

Stronger Marriage Workshops

with Trey & Lea



TreyAndLea.com

STRENGTHEN YOUR MARRIAGE WITH:

- The Workshop
- The Podcast
- The Book

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QUIZ: How Well Do You Know Marriage?

1. What do most wives claim as their # 1 need?
a. Communication b. Honesty c. Affection d. Sexual Fulfillment
2. What do most husbands claim as their #1 need?
a. Affection b. Sexual Fulfillment c. Recreational Companionship d. Admiration
3. Which of the following is damaging to your marriage?
a. Putting your marriage on cruise control
b. No longer pursuing your mate as you did pre-marriage
c. Being critical
d. Not striving to meet your spouse's needs
e. All of the above
4. In what ways does a husband build intimacy with a wife?
a. Communication
b. Praise
c. Loyalty
d. Trust
e. All of the above
5. What things should you keep a secret from your spouse?
a. Text Messages
b. Purchases
c. Passwords to email, Facebook, etc.
d. Nothing
6. Due to jobs, kids, TV, the Internet, hobbies, and home and family responsibilities, the average married couple spends HOW much time alone together each day?
a. 4 minutes b. 12 minutes c. 60 minutes
7. Over _____ of people who marry partners from an affair they had, eventually divorce.
a. 40% b. 50% c. 75%
8. The average married couple has sex how often ...
a. Once a week b. 2-3 times a week c. 5 times a week
9. Cost of the average wedding is?
a. \$15,000 b. \$20,000 c. \$25,000
10. The average cost of a divorce is ...
a. 12k b. 14k c. 25k

HOMEWORK: How Well Do You Know Your Spouse?

Without help from your spouse: Out of the 10 below, number 1 through 5 below what you think your wife's most important needs are. Number 1 is most important.

HUSBANDS: Guess your wife's needs:

- ___ Sexual Fulfillment
- ___ Affection
- ___ Financial Support
- ___ Domestic Support
- ___ Recreational Companionship
- ___ Conversation
- ___ Openness and Honesty
- ___ Family Commitment
- ___ Attractiveness of Spouse
- ___ Admiration

WIVES: Guess your husband's needs

- ___ Sexual Fulfillment
- ___ Affection
- ___ Financial Support
- ___ Domestic Support
- ___ Recreational Companionship
- ___ Conversation
- ___ Openness and Honesty
- ___ Family Commitment
- ___ Attractiveness of Spouse
- ___ Admiration

The Correct Answers

HUSBANDS: Number 1-5 your most important needs

- ___ Sexual Fulfillment
- ___ Affection
- ___ Financial Support
- ___ Domestic Support
- ___ Recreational Companionship
- ___ Conversation
- ___ Openness and Honesty
- ___ Family Commitment
- ___ Attractiveness of Spouse
- ___ Admiration

WIVES: Number 1-5 your most important needs

- ___ Sexual Fulfillment
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- ___ Admiration

10 Things for Husbands

1. NEVER stop _____ your wife.
2. Make _____ night a priority.
3. Be _____ occasionally.
4. Talk about her in a _____ light.
5. Learn the art of non-sexual _____.
6. _____ for her and with her.
7. Help around the _____.
8. Take interest in something your wife _____.
9. Be the _____ leader in your home.
10. Value your _____.

10 Things for Wives

1. Never stop _____ your husband.
2. Communicate _____.
3. Give your husband lots of _____, both publicly and privately.
4. Keep your marriage on the front _____.
5. Make your love-life _____.
6. _____ with the aim of pleasing your husband.
7. Take an _____ in something he likes to do.
8. Strive to be _____ inside and out.
9. _____ with and for your husband.
10. F_____.

3 Things to Do As a Couple:

- 1.
- 2.
- 3.

12 GREAT DATE NIGHT IDEAS

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1. **GET FANCY:** Get dressed up and go to a nice restaurant and a play or concert.
2. **MOVIE NIGHT IN:** Watch a romantic movie and cuddle on the couch.
3. **FIRST DATE:** Try to recreate your first date as much as possible.
4. **SWEAT FEST:** Catch a brisk walk, run or go to the gym for a good workout, then shower together when you get home.
5. **BLACKOUT:** Spend the evening at home forbidding the use of electricity or phones! Eat sandwiches and play your favorite game by candlelight.
6. **SWEET MEMORIES:** Enjoy an evening looking at old photos, memorabilia and watching your wedding video (if you have one).
7. **SUNDAY DRIVE:** Pick up a coffee or soda and go for a drive to take in some scenery or a pretty local neighborhood.
8. **BRIGHTEN SOMEONE'S DAY:** Make cookies together, then deliver a few to a widow or widower and spend some time chatting with them.
9. **PICNIC:** Pack a lunch and go to your local park. Then feed the ducks, swing at the playground, and go for a walk.
10. **GET THRIFTY:** Go to a flea market or thrift store. Set a price limit and purchase the most meaningful and creative gift for each other that you can find.
11. **BIKE IT:** Go for a bike ride and stop off for some ice cream.
12. **DINNER & DESSERT:** Cook dinner together and be sure to have one another for dessert later.

Fill'r Up ... Don't Bankrupt Your Marriage!

To keep a marriage from going bankrupt, it is essential to make more

_____ than _____ in your spouse's "love bank".

Bad _____ can bankrupt a marriage.

1. Make _____ not _____.

2. _____ instead of _____.

3. _____ your _____.

4. _____ is the best _____.

5. Don't purposely get _____ your spouse's _____.

6. Don't be too _____.

Homework: LOVE BANK INVENTORY for WIVES

Based on the previous page, “Don’t Bankrupt Your Marriage” what do you need to work on the most in order to stop taking withdrawals from your account in your husband’s Love Bank?

What are some specific annoying behaviors that you will try to stop? If you can’t think of any, don’t worry, your husband will fill you in. 😊

Now, **with love and kind words**, which “bankruptcy behavior” does your husband have a habit of doing that takes the most withdrawals from your Love Bank? (Remember, this is not a free pass to bash your spouse. You are simply sharing how certain behaviors make you feel.)

List several things that you love and admire about your husband.

When you read and discuss what your spouse writes about your behaviors that make them unhappy, **do NOT become hurt, angry or defensive**. Instead, do your best to take proactive steps to eliminate these behaviors. You will have a stronger and happier marriage for doing so.

Homework: LOVE BANK INVENTORY for HUSBANDS

Based on the previous page, “Don’t Bankrupt Your Marriage” what do you need to work on the most in order to stop taking withdrawals from your account in your wife’s Love Bank?

What are some specific annoying behaviors that you will try to stop? If you can’t think of any, don’t worry; your wife will fill you in. 😊

Now, **with love and kind words**, which “bankruptcy behavior” does your wife have a habit of doing that takes the most withdrawals from your Love Bank? (Remember, this is not a free pass to bash your spouse. You are simply sharing how certain behaviors make you feel.)

List several things that you love and admire about your wife.

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6 Ways to Kill Your Marriage

1. Become R_____ and NOT S_____

TRAITS OF ROOMMATES

- Not _____ meals together
- No face to face _____
- _____ without intimacy
- Arguing about _____, but not working out a plan together
- Becoming easily _____ or angry
- Not having a set daily time to _____

TRAITS OF SOULMATES

- They _____ doing things together.
- They grow spiritually together.
- They encourage, praise and affirm one another.
- Their _____ life is a joy not a chore or non-existent.
- They express the five love languages: gift giving, quality time, touch, praise, acts of service.

(take LOVE LANGUAGE test free <http://www.5lovelanguages.com/>)

- They simply LOVE being together.

WHAT CAUSES "ROOMMATE-ITIS?"

- L_____ gets in the way of marriage.
- You start taking your spouse for _____.
- You B_____.
- You stop putting your spouse and their needs _____.
- You get R_____ and hold _____.
- You start doing things out of D_____ and O_____ and not out of L_____.

2. Put your marriage on _____ control.

3. Poor _____

4. _____ more than you make.

5. _____ more than you compliment.

6. Don't seek _____ when you come to an impasse.

Sex in Marriage

Genesis 2:18-25

1. God made male and female very _____ and very _____.
2. God created _____ and called it _____.
3. Your standard of beauty is your spouse and whatever your spouse is is what you are _____.

3 Views of Sex...

1. Sex is _____.
2. Sex is _____.
3. Sex is a _____.

- Men generally have a higher sex drive than women. ie: Chart
- Sexually, men are _____, and women are _____. Men, if you wait to sow the seeds of romance at bedtime ... you've _____.

9 WAYS TO RUIN YOUR SEX LIFE...

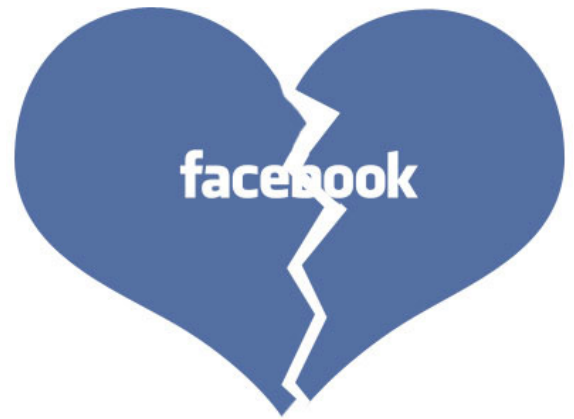
1. Allow your _____ to sleep in your _____.
2. Don't make _____ a priority.
3. Let _____ go.
4. Stop _____ with your spouse.
5. Say _____ to sex more than you say _____.

6. Lack of _____.
7. Make _____ more important than sex.
8. Get stuck in a _____.
9. Make it all about _____.

Tips:

- Wives/Husbands, don't _____ your spouse sexually. (1 Corinthians 7)
- Treat your wife like a queen ... and "getting lucky" won't require any _____ at all.
- _____ sex in marriage emerges from _____ sex. Translation?
Practice makes perfect.
- Wives: Be willing to _____ more often.
 - Your husband doesn't know when you're in the _____.
 - It makes him feel _____.
 - Your husband loves having you _____.
- Sheet Music

FACEBOOK (Social Media) AND YOUR MARRIAGE



Facebook has become hugely popular in the past few years. Lea and I both love being able to catch up with old friends and family on Facebook. But with anything that comes along, there can also be dangers and problems if not used responsibly. Sometimes Facebook and other online communities can cause problems in marriages if some rules aren't followed.

One marriage counselor said this, "Over the course of the last three or four years, I have seen the growth of social networking technologies paralleled by a growth of poor decisions and crossed boundaries by Christians who should know better. I have sat across from many who have entered into emotional and/or physical extra-marital affairs through social media. In fact, lawyers are saying that now, one in five divorce petitions they're processing cite Facebook as either the way petitioners find out about their partner's infidelity, and/or how their partner began or pursued extra-marital relationships."

See how important it is that we have some rules, guidelines and accountability for things like Facebook? Here are a few guidelines for married couples that Lea and I talked about and I'd like to share...

1. **Don't spend more time on Facebook than you should.**
2. **NEVER hide things from your spouse on Facebook.**
3. **Share your Facebook password with your spouse.**
4. **NEVER EVER befriend anyone of the opposite sex that your spouse is uncomfortable with.**
5. **"Unfriend" anyone who crosses normal boundaries.**
6. **If you're married, PROUDLY set your "Relationship Status" to married.**
7. **Post pictures of you and your spouse on your Facebook.**
8. **Don't be afraid to proclaim your love for your spouse on Facebook.**
9. **NEVER use your status to complain about your spouse.**
10. **Think before you type.**

No matter how many friends you have on Facebook, remember that your #1 friend should be your spouse. Strive to better that relationship on a daily basis. Work 1000 times harder to grow in your relationship than you do at finding friends on Facebook. NEVER take your relationship with your spouse for granted. THE LAST THING YOU WANT is 1000 Facebook friends, while the love between you and your best friend slowly dies out.

THE 5-DAY TOTAL MARRIAGE MAKEOVER CHALLENGE

Welcome to the 5-day total marriage makeover challenge. This is for couples who would like to grow in their marriage and make HUGE positive changes in just 5 days. We honestly feel like if BOTH spouses are willing to participate completely for the next 5 days, it will GREATLY bless your marriage.

We are asking you to do 5 things every day for and with one another. Each of these 5 things has an important purpose, and the challenge will work best if you don't leave anything out because it makes you uncomfortable. Trust us. At one time or another, some of these things made us uncomfortable too.

So here you go ... five things ... for five days ... to makeover your marriage:

1. ZERO CRITICISM FOR THE NEXT 5 DAYS. For 5 days, you're not allowed to say anything negative or demanding. If you don't have something positive to say, don't say it. We've said a million times that you cannot change your spouse or marriage with nagging or criticism, but only by praise. You must get out of the habit of criticism, negativity and nagging. The rule on this one is if you slip up, and you will, your spouse is allowed to call you out, and you've got to immediately apologize and follow up with saying two kind things about your spouse. This might sound childish, but you'll be amazed at how it can change the tone of your words and your relationship.

2. SPEND 30 MINUTES IN CONVERSATION EACH DAY (with all electronics turned off) FOR THE NEXT 5 DAYS. It's been said, "We live in a world where it's possible to be in the same room but in different worlds." You can't have good conversation with your spouse while at the same time you are watching TV out of the corner of your eye, texting someone, or surfing the Internet. For at least 30 minutes every day for the next 5 days plan on having 30 minutes of conversation without electronic interruption. Whether you go for a walk together, meet at a coffee shop, or just hide out in your bedroom, it's extremely healthy for your marriage to have a conversation every day.

3. HAVE SEX EVERY DAY FOR THE NEXT 5 DAYS. The husbands out there are now saying, "YES, I'm ready for this challenge." 😊 Sex is a powerful marital glue that will make your marriage stronger. Yes, it takes more than sex to make a healthy marriage, but it's pretty impossible to have a healthy marriage without it. Don't skip this one ... it IS a must. (PS – this one is for the married couples doing the challenge).

4. PRAY TOGETHER EVERY DAY FOR THE NEXT 5 DAYS. Don't let this one freak you out. We believe that prayer is one of the most intimate acts a couple can do together. So make time every day to pray and ask God to bless your marriage.

5. WRITE YOUR SPOUSE A SWEET NOTE/TEXT FOR THE NEXT 5 DAYS. Send a text, leave a note, post a Facebook status ... do something every day to tell your spouse why you love them and what you appreciate about them.

It is essential in every marriage that you deliberately do things that causes your marriage to grow. This challenge is one of those things. Take the challenge! Do ALL 5 things for the next 5 days.

10 WAYS TO REBUILD TRUST AFTER AN AFFAIR

1. Stop lying and strive for honesty. After betraying your partner's trust, you will add insult to injury by continuing to lie, twist, hide, or deny. Take up the challenge of honesty at all levels. It is the only way to reclaim your own integrity. Provide the complete story up front and do so voluntarily. A voluntary confession is a major step in beginning to restore trust.

2. COMPLETELY End things openly and clearly with the person you cheated *with*. This person is a part of the problem, even if unwittingly. Their role can't be ignored. If you don't offer closure, there may never be any. Completely end this relationship, friendship, and if at all possible, all contact whatsoever.

3. Take complete responsibility for your mistakes. Cheating is 100% a choice. Accept that you made a mistake and admit that to your spouse. Even if your partner is guilty of many mistakes of his or her own, don't blame your partner for cheating. Instead of cheating, you could have dealt with the issues in other, honest ways.

4. Answer questions. It is extremely difficult for a betrayed partner to know that there is another man/woman in the world who has more information about their marriage than themselves. Your partner may want lots of details and ask questions about things you may not want to answer, but too bad, answer them.

5. Be patient as your partner rebuilds trust. Suspicion and distrust are natural reactions when a person has been cheated on and lied to—after all, the evidence supports a belief that you aren't trustworthy. Trust can be rebuilt, but it does not come quickly.

6. Be around. Your partner needs opportunity to work through things with you. At minimum, you need to be emotionally available. However, physical presence can help further, as it will also counteract your partner's feelings that you don't value him or her. Be there to listen, even though it is you that caused the pain. Otherwise, your partner will have lost one of the most important people in their lives that they turn to for support: you.

7. Make your partner feel #1 again. When you cheated, you gave someone else attention and value that normally you would reserve for your own partner. As a result, this may make your partner feel that you don't value them, or that they lack things you sought in the person you cheated with. It can also make your partner believe that other people don't realize that you value them. It is up to you to counteract these feelings and convince them that you will not betray them again.

8. Be open. The more openness you demonstrate, the less urgency your partner will feel to check in on your activities. When you are by yourself, your partner may wonder whether you are where you say you are. Ease their insecurities by letting know what you're doing and checking in with messages or quick phone calls when you aren't at home. Keep in mind that your phone, email, voicemail, and even things like bills may feel like sources of secrets and lies to your partner. If you choose to provide voluntary access to these things, your partner may trust you quicker and easier than before.

9. Take the opportunity to refresh your relationship. Be grateful. Your spouse is deciding to remain with you after your betrayal. No matter how angry, petty, or unpredictable they get, they have shown a great love for you and, in many cases, a great strength of character in choosing to try to trust you again. Give your partner respect and gratitude for this decision. Appreciate the second chance—both initially and periodically over the next few years. Remembering what happened from time to time not only will solidify the hard work you did with your partner to recover, but will also help you avoid making a bad choice again in the future.

10. NEVER cheat again. Third chances are much rarer than second chances.

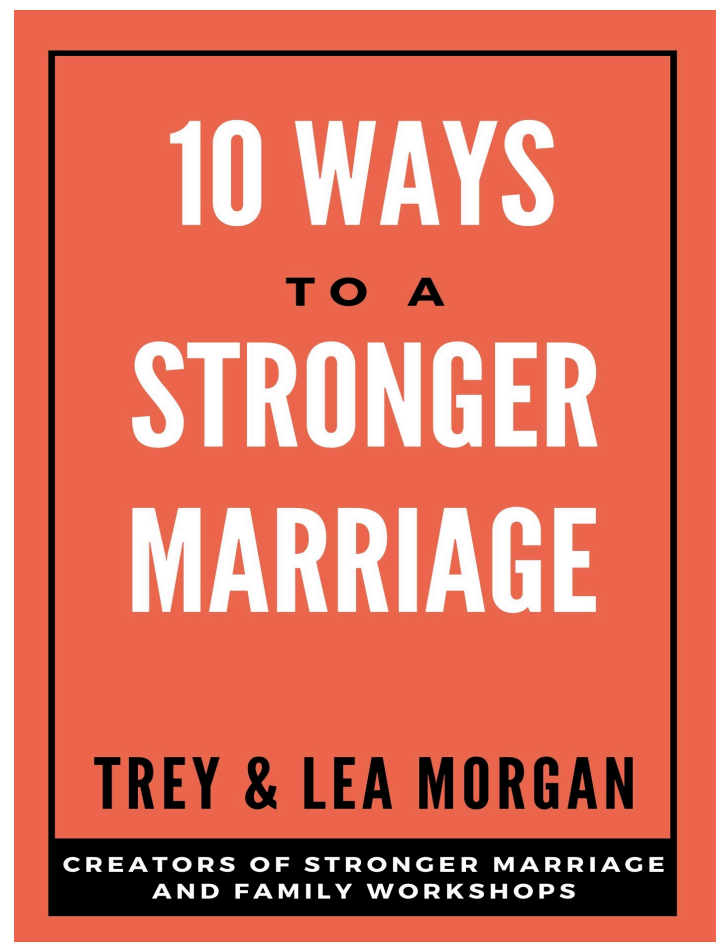
Check out our two books, both available on Amazon ...

“10 Ways to a Stronger Marriage” Consider getting it and reading it with your spouse. It also can be used in a small group or bible class setting. Includes discussion questions for each chapter. We promise it will bless your marriage.

Here are the chapter titles from our book.

10 WAYS TO STRONGER MARRIAGE:

1. Keep Paddling
2. Keep Up the Chase
3. Talking Is Not Optional
4. Praise: Heap It on Thick
5. Let's Get Naked, But Not THAT Way!
6. Let's Get Naked, Yes THAT Way!
7. Treat Your Spouse Better Than They Deserve
8. Keep First Things First
9. Friendship Matters
10. The Overlooked Intimacy Discussion Questions

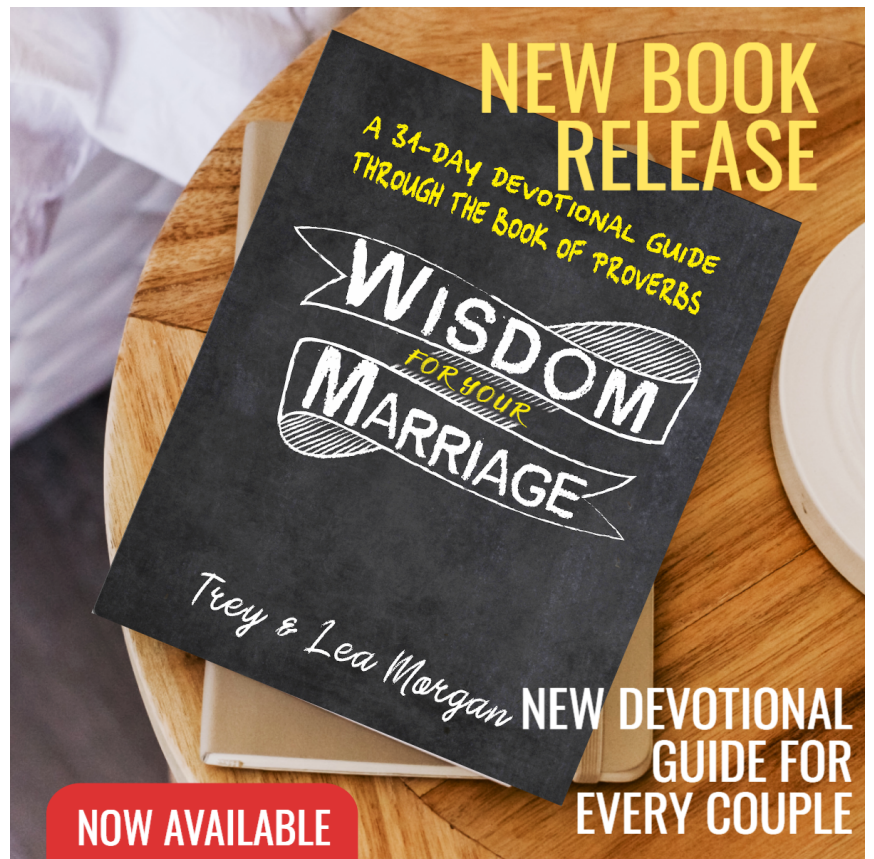


Wisdom For Your Marriage

Available now

Each day of this 31-Day devotional book, you will read through a chapter of Proverbs, read a devotional thought and answer questions which prompt self-reflection and conversation as a couple. Not only will this help you grow as a couple, your spiritual intimacy will flourish as well, bringing your marriage closer than ever before in just 31 days! Guided discussions challenge you and promote growth, while closing prayers offer you the chance to give thanks and meditate on what you've learned. Whether your

marriage is struggling, just okay, or great, this book will challenge you and help you build a stronger marriage. You will find this book both easy to read and very practical. Spark new intimacy in your relationship with our book "Wisdom For Your Marriage", a 31-day devotional guide through the book of Proverbs. Keep your marriage happy and holy with a couples devotional book you can use anytime and anywhere.



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