

11-20-14—Follow up: Marriage

How did the husbands do last week?

How did you feel about marriage?

Class member: My husband said I'm really nervous. I felt like it was going to be everything I'm doing wrong. He was afraid he was going to be the only one. He wasn't the only one at the class and that made him feel better. We talked the whole way home. He thought it was great. We have had a very positive experience over the last 2 days.

It opens it up to make the bad guy a 3<sup>rd</sup> person. He can agree with Sister Tanner or he can tear me apart, but it's not tearing you apart. It's a safe place for both of you if you can talk about it in 3<sup>rd</sup> person. If he doesn't agree with me that is nothing, but If he said that to you that is a personal attack.

Class member: It's the same concept as the completed job list.

Class member: My husband at first was defensive. I said just listen to her because she is a woman...like I am. Listen to what she is saying about what women feel. That's what he took home. He said, "Thanks for telling me to listen from a women's point of view." He is a great Dad and husband. We have very different lives right now. It doesn't come out right when I say it. Listen to her. She knows how to say it. He understands that I need to 'feel' it.

They aren't defensive when they listen to me. I'm not invested in your relationship.

Class member: My husband called you the Dave Ramsey of marriage.

I have been practicing it for more years that you have. ☺

Class member: We got in an argument about in-laws and Thanksgiving. I thought when I'm holding it against you then I'm not nourishing my marriage. I can't hold it against him. I read him the 10 items about a dog.

Class member: I told him it was a 2 hour class. He said "That is going to be long. I don't know if I can do girl talk for 2 hours and then go to work." I just thought you would enjoy it with me. He really had a good time. He said, "I was grateful that I the Holy Ghost could talk to me about those things. Sometimes I'm just sometimes in the "work" box. Then I come home and I'm in the "play with kids" box." We had a good dialogue about it.

Often these good men take care of the other boxes because they know you are ok. They have to put out fires in the other boxes, but they know that you are still there. They are grateful for you and love you for it, but you have to be nourished too.

Class member: I talked to my husband about it because he wasn't here. I told him about the 3x5 story. He said so do you want me to make you 3x5 cards? We decided that maybe we ought to figure out what our Love Languages are right now and take it up a notch.

Just because things aren't bad, they could be better. Good...better...best! It could be best.

Class member: It was neat to see my husband go home and see how my husband responds to his mother even in the last couple of days. He hasn't always had a great relationship with his mom. It's been good to see how he treats her. He sees that his Mom needs that attention too. He took home that story of the violinist and read it over and over. I never thought about it like you applied it. He's now been more affectionate towards other people. Who are those people that are "most" important.

You are married to a good man.

Next question...We have covered 10 topics

1. Parenting Differently
2. House of Order
3. Teaching Children to Feel the Spirit
4. Traditions
5. Depression
6. Competition/Cooperation
7. Praise/Encouragement
8. Work
9. Marriage
10. Gratitude (today)

I told you to find one of them to take with you to work on and incorporate it in your life. What affected you and how?

Class member: We did our family motto and cheer. I even have my defiant 10 year old doing it. We do it right after family prayer. They all want to say the prayer so they can lead the cheer. We'll talk about it at Family Night. It's made a big difference.

Class member: This last week I tried to get my little ones to clean their rooms using the encouragement thing. I went up and set the time for 5 minutes. I have a 3 year old. I did nothing but encourage and they were done in 5 minutes.

Encouragement and Work you have to be involved in. You can't just 'send' them to do it.

Class member: I liked the 'love of work'. I don't remember you emphasizing the 'love of work' previously. I talked to my husband about that. He agrees that is something we are not teaching enough yet.

Do you get the difference between working and the love to work?

Class member: The experience with the girl that moved to the farm that experience taught me a lot.

Class member: Road trips for my family are counseling trips.

Focus on effort. Not always product. When we thank we often focus on product. It doesn't have to be a thank you statement. Look at effort that anyone can do.

Class member: The one that got me was the Depression class about taking back your power and not letting the circumstances or someone else dictate how you feel. Also the competition part I realized I had been in competition with my mother-in-law. I have tried to take myself out of competition with her. It wasn't with my kids, but realizing how these things affect me.

Most of you are in competition with your grown siblings. Sometimes you are in competition with your spouse. Because you think you are the most right.

Class member: I'm a nurse and work nights. After the class on "Order" I was supposed to get up in the morning and read. I told my husband about it and he said take it slow. You take on all these projects and it's too much. I decided to get up and read in the morning. It's made a big difference in how I feel about him (my 2 year old). It had everything to do with me. It was good to get that paradigm shift.

With that particular principle, I can tell you and teach it, but unless you try it you don't know how awesome it is.

Class member: I have always gotten up early, but then waited to get my kids up and going. My daughter is very slow in the mornings and I would yell to get her moving. I started getting her up 2 hours early and I haven't yelled at her because I have been getting her up earlier. The other thing is the competition. It's bad in my family. We are competitive by nature. Not so much cheering for one another, it's easier to put someone down to make you feel better. We have started asking "Who is trying to do something hard?" before prayer. Avery had this hard test let's pray for her. We have 4 girls and I think they are opening up a little bit. It wasn't a safe place to do it.

It's awesome to make your home safe.

Class member: My Mom took the class years ago. I was talking to my step dad and he said I remember that class. I said, I didn't know you took it. I just thought it was Mom that took it. I took the class too because of you. You were the problem. We are at a place now where he can say that to me. I know that was true when they were first married in school. He was taking over my Mom. I was probably really mean to him. They wanted to take the class so they could keep their marriage together. I know they loved me. I had anger and resentment even though I thought I was a happy girl. I remember being kicked out of the house at 19 and 20. It took a lot of years to wake up to what I'm doing. It's been a few years before I was willing to forgive. My relationship is so much sweeter now. It took me so long to grow up. For those going through that with your kids I say, "Keep going! It's worth it. They will come around....in time."

Some of you are in the middle of those really hard times. Have faith. Keep going. The Atonement is real. It works. There can be a happy ending.

I don't think I have taught the Depression class in this class just at Relief Societies. What do you think? Should I keep it in? If I do what class should we take out?

Class member: The Depression class the discouragement part with the line that was a visual thing for me. That is something that sticks in my mind. That was for me. I'm not complaining as much. I know that was my choice to not clean the house. I'm not going to choose to be on Satan's side.

Class member: I was kind of dreading that class and when it got put off I thought good. But the way you taught that was completely different that what I expected. The way you taught it with the line and the 5 things Satan uses. It didn't make me feel like we are a bunch of basket cases. I think it was worth keeping in.

Class member: I think the T and which side are you on goes along with the triangle and choosing to come to Christ. I think those go together.

Class member: We moved from Texas and had been to the Alamo. When I went home I shared it with my husband and he just cried the whole time he shared the story. When it was shared with a missionary making that choice between the Lord and Satan hit really close to home. I walked away feeling empowered to do something different. I felt like I could say "Get thee hence, Satan." As a family we say that out loud. We tell him to leave and then hum or sing a Primary song to help invite back the spirit back into the home. It wasn't just me. It allowed me the opportunity to share with my family a very real way of choosing which side of the line you want to be on. I walked away with tools. I never thought about saying out loud for Satan to leave. It makes me feel like I have a way to control that frustration when it happens and redirect it.

One of Satan's favorite tools is to make you feel powerless. He can keep you in his control.

Mallory (my granddaughter)...this is my role model and my hero. I want you to tell them what your family motto is and explain where it came from so they don't think you are swearing. Alma 48:17 (would be like unto Moroni) We had a cheer when we were smaller, but now it doesn't go over as well with teenager boys. Now our family motto is "Shake some hell". They sign their letters to their missionary, "Shake some hell". You have to know the scripture that comes from to really understand that though.