Strengthening Your Marriage When Your Children Are Struggling

Biblical Framework
- Genesis 4 - We live in a Broken World.
- John 9 - Who's to Blame?
- Must actively practice forgiveness, mercy, grace...

John 9:3 “Jesus answered, Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him.”

Grieving Losses and Unmet Expectations
- Sometimes grief comes from choices.
- Sometimes grief comes from situations no one could have predicted or controlled.
- Know: How do I grieve? What am I grieving?
- Ongoing vs. once-and-done
- Grief Wheel

Triangulation
- The lines move when our emotions are triggered, causing us to form a stronger or weaker alliance to our family members.

What is the End Goal?
- Fixing vs. Sanctification
- As you both become more like Christ, you draw closer to each other.

Resources and Questions
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Caution:
Don't judge, rather love yourself or others through these feelings of normal grief. Do get support, however.

Loss or Perceived Loss
- Decreased Socialization
- No New Friendships
- Bland Expression
- Absent Spontaneity

Acceptance
- Apathy
- Indifference
- Loss of Interest
- Desire to Withdraw and "Give Up"
- Shock
- Confusion
- Denial
- Anger
- Anger at Self
- Lowered Self-Esteem

The Grief Wheel
Expect to move in and out of all these spaces, bouncing

"Urge to Recover" That Which Was Lost
- Crying
- Pain
- Weakness
- Nausea
- Loss of Appetite
- Sleep Disturbance
- Other Physical Changes
- Slowed Thinking and Actions
- Continuing Physical Symptoms