



# Marriage for Keeps

Strengthening Families for Life

Volume 3, Issue 11  
November 2010

603 N. 8 Garden City, KS 67846  
620-272-0010

marriageforkeeps-ks.org  
catholicsocialservice.org

## Seeking and Granting Forgiveness

Prepare and Enrich,  
David H. Olson, Ph.D

### “Six Steps for Seeking Forgiveness:

1. Admit what you did was wrong or hurtful.
2. Try to understand/empathize with the pain you have caused.
3. Take responsibility for your actions and make restitution if necessary.
4. Assure your partner you will not do it again.
5. Apologize and ask for forgiveness.
6. Forgive yourself.

### Six steps for Granting Forgiveness:

1. Acknowledge your pain and anger. Allow yourself to feel disrespected.
2. Be specific about your future expectations and limits.
3. Give up your right to “get even,” but insist on being treated better in the future.
4. Let go of blame, resentment, and negativity toward your partner.
5. Communicate your act of forgiveness to your partner.
6. Work toward reconciliation (when safe).”

Rhonda Goodloe, Regional Coordinator  
Brooke Lopez, Family Support Specialist

## Eight Lessons For a Happier Marriage

By William Glasser, M.D. and Carleen Glasser, M. A.

Last month the first three lessons were addressed: 1) *External Control Can Kill a Marriage*, 2) *We Choose All Our Behavior* and 3) *Never Use the Seven Deadly Habits*. We’ll continue to address additional lessons and include the helpful hints as reminders from your marriage education group.

*Lesson Four: Get Acquainted with Each Other’s Quality World.* In our brain, where all our knowledge is stored, we create a small simulation of the world we would most like to live in - the Quality World. This world, created from our most pleasurable experiences, is made up of pictures of the people we most enjoy, the images of the things that give us pleasure, and the systems of belief that govern our lives. Couples need to decide together if the picture of them being happily married to each other is the most important picture in both their Quality Worlds. Some negotiation may need to take place in order for these Quality Worlds to be more compatible. *Helpful hint:* Discuss negative interpretations using XYZ statements.

*Lesson Five: Understand Total Behavior.* Total behavior has 4 parts: thinking, acting, feeling and physiology (all physical and chemical processes of your body). Every-

body has voluntary control over only two of these things, thinking and acting. In a happy marriage in which you understand Total Behavior, as soon as you feel unhappy, you will say to each other, “We have to stop focusing on how badly we feel and start changing the way we’re thinking and acting.” Think of your marriage as stuck in the mud because you have skidded off the road. If you try to get out by spinning your rear wheels, you will get no traction and dig yourselves deeper in the mud. You need to help each other get out of the rut by digging yourselves out with more effective thoughts and actions. The key to this car analogy is to always move forward. Keep your eyes on the road ahead. Occasionally, look in your rearview mirror to see what’s behind you, but don’t dwell on an unhappy past too long. This can cause a serious accident, full of resentment and revenge. Stay focused on what you can do on the road ahead. *Helpful Hint:* Remember the topic Personal Roadmap? Take a look at your Relationship Roadmap to see where you’ve come from and to plan where you’d like your relationship to go and implement the three keys to get there: Do Your Part, Make It Safe, and Decide, Don’t Slide.

Stay tuned next month for the continuation of these lessons and helpful hints.

**“The development of a really good marriage is not a natural process. It is an achievement.”**  
David and Vera Mace.

