



# Recovering From Marriage Disasters

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[www.edencounseling.com](http://www.edencounseling.com) for Resources

## Mission Statements:

- Paul: To help you see who you truly are and live as if you truly believe
- ECC: To provide excellent Christian professional counseling and psychiatry services through innovative service delivery while developing effective leaders
- ELI: To equip leaders to develop healthy families, dynamic communities and meaningful legacies

**Marriage Disasters (PV Definition):** Anything that alters the perceived *Identity* of the marriage, family or one of the spouses in a manner that one or both spouses perceives as disastrous or irrecoverable. (Disasters predict divorce with 80 - 90% probability with Adultery, Death of a Child and Gastric Bypass Surgery topping the list.)

**God Redeems Disasters:** James 1:2-4 *Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.*

Ecclesiastes 1:18 *For with much wisdom comes much sorrow; the more knowledge, the more grief.*

## Factors Affecting Divorce Rates

- Isolation/Lack of Community
- Friends and Family Encourage Divorce
- New Love Interests – Adultery and Child Birth
- Economic Capacity to Live Apart
- Reduced Shame due to Anonymity
- U.S. culture expects divorce
- Hedonism – It is unacceptable to feel bad

## Happiness/Well Being

- Positive Emotion
- Engagement of the Mind
- Relationships
- Meaning
- Achievement
- Hedonism does not lead to happiness
- Addiction = P,E,R but harms M and A

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**Marriage Counseling by itself with no other support is WORTHLESS** (10% improvement)

### **Factors in Counseling Success**

- 10% attitude of counselee
- 15% quality of relationship with counselor
- 25% skill of counselor
- 50% impacted by life events and other relationships and acts of God

### **Recovery in 12 Months**

- Discovery
- Get Help: Friends, Family, Pastor, Book, Counseling
- Forgiveness: You deserve death but I will not harm you.
- Autopsy of the marriage
- New boundaries, goals and habits
- Renewed commitment
- Health community

### **Eden Method**

1. Increase Positive and Decrease Negative
2. Fix a few things
3. Improve communication
4. Restructure to improve: Time, Attention, Touch
5. Confession, Forgiveness and Reconciliation
6. Dismantle Landmines

### **Eden Tools**

1. Romance Builders, Anger Expression Scale with Time Outs, Prayers
2. Brainstorming for Problems
3. E.V.E. in emotional and rational contexts, nonjudgmental stance
4. Distraction Reduction
5. Five-Point Confession with Recovery Plan
6. SEARCH for Safety and Safety Days Training

### **Eden Marital Intensives**

Counselors, Pastors, Health Professionals  
Three to Twenty-One Days  
Twelve-Month Follow-Up  
Statistically Miraculous

### **You Can't Do It Alone**

- Proverbs 11:14 *For lack of guidance a nation falls, but victory is won through many advisers.*
- Hebrews 10:24 *And let us consider how we may spur one another on towards love and good deeds.*

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