

HOW TO PREDICT
YOUR RELATIONSHIP'S FUTURE!
(What will happen to us?!?)

DIVORCE STATS:
~50% but really 65%;
excludes defacto breakdowns.
Over 50% of kids in Oz now live
in single parent homes...

Divorce predicts heart disease, cancer,
Immunosuppression failure, Anxiety,
Depression, Suicide.
Divorce is strong social predictor of longevity –
If parents divorced, die 4 years younger.
If you also divorced, another 4 years off...

Children of Divorce are more likely to exhibit
Aggression
Behavioural problems – every category
Attention disorders
Negative relationships with other children
Vast evidence of negative impacts of breakdown.
The active predictor variable is HOSTILITY between parents.
The price is terrifyingly high... but can it be prevented?

INSERT FIRST AUDIO ARGUMENT HERE

7 major predictive studies of Divorce –
0 accuracy.
1970, enter Dr. John Gottman, Seattle.
Empirical Researcher

Interviews Engaged Couples,
collects data, predicts Divorce...

Results:
Over 90% predictive accuracy in 3 large studies!
Main study: 94% accurate prediction of divorce *before* marriage!
Later in '90s – same accuracy from 3 minute interviews!
Turn of Century – same accuracy with the sound off!
States requiring seminar – 30% reduced Divorces.
So what is Mr. G measuring?!?

Its not about personality
Its not about common interests
Its not about sexual relationship
Its not about value frameworks
Its not about compatibility + or -
Its not about romance or in-love-ness
Its not even about level of CONFLICT!
(which is a mild happiness predictor!)

HOW TO GET A DIVORCE:

Not Complaint or Conflict per se, but
when these cross the thin red line...

--- D-E-F-E-N-S-I-V-E- -A-N-G-E-R- ---

By spicing our Complaint with marital plutonium -
--- D-E-F-E-N-S-I-V-E- -A-N-G-E-R- ---
... you get...

THE FOUR HORSEMEN OF THE APOCALYPSE!
4 special ingredients, always same order,
each with mathematical contribution to formula D.

Divorce is PREDICTABLE via these.
Divorcing Couples move through over time.

#

INSERT SECOND AUDIO ARGUMENT HERE

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4 HORSEMEN = 4 ANGERS = 4 HOSTILITIES

1. CRITICISM – Character Complaints.

You ALWAYS... You NEVER...

Your Character is stuffed

What is wrong with you?!?

Why do/ don't you...?!?

#

No. 2. CONTEMPT – Moral disdain, disgust.

Insults, talking down, put downs

Eye Roll, Lip Curl, Head & Shoulder turn

Mockery, Sarcasm

Proverbs 26:18:

'Like a madman shooting firebrands, arrows and death
is a man who deceives his neighbour and says,

"I was only joking!"'

#

Contempt is Unique to Divorce – the essence.

The single most powerful predictor of Divorce.

Eye rolling is THE superpredictor.

AND...

Jigglometer...

ER predicts Infections in Partner 4 years into future!

#

No. 3. DEFENSIVENESS – Tit-for-Tat Table Tennis.

deny, counter, derail, distract, other problem,
whine, justify, blame, find cause in you.

Same old argument rut, figure-8 loops.

Deny responsibility: 'I am only reacting 2 u'.

#

No. 4. STONEWALL – Dead body language.

No eye contact, eyes down & away

No answer, talk to the hand, whatever.

Even if designed as violence brake,
interpreted as opposite.

#

Sex Differences in Angry Meltdown Techniques:

Women:

Harsh Start-Up of conflict conversations.

96% irrecoverable!

Usually women start up, then increase spikes...

...because men play 'sticks and stones'

But BP, Heart Rate, GSR tells truth!

#

'Normal' (Unhealthy):

Men retreat from relationship to maintain harmony...

Woman try to get the man to do something
to maintain the relationship...

Men run away,
so women hunt...

Men pretend & deny
so Women point & scratch...

Men zone into Oblivion
so Women then try to Control...

#

Women get into instruction, telling mode, teacher.

Bad predictor.

Gottman says that the number 2 indicator
of health in a marriage

is the willingness for the wife to be non-instructional.

Demands & Instructions backfire. Please risk asking.

#

Men:
Male behaviour is FAR more influential in predicting divorce.
Males doing the 4 Hostile Horsemen is FATAL.
Male hostility taps spinal terror in female mammals.
Men with raised voices, tempers, a growl... = doom abyss.
Male Stubbornicity is empirical, and unsavable.
On the whole, Men kill marriages.
Men start it, then blame Eve.

Empirical Fact and Very Strong Predictor of Divorce:
Men refuse to accept the influence of Women –
Huge predictor; Not so for Women...
Because girls give in by age 3-4, never stop!

Stubbornicity 101: Men almost never say:
“Good point, you’re right, I was wrong, sorry” ...
Men in bad marriages concede 0%
Men in bad marriages concede 0%
Men in Happy marriages concede... around 20%!
Smart men realise the basis of power is influencability...
Smart men give in. Often. Heaps. All the time!...
But not in reality - They still come second!

Gottman says the number 1 indicator
of health in a marriage
is the willingness of the husband
to attend to the concerns of his wife.

My view = Adolescent Fantasy Addiction
Woman as Mother, Adult, then blamed.

INSERT THIRD AUDIO ARGUMENT HERE

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2 INGREDIENTS COMMON TO ALL HORSES,
COMMON BELOW THIN RED LINE:

- (a) Adrenaline Flooding
- (b) Negative Attribution.

#

(a) ADRENALINE FLOODING –Fight & Flight Response.
Adrenaline SHUTS DOWN FRONTAL LOBE!!!
i.e., Anger SHUTS DOWN FRONTAL LOBES!!!
Chronic diffuse physiological arousal –
17 heartbeats p.m. higher pre divorce couples!
Adrenaline readings higher
Arterial constriction higher

#

BOTH parties hit Adrenaline high, and
Adrenaline is BIOCHEMICALLY ADDICTIVE!!!
Anger is SELF-ACCELERATING and SELF-REWARDING!
GET REAL: ANGER IS FUN!!!
‘Anger Management’ is hilarious concept... and sinister.

#

(b) NEGATIVE PERCEPTIONS & ATTRIBUTION –
I meant well,
but You are only selfish.
I was motivated kindly,
but Your real motives are bad.

You are Black Hat Baddie.
Indignation; Contemptuous virtue.
Self-righteousness, scapegoating,
Large black paintbrush.
SCAPEGOATING IS ESSENTIAL TO DIVORCE...

#

SCAPEGOATING IS ESSENTIAL TO DIVORCE.
i.e., HOSTILITY IS ESSENTIAL TO DIVORCE.
i.e., ‘JUSTIFIED’ ANGER IS ESSENTIAL TO DIVORCE.

TO CREATE A RELATIONSHIP BREAKDOWN
ONE OR BOTH MUST THINK THAT THEIR ANGER
IS *JUSTIFIED* OR *CAUSED* BY THE OTHER...

#

Another way of saying this:
TO DESTROY A RELATIONSHIP,
AT LEAST ONE PERSON MUST BELIEVE THE LIE
THAT ANGER IS CAUSED BY SOMEONE ELSE.

In truth, Anger is never *caused*.
Anger is always [A] MANUFACTURED,
and [B] FUN.

#

MANUFACTURED?!? How so?
Since the Fall, we are full of pain emotions:

THE BIG 3:

Fear

Sadness

Guilt.

Each renders us vulnerable & needy.

#

If I feel sad, I can't hug me.

Only your comfort can warm me.

If I feel afraid, I can't settle me.

Only your presence & larger story can secure me.

If I feel guilty, I cannot cleanse myself.

Only your sin-bearing forgiveness can free me.

#

But these leave us helpless, weak, in need.

YUK!!! NO WAY, JOSE!!!

We hate these emotions; we deny them, bury them,

tell ourselves to 'get over' them,

tell ourselves not to indulge in self pity,

and pretend that we shouldn't need others

to have self-esteem!

i.e., WE REFUSE TO FEEL REALITY!

#

But we can make the one thing
that offers to cure them all in an instant,
with ingredients you probably have around your home!:
DEFENSIVE ANGER!!!

#

Make yourself some DEFENSIVE ANGER *NOW!!!*
Instant Righteousness! Indignant Innocence!
Instant Power! Instant Respect! Instant Control!
No More Mr. Sad-Afraid-Guilty!

#

Anger is so addictive because effective:
it completely reverses (temporarily)
the pain, thorns, sweat, suffering and death
of the Fall itself.

#

And ANGER IS FUN!!!

I see little hope for a marriage if the parties
cannot discover and admit that anger is fun...

Why?

#

Anger happens to provide –
faster than cocaine sniffing –
a biochemically instantaneous fix
that is highly physically addictive.

"I can't allow it - it feeds itself!!!"

We deny it, but we are wired to physically enjoy
the hormone-stimulating feelings that come with it –
only guilt and civics makes us think that we don't.

#

The choice is so fast and self-accelerating

that it feels like something I can't help,
something happening quite 'naturally',
something that is 'caused' by you
or by something outside of me.

#

So we MANUFACTURE Anger
to obliterate sadness, fear and guilt
by transmitting them all onto the victim
with speed and efficiency.

#

Why I am angry? Because of you!
Anger puts you in the vulnerable position
of feeling sad, afraid or guilty!
Anger affects the perfect transfer
of all vulnerability
away from me onto you!

#

So the best way to get a divorce...
is by being 'righteously indignant'!

The 4 Horsemen of Anger will not only do the trick...
BUT YOU WILL FEEL JUSTIFIED!!!

After all, you are only angry because of what THEY did!!!!

#

INSERT FOURTH AUDIO ARGUMENT HERE

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Lie: Anger is an emotion we experience.

Truth: Anger is an emotional move we wind up & use.

Lie: Anger is caused.

Truth: Anger doesn't happen to me; I make it happen.

Anger is a survival strategy that I sometimes use
to get what I want and avoid what I don't want.

#

Anger is not OK, because it is always in my name

and always at your expense.

It takes the roles of judge, jury and executioner off God,
who says "vengeance is mine".

#

Lie: Anger is a natural emotion in relationships.

Truth: Angry words and faces clearly say
that everything about our relationship is now at risk.

Hostility is a direct threat against our relationship.

Rage is a gun at the head of our relationship.

#

Second body of research;
another famous researcher:

Dr. God, Heaven.

He knew Gottman's discoveries all along.

Let's read some of his reports –

Not on men & women relationships,
(which he does report on!),

but on anger:

#

"So Cain was very angry, and his face was downcast.

Then the LORD said to Cain, "Why are you angry?

Why is your face downcast?

If you do what is right, will you not be accepted?

But if you do not do what is right,

sin is crouching at your door;

it desires to have you,

but you must master it."

...Cain attacked his brother Abel and killed him.

#

New Testament: Jesus:

"You have heard that it was said to the people long ago,

'Do not murder, and anyone who murders
will be subject to judgment.'

But I tell you that anyone who is angry with his brother
will be subject to this divine judgment.

Again, anyone who says to his brother, 'Raca,'
is answerable to Heaven's court.

Anyone who says, 'Fool!'
will be in danger of the fire of Hell."

#

How about that: 'Anger is Murder!'

Every New Testament (NT) teaching on anger condemns it!

Paul to the Colossians:

"But now you must put off all these;
anger, wrath, malice, blasphemy,
filthy communication out of your mouth.

"Fathers, do not provoke your children to anger,
lest they be discouraged.

#

Paul to the Corinthians:

"I am afraid that among you
there may be arguing, jealousy, anger,
selfish fighting, evil talk, gossip,
pride, and confusion."

#

Paul to the Galatians:

"from the sinful nature ...hatred and fighting, jealousy and
anger,

constant effort to get the best for yourself,
complaints and criticisms,
the feeling that everyone else is wrong."

#

Paul to Timothy:

"I want men everywhere
to pray with holy hands
lifted up to God, free from sin

and anger and resentment."

#

James condemns "fights and quarrels among you"
coming from "your desires that battle within you,
causing you to "kill and covet,... quarrel and fight"
because you are "adulterous people"
in "friendship with the world"
and "in hatred towards God."

"human anger does not produce God's righteousness."

#

Paul to the Ephesians:

"As parts of the same body, our anger against each other
has disappeared, for both of us have been reconciled to God.
And so the feud ended at last at the cross.

#

"Don't sin by letting anger gain control over you.
Don't let the sun go down while you are still angry,
for anger gives a mighty foothold to the Devil.

"Let all bitterness, and wrath, and anger, and clamour,
and evil speaking, be put away from you,
and every form of malice:

"Fathers, do not provoke your children to anger."

#

Victim Anger is murder.
Only God himself can handle
the 'plutonium' of Anger in a holy way.

#

QUESTION TIME:

When Cain was angry,
God asked him a question:
"Why are you angry?"

When Jonah was angry,

God asked a question:
"Is it right for you to be angry?"