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# Fireproof Relationships Barrington H. Brennen

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## Fireproof Relationships For Everyone

## Fireproof?

## Fireproof?

"Able to withstand fire or great heat."

## Fireproof?

Non-flammable, non-inflammable, incombustible, unburnable, fire resistant, flame resistant, 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.

### The Foundation

Principle for becoming "fireproof."

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 1:2 Both male and female

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## Genesis 1:2 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 sm In charge. that scurry along the gro

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

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."

God gave them equal voice, power, vote, access, 28 T thèm and said, opportunity 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."

## Fireproof Relationships For Singles



7 Wisdom
Principles for
Healthy
Relationships



"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."



"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."



"Honey, I want to love **me** before I love you."



"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."

## 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."

#### 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.

#### **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,"

#### 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.

#### 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).

# Fireproof Relationships For Couples

# 18 Revitalizing

### Watch out for smart phones and social media









Texting can make or break your marriage.

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

# Over texting the wrong person can often lead to sexting.



#### Be wise when using . . .









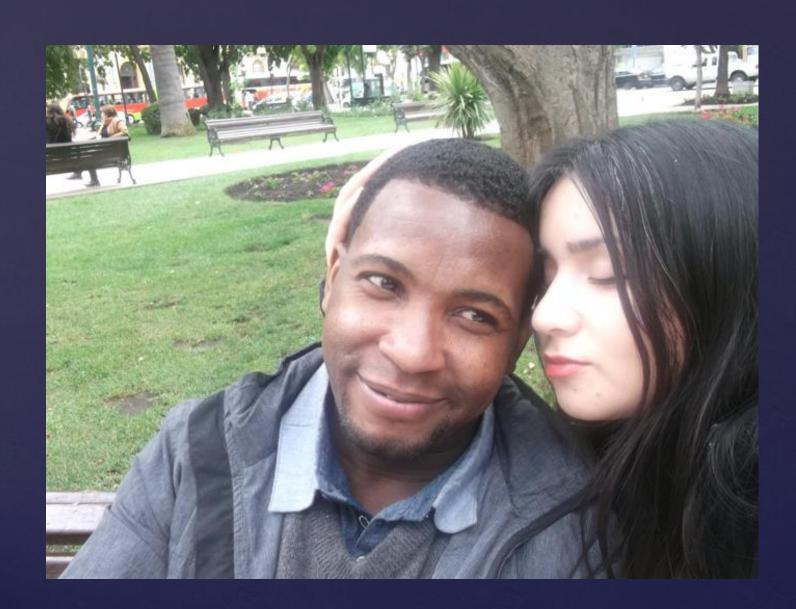
Texting and social media have become one of he most damaging tools to marriages.



#### BE CAREFUL

Use them to build and not destroy.

### Date Your Spouse



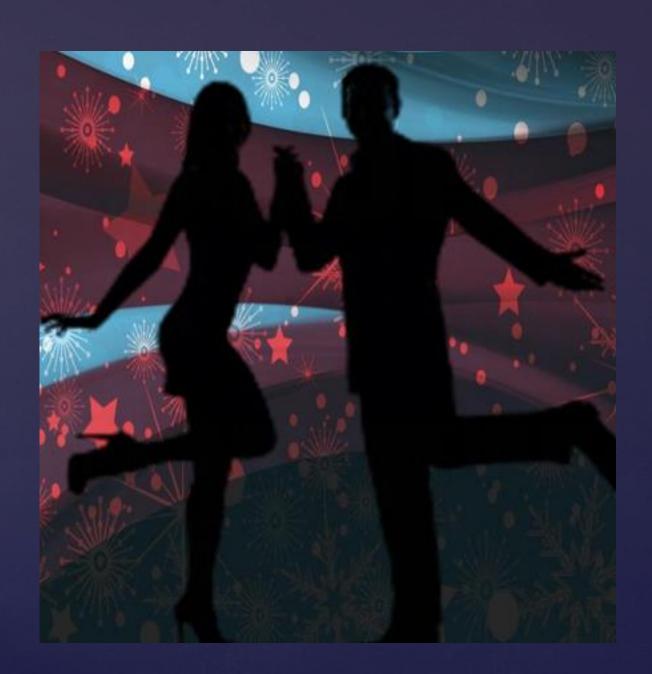
"Just because you're married doesn't mean you can't flirt with your spouse and still court him or her." Have a daily romantic connecting point.

Have a weekly date night.

Book in to a local hotel one night each year.



### Dance Together





"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."



"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 10.1





#### Your spouse comes before . . .

The children

The church

The job

The grandparents



Take the child out of the bed.

Hug your spouse every morning before your 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."



### Be Affectionate



"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."

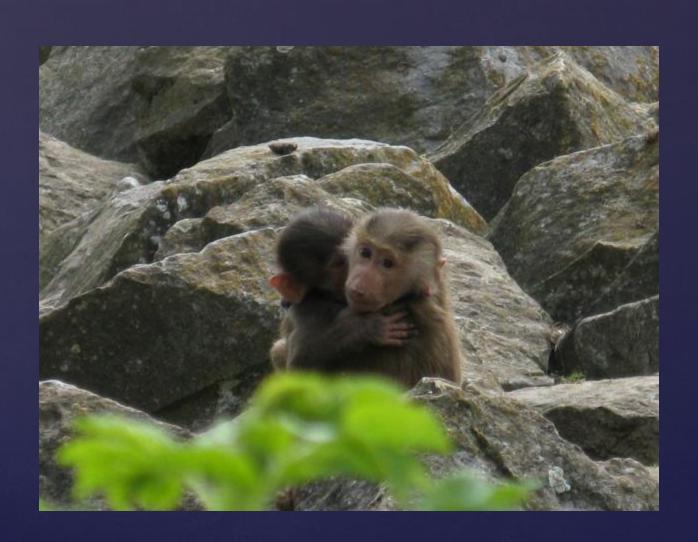


#### The Brennen Hints:

- > 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.



### Fluggle Together



#### 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



#### The Brennen Huggling 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.



- 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.



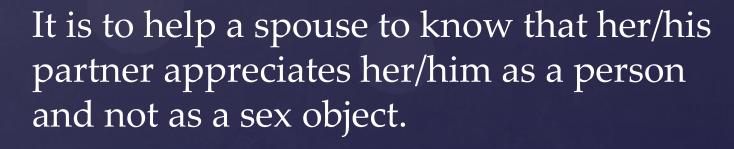
- Get up and hug while on your feet for a few seconds.
- Do not have sex, even if you are horny.
- \* If you are horny, you must wait at least one hour before having sex.
- Put on your clothes and go about your regular chores.
- Praise God for the power and beauty of the naked body.



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.







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



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

# The Naked Boost



#### The Naked Boost

Have a sleep naked week with no sex.

The only "clothes" will be the sheets.



# Sleep all night Together



#### 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.



# Have A Non-Judgmental Attitude



I have observed that when a partner has false assumptions about his or her spouse, 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."

"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."

### Find Thee - Understandable Part



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

# 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.

"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."



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

"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. . .



"Laugher 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

## Become Best Friends



#### 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!.



## Enjoy Time Apart



#### **Enjoy Time Apart**

TIP 13

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

#### **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."



#### **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.

### 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.



- > The couple that prays together stays together.
- The couple that eats together grows and stays together.
- > The couple that plays together heals, grows, and stays together.
- The couple that sleeps together understands, heals, grows, and stays together.
- The coupe that intends together matures, understands, heals, grows, and stays together.

## Just love each other unconditionally





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