

HOW TO HAVE A TERRIBLE MARRIAGE & 9 PRINCIPLES FOR TRANSFORMING YOUR MARRIAGE



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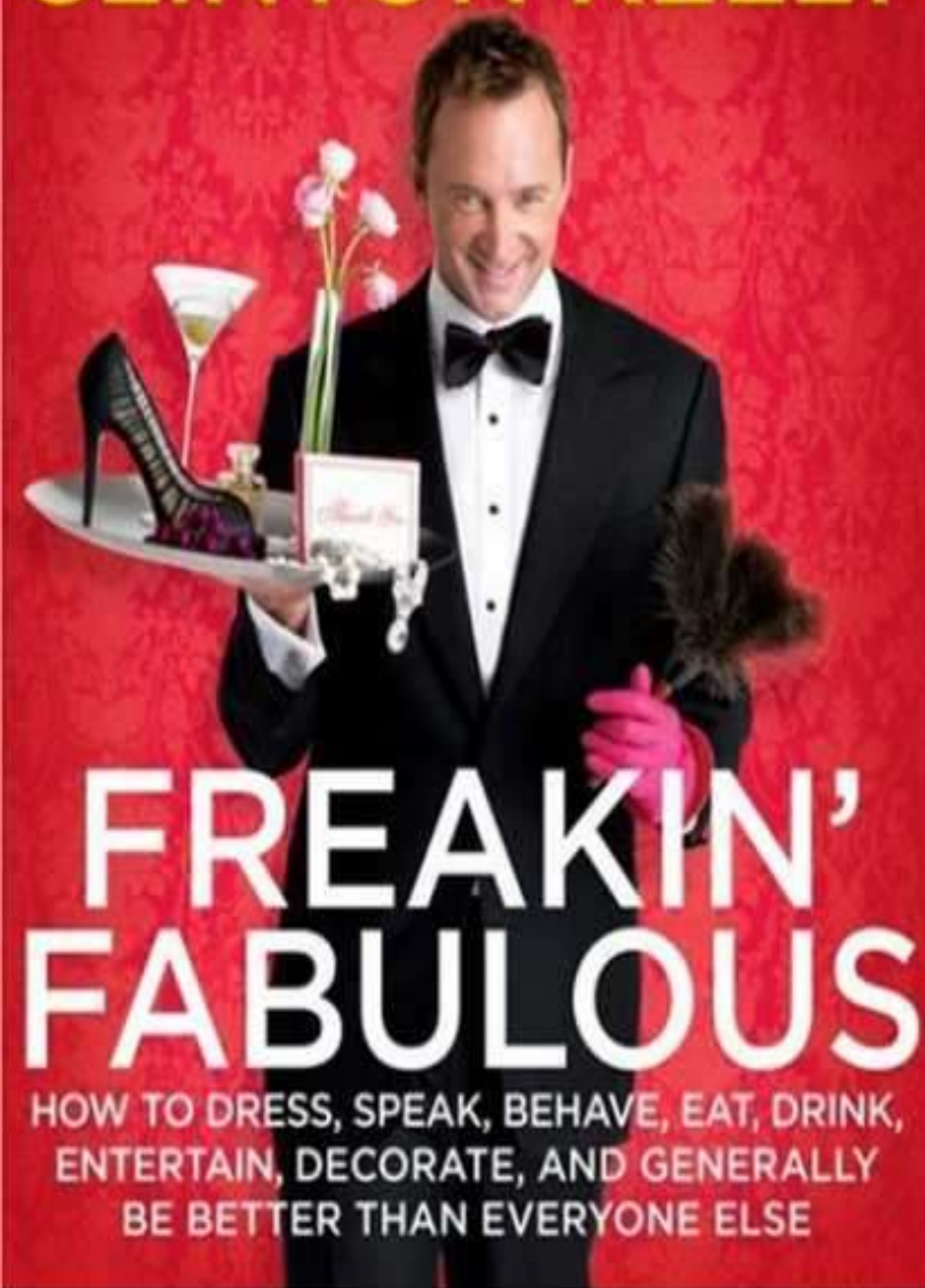
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YOU ONLY LIVE ONCE

But if you work it right,
Once is enough.

CLINTON KELLY



FREAKIN' FABULOUS

HOW TO DRESS, SPEAK, BEHAVE, EAT, DRINK,
ENTERTAIN, DECORATE, AND GENERALLY
BE BETTER THAN EVERYONE ELSE



MOLOKA'I PERFECT HUSBAND

1. FAVORITE SAYING "HONEY, YOU'RE RIGHT!"
2. NEVER TOUCHES TV REMOTE CONTROL
3. GOT JOB (CAN PAY BILLS)
4. TELLS EVERYBODY HIS WIFE IS SKINNY
(NEVER LIES ABOUT ANYTHING ELSE)
5. NO WANDERING EYE (OR GET BLACK EYE)
6. HATES WATCHING SPORTS (ESPECIALLY FOOTBALL)
7. OWNS HOUSE (NO NEED PAY RENT)
8. DOES CHORES (NO NEED ASK)
9. GOT BOAT (GET TISH)
10. HAS PLENTY DUET TAPE (CAN FIX ANYTHING)
11. NEVER COMPLAINS (NO MATTER WHAT)
12. FALLS ASLEEP ON SOFA AT 8 PM (NO BOODA' MGL)



LESSONS FROM THE COUCH: 9 PRINCIPLES FOR TRANSFORMING YOUR MARRIAGE

9+ Ways to Ruin Your Marriage

A Few Marriage Facts and Myths

**The 2 Essential Foundations for
Transforming Your Marriage**

**The 9+ Principles for
Transforming Your
Marriage**

Why women live longer than men

9+ Ways to Ruin Your Marriage



Build a strong, wrong foundation- planning for misery and despair



Spin your wheels- repeat the same quarrel over and over, each time getting angrier and angrier. Be sure to be hostile when you fight.

9+ Ways to Ruin Your Marriage



Spend your life trying to change your spouse or partner. Never try to teach a duck to bark...

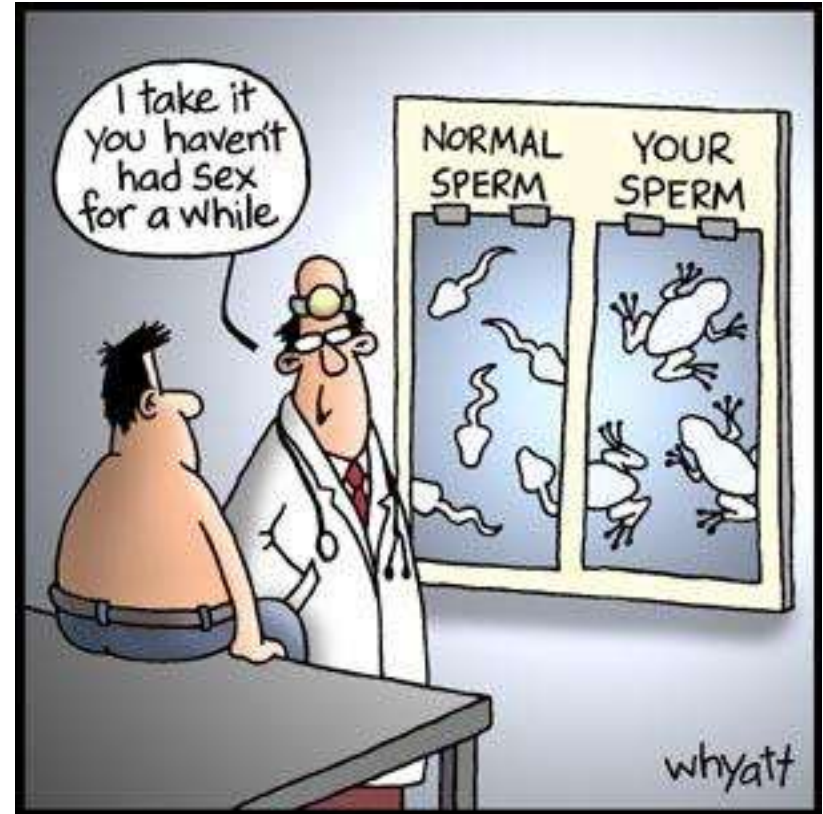


Marry the wrong person

9+ Ways to Ruin Your Marriage



Marry for the wrong reason



Initiate sex at the wrong time,
wrong place, wrong
frequency, wrong mood...

9+ Ways to Ruin Your Marriage



Put the children 1st:

Allow toxic in-laws into your marriage

9+ Ways to Ruin Your Marriage



Have an affair or two or three...

9+ Ways to Ruin Your Marriage



BEER GOGGLES

Beauty is in the eye of the beer holder.

©motivational



BEST FRIENDS

They know how to make you feel good.

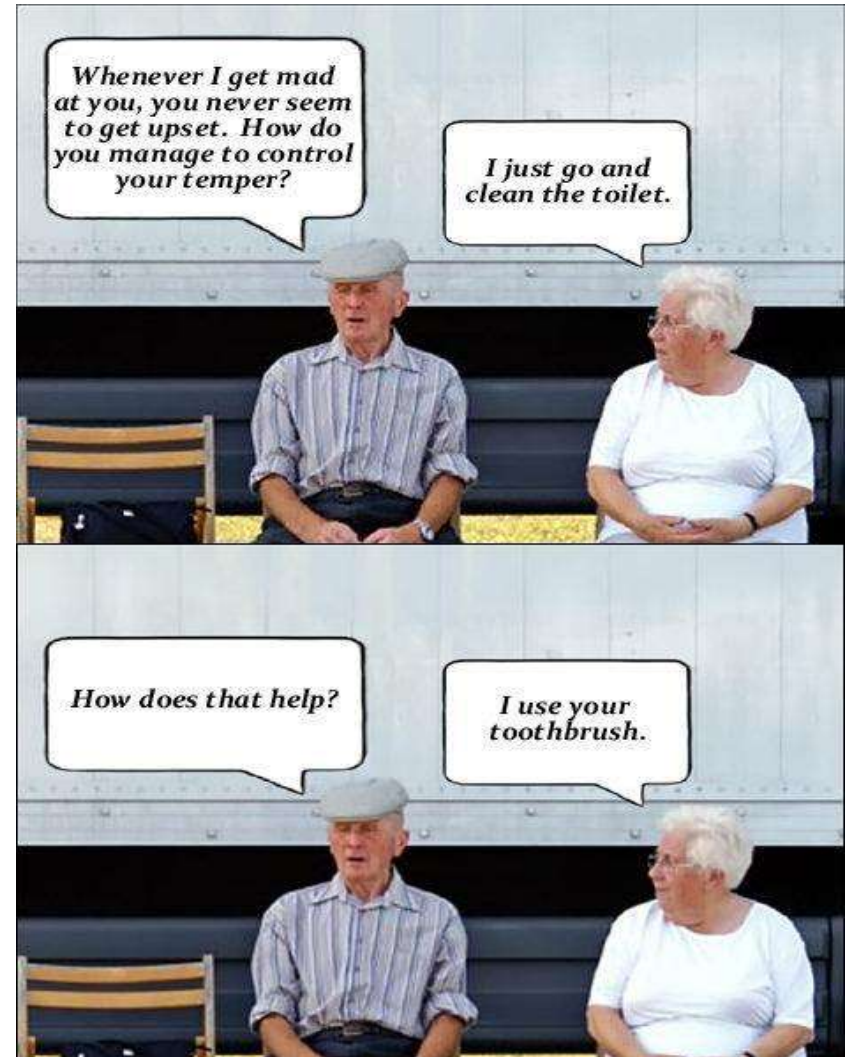


Develop an addiction

9+ Ways to Ruin Your Marriage



Contort yourself to be what the other person wants



Argue constantly over petty issues, recycle old arguments & be hostile about it

9+ Ways to Ruin Your Marriage

ABANDONED!



IAN WILLIS

Dumped 9 children and a baby on the way to live with his mistress after 23 ½ years. He works in Lings Funland Bingo (arcade) with his mistress.

HOW DISCUSTING!


Be indifferent/emotionally unavailable

DON'T SWEAT THE SMALL STUFF In Love

(From the book with the same title)

By Richard Carlson PhD and Kristine Carlson

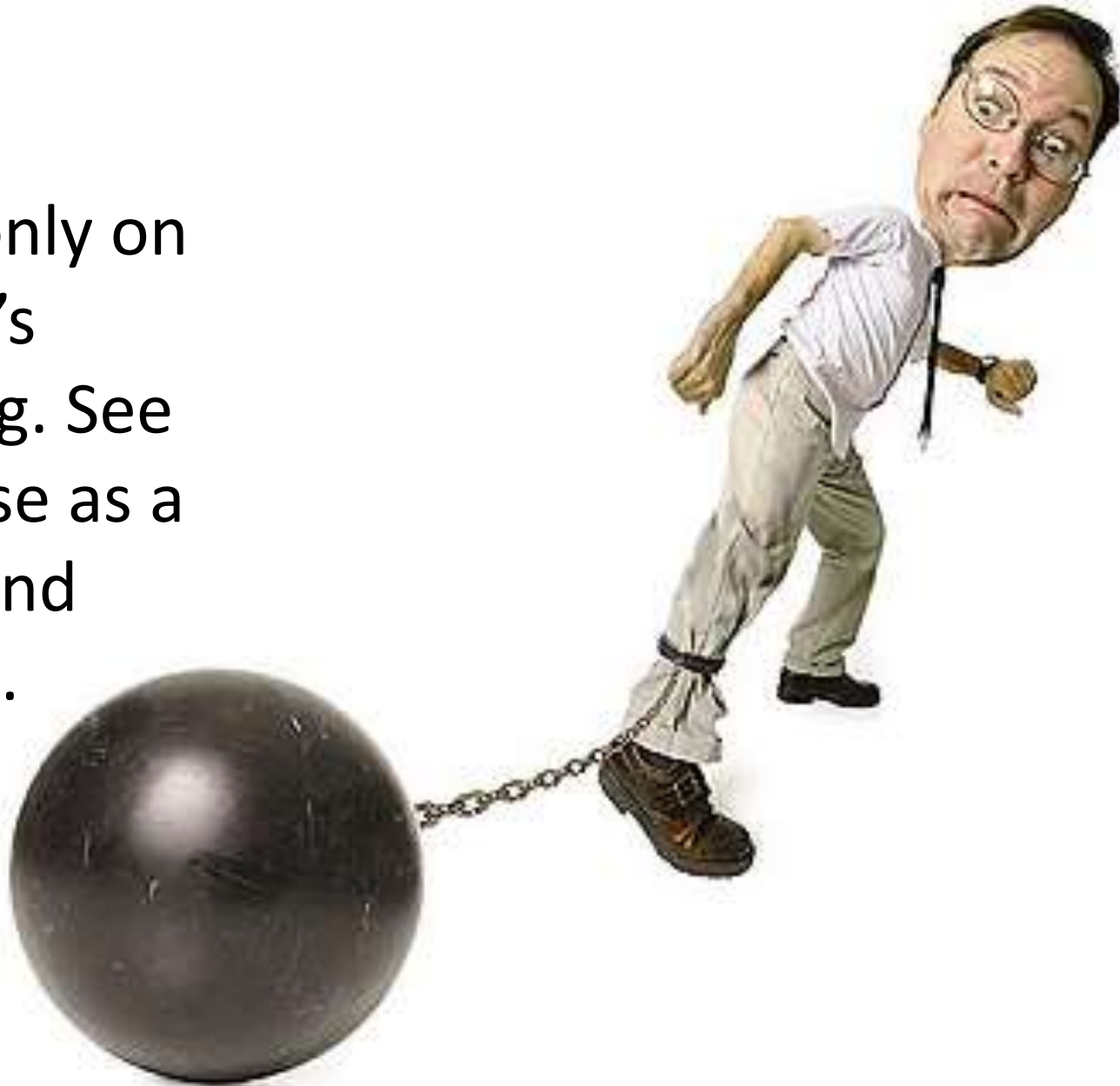
1. Mostly, Be Pals.
2. Learn to Laugh at Yourself
3. Let It Go Already
4. Turn up the Heat
5. Consider that the grass on the other side ISNT greener
6. Throw Away Your Scorecard
7. Be Kind First
8. Don't Use Your Partner as a Punching Bag
9. Ask the Question, "Who's Quirk Is this anyway?"
10. Talk to Him his Way
11. Avoid the words, "I love you BUT"
12. Fill your life with Opportunities to Express Love
13. Look for the Gifts
14. Mark your Calendar
15. Share an Insight
16. Stay Away from Ultimatums
17. Allow Time for Transitions
18. Don't Fight Unless the Mood is Right
19. Know your OWN value
20. Put A positive Spin On It
21. Remember that your partner can't read your mind
22. Set A good Example
23. Don't Fight over stupid things
24. Become a World Class Listener
25. Experience A Sudden Shift
26. Avoid the "I've had a really Hard Day Habit
27. Let Him buy his Lunch (his shoes)
28. Surprise her with Compliments
29. Stop wishing He/She were Different
30. Don't Put your partner on the Spot
31. Think Before You Speak
32. Discover What Part You Are Playing
33. Finish the Job
34. Think Gentle Thoughts
35. Stay Compassionate
36. Jump Start Your Relationship
37. Don't Allow Passing Thoughts to Turn into Issues
38. Become a Low-Maintenance Partner
39. Do It Your Way
40. Wake Up and Think about Three Things You Love about Her
41. Choose Peace Over Irritation
42. Don't Sweat the Occasional Criticism
43. Stay Playful
44. Stop Rehearsing Unhappiness
45. Don't Be the Hero of Every Story
46. Make the Fresh Start Commitment
47. Avoid Correcting Each Other
48. Sit in Silence
49. Take Responsibility for your Own Happiness
50. Master the Art of the Heart-to-Heart



IF "Plan A"
Didn't Work.
The alphabet has
25 more letters!
Stay Cool.

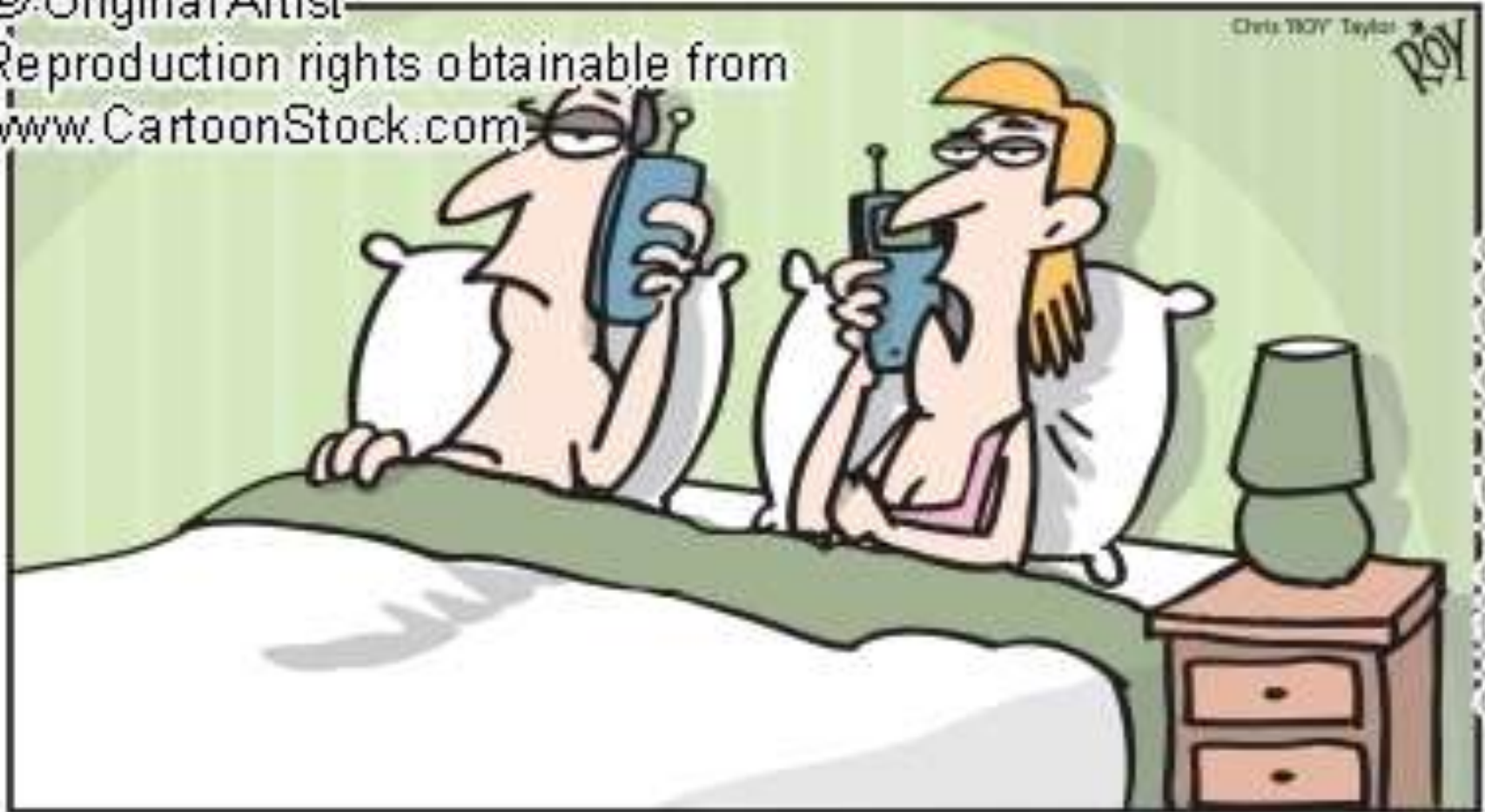
9+ Ways to Ruin Your Marriage

Focus only on
what's
wrong. See
spouse as a
ball and
chain.



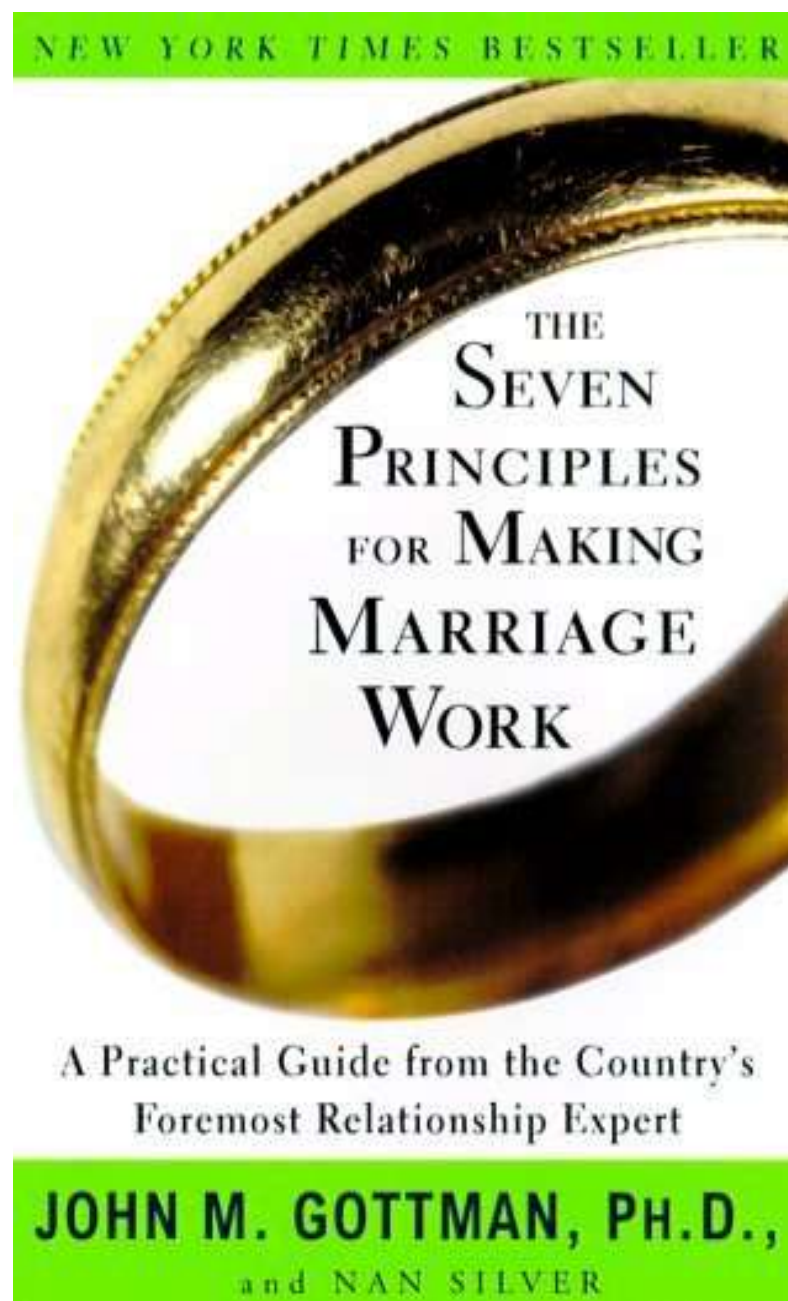
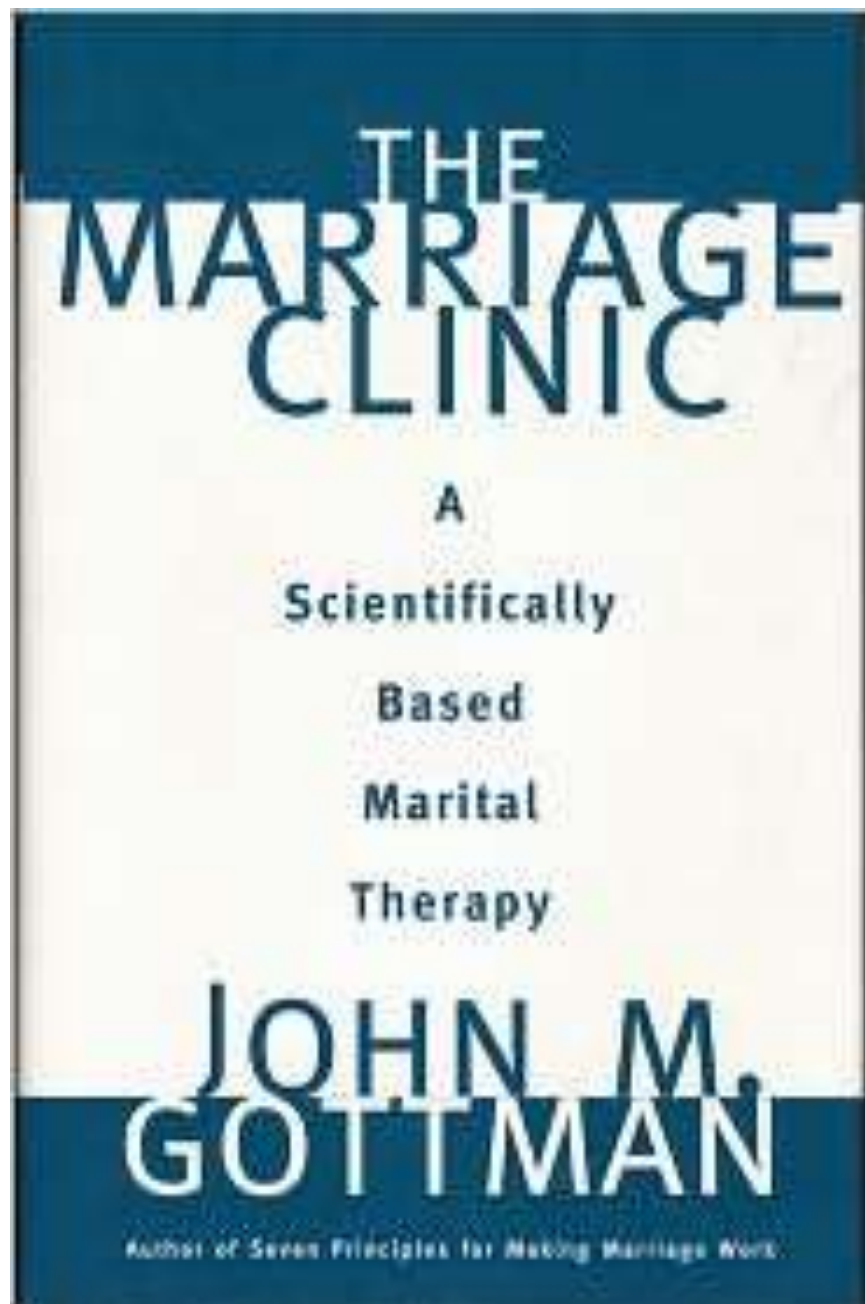
9+ Ways to Ruin Your Marriage

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...honestly I just feel like we don't
communicate like we used to!

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AMERICA'S LOVE LAB EXPERTS
SHARE THEIR STRATEGIES FOR
STRENGTHENING YOUR RELATIONSHIP

10 Lessons to Transform Your Marriage

By the bestselling author of
THE SEVEN PRINCIPLES FOR MAKING MARRIAGE WORK

**JOHN M. GOTTMAN, Ph.D.,
JULIE SCHWARTZ GOTTMAN, Ph.D.,
AND JOAN DECLAIRE**

JOHN GOTTMAN, Ph.D.

WHY MARRIAGES SUCCEED OR FAIL

... AND HOW
YOU CAN MAKE
YOURS LAST

Simple Facts & Myths

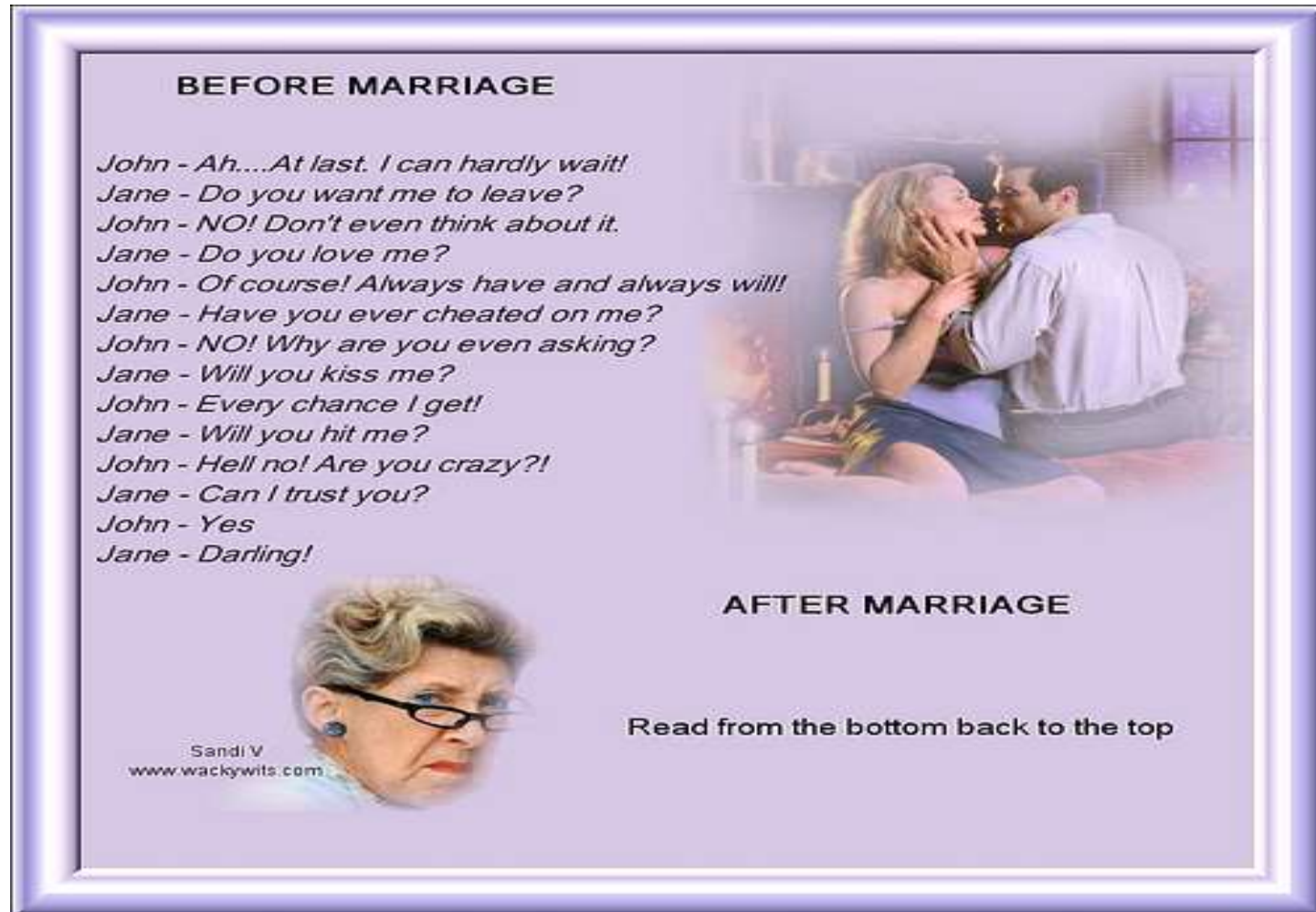


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20-25% end in divorce: 80% based on marriage deterioration and loss of intimacy. Relationship problems typically pre-date infidelity. Both women and men cheat.- no surprise there!

Simple Facts & Myths



Poor or lack of communication is not the problem, it's how and what you do with it.

Simple Facts & Myths



Quid pro quo, Clarice

Tú me votas positivo y yo te voto positivo.

Simple Facts & Myths



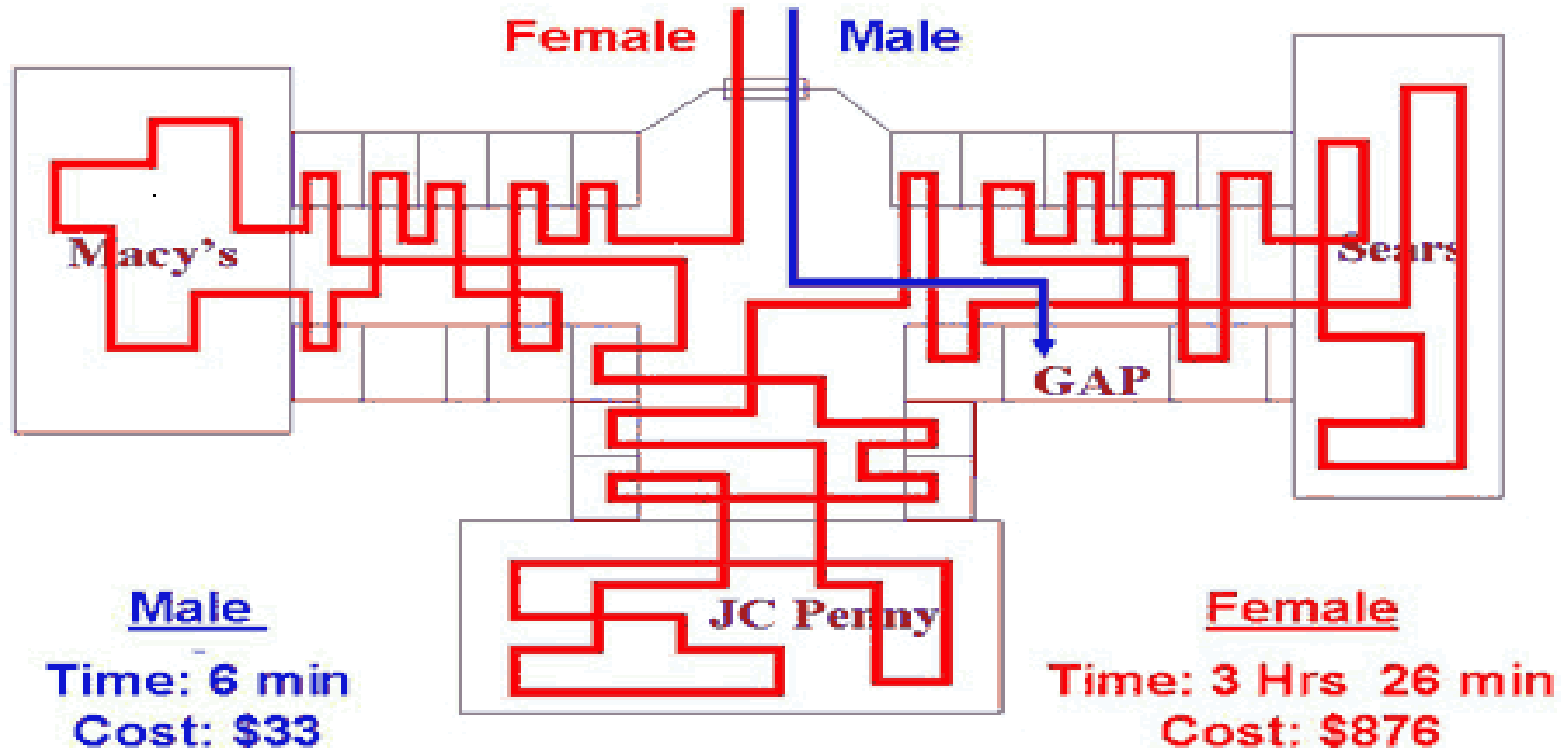
Positivity in interactions in happy couples is 20 to 1, in conflicted couples it's 5 to 1, and in soon-to-divorce couples it's .8 to 1

Simple Facts & Myths



Simple Facts & Myths

Mission: Go to Gap, Buy a Pair of Pants



20-30% of marital problems won't be solved, they can only be *managed*

Gottman's 4 Horsemen of the Apocalypse



Contempt



SIDE EFFECTS MAY INCLUDE
CRYING, HURLING OBSENIITIES,
AND/OR SELF-DOUBT



Defensiveness



RESISTANCE

Is Futile.

Hosted on iPoster

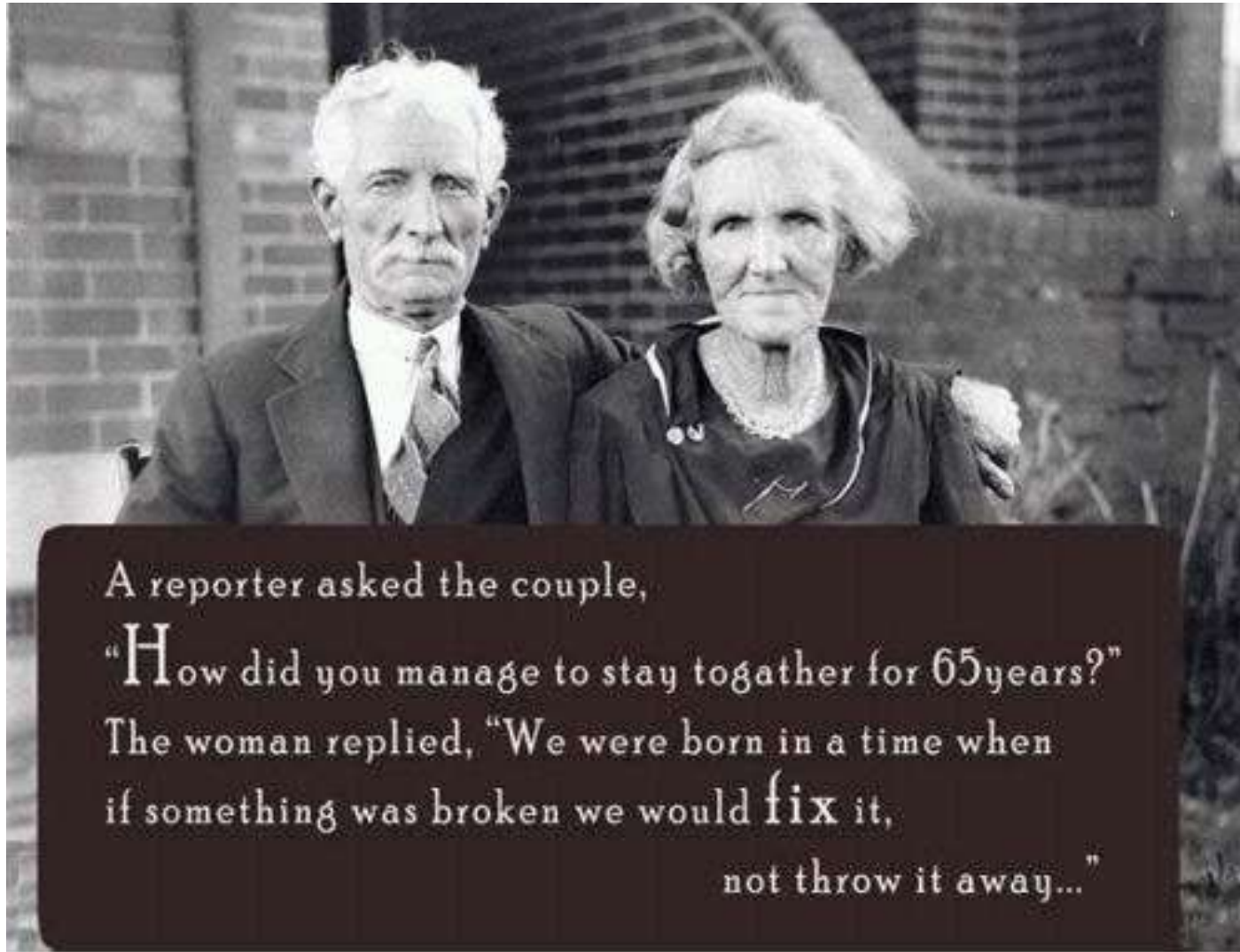
Stonewalling

The 2 Foundations for Transforming Your Marriage



#1- Happy couples behave like good friends

The 2 Foundations for Transforming Your Marriage



A reporter asked the couple,
“How did you manage to stay together for 65 years?”
The woman replied, “We were born in a time when
if something was broken we would **fix** it,
not throw it away...”

#2- Conflict
is handled
gently and
with a
positive
approach-
Would you
rather be
right or
would you
rather be
happy?

The 9+ Principles -- #1



Jurassic Start- Harsh negative, critical, demanding, reactionary



Soft start- simple, descriptive, own feelings, respectful, clear, polite, open

Start Soft- how you start an argument is how it will likely end.

How to Transform your Marriage- #2- 5 hour remedy

Become a student again



How to Transform your Marriage- #2- 5 hour remedy



If you don't take an interest, others may find/create an opening

How to Transform your Marriage- #2- 5 hour remedy



The warm *Adios*! 2 min. X 7 days
per week = 14 minutes per week.



The happy greeting: 20 min X 5 = 1
hour & 20 minutes

How to Transform your Marriage- #2- 5 hour remedy



Cuddle & kiss time: 20 min X 7 days per week = 140 minutes

How to Transform your Marriage- #2- 5 hour remedy



WHO'S AWESOME?

Your Awesome

Gaze, admire, respect, show appreciation > 30 sec X 3 per day = 90 seconds X 7 =...

How to Transform your Marriage- #2- 5 hour remedy



Invest in we time: $10 \times 7 = 70$ minutes

How to Transform your Marriage



Make peace with your differences

How to Transform your Marriage- 6 hr remedy



ASK FOR WHAT YOU WANT

The worst you can get is "no."

Be clear about your desires and needs, no matter how difficult it is to talk about them.

How to Transform your Marriage- 6 hr remedy

WINDOWS VS WALLS



Know where the windows and walls are!

How to Transform your Marriage



When it came to arguing, they would always agree. Peter would admit he was wrong and Sharon would agree with him.

Have the good fight— don't avoid conflict



Sooo... why do women live longer than men?....



Why do women live longer than men?



Wallis
DRESS TO KILL





Wallis
DRESS TO KILL



Wallis
DRESS TO KILL

Sooo... why do women live longer than men?....



What No One Will Ever Tell You.... But I Will



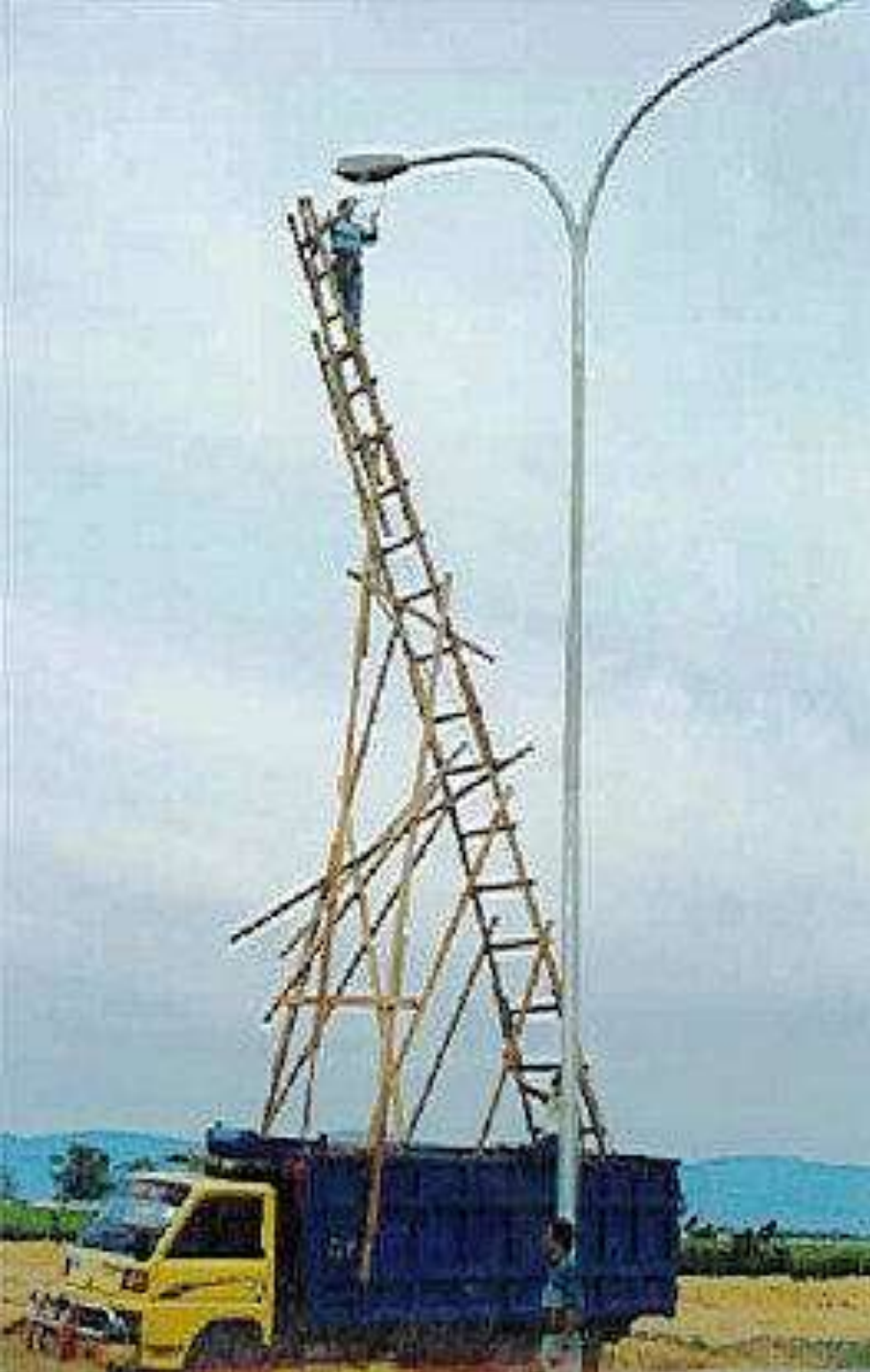




















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LAST PAGE

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THERE'S NOTHING ELSE TO SEE HERE**