



“A great marriage is not when the ‘perfect couple’ comes together. It is when an imperfect couple learns to enjoy their differences.”

~Dave Meurer



PREPARING FOR MARRIAGE

EXPECTATIONS- REALISTIC OR UNREALISTIC?

Very often, courting couples have rosy and unrealistic expectations of marriage and couple-hood. A frequent misconception is that both parties must be ‘one’ to the point that the 2 lives are enmeshed. It becomes a must that they have the same mind on issues. It can also be a misunderstanding that they must be so ‘close’ so as to meet each other’s every human need.

In reality a healthy relationship means that a couple grows closer as a spousal unit while still maintaining a sense of themselves as individuals. We still have the freedom and responsibility to choose how to feel, respond and act towards our spouse. This balance may sometimes be known as having boundaries.

Boundaries bring definition into the relationship so that the relationship is a place where both parties can grow.

1. One aspect of boundaries in a healthy relationship is that each partner takes responsibility/ ownership for his/her own feelings and actions and avoids blaming the other.

E.g. Often heard “He just makes me so angry”. The anger actually belongs to the person being angry. The angry person is responsible for dealing with it. He/she should be responsible for communicating to the spouse his/her feelings about what happened by saying “I feel sad, or hurt, or lonely or scared because

2. Another aspect of healthy boundaries is the recognition that your spouse cannot meet your every expectation fully, be it emotional, physical or spiritual. Many individuals will vehemently subscribed to this truth but their actions convey otherwise.

This boils down to deep seated erroneous beliefs. Tell tale signs indicating one’s erroneous beliefs include

1. “If you love me, then you should listen to me or do this or that according to how I want it” Underlying belief is loving me means we should think, act, behave or do the same thing.
2. “If you are ‘down’ it drags me down too”. Underlying belief is I am so dependent on you that I can only give myself permission to be happy if you are happy.
3. “If you don’t comfort me, I am lost”. Underlying belief is that only you can make me happy thus I need your soothing and understanding in order to move on.
4. “I need to control and even manipulate you, by guilt, bullying or even withholding love whenever I feel threatened in the relationship.” Underlying belief is that you belong to me and you don’t have the right to your own opinions, feelings, etc.

In a healthy relationship, parties will understand that both of them are ‘works in progress’, still growing and imperfect. Giving each other a healthy amount of ‘space’ will promote understanding and foster real intimacy in the long run.

ANNOUNCEMENT



SMARTSTART Pre-Marriage COURSE

Dates: 21st & 26th June 2008

Time: 9am – 4pm

Venue: Unit 20-2, Jalan PJU 8/5G,
Bandar Damansara Perdana,
47820 Petaling Jaya

Limited to only 25-couples.

CONTACT US

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