

THE GREAT

MARRIAGE EXPERIENCE

FOR COUPLES



The Stutson Group

www.thestutsongroup.com



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welcome

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welcome



Dr. Gary & Barb Rosberg

Dr. Gary and Barb Rosberg are sought-after executive life and marriage coaches, award-winning authors, and beloved international marriage conference speakers known for directly addressing the needs of marriages today with remarkable insight and biblical truth.

Dr. Gary earned his doctorate degree (Ed. D.) in counseling from Drake University and conducted individual, marriage, and family counseling for over 20 years. Barb brings decades of wisdom from coaching and teaching women and couples.

The Rosbergs are Certified Master Christian Life Coaches (CMCLC) through the International Christian Coaching Institute. They are also each certified John C. Maxwell international speakers, trainers, and coaches and Board Certified Master Life and Marriage Coaches through Light University.

Together, the Rosbergs are co-founders of the for profit, The Rosberg Group, where they provide marriage coaching, as well as one-on-one executive life coaching. They are also the founders of the international ministry, America's Family Coaches, as well as the co-founders of Impact Iowa's Heroes, designed to honor and strengthen the marriages of Iowa's first responders and military personnel.

They have spoken nationally and internationally together for over 35 years. Gary and Barb have written over a dozen prominent marriage and family resources and DVD series with almost 1 million total copies in print world-wide.

The 4 Steps



DISCOVERY



ASSESSMENT



JOURNEY



EXTENSION OR
CLOSURE

Marriage Coaching Intake

Gary R. Rosberg, Ed. D., Certified Master Christian Life Coach (CMCLC)

Barb Rosberg, B.F.A., Certified Master Christian Life Coach (CMCLC)

TheRosbergGroup.com

515.314.3145 (Gary) | 515.314.3146 (Barb)

PO Box 1223, Waukee, Iowa, 50263-1223

Client Names:

Date of Agreement:

Contact & General Information:

Address:

City:

State:

ZIP:

Her Information

Cell #:

Birthdate:

Age:

Email:

Company Name:

Title:

His Information

Cell #:

Birthdate:

Age:

Email:

Company Name:

Title:

Married:

Single:

Divorced:

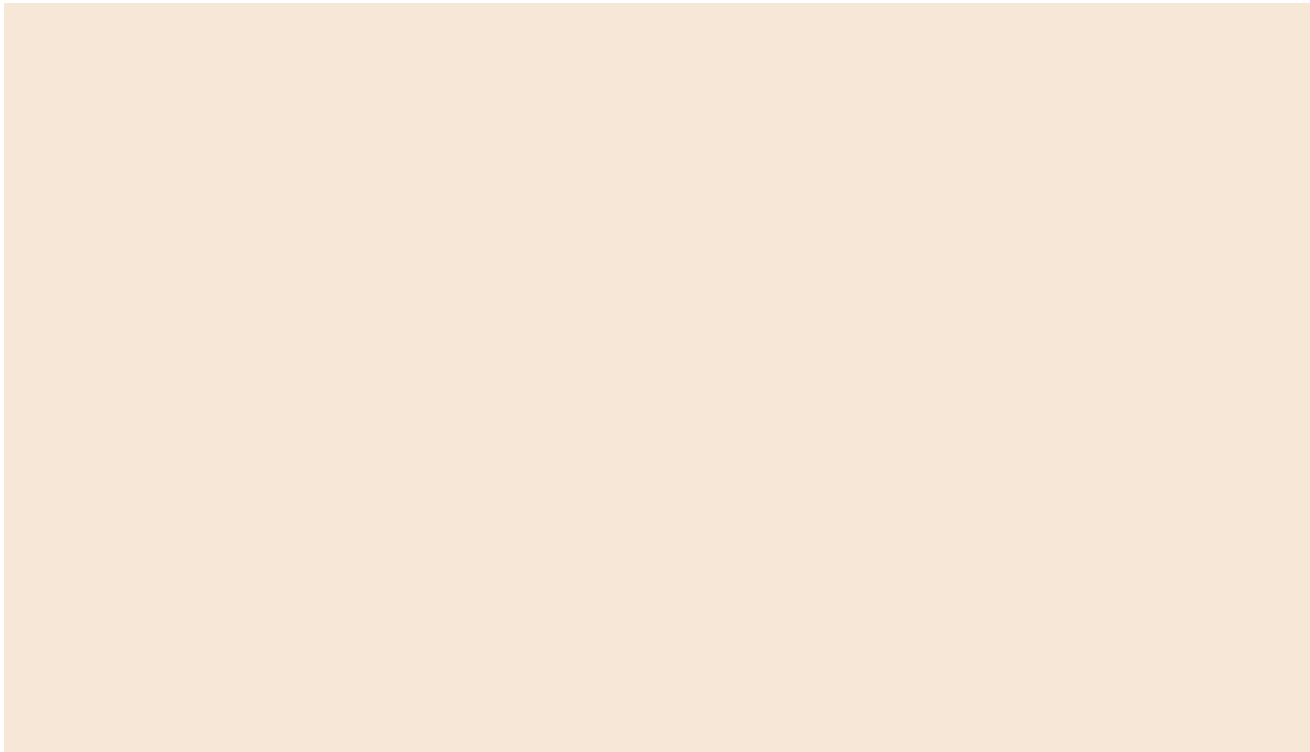
of Children:

Referred by:

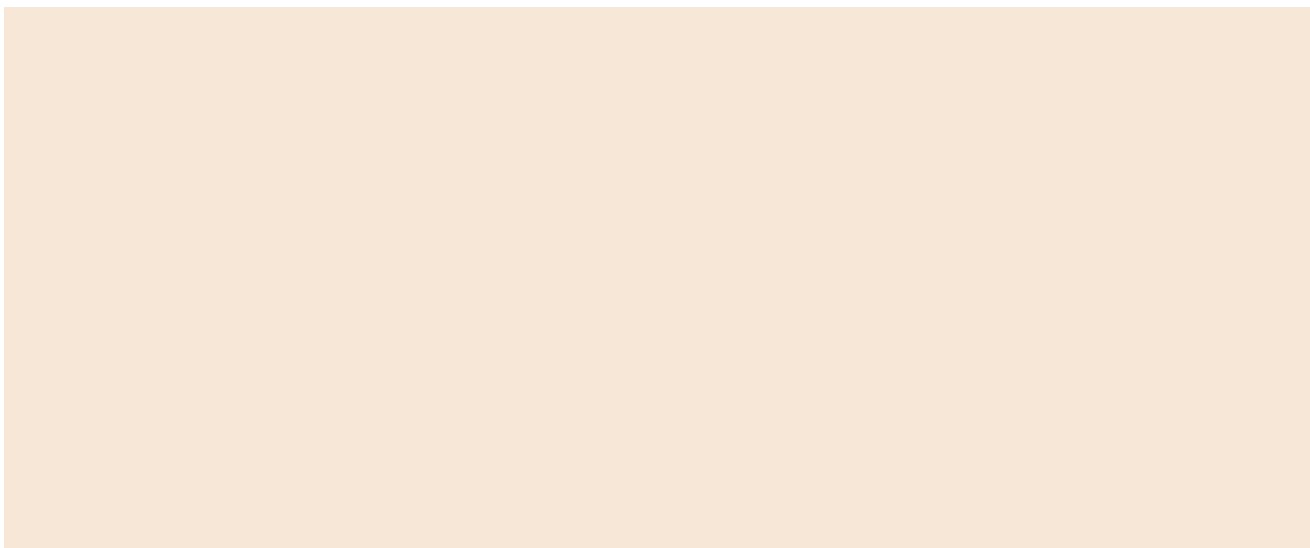
Client Information (husband & wife fill out separately)

Background Information

Anything you'd like the coaches to know:



Personal Accomplishments:



Availability for Coaching

Weekly availability

Mondays

Tuesdays

Wednesdays

Thursdays

Fridays

Frequency:

Specific Conflicts:

Timeframe:

Objectives:

1

2

3

What would you like your Coachs' specific roles to be?

Rosberg's Life Success Scale

Now, let's get honest! Take an intense look at your life and score yourself using the following scale from 1-10 to evaluate how successful you believe you are in the major areas of life. (complete individually)

- | | | | |
|---|----------------|----|---------------|
| 1 | Panic | 6 | High Moderate |
| 2 | Extremely Weak | 7 | Low Strength |
| 3 | Weak | 8 | Strength |
| 4 | Low Moderate | 9 | High Strength |
| 5 | Moderate | 10 | Peak |

| | | | |
|-----------------------|-----------------------|----------------------------|-----------------------|
| Marital Health | <input type="radio"/> | Social Support | <input type="radio"/> |
| Emotional Health | <input type="radio"/> | Financial Stability | <input type="radio"/> |
| Spiritual Health | <input type="radio"/> | Time & Schedule | <input type="radio"/> |
| Physical Health | <input type="radio"/> | Learning & Personal Growth | <input type="radio"/> |
| Career & Professional | <input type="radio"/> | Recreation & Fun | <input type="radio"/> |

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Success in Life Scale

- 10-25 Crisis Living Level
- 26-50 Unhealthy Living Level
- 51-75 Healthy Living Level
- 76-100 Optimal Living Level

My score:

My Top 3

Areas to focus on during coaching (complete individually)

1

2

3

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Assessment of Problems

Complete these sentences quickly by writing in your first thought. This will help you to develop insight about how well you manage the problems in your life.

Please complete individually. 2008, *DwightBain.com* permission granted to reproduce this coaching tool

My biggest problem is...

I'm quite concerned about...

One of my other problems is...

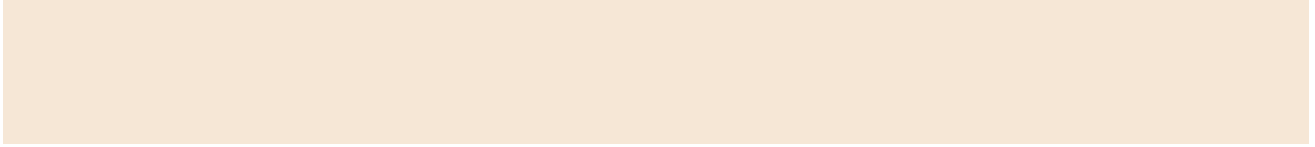
Something I do that gives me trouble is...

The most frequent negative feelings in my life are...

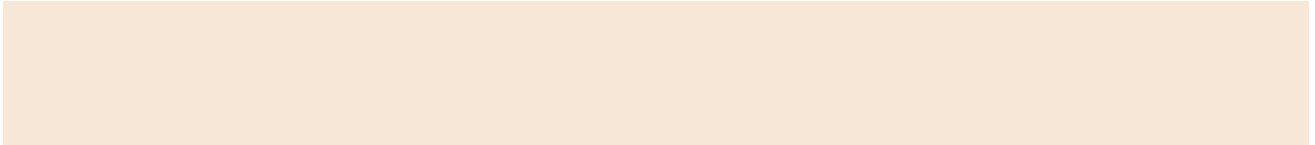
They take place when...

The person I have most trouble with is...

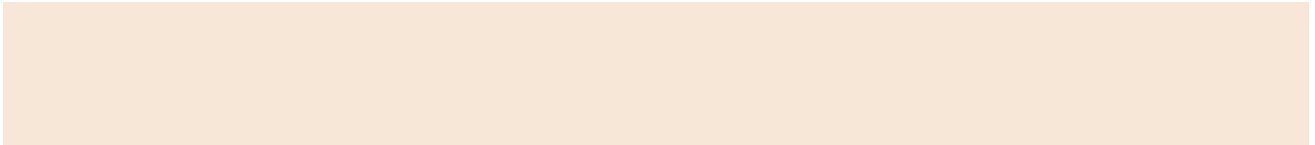
What I find most troublesome in this relationship is...



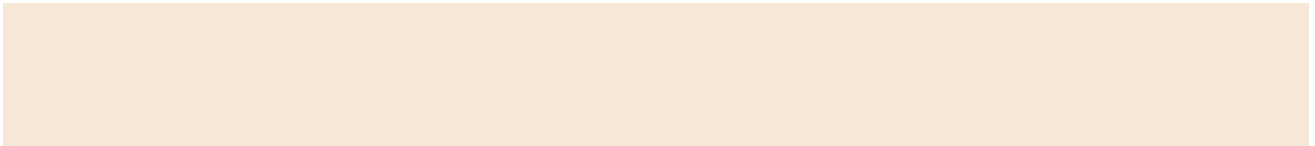
Life would be better if...



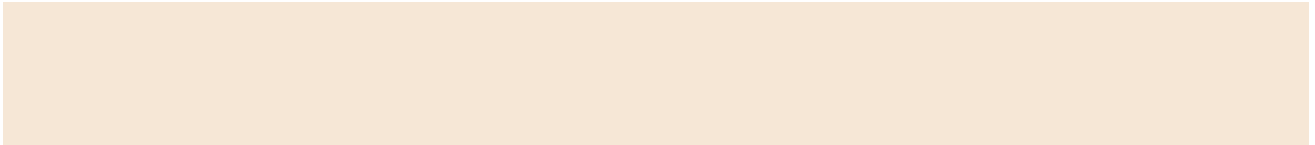
I tend to do myself in when I...



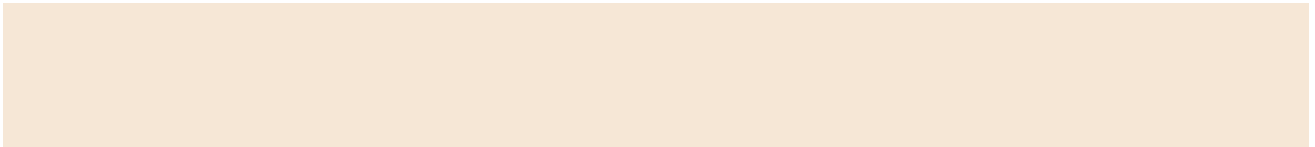
I don't cope very well with...



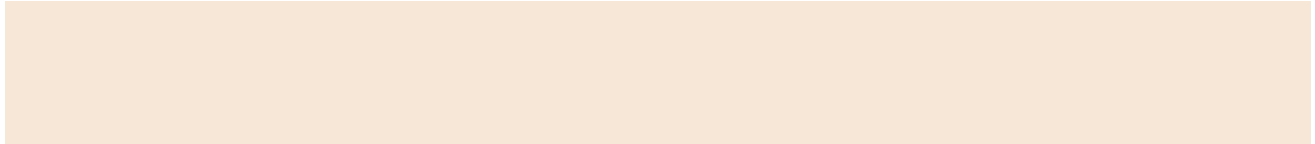
What sets me most on edge is...



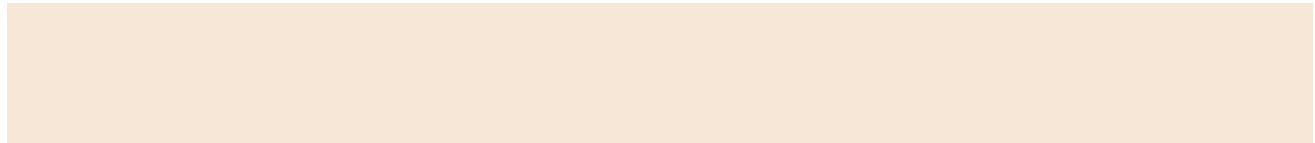
I get anxious when...



A value I fail to put into practice is...



I'm afraid to...



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I wish I...

I wish I didn't...

What others dislike most about me...

What I don't seem to handle well is...

I don't seem to have the skills I need in order to...

A problem that keeps coming back is...

If I could change just one thing in myself, it would be...

How long have you struggled with these problems?

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resources

resources

resources

resources

resources

resources

resources

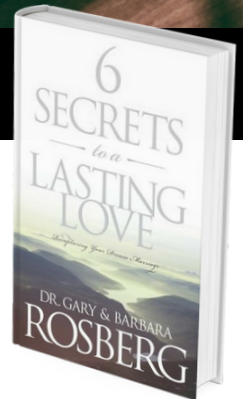
Resources

Experience a great marriage for a lifetime through the *6 Secrets to a Lasting Love* and take your marriage from good to great!

In addition, the Rosbergs have created resources that focus on each *Secret*. The book and workbooks can be used by individual couples or in small groups.

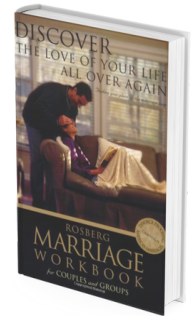
6 SECRETS TO A LASTING LOVE

The secret to a strong marriage is more than a feeling or an emotion. It's six specific kinds of love that must be intentionally pursued and practiced to build a great marriage: forgiving, serving, persevering, guarding, celebrating, and renewing love. In this book, Dr. Gary & Barb unlock the biblical secrets to a marriage that stays vibrant and strong for a lifetime. By practicing these principles over time, married couples will reach a new level of love, commitment, and intimacy in their relationship.



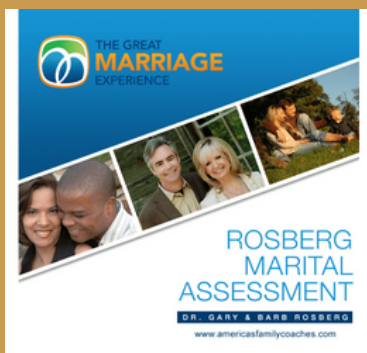
Discover the Love of Your Life All Over Again (Workbook)

This eight-week workbook companion to *Six Secrets to a Lasting Love* is a small-group resource that helps couples meet each other's needs, heal hurts, guard their marriages, and renew their love.



Marriage Covenant

Show your commitment to your marriage vows with this covenant home certificate! A beautifully designed certificate by Christian artist Timothy R. Botts. This 11x14 inch covenant is suitable for framing. *Large church-wide covenants are also available.*



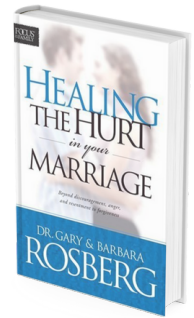
ROSBERG MARITAL ASSESSMENT PROGRAM (RMAP)

Dr. Gary & Barb have created an online assessment that asks questions in a step-by-step format to gauge where each couple is in their relationship. After completing the assessment, couples have a clear vision of next steps and can begin their lifelong journey to obtain a marriage that is real and will last.

SECRET TO FORGIVING LOVE

Healing the Hurt in your Marriage

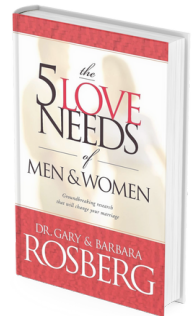
It's not if you have conflict, it's when! Many of us don't know how to effectively resolve our conflicts. This book helps you understand different conflict styles and teaches you how to move toward forgiveness and healing.



SECRET TO SERVING LOVE

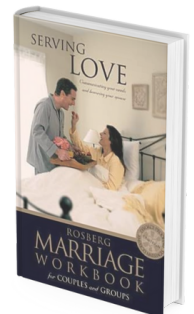
The 5 Love Needs of Men & Women

Dr. Gary and Barb reveal surprising research about the top five love needs of your spouse. This book will help you understand your mate and inspire them to a new level of love. *The 5 Love Needs of Men & Women* Audio CD and e-Book also available.



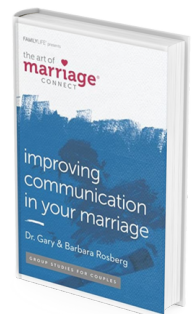
Serving Love (Workbook)

This six-week workbook companion to *The Five Love Needs of Men and Women* is a small-group resource that helps couples more fully understand each spouse's needs and experience how they can best meet them.



Improving Communication in Your Marriage

Communication has the power to make or break relationships. Help your marriage by improving the way that you and your spouse communicate. Using this study as a guide, discover how to recognize barriers that sometimes keep you from understanding each other.



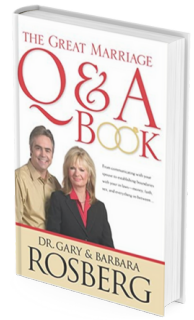
Connecting With Your Wife CD

In this two disc audio CD, Barb Rosberg talks directly to men about what makes women tick. She will help you understand your wife's emotional wiring with biblically-based wisdom.

SECRET TO PERSEVERING LOVE

The Great Marriage Q&A Book

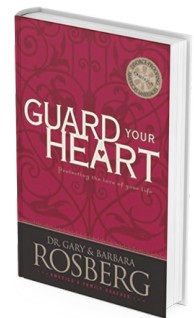
Drawing on real conversations from their nationally syndicated radio call-in show, Dr. Gary & Barb provide frank and insightful answers to more than 150 frequently asked questions about marriage and offer helpful coaching tips.



SECRET TO GUARDING LOVE

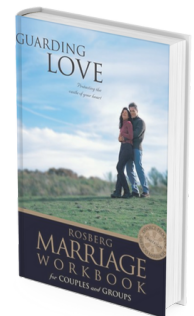
Guard Your Heart

Marriages and families are under attack! Learn how to recognize both the subtle and obvious attacks your marriage may face and become equipped with the tools to protect your marriage.



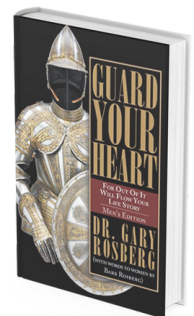
Guarding Love (Workbook)

This six-week workbook companion to *Guard Your Heart* is a small-group resource that equips couples to protect their hearts—their own and their spouse's—against threats and temptations.



Guard Your Heart: Men's Edition

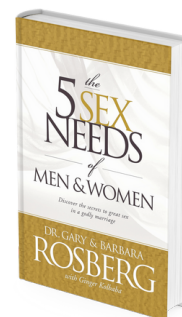
This is an insightful book for Christian men who want to lead their families, stand firm against moral challenges, and pursue a fresh course with God.



SECRET TO CELEBRATING LOVE

The 5 Sex Needs of Men & Women

This book reveals the top five sex needs of men and women, what they love and hate about sex, and what spouses can do outside of the bedroom to elicit the greatest results inside the bedroom. So...are you meeting your spouse's most intimate sex needs? Do you even know what they are? You might be surprised! *The 5 Sex Needs of Men & Women* e-book and Audio CD are also available.



40 Unforgettable Dates With Your Mate

Saying "I do" doesn't mean you're done. The Rosbergs share ideas on how you can bring back the *zing* in your marriage. This book gives you everything you need to plan fun dates to meet your spouse's needs.



SECRET TO RENEWING LOVE

Renewing Your Love Devotional

Through these 30 marriage-building devotionals, you'll deepen both your walk with Christ and your spouse's. *E-book also available.*



paperwork

paperwork

paperwork

paperwork

paperwork

paperwork

paperwork

The Rosberg Group Coaching Agreement

DR. GARY & BARBIE ROSBERG

COOPERATION

It is assumed that both parties will be in full cooperation with each other in regards to the agreed upon coaching objectives. Neither party will withhold important information which would benefit the coaching process, nor will either party act in any manner which would interfere with facilitation of the coaching goals in a timely manner.

FEES

Due to the narrow nature of this practice \$ _____ offers monthly (up to 12) 70-90-minute videoconference (or in person) sessions in addition to a two day intensive session at the beginning of the coaching relationship.

The intensive fee amount (\$ _____) may be paid in full at the commencement of the intensive session or in installments on a quarterly or monthly basis.

The 12 session fee (\$ _____) may be paid in full at the commencement of the agreement or in installments on a quarterly or monthly basis.

We will schedule sessions until you feel that you have accomplished your personal and professional goals. (Emails and texts are available between sessions.) Helping you achieve greater success is always our primary objective. A 24-hour notice is requested for cancellation of a coaching session.

CONFIDENTIALITY

Confidentiality and protection of intellectual property is mutually agreed to be protected by this agreement. Both parties agree that all data, information, and work completed during the course of couples coaching will remain confidential. No information or materials will be shared with outside sources or other people regarding the work of either party, except with express written permission.

MODIFICATIONS & EVALUATIONS

Either party may modify this agreement at any time it becomes apparent that modification is needed. The coaches agree to advise and influence ideas and action; however the client is the final decision maker.

Please initial each of the following statements.

- Scheduling is done one-two months in advance. ____ | ____
- Payments are due on or before the day of service. ____ | ____
- Please respond as soon as possible when the coaches send out emails addressing questions or counseling suggestions. ____ | ____
- Homework exercises and additional reading must be done to show motivation and assure progress. ____ | ____
- Please seek punctuality in videoconferencing sessions as we mutually seek to honor each other's use of time. ____ | ____
- Please indicate preferred compensation schedule for:

The Intensive (\$ _____)

Up to 12 monthly sessions (\$ _____)

Commencement of intensive _____

Commencement of intensive _____

Quarterly _____

Quarterly _____

Monthly _____

Monthly _____

Client's Signature (wife) _____ Date _____

Client's Signature (husband) _____ Date _____

Barb Rosberg, CEO, Marriage Coach _____ Date _____

Gary Rosberg, Marriage Coach _____ Date _____

coaching
tools
coaching
tools
coaching
tools

6 secrets

6 secrets

6 secrets

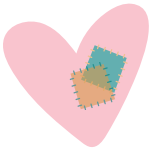
6 secrets

6 secrets

6 secrets

6 secrets

6 Secrets to a Lasting Love



FORGIVING LOVE

Forgiving Freely | Philippians 2:1-2

A Forgiving Love heals the hurts and helps spouses feel accepted and connected. Part of a forgiving love is solving conflict effectively.



SERVING LOVE

Serving Humbly | Philippians 2:2-11

A Serving Love discovers and meets the needs and helps spouses feel honored and understood. We need to put our spouse's needs above our own and find new ways to serve our spouse each day.



PERSEVERING LOVE

Persevere Courageously | Philippians 2:12-13

A Persevering Love stays strong in tough times and helps spouses feel bonded-best friends for life. This Secret is what gets couples through the difficult times like job stress or illness and come through with a marriage stronger than before.



GUARDING LOVE

Guarding Vigilantly | Philippians 2:14-16

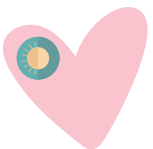
A Guarding Love protects from threats and helps spouses feel safe and secure. We need to intentionally put up proper guards in marriage that will provide protection from threats to marriage such as the allure of status and stuff.



CELEBRATING LOVE

Celebrating Joyfully | Philippians 2:17-18

A Celebrating Love rejoices in the marriage relationship and helps couples feel cherished and captivated physically and emotionally



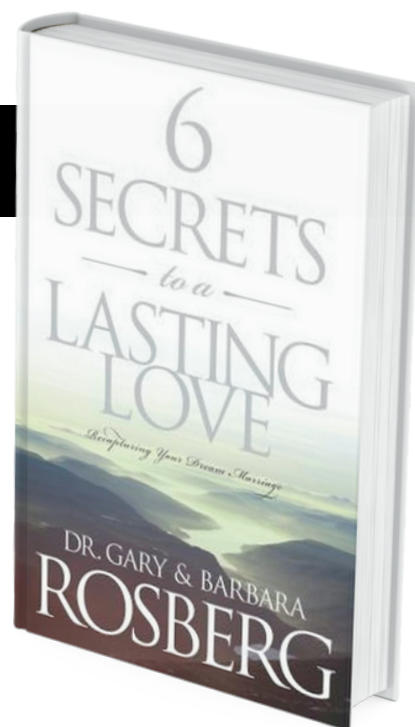
RENEWING LOVE

Renewing Daily | Philippians 4:4-6

A Renewing Love refreshes and supports the marriage bond and helps spouses feel confident and rooted.

6 Secrets to a Lasting Love

No matter how long ago it was, you probably still remember that moment when you said “I do.” Your ceremony may have been simple ... or sumptuous. Your honeymoon may have been heavenly ... or more down-to-earth. But in any case, you and your spouse-to-be were drawn to that moment of marriage by a dream—a dream of spending the rest of your days with the love of your life. Your heart was filled with hope, expectation, promise, and a dream that your marriage not only would be good, but would be a love that would last forever.



Since that day, your marriage has probably had its share of ups and downs. You’ve probably done or said some things that hurt your spouse—and vice versa. Perhaps you’re still angry or bitter over harsh words, something done, or something not done.

Perhaps rekindling your love just doesn’t seem possible.

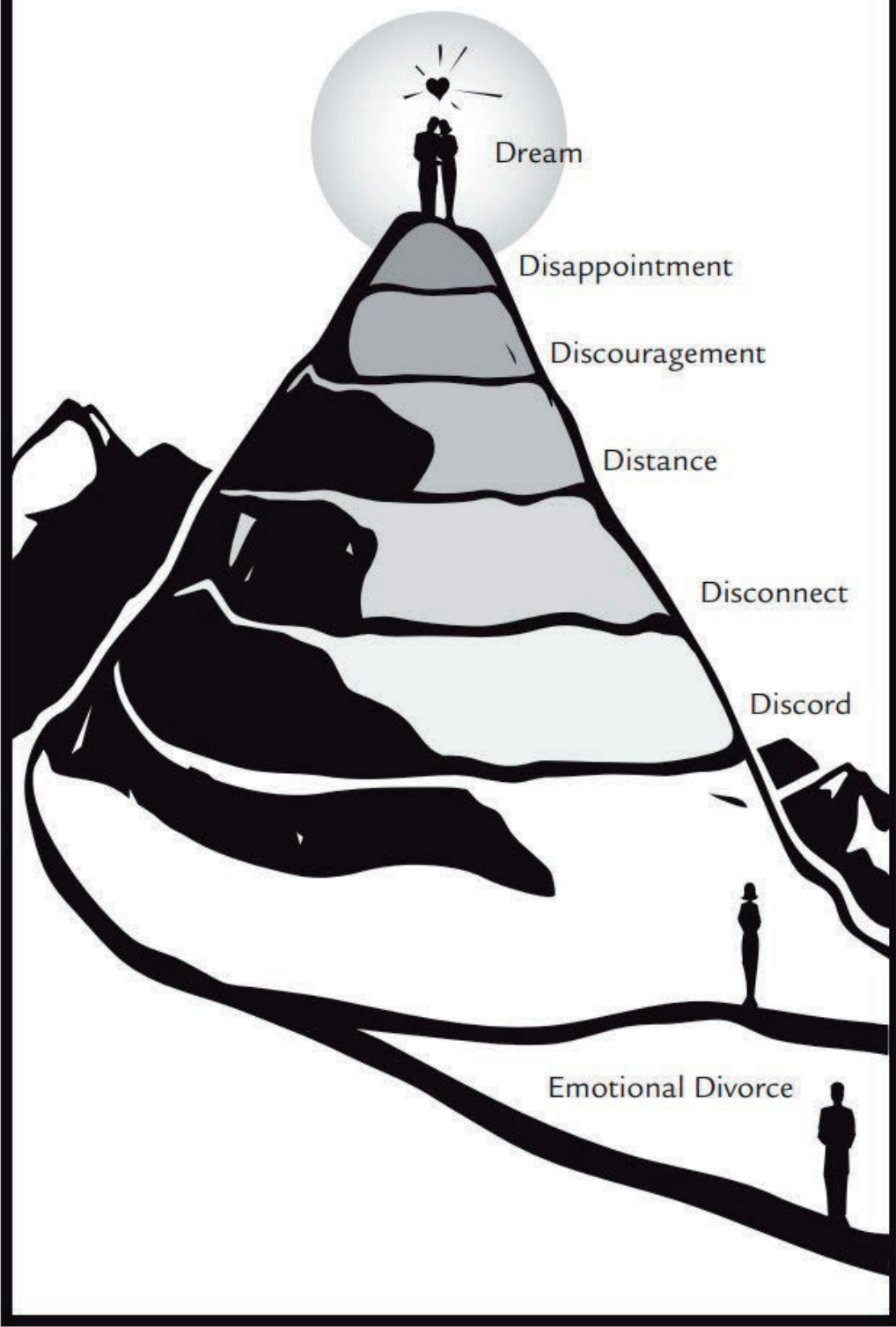
But bringing back the dream is just what you need to have a great marriage.

The dream can live again, even stronger than ever. That’s the purpose of this process you have embarked upon as a couple—to reawaken the dream and discover the love of your life all over again.

The marriage map includes seven stops on the marriage journey from that first dreamy love all the way to divorce. Marriages that end in divorce have traveled along the map, unable (or unwilling) to stop and turn around. Decide where you think you are on the marriage map, and then answer the questions below.

dream
marriage
dream
marriage
dream
marriage

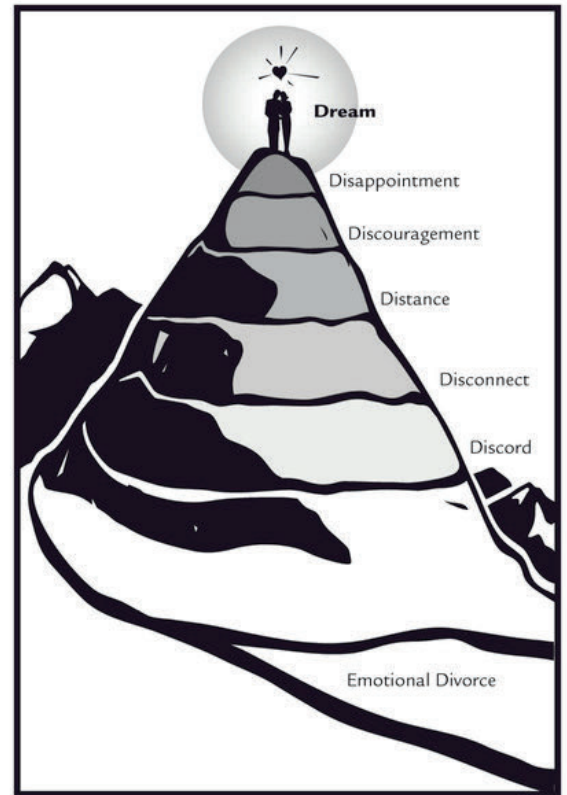
MARRIAGE MAP



The Dream Stop

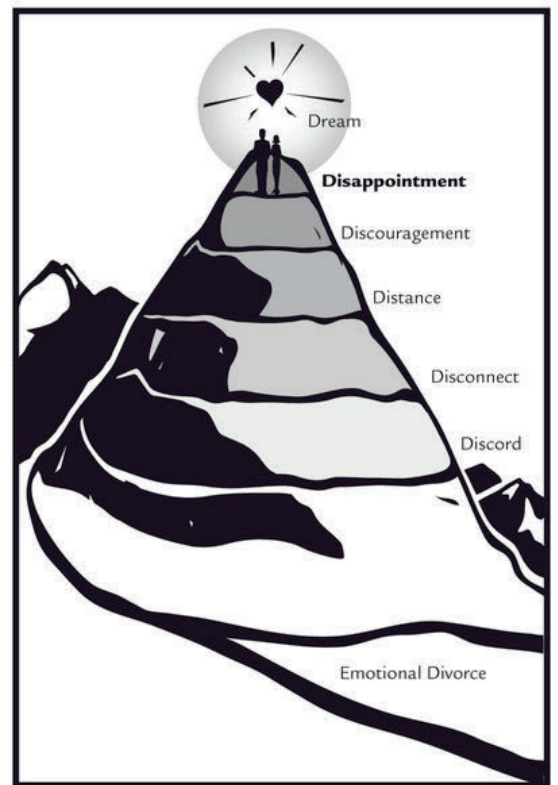
Compare yourself to these indicators, and check any that describe the current state of your marriage:

- | H | W |
|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> I communicate freely with my spouse, and we keep no inappropriate secrets. |
| <input type="checkbox"/> | <input type="checkbox"/> I forgive my spouse when I am wronged and seek forgiveness when I offend. I am loved without strings. |
| <input type="checkbox"/> | <input type="checkbox"/> My spouse and I eagerly seek to discover and meet each other's needs. |
| <input type="checkbox"/> | <input type="checkbox"/> We have faced and conquered difficult circumstances that have undone other marriages. |
| <input type="checkbox"/> | <input type="checkbox"/> I consciously guard myself against threats and temptations that could pull our marriage apart. |
| <input type="checkbox"/> | <input type="checkbox"/> We enjoy ongoing emotional, physical, and spiritual closeness. |
| <input type="checkbox"/> | <input type="checkbox"/> We are committed to keeping our relationship fresh and alive "till death do us part." |



The Disappointment Stop

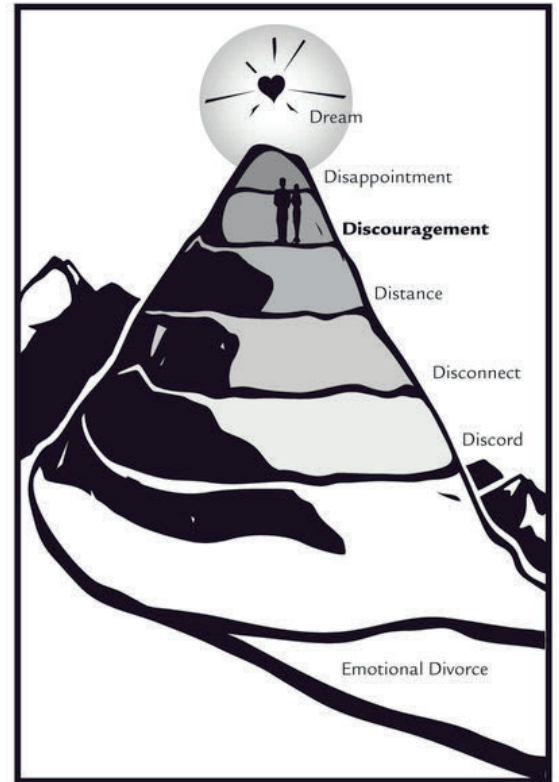
Compare yourself to these indicators, and check any that describe the current state of your marriage:



- | H | W |
|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> I have difficulty expressing affirmation to or about my spouse. |
| <input type="checkbox"/> | <input type="checkbox"/> My spouse isn't the flawless person I thought I married. |
| <input type="checkbox"/> | <input type="checkbox"/> I feel surprised and let down when I notice an imperfection in my spouse. |
| <input type="checkbox"/> | <input type="checkbox"/> My spouse and I have caused each other to feel hurt and angry. |
| <input type="checkbox"/> | <input type="checkbox"/> My spouse and I have experienced conflict over personality differences, male-female wiring, or ways of doing things we learned from our families. |
| <input type="checkbox"/> | <input type="checkbox"/> I compare my spouse to other people. |
| <input type="checkbox"/> | <input type="checkbox"/> I have a mental list of things I wish I could change about my spouse. |

The Discouragement Stop

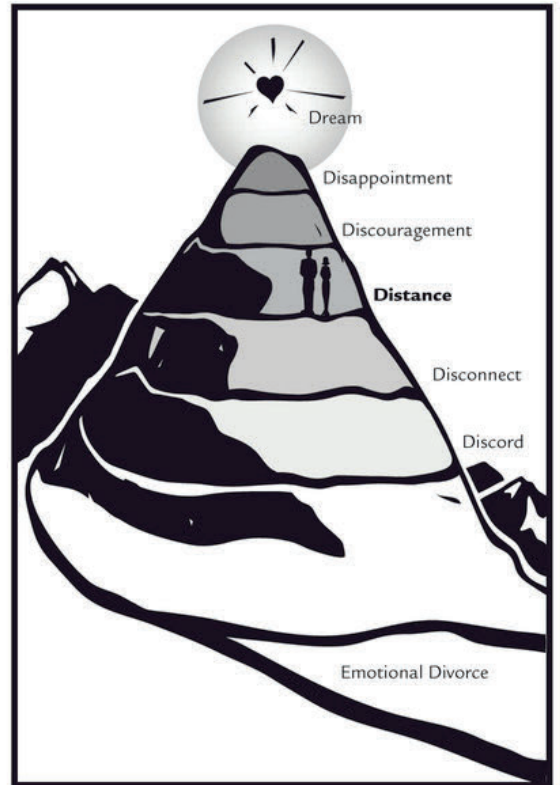
Compare yourself to these indicators, and check any that describe the current state of your marriage:



- | H | W |
|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> I often wonder if I am missing out on something in my marriage. |
| <input type="checkbox"/> | <input type="checkbox"/> I have a mental list of reasons why I am dissatisfied with my marriage. |
| <input type="checkbox"/> | <input type="checkbox"/> My spouse implies—or says—that I don't understand him or her or know how to meet his or her needs. |
| <input type="checkbox"/> | <input type="checkbox"/> My own needs are not being met in my marriage. I feel as if my spouse's friends, work, church involvement, and/or the kids are more important than I am. |
| <input type="checkbox"/> | <input type="checkbox"/> Even when I recognize my spouse's needs, I am not successful at meeting them. |
| <input type="checkbox"/> | <input type="checkbox"/> I have a difficult time expressing my needs in a way my spouse can understand and act on. |
| <input type="checkbox"/> | <input type="checkbox"/> I wonder if my choice of a spouse was a mistake. |

The Distance Stop

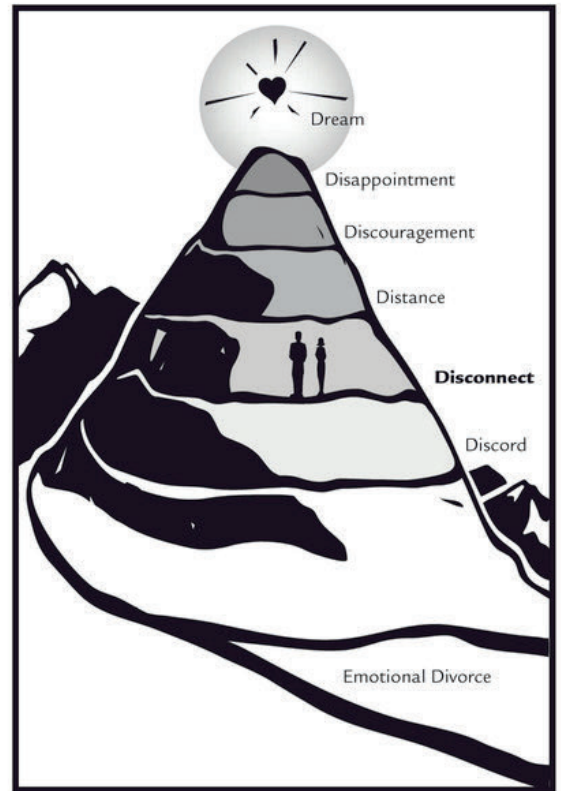
Compare yourself to these indicators, and check any that describe the current state of your marriage:



- | H | W |
|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> I could describe our relationship as “fair to partly cloudy, with no clearing in sight.” |
| <input type="checkbox"/> | <input type="checkbox"/> I often fill my free time with activities that don’t include my spouse. |
| <input type="checkbox"/> | <input type="checkbox"/> I have given up most of my expectations of my spouse. |
| <input type="checkbox"/> | <input type="checkbox"/> I wonder if my spouse ever feels excited about being married to me. |
| <input type="checkbox"/> | <input type="checkbox"/> My spouse sometimes seems like a stranger to me. |
| <input type="checkbox"/> | <input type="checkbox"/> I keep many of my thoughts and feelings from my spouse. |
| <input type="checkbox"/> | <input type="checkbox"/> I worry that we might someday face a problem bigger than our resolve to stay together. |

The Disconnect Stop

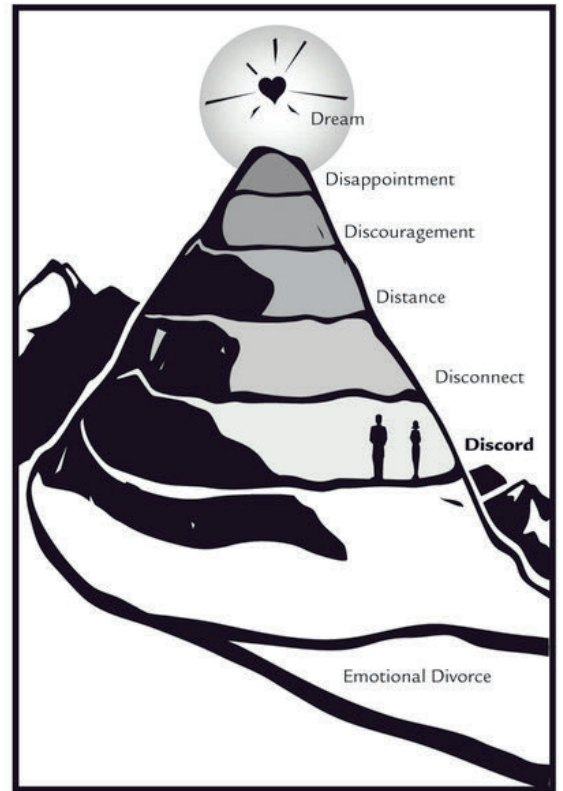
Compare yourself to these indicators, and check any that describe the current state of your marriage:



- | H | W |
|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> I sometimes feel lonely even when I'm with my spouse. |
| <input type="checkbox"/> | <input type="checkbox"/> It is difficult for me to "feel" that my spouse loves me. I may know it intellectually, but I don't sense an emotional connection. |
| <input type="checkbox"/> | <input type="checkbox"/> When we are together, we seldom have much to say to each other. |
| <input type="checkbox"/> | <input type="checkbox"/> When we do talk to each other, we often misunderstand and misinterpret each other. |
| <input type="checkbox"/> | <input type="checkbox"/> I prefer to devote my time, energy, and money to something or someone other than my spouse. |
| <input type="checkbox"/> | <input type="checkbox"/> I doubt that my marriage can grow or change for the better. |
| <input type="checkbox"/> | <input type="checkbox"/> I don't think my spouse is very interested in who I am or what I want to do. |

The Discord Stop

Compare yourself to these indicators, and check any that describe the current state of your marriage:



H W



Most of my thoughts about my spouse are negative.



My spouse and I verbally lash out at each other, saying things that are hurtful.



I often wonder what it would be like not to be married—or to be married to a different person.



I daydream or fantasize about another person who would make a better spouse.



I feel as if my spouse and I are at war.



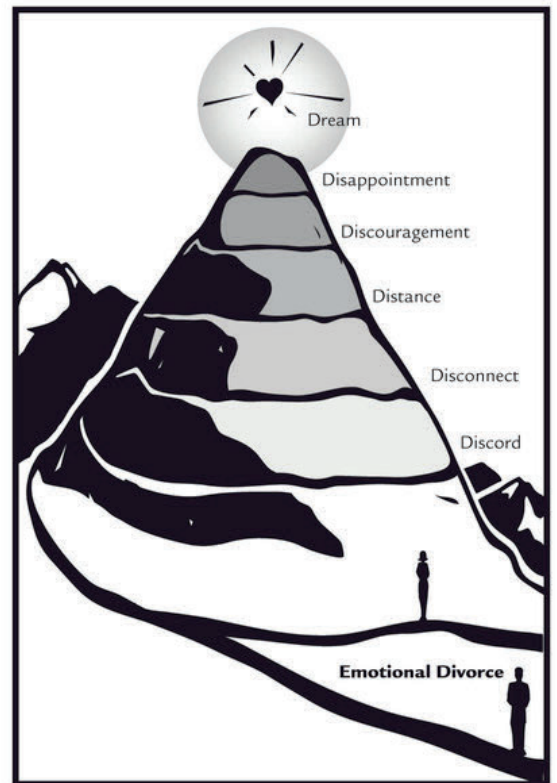
True tenderness with my spouse is a faded memory. We avoid sexual intimacy.



Family and close friends notice that our marriage is severely strained.

The Emotional Divorce Stop

Compare yourself to these indicators, and check any that describe the current state of your marriage:



H W

- I am staying married for some reason other than love for my spouse.
- I have given up hope that my marriage could be better.
- I pretend I'm okay with my marriage to keep up appearances.
- My first goal in my marriage is to protect myself from further pain.
- My spouse and I have separated or considered separating.
- My heart is deeply attached to someone other than my spouse, even if I am not acting on that feeling.
- I know I have already walked away from my marriage emotionally.

The State of our Marriage

Review the seven steps on the marriage map as described below, then check one or two that you think most closely describe your marriage today. Realize that your spouse may have a different perspective on the state of your marriage. That being the case, Barb and I recommend that you both complete the exercise independently and then discuss your evaluation together.

H W *Dream*

- We communicate freely and keep no inappropriate secrets.
- We forgive one another and seek forgiveness.
- We seek to discover and meet each other's needs.
- We face and conquer difficult circumstances.
- We guard our marriage against threats and temptations.
- We enjoy ongoing emotional, physical, and spiritual closeness.
- We are committed "till death do us part."

H W *Disappointment*

- We have difficulty affirming each other.
- We are surprised by each other's flaws.
- We feel let down by each other's imperfections.
- We cause each other hurt and anger.
- We have conflict over our differences.
- We compare each other to other people.
- We wish we could change things in each other.

Discouragement

H W

- We often wonder if our marriage is missing something.
- We have reasons to be dissatisfied with our marriage.
- We don't understand each other or meet each other's needs.
- We feel unimportant to each other.
- We are not successful at meeting each other's needs.
- We have difficulty expressing our needs to each other.
- We wonder if we chose the wrong partner.

Distance

H W

- We do not see a letup in our difficulties.
- We do many activities alone, without each other.
- We have given up most expectations for each other.
- We feel little excitement about being married to each other.
- We sometimes feel and act like strangers.
- We keep many of our thoughts and feelings from each other.
- We face a problem that may eventually drive us apart.

Disconnect

H W

- We sometimes feel lonely even when we are together.
- We don't feel an emotional connection to each other.
- We seldom have much to say to each other.
- We often misunderstand and misinterpret each other.
- We direct our attention and activities away from each other.
- We doubt that our marriage can change for the better.
- We are not very interested in each other.

Discord

H W

- We think and act negatively toward each other.
- We lash out and hurt each other verbally.
- We wonder what it would be like if we weren't married.
- We feel that we are at war.
- We lack tenderness and sexual intimacy.
- We cannot hide from others that our marriage is severely strained.

Emotional Divorce

H W

- We are staying married for some reason other than love.
- We have no hope that our marriage can be better.
- We pretend that our marriage is okay to keep up appearances.
- We only want to protect ourselves from further pain.
- We have separated or have considered separating.
- We are emotionally attached to someone else.
- We have already walked away from our marriage emotionally.

Getting Back to the Dream

Look at the list below, and check the loves that you feel will most effectively bring the growth your marriage needs. Then indicate in the blanks to the right which love you feel deserves the highest priority in your strategy to get back on the road to the dream. Identify your top three priorities. Complete the exercise independently, and then discuss your evaluation together.

H W

- Forgiving love | priority: _____
- Serving love | priority: _____
- Persevering love | priority: _____
- Guarding love | priority: _____
- Celebrating love | priority: _____
- Renewing love | priority: _____

1. Look back over your marks, and write below which “stop” you believe you are at right now in your marriage. Then explain why.



2. Take a few moments to carefully consider the following statements. Circle the number on the lines (1 meaning “never”; 5 meaning “always”) that describes how you feel in your marriage relationship.

1 2 3 4 5 I feel accepted by and connected with my spouse.

1 2 3 4 5 I feel understood and honored by my spouse.

1 2 3 4 5 I feel bonded and rooted in this relationship.

1 2 3 4 5 I feel safe and secure in this relationship.

1 2 3 4 5 I feel cherished and deeply loved.

1 2 3 4 5 I feel that my spouse is committed and faithful.

3. Which of these categories is most important to you?

In my marriage, I need to feel...

4. Why do you think such a feeling is so important to you in your marriage?

5. Which of these categories would you guess is most important to your spouse?

In our marriage, my spouse needs to feel...

6. Why do you think such a feeling is so important to your spouse?



Take a few moments to meditate on these categories, and ask God to impress upon your heart how your spouse would feel if the two of you were to be able to love each other in ways that would meet your deepest needs.

7. Conclude this personal reflection exercise by praying and writing a prayer that expresses the following:

Lord, I thank you for my spouse because...

I pray for my marriage and ask that you will...

I pray for my spouse and ask you to bless him/her by...

Please help me to better love my spouse. Show me what I can do to meet his/her needs. Amen.

conflict

conflict

conflict

conflict

conflict

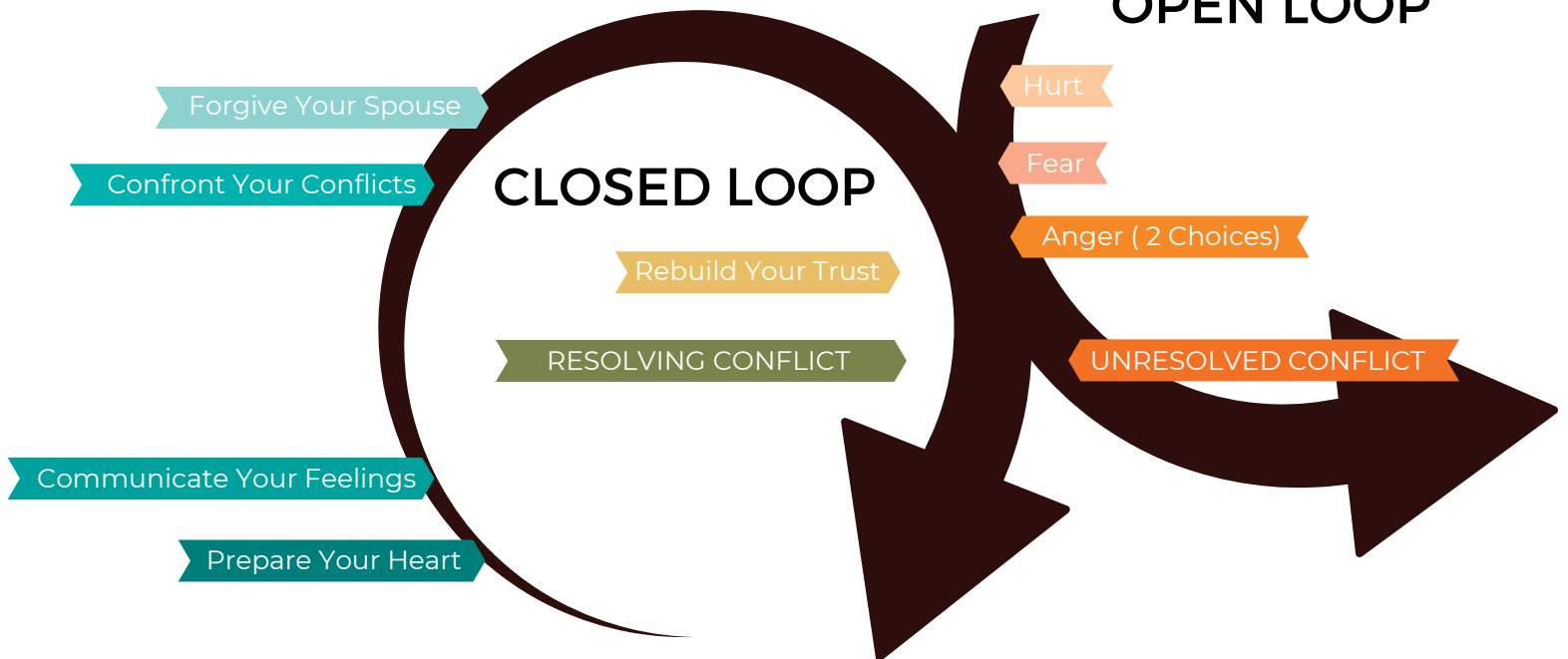
conflict

conflict

Closing the Loop of Conflict

OFFENSE

OPEN LOOP



becoming a
student of
your mate
becoming a
student of
your mate
becoming a
student of
your mate



5 Love Needs of Men & Women

MEN'S LOVE NEEDS



Unconditional Love & Acceptance



Sexual Intimacy



Companionship



Encouragement & Affirmation



Spiritual Intimacy

WOMEN'S LOVE NEEDS



Unconditional Love & Acceptance



Communication & Emotional Intimacy



Spiritual Intimacy



Encouragement & Affirmation



Companionship

Emotional Triggers

| | | |
|---------------------|--------------------|------------------------|
| fear of intimacy | being controlled | being alone |
| fear of failure | being betrayed | being powerless |
| fear of success | being rejected | being unheard |
| fear of loss | being ignored | being judged |
| shamed | being disrespected | being mistreated |
| blame | being unloved | being left out |
| worthlessness | being forgotten | being treated unfairly |
| being abandoned | being disconnected | being criticized |
| being misunderstood | being trapped | being afraid |
| | being manipulated | |

1. What did you bring into the relationship?

2. What have you dealt with in the past in your relationship?

3. What are you facing today?



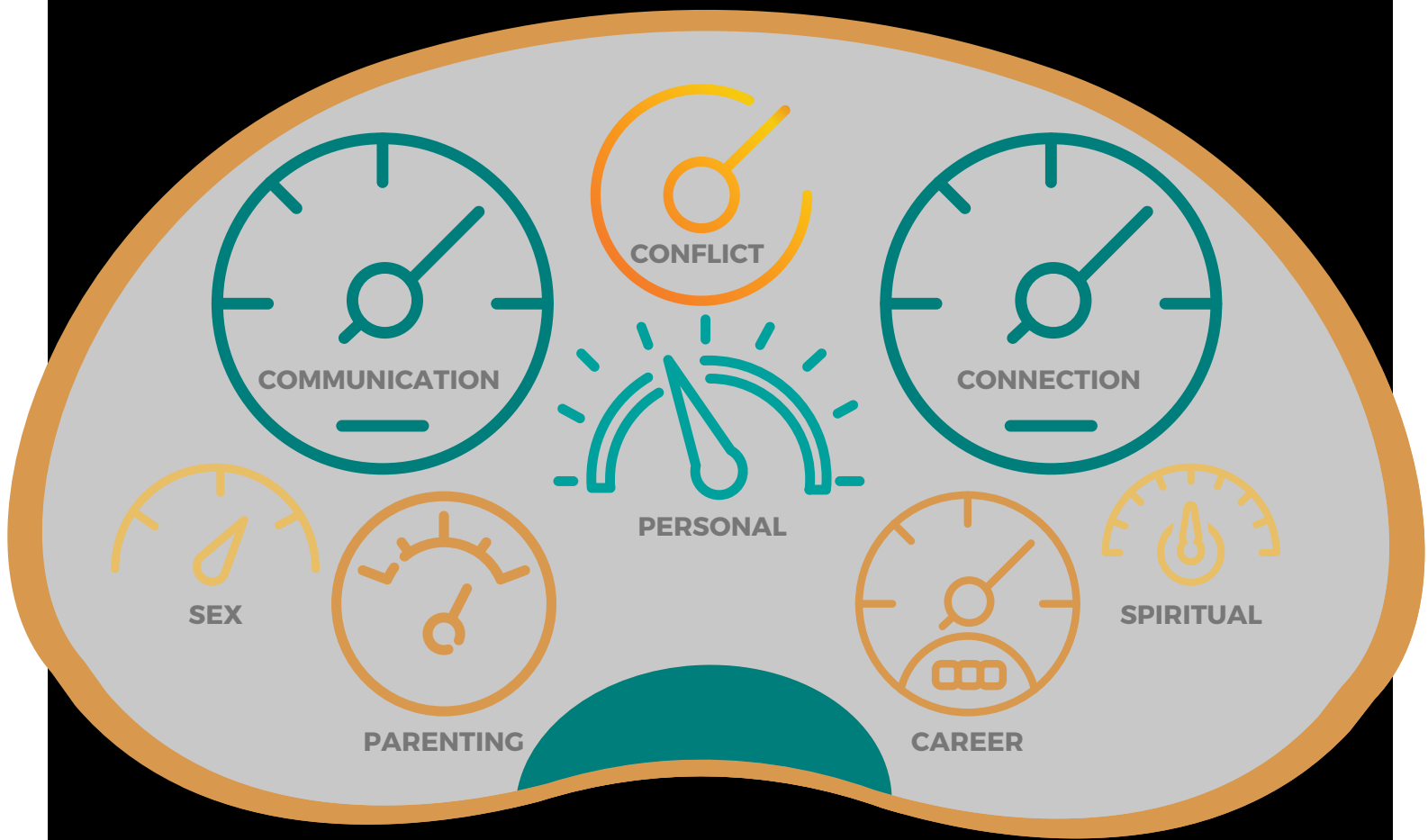
Emotions

WHAT I AM FEELING

| | | |
|--------------|-------------|--------------|
| HOPEFUL | DELIGHTED | EMPATHY |
| OPTIMISTIC | WORRIED | SYMPATHY |
| ANXIOUS | UPSET | AWE |
| APPREHENSIVE | CONTENT | DISSATISFIED |
| FEAR | TENSE | SATISFIED |
| HURT | REFRESHED | VULNERABLE |
| ANGRY | REJECTED | HOPEFUL |
| ANTICIPATORY | BETRAYED | HELPLESS |
| IRRITATED | DAMAGED | HOPELESS |
| FRUSTRATED | WOUNDED | ANGST |
| INSECURE | DEJECTED | EMBARRASSED |
| OPTIMISTIC | BITTER | DREAD |
| PESSIMISTIC | RESENTFUL | AMUSED |
| JOYFUL | SORROW | SURPRISED |
| CAUTIOUS | GRATEFUL | SHAME |
| DEPRESSED | STUNNED | BLAMED |
| AGITATED | VIBRANT | ANNOYED |
| MELANCHOLY | DISGUSTED | EXCITED |
| COMFORTED | ENCOURAGED | HATRED |
| CONFIDENT | DISCOURAGED | LOVED |

connection
connection
connection
connection
connection
connection
connection

Relational Dashboard



Rosberg Relational Dashboard Questionnaire

Missing
in Action

1

Starting to
Lean in

2

Leaning
in Well

3

A Major
Strength

4

Crushing
it

5

- 1. I am aware and intentional about meeting my self care needs while keeping a balance in meeting other's needs.
- 2. I am effective at caring for my emotional, mental and physical health needs as well as managing stress in my life.
- 3. When I look in the rearview mirror at the stages of emotional events and seasons in my life, I believe I have processed them well.
- 4. The sudden events that have occurred in my past that are traumatic and painful haven't led me to shut down and isolate, but have been faced effectively.
- 5. My spouse and I are effective at investing quality and quantity time in our marriage.
- 6. We go below the "waterline" in our marital connection. We share openly and honestly with one another about what we are experiencing in life.
- 7. My marriage is the safest place for me to open up. I know I will be accepted unconditionally even when I am carrying pain.
- 8. My spouse and I know what we need from each other to experience security. We work diligently to connect and share our hopes, dreams, and desires.
- 9. Our marriage is characterized by the sharing of our thoughts and needs on a regular basis.
- 10. We are intentional about communicating with one another beyond our thoughts, often moving into the vulnerability of our emotional needs.
- 11. We work at sharing thoughts, feelings, and needs in our marital communication.
- 12. My spouse would say that I am intentional at integrating my private life and my public life so that I am reasonably the same person regardless of where I am.
- 13. We would both say that we are aware of each other's sexual needs and are committed to making our sexual life mutually satisfying.
- 14. I know how my spouse is wired sexually and am committed to meeting his/her needs and learning how to be a better lover.
- 15. We are open to talking about the "elephant in the bedroom" and working on our sex life.
- 16. I feel safe in my marriage to share my sexual needs; even if/when they change due to circumstances.

- 17. As a couple, I believe we have a sound strategy to raise each of our kids with a sense of purpose rather than only reacting to day to day problems. *(If not parents, automatic 4 points).*
- 18. We agree on how to discipline and motivate each of our kids with their own particular wiring and differences in personalities and needs. *(If not parents, automatic 4 points).*
- 19. Our kids have a firm sense that we as mom and dad are in unity with how we parent and that trying to come between us is not an acceptable strategy. *(If not parents, automatic 4 points).*
- 20. We are intentional about saving energy and investing time with each of our kids individually and as an entire family. *(If not parents, automatic 4 points).*
- 21. My spouse and I are effective at sharing our hearts in the midst of conflict. We know we are safe and secure to get to the other side proficiently.
- 22. Although anger kicks up in the heat of the moment, we are reasonably effective at keeping boundaries around our intense emotions and speaking the truth in love.
- 23. We learn from our conflicts and resolve them readily. We don't allow them to fester and turn to bitterness and resentment.
- 24. When we offend one another we take responsibility for the offense and express sorrow toward our spouse.
- 25. We have fairly effective boundaries with our friends that help build up, not tear down, the safety and security of our marriage.
- 26. I am not experiencing burnout or exhaustion due to lack of boundaries in my work.
- 27. For the most part I can "shut off" being preoccupied with what is happening at work when not working.
- 28. My work is satisfying and rewarding.
- 29. As a couple we are leaning into growing spiritually.
- 30. We believe that God is a vibrant part of our marriage.
- 31. We believe that praying together can strengthen our marriage and are open to learning more about how to connect spiritually.
- 32. Although we may have big questions about God, we are open to being in a spiritual community with others to help us grow.

Total Score:

If you scored 128 OR ABOVE:

You are likely striking a very healthy balance as reflected by most of the gauges of your life.

If you scored APPROXIMATELY 100:

You are likely effectively leaning into a healthy balance on most of the gauges but need to focus on some areas needing attention.

If you scored LESS THAN 60:

You are needing to pay attention to strengthening many of the 8 areas described on the dashboard.

The following individual questions assessed your score for each of the gauges:

- | | | | | |
|------------------------|-----------------------------|----------------------|-------------------|-------------------|
| 1 - personal self care | 3 - emotional freeze points | 5-8 - connecting | 13-16 - sex | 21-24 - conflict |
| 2 - personal needs | 4 - emotional flash points | 9-12 - communication | 17-20 - parenting | 25-28 - career |
| | | | | 29-32 - spiritual |

Rosberg Connection Scale

0: NEVER

1: RARELY

2: OCCASIONALLY

3: MORE OFTEN THAN NOT

4: MOST OF THE TIME

5: ALL OF THE TIME

1. My spouse has insight into seasons of my life where layers of hurt have blocked my growth (emotional freeze points).
2. My spouse understands the lightning bolt occurrences in my past that have impacted me today (individual flash points).
3. I am certain that my partner clearly understands my strengths and weaknesses that were developed over the years.
4. Due to pace of life, we tend to share “elevator talk” most days but also purpose to go deeper in our communication.
5. Our daily conversation typically stays at a superficial level but moves toward more meaningful communication.
6. Although sometimes difficult, we move past our hesitancy to stay away from meaningful communication even when we aren’t sure how to talk about heartfelt topics.
7. Although we realize our marital communication tends to lean into sharing of facts with each other we long for more depth in our sharing.
8. As a couple most of our conversations are about “what is happening in our lives” rather than “how we think or feel about it” yet we know deeper connection will help us grow.
9. Our talk time typically stays centered on “information sharing” about what is happening in our family although we are striving to share more of our hearts in our talk time.
10. We are pretty effective at sharing our opinion about what we think about with one another.
11. My spouse has a good idea of what my insights are about what is occurring in our marital relationship.
12. Our marriage relationship is effective at connecting with one another about our positions on issues.
13. Going below the waterline to share my hopes and dreams with my spouse occurs often enough to meet my needs.
14. We are effective in our marriage at sharing our hearts and our desires.
15. My spouse and I feel secure in our marriage that leads us to honest openness about our longings with one another.
16. My spouse and I are effective at knowing what we are experiencing emotionally and expressing it with one another.

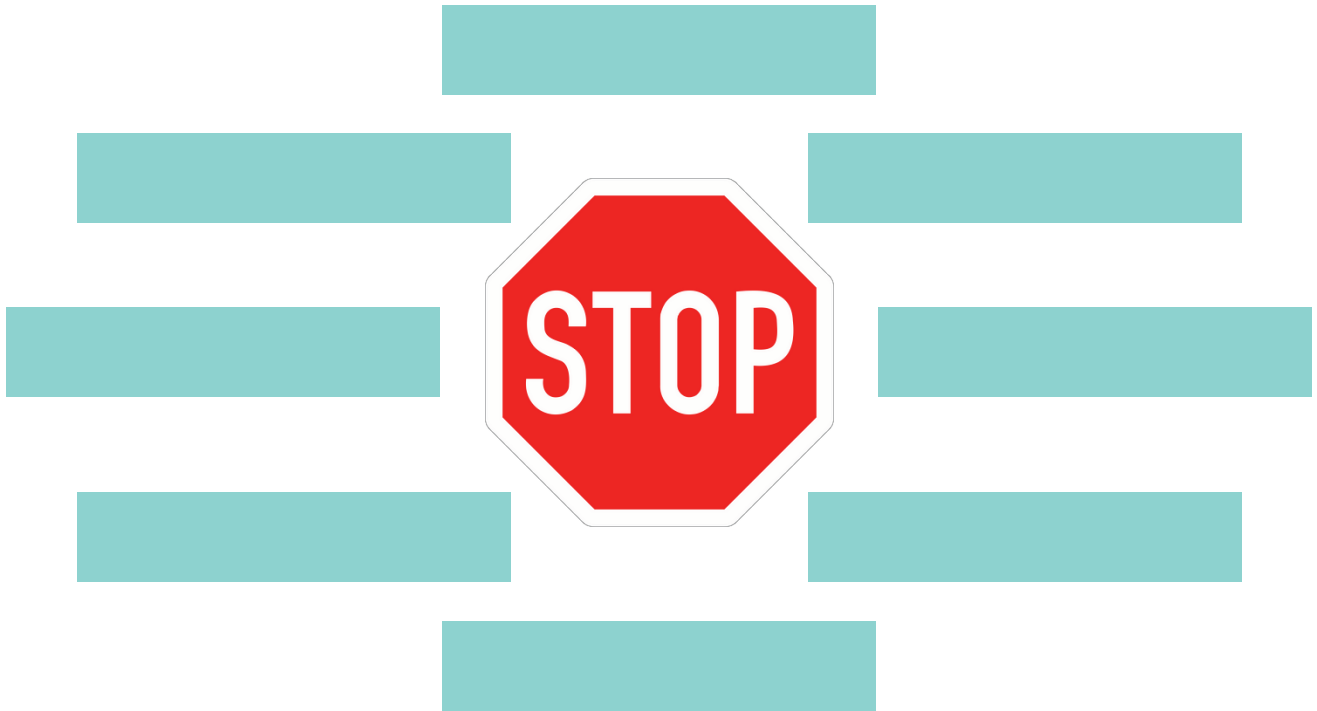
Rosberg Connection Scale

- 17. My emotions are familiar to me and we are safe in our marriage to share our feelings with one another.
- 18. We are reasonably proficient at distinguishing between primary emotions of happy, glad, and sad and more secondary emotions like fear, disappointment, and anger.
- 19. We are effective in our marriage about unpacking hurts and pursuing resolving conflicts and differences with honesty.
- 20. When we are under deep stress in our lives we seek one another's comfort and encouragement as best friends.
- 21. Our marriage reflects a safe harbor whereby sharing doubts and fears are a safe place to go.
- 22. My spouse and I know what the core values are that each of us possess and are pursuing living out in our lives.
- 23. If I was to ask my spouse what she or he believes are values in my character they could readily share several.
- 24. My partner and I are sold out for values that affirm our faith in Christ and encourage one another in living out these values in the midst of the reality of our daily lives.
- 25. I know what my partner and I need from each other and are intentional about putting the needs of my spouse above my own as well as sharing the importance of my spouse serving me.
- 26. We live wholeheartedly in serving one another knowing that we are preparing one another for eternity with Jesus.
- 27. When my spouse or I have unrealistic expectations we are secure and safe enough to step back and acknowledge that we need to show more and more understanding and grace with one another.
- 28. My spouse and I both know our individual life callings and purpose to both pursue our own and support our spouse in pursuing theirs.
- 29. In our marriage we are clear about the purpose of our marriage and intentional about living, pursuing, and honoring our purpose.
- 30. As a couple we are intentional about helping our family craft our family story and mission.

IF YOU SCORED A
0, 1, OR 2,
ON ANY QUESTION
THEN YOU NEED TO
PAY PARTICULAR
ATTENTION TO
THAT AREA TO
STRENGTHEN YOUR
MARRIAGE AND
LEGACY.

IF YOU RATED
RESPONSES A
3, 4, OR 5,
THEN YOU REFLECT
A HIGHER LEVEL
OF DESIRE AND
POTENTIAL
EFFECTIVENESS
IN MARITAL
COMMUNICATION.

8 Levels of Marital Connecting



Stop, Drop, & Roll

8 Levels of Marital Connecting



1: Courtesy Talk

CASUAL OR SHALLOW SHARING

- It's a nice day today.
- Beautiful weather we are having.
- It's been a busy day.
- How about those Cubs?
- Have any plans for the weekend?

2: Data Download

WHAT I KNOW: FACTS

- What was your day like today?
- What are your plans for the weekend?
- Tell me about the kids and the schedule.
- Have you spoken with your family recently?
- How much do we have in our accounts?



3: Perspective Sharing

WHAT I THINK ABOUT WHAT I KNOW

- Describe two of your favorite memories of things we've done together.
- Do you ever feel that I am critical of you? If so, how can I avoid that?
- Tell me what impressed you the most about when we were dating.
- Have we learned any hard lessons in the last six months? If so, what are they?
- What do you enjoy most about your life? What would you like to change?



4: Transparent Longings

WHAT I HOPE FOR

- What are the top five ways I can give you a tangible expression of my love?
- Do you feel secure about your role in life? If not, how can I help?
- Do I touch you enough? In what ways would you like me to physically show my love for you in public? Holding hands, putting my arm around your waist or shoulder?
- What can we do to grab 15 minutes a day of uninterrupted talk when we're both awake enough to pay attention?
- What excites you the most about me sexually? What do you want me to do to take advantage of that?

5: Emotions

WHAT I AM FEELING

- Tell your spouse how often you think of him/her during the day. Explain how those thoughts of him/her make you feel.
- What emotions do you have the most trouble dealing with? Do I trigger these emotions in you? If yes, how can I avoid that? If no, how can I help you with your emotional struggle?
- What emotions have you been experiencing lately that you have hesitated in sharing with me? Would you be willing to take a risk today to share one of them?
- When I go below the waterline and identify an emotion that I have experienced lately, it would be...
- Sometimes I experience and express anger but I am actually feeling disappointment. Here is an area I want to share with you about a disappointment I am having.



6: Vulnerability

LETTING YOU BELOW THE WATERLINE INTO MY HEART

- What in any way makes you doubt that my love for you is growing deeper, expanding wider, and becoming more real than it was last year?
- What I need to confront you about something, how should I go about it? How do you feel when I point out an area in your life that I think needs some growth? When should I speak up?
- Describe some dream accomplishments for yourself at ages 40, 60, & 80.
- At what times do you feel overwhelmed? How do your body, emotions, and spirit react when that feeling hits? What can I do to help?
- How can we set the right atmosphere in our marriage so that both of us feel safe sharing secrets and feelings with each other?



7. Values

WHAT I VALUE

- When I reflect on what I value in life, five values come to mind that I would like to share with you today.
- When I think beyond my job role and family role, I know that I also have other values. Three of them would be... How could you help me experience some growth in experiencing my values?
- When I take a spiritual heart check, I know that I value areas of my spiritual growth. Let me share some of these with you today.
- Sometimes I experience such a fast pace in my life that I don't take time to pursue some of the areas of life that I value. Let me share a few of these areas with you.
- I'd like to share four values that are close to my heart that may have gotten put on the back burner in our busy lives.

8. Needs

WHAT I NEED FROM YOU

- Where do I need to show you more grace? Where do I need to let go and let God do his work in you?
- What words or actions on my part throughout the day or week really set the stage for a great time of lovemaking?
- Do I ever bring up hurts or disappointments from the past? In what ways do I need to be more forgiving? How can I best do this for you?
- Do you think I am honest with you? If so, am I doing it in the right way at the right time? In what ways do you think I am dishonest? How can I correct that?
- Do you feel that I have any unrealistic expectations of you? In what ways and in what areas? What do you need me to do differently?



Guard Your Heart

Sneak Attacks

Career

Distractions

Relationships

Sex

Frontal Attacks

Success

Passivity

Competition






Control

8 RISKS TO THE HEART



5 Sex Needs of Men & Women

MEN'S SEX NEEDS

-  Mutual Satisfaction
-  Connection
-  Responsiveness of Wife
-  Initiation of Wife
-  Affirmation

WOMEN'S SEX NEEDS

-  Affirmation
-  Connection
-  Nonsexual Touch
-  Spiritual Intimacy
-  Romance

distorted
thinking
distorted
thinking
distorted
thinking

Combating Distorted Thinking

The following exercise is designed to help you notice and identify distorted thinking. Read each sentence below and identify the style of distorted thinking that it exemplifies.

Ever since Lisa, I've never trusted a redhead.

Quite a few people here seem smarter than I am.

If you'd be more sexually open, we'd have a much happier marriage.

I worked and raised these kids and look what thanks I get.

You're either for me or against me.

I could have enjoyed the picnic, except the chicken was burnt.

I feel depressed. Life must be pointless.

You can't fight the system.

It's your fault we're always in the hole each month.

He was a loser from the first day he showed up.

It isn't fair that you go out and have fun while I'm stuck doing homework.

He's always smiling, but I know he doesn't like me.

I don't care what you think, I'd do it exactly the same way again.

We haven't seen each other for two days and I think the relationship is falling apart.

You should never ask people personal questions.

Once you have begun to recognize the distorted thoughts, write counter thoughts to them.

For example:

Not all redheads are like Lisa and I can trust them.

We have a good marriage and I can help by being more open myself.

Kids don't always remember to say thank you, but I am a good father/mother.

I am not responsible for other people's thoughts about me.

I feel depressed but I can use coping skills to get through it.

If I have patience, I can learn to get what I need.

We can work as a team to manage our finances.

He is different from the rest of us and we can make him feel more comfortable.

Your turn:

-
-
-
-
-
-
-
-
-
-

15 Styles of Distorted Thinking

FILTERING: You take the negative details and magnify them while filtering out all positive aspects of a situation.

POLARIZED THINKING: Things are black or white, good or bad. You have to be perfect or you're a failure. There is no middle ground.

OVERGENERALIZATION: You come to a general conclusion based on a single incident or piece of evidence. If something bad happens once, you expect it to happen over and over again.

MIND READING: Without their saying so, you know what people are feeling and why they act the way they do. In particular, you are able to divine how people are feeling toward you.

CASTASTROPHIZING: You expect disaster. You notice or hear about a problem and then start "what if's". What if tragedy strikes? What if it happens to you?

PERSONALIZATION: Thinking that everything people do or say is some kind of reaction to you. You also compare yourself to others, trying to determine who's smarter, better looking, etc.

CONTROL FALLACIES: If you feel externally controlled, you see yourself as helpless, a victim of fate. The fallacy of internal control has you responsible for the pain and happiness of everyone around you.

FALLACY OF FAIRNESS: You feel resentful because you think you know what's fair but other people won't agree with you.

BLAMING: You hold other people responsible for your pain, or take the other tack and blame yourself for every problem or reversal.

SHOULD: You have a list of ironclad rules about how you and other people should act. People who break the rules anger you and you feel guilty if you violate the rules.

EMOTIONAL REASONING: You believe that what you feel must be true-automatically. If you feel stupid and boring, then you must be stupid and boring.

FALLACY OF CHANGE: You expect that other people will change to suit you if you just pressure or cajole them enough. You need to change people because your hope for happiness seems to depend entirely on them.

GLOBAL LABELING: You generalize one or two qualities into a negative global judgment.

BEING RIGHT: You are continually on trial to prove that your opinions and actions are correct. Being wrong is unthinkable and you will go to any length to demonstrate your rightness.

HEAVEN'S REWARD FALLACY: You expect all your sacrifice and self-denial to pay off, as if there were someone keeping score. You feel bitter when the reward doesn't come.

Pre-Session
Reports
Pre-Session
Reports
Pre-Session
Reports



Pre-Session Preparation - Couples Report

Please email Gary and Barb 24 hours before appointment

gary@therosberggroup.com and barb@therosberggroup.com

Names:

Session Date & Time (CST):

1

What has been on your mind?

2

What has been your greatest joy/victory since our last session?

3

What has been your greatest challenge since we last met?

4

How did you deal with the challenge?

5

What goals have you met?

6

What do you want to focus on in our next time together?



Pre-Session Preparation - Multi-Generational Report

Please email Gary and Barb 24 hours before appointment

gary@therosberggroup.com and barb@therosberggroup.com

Names:

Session Date & Time (CST):

1

What has been on your mind as your family coaching proceeds?

2

What has been your greatest joy/victory as a couple/family since we last met?

3

What has been your greatest challenge since our last session?

4

How did you deal with the challenge?

5

What goals have you met or what areas of moving forward have you tackled?

6

What do you want to focus on in our next time together?