

# Relationship Rescue

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## JOHNNIE COLEMON THEOLOGICAL SEMINARY

### CLASS: RELATIONSHIP RESCUE

#### OBJECTIVES

1. To identify strategies for reconnecting with your partner by first reconnecting with your own dignity and self respect.
2. To identify seven major steps for rescuing your relationship.
3. To identify and describe ten myths about relationships that can sabotage even the most healthy ones.

#### I. PROLOGUE: GET REAL – RECONNECTING WITH YOUR CORE

- A. The journey to relationship rescue does not begin with your partner; it begins with YOU!
- B. If a relationship is laced with pain, confusion or emptiness, it is clear that YOU have lost touch with your own dignity and your own self esteem.
- C. “What lies behind us and what lies in front of us pales in comparison to what lies within us”. (Ralph Waldo Emerson)

#### II. CHAPTER ONE: IT’S YOUR TIME: IT’S YOUR TURN

- A. If your relationship is in trouble, it is because YOU set it up that way.
- B. It is not possible for YOU to have a seriously defective long-term relationship unless you have generated and adopted a lifestyle to sustain it.
- C. YOU can inspire your partner, but YOU cannot change your partner.
- D. Rescuing your relationship means rescuing YOU.

#### III. CHAPTER TWO: DEFINING THE PROBLEM

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- A. To fix the problem, YOU must first know what the problem is. YOU can't fix what you won't face. YOU cannot change or heal what you refuse to acknowledge.**
- B. Half of the solution to any problem lies in defining the problem.**
- C. Most important, YOU need to find out what you personally have done both positively and negatively to put your relationship in the position you now find it.**

### **IV. CHAPTER THREE: BLOWING UP THE MYTHS**

- A. Your search for happiness in relationships begins with right thinking—which means ridding yourself of wrong thinking.**
- B. YOU must free your mind of the myths about what makes relationships work.**
  - 1. Myth #1: A Great Relationship Depends on a Great Meeting of the Minds.**
  - 2. Myth #2: A Great Relationship Demands a Great Romance.**
  - 3. Myth #3: A Great Relationship Requires Great Problem-Solving.**
  - 4. Myth #4: A Great Relationship Requires Common Interests that Bond You Together Forever.**
  - 5. Myth #5: A Great Relationship is a Peaceful One.**
  - 6. Myth #6: A Great Relationship Lets You Vent All Your Feelings**
  - 7. Myth #7: A Great Relationship Has Nothing to Do with Sex.**
  - 8. Myth #8: A Great Relationship Cannot Survive a Flawed Partner**
  - 9. Myth #9: There is a Right Way and a Wrong Way to Make your Relationship Great**
  - 10. Myth #10: Your Relationship Can Only Become Great When You Get Your Partner Straightened Out.**

### **V. CHAPTER FOUR: ELIMINATING YOUR BAD SPIRIT**

- A. Your “bad spirit” is a term that describes the negative states of mind and attitudes that drive your behavior—that drive your actions.**
- B. YOU will send your relationship over the cliff if YOU allow your negative states of mind and attitudes to sabotage your attempts at intimacy and peace.**
- C. It is through your own negative attitudes that YOU are unconsciously bringing about everything YOU most wanted to eliminate.**
- D. Your negative states of mind and attitudes eventually show up in your actions. “What YOU think about, YOU bring about; so within, so without.”**

### **VI. CHAPTER FIVE: RECLAIMING YOUR CORE: THE PERSONAL RELATIONSHIP VALUES**

- A. If YOU adopt a new way of thinking and feeling about yourself, your relationship and your partner will reap amazing benefits. Nothing else, nothing less will do.**
- B. The ten Personal Relationship Values will reprogram you for success.**
  - 1. Value #1: Own Your Relationship**
  - 2. Value #2: Accept the Risk of Vulnerability**
  - 3. Value #3: Accept Your Partner**
  - 4. Value #4: Focus on the Friendship**
  - 5. Value #5: Promote Your Partner’s Self-esteem**
  - 6. Value #6: Aim Your Frustrations in the Right Direction**
  - 7. Value #7: Be Up-front and Forthright**
  - 8. Value #8: Make Yourself Happy Rather Than Right**
  - 9. Value #9: Allow Your Relationship to Transcend Turmoil**

### 10.Value #10: Put Motion into Your Emotion

#### VII. CHAPTER SIX: THE FORMULA FOR SUCCESS

- A. The formula for success in a relationship depends upon three factors: friendship, needs, and the quality of the relationship.
  - 1. Friendship: The friendship that was there between you and your partner before the complications of love and romance muddied the waters.
  - 2. Needs: Making your needs known and discovering the needs of your partner.
  - 3. Quality: Is your relationship rich with joy, excitement, and meaning, or fear, anger and alienation.

#### VIII. CHAPTER SEVEN: RECONNECTING WITH YOUR PARTNER

- A. Claim the courage to reach out to your partner and affirm, “I want to talk about falling in love with you all over again.”
- B. Reconnecting involves re-building a relationship on the foundation of mutual benefit—win/win.
- C. It is no longer “my way or the highway” but “our way and the higher way.”
- D. Reconnection may not be easy; you must be patient with the process. (The Reconnection Flow Chart, p. 167)

#### IX. CHAPTER EIGHT: FOURTEEN DAYS OF LOVING WITH HONESTY

- A. YOU will never permanently reconnect with your partner through a few isolated changes or by relying on simple willpower.
- B. Actions, not intentions, are what will rescue your relationship and reconnect you with your partner.

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**C. To build, maintain and rescue a relationship, YOU have to have a program. (Fourteen Day Program)**

### **X. CHAPTER NINE: RED ALERT: RELATIONSHIPS ARE MANAGED, NOT CURED**

- A. If YOU want a different relationship, YOU must do things differently.**
- B. The first step in managing your relationship is to pay close attention to your priorities (the most important things in your relationship).**
- C. Make sure that every thought, word, action, reaction, and feeling support your priorities (the most important things in your relationship)**
- D. You must have a plan to deal with the strengths and weaknesses of your relationship.**
- E. You have to learn how to manage your relationship despite differences.**
- F. You have to manage admiration—focus on the admirable qualities of your partner and build on them.**

### **XI. CHAPTER TEN: THE DOCTOR IS “IN”**

- A. When you and your partner have disagreements, follow the rules:**
  - 1. Rule One: Take It Private and Keep It Private: Do not fight in front of the children. If you are going to have disagreements, and you are, don't make your children pick up the tab.**
  - 2. Rule Two: Keep it Relevant: If you and your partner just have to have it out over some particular problem or subject matter, you need to put hard boundaries down around the subject matter to be discussed.**
  - 3. Rule Three: Keep It Real. Get real about what is really bothering you.**
  - 4. Rule Four: Avoid Character Assassination. Don't attack your partner personally. Deal with behavior, not the person.**

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5. **Rule Five: Remain Task Oriented: Know what you want before going into the disagreement. If you are going to go through the pain and turmoil of an argument, at least know where the finish line is in your mind.**
6. **Rule Six: Allow For Your Partner To Retreat With Dignity: “We are okay; we can disagree and still be okay.”**
7. **Rule Seven: Be Proportional In Your Intensity: Every single thing you disagree about is not an earth-shattering event or issue.**