

SECURE MARRIAGE ONENESS ASSIGNMENT CREATING SHARED VALUES

Ideally, two people will have an in depth conversation about their values before deciding to make any long term commitments to each other. But if that ship has sailed and you find yourself sitting across from someone you can't seem to agree with, it's time to start discussing how to create some shared values.

The following is a list of the core values most couples have to work through at one time or another in their marriage. They are broken down into eight main categories. Take some time and determine for yourself what your values are in each one of these areas. Then, ask your spouse to determine what her values are in each area. The ones where you agree or are close are good to go. The ones where you have significant differences are the areas that you're going to need to do the following steps:

1. Ask Why—Instead of trying to convince your spouse of YOUR position, ask her WHY he or she holds the belief she does. There's always a reason. Listen with openness. It's your job to find out what that reason is and to understand your spouse as thoroughly as possible. Only then can you come to some sort of agreement and create a shared value.

2. Share Your Reasons—Only after you have listened to your spouse are you to share your reasons for holding the values that you do. Share with him or her why they are important to you. If you don't know the reason why or are not sure

what you believe, admit that you don't know and that you're going to take some time to determine your belief system.

Some values are held and defended even when you don't know why. For example, "We are a Ford family. We will never drive a Chevy!" Why? How did your family become a Ford family? What's wrong with a Chevy, Toyota, or Dodge? More importantly, what's so special about Fords? Is this something that's worth dying for, or losing a marriage over? Who will you disappoint if you DO drive up in a Chevy to the family reunion?

VALUES TOPICS

Family

- Kids (i.e. how many kid, no kids, timing, etc...)
- Parenting (i.e. disciplining, etc...)
- Extended Family and Family of Origin (i.e. Holidays, involvement, etc...)
- Sex (i.e. how much, preferences, his needs vs. her needs, etc...)

Friends

- How much time with friends
- Activities you do with friends
- Relationships with the opposite sex

Fitness

- Food and Diet
- Exercise
- Medicine
- Alcohol and Drugs

Finances

- Saving vs. Spending
- Tithing and Donations
- Investing
- Standard of living
- Core beliefs about money

Free time

- Recreational Activities
- Personal Care
- Dependence vs. Independence
- Electronics & Technology

Future

- Retirement
- Long-term Goals
- Relationship with Family

Faith

- Spiritual Practices and Disciplines
- Sources of Truth
- Afterlife

Field

- Type of Work
- Income Levels
- Two Incomes vs. One Income
- Location