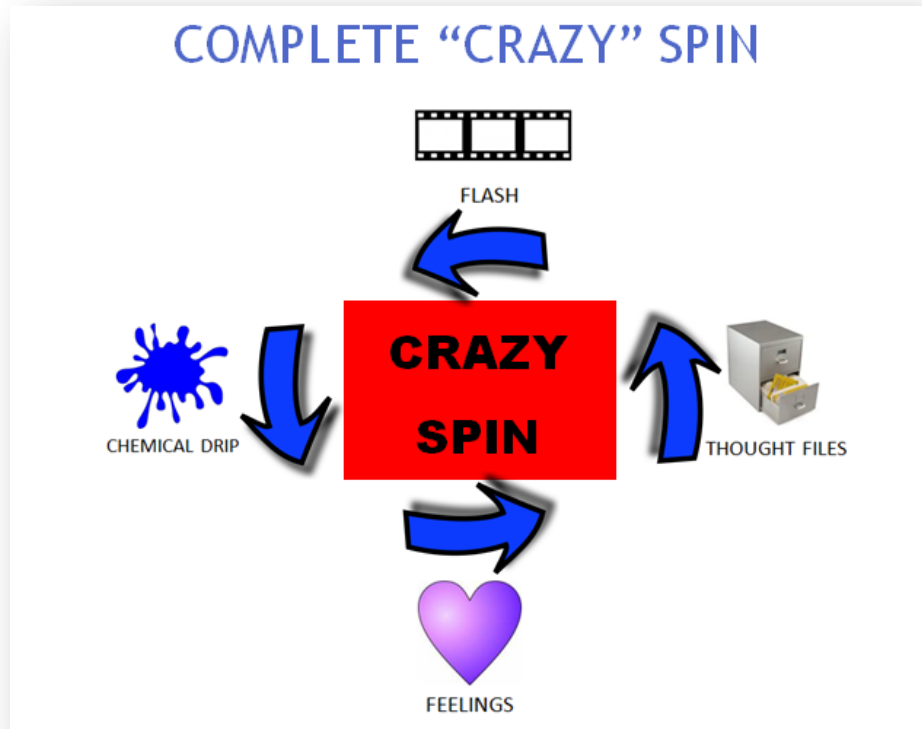
In your Marriage Relationship...



What are you fighting for?

Why are you fighting?

Why don't you just give up?



The "Crazy Spin" is an illustration of brain function. Remember this cycle begins with a subliminal or subconscious thought triggered by a sound, word(s), smell, touch, taste or other types of sensory input.

This cycle begins the process of slipping from the frontal lobe where our values, creativity, imagination and problem-solving skills reside to our animal brain where we react with fight, flight or freeze mode. Our frontal lobe goes to sleep, and we are not thinking clearly or making choices base on our values system.

Each level of the Chemical Slide on the next page represents approximately 10 Crazy Spins and 10 drops of negative chemical in our brain that starts shutting down our frontal lobe.

TRUE YOU PRACTICE: Review the Chemical Slide on the following pages. Look for moments this next week when you are at stage 2, 3 and 4. Write about what you observed and learned in your journal.

Chemical Slide

- 5 - The CRASH - Action
- 4 - Justification Stage - Words
- 3 - Suggestion Stage - Thought
- 2 - BLAST OFF - Feelings
- 1 - Chemical Ignition
- 0 - The Zero Zone



The Zero Zone

- Peace
- Confidence
- Comfort
- Calm
- The Spirit
- No Desire for Evil

Stage One – Chemical Ignition

- Subliminal FLASH
- Feel a little OFF
- Can't label feeling
- Manipulation from Enemy
- Problem solving skills decrease
- Moodiness Increases

Stage 2 – BLAST Off

- **B**ored
- **L**onely or **L**azy
- **A**nxious or **A**ngry
- **S**tressed, **S**cared or **S**ad
- **T**ired (or physically sick or compromised)

You can identify and label a feeling.

Stage 3 – Suggestion with Thought

The first temptation thought to say or do OR not say or do something that goes against your values and alleviate the pain you are feeling.

Examples:

- "One cookie won't hurt!"
- "He is wrong so you should let him know!"
- "You don't deserve to be treated this way. Just leave!"
- "It doesn't matter if you hurt her feelings. She needs to hear this."

Stage 4 – Justification with Words

This is the stage you are ready to give up. You are looking for justification or a permission slip for your choice to go against your values.

Examples:

- "You exercised extra so one little cookie won't matter. *** "You've done so well on your goal this week. Just enjoy that cookie!"
- "But this is her fault. You don't deserve to be treated this way!"
- "But he is wrong and this is important to you!"

Stage 5 – The CRASH

This is the moment when you say or do OR not say or do something that goes against your values.

- You are chemically compromised.
- You are literally out of your mind – your frontal lobe is asleep.
- You speak or act outside of your values.
- Someone may need emergency care.

