

FREEDOM THOUGHTS: RELATIONSHIPS

These Freedom Thoughts are designed as suggestions for you to consider. Please feel free to ignore any that you feel do not apply. It is helpful to highlight the ones that stand out to you and read them regularly until they become your new thoughts of freedom.

- Every relationship needs hope. Hope is what resides in you.
- When I focus on my part I can hope that the future will not be more of the same.
- If I change me, I can change 'we.'
- Healthy love is two whole people who have internal joy and peace. Both have a life to share together and they stay together by choice, not from a need. Both give each other freedom to grow and become fully themselves.
- God created male and female. Neither is better than the other, just different.
- We have many differences. If we bring these differences together with love, respect, kindness forgiveness and grace, a strong relationship can be formed.
- It is not about finding the right person to love, but learning to love the person you found.
- Sustaining love won't just happen—it is not passive. Lasting love is not something you find but something you make happen.
- Falling in love is the easy bit, staying in love is the commitment that follows.
- Commitment says, "I choose you knowing all I know about you, good and bad."
- It is not necessary to become a part of each other's dreams, but it is necessary to honour each other's dreams.
- Couples either turn toward one another or they turn away.
- Developing a sense of "this is the way we do things" that is unique to your relationship can cement your own micro-culture together.
- We all have an emotional bank account within ourselves. Our relationships can either help fill or deplete our account. The fuller the account the better we function and problem solve.
- Each person takes responsibility for their part in the relationship.
- Do both parties have realistic expectations?
- Pretend agreements are when our mouth says yes, but our heart says no.
- Pretend agreements need to be resolved.
- Without being in agreement, we cannot work together. "How can two walk together, except they be agreed" Amos 3:3.
- Have you talked about and agreed on the issues within your relationship?

- For a relationship to be healthy the power needs to be balanced.
- We all reap the consequences of our choices.
- When there is conflict in a relationship we can wish the other person would change. It is often easier to be aware of what the other person is doing wrong, rather than look at ourselves.
- Conflict is normal within a relationship. How quickly we move beyond it is dependent on how we deal with it.
- It is impossible to live on earth and be in a relationship with someone without getting hurt, offended or misunderstood. Learning how to respond and forgive properly is one of the basics of the Christian life.
- Forgiving others has to do with your heart attitude toward them and how you treat them.
- Forgiveness is not a feeling, it is a decision we make because we want to do what is right before God.
- Forgiveness and trust are two different things. We can offer our forgiveness without trust.
- Trust takes time to build and rebuild.
- A relationship is only as good as the level of trust.
- When we have healthy boundaries within our relationships it shows others how we want to be treated. It also shows how much we value ourselves.
- When we have boundaries in place we make it clear where each of us stand in our world together—"where I end and you begin."
- Boundaries state that we are each responsible for our own needs, wants, actions, words, thoughts, feelings and choices.
- Without clear boundaries we can be over connected or disconnected, over-functioning or under-functioning. This can lead to a victim mindset, rescuing, co-dependency, compliancy and narcissistic issues.
- If you can't place a boundary, you will build a wall.
- Never underestimate the power of a grateful spouse.
- Never underestimate the power of an attentive spouse.
- It is not just about listening to their story, but listening for what it means to them. When we merely discuss ideas our minds may meet, but our souls remain strangers.
- Your marriage is in the midst of a spiritual battle—remember your spouse is not your enemy!