

COPING WITH CHANGE

GOAL: To help us recognize the need to protect the stability of our marriage by communicating our feelings regarding loss, whether that is loss of physical capacities, change in life situations, divorce or death.

INTRODUCTION:

The title of this podcast is “Coping with Change.” In this episode, we discuss:

- A. Loss is a fact of life.
- B. Communication between husband and wife is imperative.
- C. Hope in the face of the inevitable.

1. LOSS OF PHYSICAL CAPACITIES
2. LOSS IN LIFE SITUATIONS
3. HOPE IS AN EQUALLY IMPORTANT PART OF COPING WITH CHANGE
4. THE ROLE OF COMMUNICATION BETWEEN HUSBAND AND WIFE IN FACING LIFE’S CHANGING SITUATIONS

MAKE THIS A SPECIAL TIME IN YOUR RELATIONSHIP

1. Choose the most appropriate/difficult question below to begin writing. (Select just one question.)
2. Write for the full suggested time of 15 minutes.
3. Discuss for the full suggested time of 15 minutes.

QUESTION OPTIONS:

- 1) How do I feel about the certainty of experiencing death or loss in our marriage?
- 2) When have I come in contact with death? Have I shared my fears, hopes and other feelings about death with you?
- 3) How do I react to illness or injury in others? How do I feel about caring for you when you are ill? How do I change when I am ill or injured?
- 4) How do I feel about the possibility of experiencing loss in my own body?
- 5) How do I feel about the possibility of experiencing loss in your body?
- 6) Am I prepared to move on the average of once every five years?
- 7) Am I willing to make a career move for your sake?
- 8) Am I willing to make a health move for your sake?
- 9) How do I feel when I hear 50 percent of marriages end in divorce? How will we handle our relationship when crises come? Do I believe divorce is an option we might choose? Why or why not?

Alternate question if you were previously married: If you have been married before, you may find this question helpful. Choose whichever question you find to be most relevant to your situation.

- 10) Have I really dealt with (finished grieving over) a loss or death in a previous relationship?

