



# Barrington H. Brennen, MA, NCP, BCCP

*Counseling Psychologist, Marriage and Family Therapist  
Board Certified Clinical Psychotherapist, Nationally Certified Psychologist*

242-327-1980 + 242-477-4002

[www.soencouragement.org](http://www.soencouragement.org)

[barringtonbrennen@gmail.com](mailto:barringtonbrennen@gmail.com)



*How to*  
**Fireproof**  
**Relationships**

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*How to*  
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*How to*  
**Fireproof**  
**Relationships**  
*For Everyone*

Fireproof?

# Fireproof?

“Able to withstand fire or great heat.”

# Fireproof?

Non-flammable, non-inflammable,  
incombustible, unburnable, fire resistant,  
flame resistant, flame retardant, heatproof

What are the “fires” in our lives today?

It is any behavior, belief, practice, tradition, custom, or philosophy, that prevents us from having a healthy emotional, intellectual or spiritual life.

# What are the “fires” in our lives today?

*Some internal forces:*

- ✓ Dishonesty – *lack of integrity*
- ✓ Unable to think critically
- ✓ Unable to think for yourself
- ✓ Unable to read and write – *comprehension.*
- ✓ Emotional dependency
- ✓ Low self-worth and low self-esteem
- ✓ Poor anger management

# What are the “fires” in our lives today?

*Some external forces:*

- ✓ Poor parenting skills
- ✓ Premature sexual exposure
- ✓ Emotional, psychosocial, physical abuse
  - ✓ *Incest, rape, molestation*
- ✓ Drug and alcohol addiction
- ✓ Sex addiction
- ✓ Lack of unconditional love and acceptance
- ✓ Feelings of shame and guilt
- ✓ Gender inequality

You notice I did not say **single parent families, divorce, or fatherless homes.**

Although these can raise the risk for dysfunction, they do not by default create dysfunction.

What is more painful or how children are more at risk for dysfunction is when both parents physically live at home and one or both parents are not emotionally present in the children's lives.

There is constant disappointment, lack of trust, disbelief, and lack of encouragement, which eventually lead to over functioning or under functioning to compensate for the loss.

What can also be very painful are parents' unkind words toward their children:

- "You will never make it in life."
- "I am sick and tired of you."
- "You are so dumb."
- "You are a stupid fool."
- "You are worse than your father/mother."
- "I do not know why I brought you in the world."
- "You are a pain in my side."

A great “fire” that can burn holes in the heart of children is the shaming that takes the place of praising.

Know that you are created in  
God's image.

Be comfortable with who you are.

Be happy with who you are.

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# The Foundation

*Principle for becoming "fireproof."*

## Genesis 1:26-28

26 Then God said, “Let us make human beings in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground.”

Genesis 1:26

Both male  
and female

26 Then God said, “Let us make **human** beings in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground.”

Genesis 1:26

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In charge.  
Labor.

# Genesis 1:26-28

27 So God created human beings in his own image. In the image of God he created them; male and female he created them.

## Genesis 1:26-28

28 Then God blessed them and said, “Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground.”

# Genesis 1:26-28

God gave them  
equal voice, power,  
vote, access,  
opportunity

28 Then God said, "Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground."



Note that to be in God's image one need not have sex. The first description of Adam and Eve was their involvement in labor, not sex.



In other words, the completeness of the final product of God's creation (humans) is not made possible in the sex act but is a matter of fact how God made us.

*We are all made in*  
God's Image



"God made me  
complete,  
unique, special,  
and with a  
purpose."

Know that you are created in  
God's image.

Be comfortable with who you are.

Be happy with who you are.

---

# The Foundation

*Principle for becoming "fireproof."*

*How to*  
**Fireproof**  
**Relationships**  
*For Singles*



# 7 Wisdom Principles for Healthy Relationships

## Wisdom Principle 1



“If I need you so badly that I cannot live without you, we will get hurt. My love for you will destroy me and you.”

## Wisdom Principle 2



“If your sexy body makes it difficult to study or pray, my love for you will destroy you and me. The sex will be great, but my heart will feel dirty.”

### Wisdom Principle 3



“Honey, I want to love **me** before I love you.”

## Wisdom Principle 5



“Honey, I want to love **Jesus** before I love you.”

## Wisdom Principle 6



“Honey, I don’t need you to be me because God made me who I am.”

## Wisdom Principle 7



“If you cannot live without me, then I don’t want you in my life.”

*How to*  
**Fireproof**

**Relationships**

*For Divorcees, Widows  
& Widowers*

“When a person is divorced he or she feels as though she has been pushed into an ocean where the waters are too deep to swim. He struggles to survive but is often abandoned or treated coldly by friends and sometimes relatives.”

# Healthy Divorce

## **Social Needs**

When someone get divorced that often brings to an end many other social relationships. This makes the divorced person very vulnerable to a “rebound relationship” says Dr. Whiteman. Thus, they may need friends to help them through the trauma of divorce. Divorced persons should wait at least two years before entering a new romantic relationship.

# Healthy Divorce

## Emotional Needs

“During and after divorce most people feel as if they are on an emotional roller coaster, vacillating between desperation to get the spouse back not matter what and feelings of anger and revulsion toward the spouse. People who go through divorce are very vulnerable,”

# Healthy Divorce

## Time

When a person gets divorced he or she actually goes through a grieving process and grieving takes time. Before getting emotionally entangled, a divorced persons needs two to five years for healing.

# Healthy Divorce

## The Need to Forgive

If there is one great need important to the divorce is the need to forgive. It is not only forgiving those who caused them pain but forgiving others who might have hurt them also. Dr. Whiteman states that “most divorced persons blame themselves, so healing includes confessing those mistakes and then accepting the forgiveness that God offers (1 John 1:9).

*How to*  
**Fireproof**  
**Relationships**  
*For Couples*

18 Revitalizing  
**TIPS**

**TIP 1**

**Watch out for  
smart phones  
and social  
media**

# TIP 1



# TIP 1



Texting can make or  
break your marriage.

# TIP 1

Too many couples use  
texting as a way to avoid  
intimacy.

# TIP 1

Over texting the wrong person can often lead to sexting.

**KABOOM!**

A vibrant yellow starburst shape with multiple sharp points, outlined in black. The word "KABOOM!" is written across the center in a bold, red, sans-serif font with a thick black outline. The exclamation point is also red with a black outline and a white dot. The entire graphic has a slight drop shadow, giving it a 3D effect against the white background.

Be wise when using . . .



WhatsApp

facebook



skype



Google+ Hangouts

TIP 1

# TIP 1

Texting and social media have become one of the most damaging tools to marriages.

# TIP 1

BE CAREFUL

*Use them to build and not destroy.*

**TIP 2**

**Date Your  
Spouse**

# TIP 2



## TIP 2

“Just because you're married doesn't mean you can't flirt with your spouse and still court him or her.”

Have a daily romantic connecting point.

Have a weekly date night.

Book in to a local hotel one night each year.

**TIP 2**

TIP 3

Dance  
Together

# TIP 3



# TIP 3

“I have found that dancing together as husband and wife in the privacy of your own home is a real secret spicy ingredient for your marriage.”

# TIP 3

“Holding your spouse close to you when no one is watching and moving to the motion of your favorite music (fast or slow) can be a real binding experience.”

Make your

partner

No. 1

TIP 4

# TIP 4



Your spouse comes before . . .

The children

The church

The job

The grandparents

TIP 4

# TIP 4

Take the child out of the bed.

Hug your spouse every morning before you hug your children.

“Make sure that your spouse knows that he is a priority in your life and not just another person in a schedule or scenario.”

TIP 5

Be  
Affectionate

# TIP 5



# TIP 5

“Kiss, hug, and repeat! Let your spouse know how much he or she means to you. Before you part your ways each day, make it a ritual to give each other a hug and kiss.”

# The Brennen Hints:

- Hug each other for 20 seconds at least twice a day. Hug each other every morning when you first see each other standing on your feet.
- Kiss for a least 5 to 20 seconds each day.
- Walk in a public place holding hands for at least 20 continuous minutes.
- Sit on each other's lap as often as you can.

TIP 5

TIP 6

Huggle  
Together

# TIP 6



# Huggle:

To hug and cuddle at the same time

© Barrington Brennen's Marriage Dictionary, 2012

"A hug from a person who stands behind another person and wraps his/her arms around the person in front." *Wikipedia*

TIP 7

# The Brennen Hugging Session

- ❖ Select a private romantic room in the house. (bedroom preferred)
- ❖ Dim the lights and play soft romantic music.
- ❖ Get totally naked.
- ❖ Lie together with backs touching.
- ❖ Relax in that position for 8 to 10 minutes.
  - ❖ *Listen to the music.*
  - ❖ *Feel each other's body rhythm.*
  - ❖ *Give sweet words of encouragement.*

TIP 6

# The Brennen Hugging Session

- ❖ Then turn face to face and embrace in each other's arms for 5 to 10 minutes.
- ❖ Relax and do not massage body parts.
- ❖ Cuddle lightly.
- ❖ Make romantic remarks:
  - ❖ *"I love your body honey."*
  - ❖ *"This feels great, baby."*
  - ❖ *"You make me feel good all over sweetheart."*
  - ❖ *"You really make my juices flow darling."*
  - ❖ *"I remember the first time we did this, baby."*
- ❖ End the session with a passionate kiss.

TIP 6

# The Brennen Hugging Session

- ❖ Get up and hug while on your feet for a few seconds.
- ❖ Do not have sex, even if you are horny.
- ❖ If you are horny, you must wait at least one hour before having sex.
- ❖ Put on your clothes and go about your regular chores.
- ❖ Praise God for the power and beauty of the naked body.

TIP 6

# The Brennen Hugging Session

The purpose of this reviving assignment is to help spouses appreciate each other totally, even when naked, with no sex on the agenda.

It is to help spouses understand that touching, even while naked, must not always be sexual, but can always be sensual and romantic.

**TIP 6**

# The Brennen Hugging Session

It is to help a spouse to know that her/his partner appreciates her/him as a person and not as a sex object.

**TIP 6**

It is imperative that couples connect hearts before they connect penis and vagina.

Mouth and ear connection comes long before mouth and clitoris connection.

**TIP 6**

TIP 7

# The Naked Boost

# TIP 7



# TIP 7

## The Naked Boost

Have a sleep naked week with no sex.

The only “clothes” will be the sheets.

TIP 8

Sleep  
*all night*  
Together

# TIP 8



# TIP 8

## Sleep all night together

Make it a point to go to bed the same time at least three nights a week.

## Sleep all night together

Couples whose work schedules or personal habits prevent them from always going to bed together have a formula for disaster.

**TIP 8**

**TIP 9**

**Have A  
Non-Judgmental  
Attitude**

# TIP 9



I have observed that when a partner has false assumptions about his or her spouse, it results in serious discord.

## TIP 9

Dr. Atkinson states that “A hallmark of people who are good at getting their partners to treat them well is that they know that when they get upset with their partners, it doesn’t necessarily mean that their partners have done anything wrong.”

# TIP 9

“Studies suggest that concluding that one’s partner is wrong when he’s really not is a mistake you do not want to make. It’s one of the most damaging things that people do in relationships. If you make this mistake, it will lower the odds that your partner will be able to see your needs or expectations as legitimate, will care about how you feel, and will be willing to make changes.”

**TIP 10**

**Find The  
Understandable  
Part**

# TIP 10



# TIP 15

“Successful partners seem to understand an important principle: If you want to receive understanding, first give understanding.”

TIP 11

Laugh and Cry  
Together

# TIP 11



# TIP 11

## Laugh and cry together

If a spouse cannot laugh or cry with his or her partner, there is a risk he or she will do it with someone else. This can open the door to an affair.

# TIP 11

## Laugh and cry together

“Each partner in the relationship should feel comfortable and free to express deep emotional pain, discomfort, discouragement, or sadness to one’s spouse. Whether or not the sadness and a pain are related to the marriage itself.”

# Laugh and cry together

“Sorrow is better than laughter,  
because a sad face is good for  
the heart.” *Ecclesiastes 7:3*

TIP 11

## Laugh and cry together

“Laughter is one of the spicy secret ingredients for a happy relationship. Too many husbands and wives take their lives too seriously. They have lost the ability to laugh together. . .

# Laugh and cry together

... The Bible also says that  
"Laughter is the best medicine."  
Here is the exact quote "A cheerful  
heart is good medicine, but a  
crushed spirit dries up the bones."

*Proverbs 17:22*

TIP 11

TIP 12

Become  
Best Friends

# TIP 12



## Become best friends

“One of the most important ingredients in injecting spice into your marriage is friendship. First, it is having a friendship relationship with your spouse; and secondly, it is having friendship relationships with individuals outside of the marriage relationship.”

TIP 12

## Become best friends

Friends enjoy doing simple things together without sex on the agenda.

Friends do not have sex, even in marriage.

Oops!.

TIP 12

**TIP 13**

**Enjoy Time  
Apart**

# TIP 13



# Enjoy Time Apart

“While you should spend quality time with your partner on a consistent basis, you should also spend quality time with yourself and your friends!

**TIP 13**

# Enjoy Time Apart

A relationship is made up of two individuals with different hobbies, goals, and perspectives on life, and that's what keeps it interesting. No matter how much fun the two of you have together, it's important to maintain your independence."

TIP 13

# Enjoy Time Apart

One of the top ten strengths of happy couples  
*Dr. David Olson*

“We have a good balance of leisure time spent together and separately.”

Too much time together can be dangerous. Also too little time together can also be dangerous.

**TIP 13**

Three Things  
I Do Not Want  
You to Forget

Keep focused on all four  
“partners” in your life.



- Your lover *The intimacy*
- Your sweetheart *The romance*
- Your friend *The friendship*
- Your spouse *The commitment, covenant, contractual*

# Always remember the PEPSI Foundation.

2

- The couple that **p**rays together **stays** together.
- The couple that **e**ats together **grows** and stays together.
- The couple that **p**lays together **heals**, grows, and stays together.
- The couple that **s**leeps together **understands**, heals, grows, and stays together.
- The couple that **i**ntends together **matures**, understands, heals, grows, and stays together.

3

Just love  
*Love each other unconditionally*

**That's All  
Folks!**





**Questions**

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*Go and*  
**Fireproof Your**  
**Relationships**

