



Keeping the Fire  
In Your Marriage

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# What Fire?





**What Fire?**

It is what adds  
spark and life to the  
relationship.

**What Fire?**



It's the ingredients  
that keep the  
marriage going  
and going and  
going and going.



It's the ingredients  
that keep the  
marriage warm  
and fuzzy.



It's what couples  
do to feel close  
to each other, even  
when they are  
physically apart.

# Fire Ingredients

- **Romance** - Romance involves the tender things spouses do to and with each other every day (not sex) to show how much they love each other. This includes date night, hugs and kisses.
- **Time** - Time spent together doing fun things, dating, relaxing
- **Intimacy** - intimacy in your marriage. Intimacy is the sharing of parts of your life that you should only share with your spouse, whether it is intellectual, spiritual, emotional or sexual. Intimacy involves sharing your joys and your pains, your wants and your likes, your agreements and disagreements.
- **Friendship** - A friend is someone with whom you enjoy doing simple and everyday things. You enjoy being in each other's presence and feel comfortable sharing ideas and thoughts together



# Fire Ingredients

Are these the active  
fire ingredients in  
your marriage?

# Happy Spouses Are Each Other's

- Best friend
- Only lover
- Only sweetheart
- Only spouse

Happy couples also know that the “fire” ingredients will not be delivered to them on a silver platter. It comes from hard work. It’s the results of deliberate, intentional, counter-instinctive behavior.

Happy couples also know a happy marriage is not free of pain but it is free of misery.

Happy couples know that although there might be anger between them at times, there is no resentment.

Happy couples are aware that romance will dim briefly at times, how the marriage is free from an apathetic spirit.

# What to do to create and keep the fire going?

- Have a date night once a week
- Hug each day for 20 seconds
- Kiss passionately each for 10 seconds
- Make love at least once a week
- Dance together privately in your home
- Check in to a local hotel for one night once or twice a year
- Show appreciation to your spouse at least once every day
- Make a compliment each day
- Spend time having fun together at least once a week
- Go to bed the same time at least three nights a week
- Pray together each day

# Six Habits of Successful Couples

## 1. Avoiding A Judgmental Attitude

“When a partner have false assumptions about his or her partner it results in serious discord. 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. It’s normal to be upset when you’re at cross-purposes. Nobody has to be right or wrong. . . . 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.”

# Six Habits of Successful Couples

## 2. Finding The Understandable Part

“When disagreements arise, most of us tend to think of our own position as reasonable and the other person’s as unreasonable. However, at some point in the argument, those who know how to get their partners to treat them well manage to find something understandable about what their partners are saying or wanting, even if they can’t agree overall. They seem to understand an important principle: If you want to receive understanding, first give understanding.”



# Six Habits of Successful Couples

## **3. Identify the underlying needs, values and worries.**

“Many times people find that when they’re motivated to keep open minds and they try to understand the logic behind their partners’ viewpoints or actions, they no longer have problems with what their partners want. . . However, there are other times when they still find that they see things differently than their partners, or that they have different priorities or expectations. In these situations, skillful people try to dig beneath the surface and explain to their partners the important things that drive their priorities, preferences or expectations.

# Six Habits of Successful Couples

## **3. Identify the underlying needs, values and worries.**

Arguments often fail because partners argue about the wrong things. People who are destined to succeed in their relationships realize that the reasons they are upset or have trouble doing what their partner wants sometimes run deeper than the present situation. Often, there is something bigger at stake.

# Six Habits of Successful Couples

## 4. Giving and Asking For Equal Regard

Many couples talk about lack of respect in the relationship. . . Note carefully the “regard” is more than the superficial understanding of the word “respect.” It is deep concern, care, sympathy. This is what Dr. Atkinson says: “The most successful intimate partnerships operate like democracies: one person, one vote. In a democratic society, when people go to cast their votes, there is no obligation to prove that their reasoning is good enough for their votes to count. Their opinions count as much as anyone else’s, regardless of what anyone thinks of their reasoning. The same is true in successful intimate relationships. Successful partners are willing to give and take, regardless of whether they agree with each other or not.

# Six Habits of Successful Couples

## 5. Offering Assurance

“One thing is clear from research on intimate relationships: Arguments don’t have to be pretty in order to be productive. In fact, they can be downright ugly without causing lasting negative consequences. Studies reveal that partners destined to succeed are often defensive, bull-headed, and unresponsive to their partners. The difference is that, after a failed argument, partners who succeed in their relationships are effective at repairing the damage, whereas partners destined to fail are far less successful at repair.”

# Six Habits of Successful Couples

## 5. Offering Assurance

“After a failed argument, people who possess this skill begin by asking themselves, “Did my partner think I was saying that he was wrong, or out of line in some way?” or “Did my partner think I was saying that my opinion or preferences should count more than his?” When arguments have gone poorly, the answer to these questions is almost always “yes.” The most powerful thing that can be done at this point is to simply offer one or two kinds of assurance.”

# Six Habits of Successful Couples

## 6. Standing Up For Yourself Without Making A Big Deal About The Fact That You Had To

“The five habits discussed thus far are all important predictors of relationship success, but unless a person also has the sixth habit, it’s unlikely that he or she will be able to continue implementing the first five over time. . . On any given day it’s possible that, in spite of one’s efforts to have a good attitude and willingness to work cooperatively, one’s partner may not return the same kind of generosity and cooperativeness. Studies suggest that this happens in most relationships at times, and the ability to react effectively when it happens is not optional. . .

# Six Habits of Successful Couples

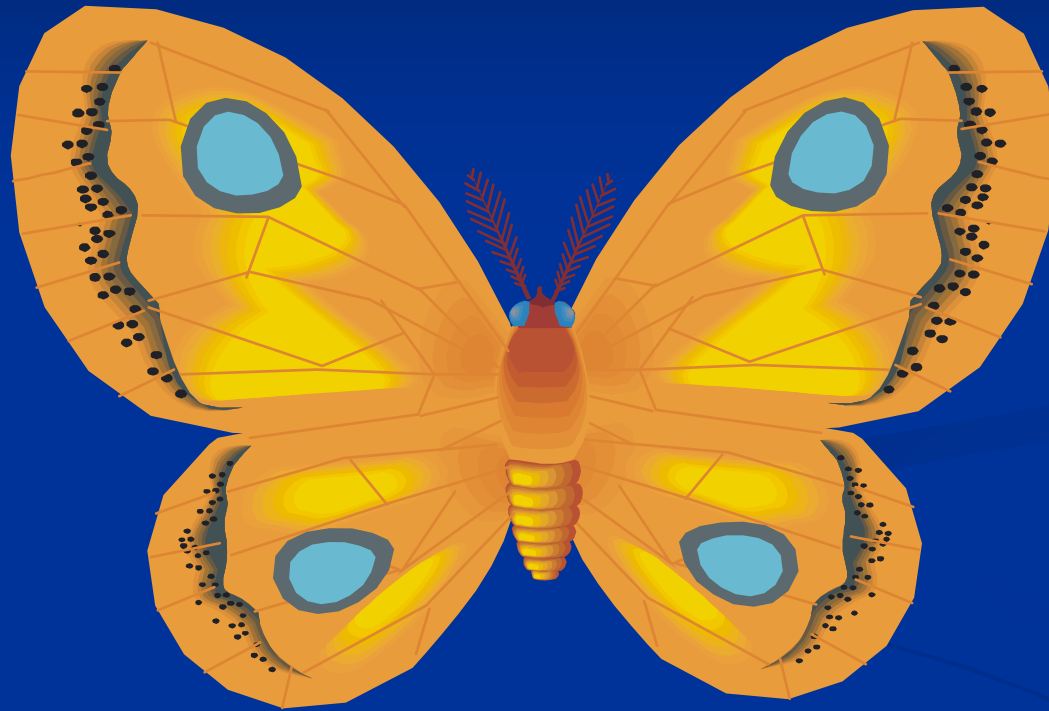
## 6. Standing Up For Yourself Without Making A Big Deal About The Fact That You Had To

People who are skilled in standing up for themselves begin with the attitude that it's normal for their partners to be biased toward their own viewpoints and to want to have things go their way, and they don't expect their partners to necessarily volunteer to give up ground when disagreements occur. They don't see it as a crime when, in the beginning, their partners are critical or inflexible. When this happens, they avoid making a big deal of their partners' temporary uncooperativeness and simply make it clear that they're going to need their partners to become more open-minded and flexible.

# Final “Fiery” Tips

- Know what makes your partner happy and sad
- Know your partner’s voice
- Know your partner’s hands
- Know your partner’s lips
- Know your partner’s back
- Know what’s under your partner’s hair
- Know your partner’s genitals (hold them)
- Know what makes your partner have a sexual high





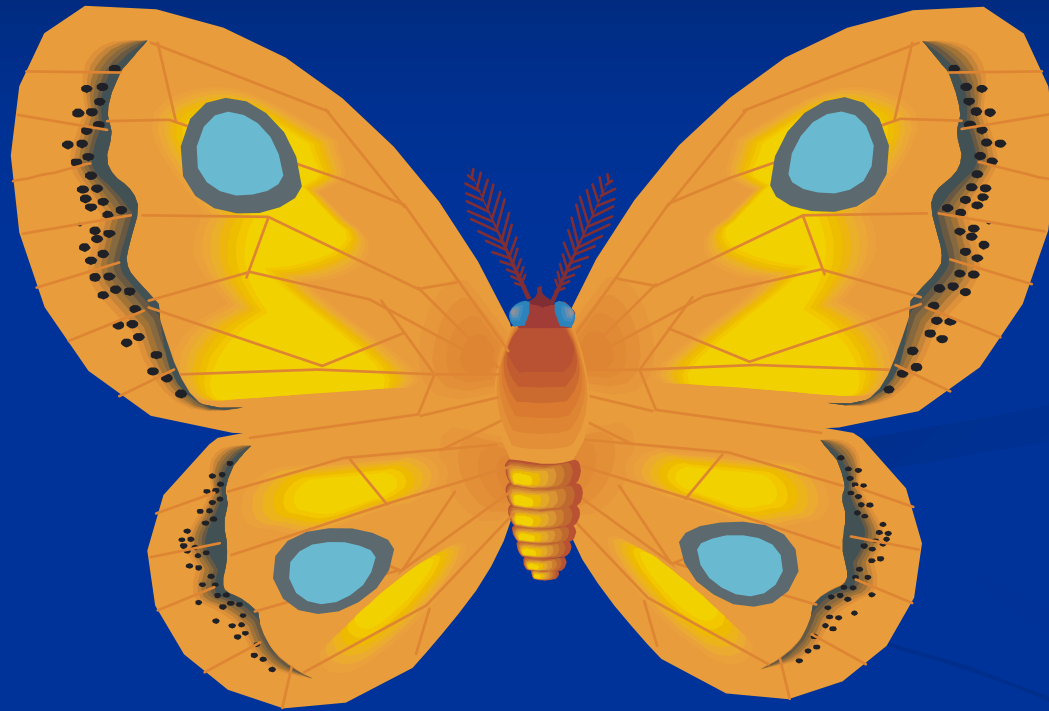
# The Butterfly Principle



Butterflies are attracted to the moisture particles on the hand.

If your “butterfly” is not landing on your “hands,” it might be due to the lack of “moisture” on your hands.”

Each spouse is to take the time to create “moisture” on his or her hands so that the partner will be attracted and feel safe to “land.”



Keep your hands moisten

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