

ADJUSTMENT OF
SEVENTH-DAY ADVENTIST COUPLES:
THE FIRST YEAR OF MARRIAGE

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ABSTRACT

ADJUSTMENT OF SEVENTH-DAY ADVENTIST COUPLES:
THE FIRST YEAR OF MARRIAGE

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ABSTRACT OF GRADUATE STUDENT RESEARCH

Project Report

Andrews University

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Title: ADJUSTMENT OF SEVENTH-DAY ADVENTIST COUPLES:
THE FIRST YEAR OF MARRIAGE

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Problem

A serious problem facing the Seventh-day Adventist Church today is the number of marital separations and divorces occurring within the first few years of marriage, often within the first year. Much marital breakdown is due to a lack of an understanding of the marital adjustment dynamics which needs to be effected early in the marriage relationship. The purpose of this research is to facilitate a correct understanding of the communication and behavioural adjustment model at work among newly weds.

Method

Biblical models of early marital adjustment were researched. These were supplemented by the writings of Ellen G. White plus a psychological and sociological survey of marriage as it applied to western culture. Two seminar programmes, each of two hours duration, were conducted to help the couples understand the marital adjustment dynamics at work.

Results

During the time spent together, the four couples increased their awareness of marital adjustment. A Johari Window evaluation was conducted at the commencement and conclusion of the seminars to determine if they now had a greater awareness of the marital adjustment process. However, in this group the results were similar, perhaps, because all the couples had been well instructed with pre-marital counselling prior to marriage. The dialogue with the participants provided helpful hints, ideas and discussion that cannot be assessed in a survey evaluation. The participants agreed that the seminars were beneficial as an awareness tool to remind couples that ongoing marital adjustment is essential for a lifelong happy marriage.

Conclusion

The success of such a programme can only be assessed in the long term. It will require the nurture of the church by similar marital enrichment programmes in the future. The Seventh-day Adventist minister can help by providing skills to marriage partners.

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A Project Report
Presented in Partial Fulfillment
of the Requirements for the Degree
Master of Arts in Religion

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TABLE OF CONTENTS

Chapter	
I. INTRODUCTION	1
II. TRADITIONAL MARRIAGE--A BIBLICAL CONCEPT	3
Principles of Marital Adjustment Gathered Through a Study of Biblical Material	3
Principles of Marriage in the Writings of Ellen G. White	7
The First Year of Marriage Viewed by Christian Writers	10
Marriage Adjustment Determined by Partners Themselves .	13
Early Adjustment Essential to a Lasting Relationship .	16
Conclusions and Convictions	17
III. A PSYCHOLOGICAL AND SOCIOLOGICAL LOOK AT INTERPERSONAL RELATIONSHIPS OF NEWLY WEDS	18
Introduction	18
Significant Principles Relating to Early Marital Adjustment	18
First Year of Marriage in Western Culture	23
Comparison in Australia	26
First Year of Marriage Among Seventh-day Adventist Couples	29
Conclusion	32
IV. ORGANISATION AND IMPLEMENTATION OF THE MINISTRY DESIGN .	33
Objectives	33
Method of Choosing Suitable Marriage Couples	34
Goals to be Achieved	35
Small Group Seminars to Investigate Marital Adjustment	35
Seminar Session One	36
Communication	37
Seminar Session Two	39
Communication (continued)	39
Conflict	40
Acceptance	41
Roles	41
Seminar Conclusion	43

V. EVALUATION AND RECOMMENDATIONS	44
Observations	44
The Couples' Evaluation	45
Subject Material	45
Evaluation Survey Sheets	46
Recommendations	47
APPENDICES	49
SELECTED BIBLIOGRAPHY	159

CHAPTER I

INTRODUCTION

The average duration of Australian marriages has fallen to 10.2 years while the "proportion of marriages ending in the first 5 years has risen . . . to 20.7%."¹ One-parent families have increased in Australia to 12.6 per cent of families with children, which is "nearly five per cent of all children under 18"² years of age.

The Seventh-day Adventist church is also experiencing a substantial incidence of divorce and marital breakdown. It is imperative, then, that the church provide a ministry to facilitate a communication and behavioural adjustment model which will aid Seventh-day Adventist couples in their first year of marriage.

Chapter II deals with the biblical undergirding of the project. The biblical view of traditional marriage is one of monogamy. This Judaeo-Christian principle was also assumed in this project. It is noted that the Bible uses marriage as a symbol of the unique relationship between the Christian and God.

Chapter III deals with a psychological and sociological look at interpersonal relationships of early marital adjustment in western

¹ Don Edgar, The Church and Families (Melbourne: Joint Board of Christian Education, 1982), p. 12. See also appendix 6.

² Ibid., p. 3.

culture. Significant principles are noted including the dynamics of Australian culture. These principles are then related to Seventh-day Adventist couples.

Chapter IV discusses the ministry design and its implementation with four Seventh-day Adventist couples in their first year of marriage. The seminars are an endeavour to understand the dynamics at work in the process of adjustment in the first year of marriage. The significant principles used for the ministry model were communication skills, conflict resolution techniques, acceptance, and roles.

Chapter V develops recommendations as well as drawing some conclusions from the ministry design.

CHAPTER II

TRADITIONAL MARRIAGE--A BIBLICAL CONCEPT

Principles of Marital Adjustment Gathered Through a Study of Biblical Material

Man, a being created in the image of God, is described by relational rather than analytical or substantial language in the early verses of Genesis.

And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.

So God created man in his own image, in the image of God created he him; male and female created he them.

And God blessed them, and God said unto them, Be fruitful and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth. . . .

And God saw every thing that he made, and, behold, it was very good.¹

Thus, the creation account of mankind places him on the highest level. One Christian psychologist notes the following:

1. We are created in the image and likeness of God (Gen 1:26-27; 1 Cor 11:7; James 3:9)
2. We are the apex of God's creation (Gen 1 and 2)
3. We are given dominion over the earth (Gen 1:28-30)

¹ Gen 1:26-28,31. The writer has chosen to use the Authorized Version for biblical references, except where he considers a later translation to be more accurate. References from other versions are noted in the text.

4. We are told that we are made a little lower than the angels and crowned with glory and honour (Ps 8:4-6)
5. We are purchased out of sin by Christ's death (1 Pet 1:18-19)¹

Our Lord takes a holistic view of mankind and in the beginning said, "It is not good that man should be alone; I will make him an help meet (literally, a partner) for him."² Woman was created for man to complement and complete him. The first couple were instructed to be fruitful and multiply and occupy the earth.

The biblical view of traditional marriage is one of monogamy.³ The writer assumes this Judaeo-Christian principle of monogamy but acknowledges it has been perverted by sin. Sin is primarily a matter of disrupted relationships. Alienation from God has resulted in a twisted self, and has affected man's interpersonal relationships. The evidence of this is first seen in Gen 3:7 where husband and wife are affected.⁴

The first marriage in Eden, as performed by God was both a sample and example to succeeding generations. Probably for this

¹ S. Bruce Narramore, "Guilt: Christian Motivation or Neurotic Masochism?" Journal of Psychology and Theology 2 (1974): 185.

² Gen 1:28; 2:18, 21-23.

³ Monogamy is God's ideal (Gen 2:21-24; Matt 19:5). Where polygamous situations exist in the Bible, they were simply tolerated. The Bible makes no attempt to condone such practices. On the contrary they are forbidden. After the exile, polygamy more or less fell into disuse.

⁴ Gen 3:7 "And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves aprons."

reason, the Bible does not say much about early marriage principles. Indeed, God shows his displeasure of mens' action in perverting the holy institution.¹ It would be well to review the marriage of Isaac and Rebekah in Genesis 24 as an early sample of biblical marriage. This union followed God's ideal.

The marriage of Isaac and Rebekah provides an insight into the idea and custom of marriage in the ancient Middle East. Abraham wanted his son to marry a girl from the land of his ancestors rather than intermarry with the Canaanites.²

In ancient times marriage engagements were generally made by parents, and this was the custom among those who worshipped God. None were required to marry those whom they could not love; but in the bestowal of their affections the youth were guided by the judgment of their experienced, God-fearing parents. It was a crime, to pursue a course contrary to this.

Isaac, trusting to this father's wisdom and affection, was satisfied to commit the matter to him, believing also that God Himself would direct in the choice made. The patriarch's thought turned to his father's kindred in the land of Mesopotamia. Though they were not free from idolatry, they cherished the knowledge and the worship of the true God.³

The consent of Rebekah and her family was obtained (Gen 24:58). This meant that the marriage contract was now binding. Both families were represented in this marriage contract. Eliezer acted on instruction from Isaac and Laban represented Rebekah and her family. When Eliezer returned home to Palestine, "Isaac brought her into his mother Sarah's tent, and took Rebekah, and she became his wife; and he loved her" (Gen 24:67).

¹ The flood was caused largely because of mankind marrying and intermarrying (Gen 6:1-3; Matt 24:37-39).

² Gen 24:2-20.

³ Ellen G. White, The Story of Patriarchs and Prophets (Mountain View, California: Pacific Press Publishing Association, 1958), p.171.

Marriage feasts lasted as long as seven days (Gen 29:27; Judg 14:12). The feast took place after the public announcement of marriage and was evidence that a satisfactory marriage contract had been completed. This tradition indicated the community aspect of betrothal. Today the situation is different. Families are often removed by great distances geographically. This means there is little or no family support in this important decision. The choice of a life partner is left to the couple. If they should make an error of judgment the family system is unable to aid them in time of crises.

The biblical perspective on marriage realistically recognises both the inherent importance and the limitation of family bonds. On the other hand, there is the norm expressed in Genesis: "Therefore a man leaves his father and mother and cleaves to his wife, and they become one flesh." Here the implication is that such an interpenetration of flesh takes place that the marriage relationship constitutes what Karl Barth called "a full communion of life." So basic is this assumption that the biblical and ecclesiastical traditions use the marriage metaphor to describe Yahweh's relation to Israel and Christ's relation to the church.¹

The Bible uses marriage as a symbol of the unique relationship between the believer and his Creator. Christ is represented as the bridegroom and the body of believers as His bride.²

Early in the Bible there is an injunction, "When a man hath taken a new wife, he will not go out to war, neither shall he be charged with any business: but he shall be free at home one year, and shall cheer up his wife which he hath taken" (Deut 24:5).

¹ Leo Sandon, Jr., "Idolatry and the Family." The Christian Century, March 1979, p. 335.

² Isa 54:5; 62:4-5; Matt 19:15; 2 Cor 11:2; Eph 5:23,27.

This indicates that the couple was to share or "cleave" in the relationship. A time of companionship in which they were to become "one flesh" is envisaged. Traditional monogamous marriage, as given by God to Adam, has been passed on by Adam's descendants to succeeding generations. Christ upheld the principle of monogamous marriage in His dialogue with the Pharisees (Matt 19:5-6). This same principle is repeated at the wedding of Cana (John 2).

Principles of Marriage in the Writings
of Ellen G. White

Marriage of a Christian to an unbeliever is forbidden. A person is permitted to marry only in the Lord (1 Cor 7:39). The injunction is given "be not unequally yoked together with unbelievers" (2 Cor 6:14). This principle was adhered to when Abraham sent Eliezer to Mesopotamia for Isaac's wife. Ellen G. White upheld the biblical principles as depicted above. "It is a dangerous thing to form a worldly alliance. Satan well knows that the hour which witnesses [these marriages] . . . closes the history of their religious experience."¹ She further states:

There is in the Christian world an astonishing, alarming indifference to the teaching of God's word in regard to the marriage of Christians with unbelievers. Many who profess to love and fear God choose to follow the bent of their own minds . . . reason, judgment, and the fear of God are set aside; and blind impulse, stubborn determination are allowed to control.²

Isaac was forty years of age when he married (Gen 25:20).

White warns against early marriage.

¹ Ellen G. White, Messages to Young People (Nashville, Tennessee: Southern Publishing Association, 1930), pp. 453-54.

² Idem, The Adventist Home (Nashville, Tennessee: Southern Publishing Association, 1952), p. 61.

"Early marriages are not to be encouraged. A relation so important as marriage and so far-reaching in its results should not be entered upon hastily, without sufficient preparation and before the mental and physical powers are well developed.¹

Young people still in their teens do not have sufficient of life's experiences to choose a person as young as themselves for a life partner.² In Old Testament times the decision for marriage was a family concern. So counsels White:

If you are blessed with God-fearing parents, seek counsel of them. Open to them your hopes and plans, learn the lessons which their life experiences have taught, and you will be saved many a heartache. Above all, make Christ your counselor. Study His word with prayer.³

Jesus said "they are no more twain, but one flesh. What God hath joined together, let no man put asunder" (Matt 19:6).

The Creator joined the hands of the holy pair in wedlock, saying, A man shall "leave his father and his mother, and shall cleave unto his wife: and they shall be one" (Genesis 2:24). He enunciated the law of marriage for all the children of Adam to the close of time.⁴

White further elucidates the above in her writings when she wrote:

In the marriage relation there is a very important step taken--the blending of two lives into one. . . . It is in accord with the will of God that man and wife should be linked together

. . . . The blessing of God in the home where this union shall exist is as the sunshine of heaven, because it is the Lord's ordained will that man and wife should be linked together in holy bonds of union.⁵

1 Idem, Ministry of Healing (Mountain View, California: Pacific Press Publishing Association, 1942), p. 358.

2 Idem, Adventist Home, p. 79.

3 Idem, Ministry of Healing, p. 359.

4 Idem, Thoughts from the Mount of Blessing (Mountain View, California: Pacific Press Publishing Association, 1956), pp. 63-64.

5 Idem, Adventist Home, p. 102. See also p. 114.

. . . . your wife's time and strength and happiness are now bound up with yours. . . . you are to blend as one.¹

White, in describing a poor choice of marriage partner, speaks of "a home where shadows are never lifted."² This adds strength to her warning concerning teenage marriages.

An assumption in this paper is that marriage is permanent. This presupposition is taught in the Bible (Gen 2:24; Matt 19:6) and upheld by the traditional marriage vow. White also supports this assumption. "Those who marry enter a school from which they are never in this life to be graduated."³ She further adds: "You have united in a lifelong covenant."⁴

Christ honoured marriage as a link binding himself to the church (Eph 5:22-24). "By the marriage is represented the union of humanity with divinity."⁵ Furthermore, God should be sought in prayer before entering into the marriage contract.⁶

The writer is mindful of the positive contribution White has made in the above area but rather than incorporating numerous additional quotations into the body of the project, a list of representative sources is appended.⁷

¹ Idem, Testimonies for the Church, 9 vols. (Mountain View, California: Pacific Press Publishing Association, 1948), 7:45.

² Idem, Adventist Home, p. 67.

³ Ibid., p. 105. See also pp. 95, 340.

⁴ Idem, Testimonies, 7:45.

⁵ Idem, Christ's Object Lessons (Washington, D.C.: Review and Herald Publishing Association, 1941), p. 307.

⁶ Idem, Messages to Young People, p. 460.

⁷ See appendix 1.

The First Year of Marriage Viewed by
Christian Writers

The shape of a marriage develops quite early. In the first six months habits of behaviour are formed towards each other that are not easily changed later. If there is a genuine willingness to work at the marriage relationship, this is more easily accomplished in the early months of marriage.¹ Marriage can grow as the partners adapt to life's changing circumstances. Burgess and Wallin say:

Our review of the interviews on adjustment made in the first three to five years of marriage suggests that adjustments do not happen with the passage of time. They are either made or they are not made. Whether or not they take place is due to a considerable number of circumstances. A central factor seems to be that husband or wife or both are adaptable.²

Humans are made with individuality and differences. It is central to understand this. Marriage partners come together with different cultural and family heritages. This influences their interpersonal relationship and how they act towards each other.³

In marriage there are two persons with background and personalities that are different. Therefore, the couple form a new relationship. This requires a more intimate communication to

¹ David R. Mace, Getting Ready for Marriage (Nashville, Tennessee: Abingdon Press, 1972), pp. 25-26.

² Ernest W. Burgess and Paul Wallin, Engagement and Marriage (Chicago: J. B. Lippincott Company, 1953), pp. 617-18. On the following page Burgess and Wallin note "the concept of adjustment . . . emphasizes the dynamic aspect of marital interaction. In modern urban society marriage is a process of continual adjustment to the changes taking place within the family and to those which impinge upon it from the outside world. Many conditions enter into success in making these adjustments. An important factor, perhaps the most important, is that of the adaptability of husband and wife."

³ David Knox, Marriage Happiness, a Behavioral Approach to Counseling (Champaign, Illinois: Research Press, 1971), p. 4.

permeate their interpersonal activities. William Jones states it thus:

Engagement has a reputation for opening people up to each other, but marriage has a stubborn way of demonstrating clearly how little communication has gone on and is going on.¹

For this reason the honeymoon should not be crammed with activities and long travelling. It should be kept restful, leisurely spending time in each other's company. This gives opportunity for spiritual fellowship and social enjoyment. Communicating and getting to know each other better is ideal.² This is sound biblical teaching (Deut 24:5). One author suggests that the first year of marriage "affords a full opportunity for the affections of the newly-married pair being more firmly rooted, and it diminished or removed occasions for divorces."³ Jones comments thus:

The first months of marriage are special because they are days of first-times. And the first times are unrepeatable. Each of you knows that the first time we do a thing the experience is very often interesting, difficult, or satisfying. . . . this law of the extra-dimensions in first-things is plugged into your first year of married life.⁴

An important factor to be noted by the couple is that male and female are different in a number of aspects. They think differently, and are impressed by different things. These differences

¹ William R. Jones, Jr., Mr Adam, Mrs Eve: a Mini-book on the First Year of Marriage (Waco, Texas: Word Books, Publishers, 1967), p. 31.

² Howard A. Eyrich, Three to Get Ready: a Christian Premarital Counselor's Manual (Phillipsburg, Pennsylvania: Presbyterian and Reformed Publishing Company, 1979), p. 90.

³ Robert Jamieson, A.R. Fausset, and David Brown, Commentary Practical and Explanatory on the Whole Bible (Grand Rapids, Michigan: Zondervan Publishing House, 1961), p. 159.

⁴ Jones, pp. 17-18.

need not lead the couple to despair if they realise the potential to use these differing aspects to compliment each other. It can actually challenge the couple to begin to understand each other and to adjust to each other.¹ It is an opportunity to grow to full personhood.

One could summarise the first year of marriage with the following:

Probably the most significant development in your first year . . . is the realization that love has many different faces. . . . A new deeper dimension is added when we begin to love with the thought primarily of giving, not getting. This is the kind of love which develops when a husband and wife want to do things for the other because they have each other's best interests at heart. . . .

Along with the broadening of your love during the first year, you probably are now more aware of your partner's needs and wants than you had thought possible.²

As this husband and wife approach or celebrate their first anniversary, they by no means have resolved all conflicts so that they now can live in bliss for the remaining years of their marriage. They are mature enough to realize that in the very nature of living together, a man and woman will inevitably have disagreements and differences of opinion. However, their experience has taught them that these differences can be handled in a constructive way. Because they have successfully worked through so many problems of their first year, they have the secure feeling that they also will be able to handle future problems so that their love is strengthened in the process.³

Because the couple have spent time and effort to develop a good marriage, they can face the future years of marriage with confidence and competence. Starting well is the best insurance for a happy, successful marriage.

¹ Louis H. Evans, Your Marriage--Duel or Duet? (Old Tappan, New Jersey: Fleming H. Revell Company, 1962), pp. 53-54.

² Tom McGinnis, Your First Year of Marriage (Hollywood, California: Wilshire Book Company, 1976), pp. 189-91.

³ Ibid., p. 126.

Marriage Adjustment Determined by
Partners Themselves

Marriage is permanent in God's sight. He intended it for the continuance of the human race (Gen 1:27-28). For this reason He implanted social affections and desires in human nature. Therefore, marital adjustment is meant to be a natural growth of affection between husband and wife. Thus a marriage relationship is to be the ennobling of both partners.

This is the ideal but not all partners are graced with the finer qualities of life at the time of marriage. Thus many have to make adjustments after marriage. As one author commented:

When you marry a man, you marry his grandparents, and certainly his parents. The characteristics he absorbs and regrets, the lack he readily admits, inwardly or verbally, trouble him as much as they trouble you. Some of the early bestowals that others enjoyed might not have been his.¹

Some married couples make a distinction between adjustment to marriage and adjustment to one's spouse. However, it entails taking new roles irrespective of the person married. This means giving up or modifying previous attitudes and habits engaged in by the single person. Many couples make this adjustment with little or no difficulty while some experience an adjustment problem.² Other couples admitted they had some marital adjustments to make. Burgess and Wallin noted that less than half the couples interviewed had to make major adjustments. Those who had little difficulty in adjusting claim it was because they got to know each other before marriage. It appears a long engagement contributed to successful adjustment in marriage.³

¹ Evans, pp. 51-52. ² Burgess and Wallin, p. 596.

³ See appendix 2.

In today's society, engagements and courtships seem to be of a shorter duration than succeeding generations. Also both males and females have tended to marry at an earlier age. These factors are occurring at a time when society is making greater demands on marriage. Therefore, the outcome is all too often separation and divorce. Significantly:

Young people grow up more slowly, find employment later, depend on parents longer but marry too early. Before the adolescent becomes an adult, he or she makes an adult commitment. Thus the theory develops that the first marriage is only prelude to second marriage and a greater maturity.¹

Australia has the same marital problems as does the United States. It seems that Australian couples do not detect some of the problems till after marriage. This could be because of too short a courtship or marrying too young. Many couples do not seem to have spent sufficient time getting acquainted and knowing each other. These deficiencies generally reveal themselves very early in marriage, often immediately or during the first year.

Those wives who dated the breakdown within the first year of marriage . . . [complained of a] lack of common interests and sexual incompatibility; that is to say, the third 'type' of marriage breakdown that emerged in the statistical analysis (Husband Poor Marriage Risk). It is interesting to note that virtually all wives who presented this constellation of complaints dated the breakdown very early in the marriage. In general the picture is of an irresponsible or distorted personality that the wife became aware of immediately after marriage.²

Many couples face the problem of unrealistic expectations. They come to marriage expecting no adjustment because they

¹ Donna Schaper, "Marriage: the Impossible Commitment," Christian Century, June 1979, p. 668.

² Ailsa Burns, Breaking Up: Separation and Divorce in Australia (Melbourne: Nelson, 1980), pp. 54-55.

consider all adjustment to be the responsibility of their partner. Sometimes the impossible is expected of their partner. Disappointment results and blame is cast often on an innocent partner. Thus Jeff Mitchell suggests, "Potential partners should know how to fight fairly before they get into marriage."¹

Many of the above problems are accentuated (not reduced) by partners living together or having a trial marriage.

Engagement is simply not married life. Engagement is still posing time--when we put our best foot forward, talk about honesty, and sit quietly. . . . I am insisting that engagement provides neither the time, the setting, nor the needs for exploring the continent of another person. Marriage is the place love becomes a confidential exploration. During the first few months or couple of years there is so much that has to be said and heard.

The closeness of a serene, engaged couple goes up in smoke periodically once they begin to live together.²

The inadvisability of trial marriage is further exposed by Michael Zadig out of his own experience of living with a girl.

You can't say to someone, "I love you. Let's live together to see what happens." On those terms, either of you can split at a moment's notice. As a result you never really have the liberty to share your deepest feelings. You have to hold back. The relationship doesn't get a chance to grow because it is based on conditional acceptance which is the cover for self-gratification of two people indulging themselves in what they politely term a meaningful relationship.

Real commitment, on the other hand, says, "I am willing to spend my life with you to see you grow." "For better or for worse."³

¹ Jeff Mitchell, "Ask a Friend," Listen, June 1978. p. 6.

² Jones, pp. 68-69.

³ "Commitment Is Real Issue," These Times, September 1978, p. 7. Quoted by Micheal Zadig out of his own experience of living with a girl.

Early Adjustment Essential to a Lasting
Relationship

Too many marriages have broken up because one or both of the partners secretly planned to change the other. Rather one should change one's own heart and attitude as the surest and safest way to change the heart of one's partner. For example, a couple may be married for five years and simply live the first year of marriage five times. Such a couple would have failed to adjust early in marriage and therefore missed the joys and blessings of marriage even though they had not separated. Thus George Vandeman states;

The trouble with marriage is not with the institution. It's with the personnel. The trouble is with people. It's people that need to be changed. Unhappy couples don't dislike marriage. They dislike each other. The challenge in marriage is not only in finding the right person, but being the right person. Many a wife has thought she needed a new husband, only to realize that her husband needed a new wife.¹

The foundation of marital adjustment is forgiveness. Forgiveness may be expressed in different ways (including verbally or non-verbally). The result is always a restored relationship. One person said it this way "Forgive and forget, or fight until death;" to which may be added: "death of the marriage." Romance and companionship bring joy and happiness but these do not bind through thick and thin. "Marriage is an army of differences and a God-given opportunity in every generation for male and female to grow into more broadly developed persons."¹ Differences occur in marriage

¹ George E. Vandeman, "Secrets of a Lasting Marriage," Signs of the Times, October 1978, p. 5.

² Jones, p. 63.

and conflicts develop either momentarily or for longer periods. Therefore, if adjustment is to take place only one possibility exists--forgiveness.

One marriage counselee after three years' marriage spoke of his experience. "Both of you have to go 75 percent of the way."¹ You need to overlook many things. This again is the element of forgiveness. If early adjustment is not achieved, Evans suggests the feeling of being loved and appreciated diminish so that each feels they are only "conventional and the necessary." The golden chalice has been replaced by a heavy laden cup.²

Conclusions and Convictions

God originally intended that marriage should be permanent and monogamous. The biblical principle is shown in the life and marriage of Isaac and Rebekah. A judge in New York on a divorce case on one occasion upheld this principle:

I charge you gentlemen, that so far as any religious or sacramental, or church bond existing between these people, we have nothing whatever to do with it. If you decide for divorce in this case, remember you only cut the knot tied by the state's law, but you absolutely do not touch the religious or sacramental bond which states that persons are married, "until death do them part." When we are through with this case, that obligation is left untouched. We do nothing whatever to it. People are just as much bound by it after we get through with them as they were before. We do not sever it--we do not break it, and that is something that seems to me is very often misunderstood.³

The first year of marriage is a critical period. If marital adjustment does not occur then separation and brokenness nearly always occur.⁴

¹ Ibid., pp. 65-66. ² Evans, p. 123. ³ Ibid., pp. 20-21.

⁴ See appendix 3.

CHAPTER III

A PSYCHOLOGICAL AND SOCIOLOGICAL LOOK AT INTERPERSONAL RELATIONSHIPS OF NEWLY WEDS

Introduction

Some factors involved in a psychological and sociological survey of the interpersonal relationships of marriage during the first year of marriage include the following:

1. Significant principles relating to early marital adjustment
2. The first year of marriage in western culture
3. A comparison in Australia
4. The first year of marriage among Seventh-day Adventist couples

This researcher considers the above factors become significant when considered as a background to marital adjustment among Seventh-day Adventist couples during their first year of marriage.

Significant Principles Relating to Early Marital Adjustment

An important principle is that of early adjustment throughout engagement which needs to be continued and developed during marriage.¹ This principle is evident in view of a study conducted by Landis and Landis. They studied three groups--engaged couples, married couples

¹ See appendix 4.

and partners seeking marriage counselling. This study also covered four areas--communication, expression of affection, social life preferences, and recreation preferences. Their assessment indicated that in three out of four areas the engaged couples indicated agreement twice as frequently as the married couples. The fourth area showed that the engaged couples trebled the married couples in the frequency of their agreement.

Couples have a tendency to emphasize their similarities rather than giving consideration to their differences. Idealism and unrealistic expectations thus emerge. The couples impute attitudes to their partner that do not exist in reality. This is particularly so during engagement. It is only after marriage that they perceive that in so many areas agreement was further apart than realised.

The expectation that a husband and wife bring to a marriage, determine the amount of psychological and sociological change required to make the relationship compatible. McGinnis notes:

every marriage rests upon a simple foundation: that how the husband reacts to his wife and how she reacts to him--their interaction--will determine how happy they will be together.¹

Basically, a couple needs psychological competence and self-esteem, to achieve this level of adjustment. They need to live their lives in a way which fits best their disposition. Similar personality needs and traits are essential for a smooth transition to a well-adjusted marriage. Thus, the expectations of marriage need to be clarified early in the marriage relationship. The level of marital adjustment achieved in the first year of marriage depends

¹ McGinnis, p. 2.

largely on how the couple understand each other's expectations and how they have agreed on these in advance.

McGinnis suggests a minimum of five expectations:

1. How you expect to be treated as a person
2. Your idea of how your mate expects to be treated
3. Your expectations of your mate's rights and duties as a married person
4. Your expectation of your mate's rights and duties
5. What you expect from your marriage itself--the kind of life you expect to have¹

Clarification of expectations ideally should be expressed before marriage. Should there be a conflict, the couple may determine what factors to accept and what to discard. This process helps the couple to accept the other's point of view as well as realising that their own outlook may not be sacrosanct.

Ideally, it is well to clarify all of your expectations before marriage--to bring them into the open, discuss them, and if they conflict, to work through a process to determine which to accept and which to discard. Understanding how your expectations have been formed is most helpful in this process, for you then can realize that there is nothing sacred about them. The position often taken by husbands and wives when this understanding is lacking--that there is only one right way to do things--can be dropped more readily. Once you recognize that it is equally valid to do things a second or third or fourth way, the road to agreement becomes easier to travel.²

This aspect of communication is vital. To be successful, communication needs to be free and open. If one partner feels threatened, communication breaks down.

Recognition of areas of disagreement unacknowledged during engagement is a normal part of marriage and some degree of it occurs quite universally. If the two people are from about the

¹ McGinnis, p. 15. ² Ibid., pp. 26-27.

same type of family background, their values may be very similar. If it is a "mixed" marriage, there may be practically no agreement. Married couples become conscious of differences in several well-defined areas in which they have to build a co-operative relationship. As one studies large numbers of marriages that have lasted happily for years, the evidence becomes more and more convincing that successful marriages do not just happen. A conscious recognition of the need to work at building a successful marriage has proven to be the important factor in the success of many marriages, and the failure to recognize this necessity has resulted in failure in many others.¹

Adjustment is likely to be necessary in all interpersonal relationships. Conflict resolution needs to be dealt with if harmony is to be maintained. This is especially true in a close knit relationship such as marriage. To avoid friction there must be a willingness to share ideas, and motives as well as a willingness to compromise.

Happiness in marriage is integrally related to the couples' own expectations prior to marriage.² Often a person will wear a "mask" prior to marriage, hoping to change aspects they do not appreciate in their partner during the early stages of marriage. However, the desire to change a person means that the partner has less than a complete acceptance of the person for what he or she is. Thus, a significant principle for a lasting marriage is that each partner must have a confident respect for, and total acceptance of, his or her partner.

The above principle must be outflowing to all areas of marriage. This principle incorporates vocation, leisure, religion,

¹ Judson T. Landis and Mary G. Landis, Building a Successful Marriage, 6th ed. (Englewood Cliffs, New Jersey: Prentice Hall, 1973), p. 240.

² See appendix 5.

interpersonal relationships, and any other life value to which the person may wish to adhere. If the marital partners are relatively compatible and this principle is earnestly pursued, the best qualities may be expected to surface in both partners. Conflict resolution means the partners will live with the situation. Then, troublesome areas are better able to be anticipated with such an attitude. Thus, if couples learn to resolve conflict, early in marriage they can usually look optimistically to the future. This helps the couple "advance towards mature conceptions of the potentialities of human relationships, and so serve as preparation for later successful marriage."¹

Many couples adjust well--others do not. McGinnis suggests three key factors:

Personality fit. This means that the husband has ways of feeling and acting that his wife finds comfortable to live with, and vice versa.

Agreement on expectation. Each one has basically the same ideas about what the marriage relationship should consist of, and same ideas about how a husband and wife should act.

Motivation to succeed. They have a determination to work their way through inevitable disappointments and disagreements to achieve compatibility and to make marriage a deeply satisfying experience for both of them.²

Burgess and Cotterell suggest a well adjusted marriage may be defined as one:

in which the attitudes and acts of each of the partners produce an environment which is favourable to the functioning of the personality of each, particularly in the sphere of primary relationships.³

¹ Landis and Landis, p. 67. ² McGinnis, p. 9.

³ Ernest W. Burgess and L. S. Cottrell, Predicting Success or Failure in Marriage (New York: Prentice Hall 1939), p. 25.

Motivation for early marital adjustment is vital. Without such motivation failure is almost assured. McGinnis suggests:

Many--perhaps even most--marriages fail because there is not enough motivation to enable them to succeed, and not enough understanding of the constructive ways that can be used to reach decisions and settle differences.¹

Summary principles relating to early marital adjustment indicate that few marriages cannot be successful if the couple desire to have their marriage succeed.

First Year of Marriage in Western Culture

How the couple relate to certain similarities or differences is more important than that such differences exist. A cross-cultural marriage would experience this markedly. Therefore, each partner needs to learn to understand his or her own feelings and emotions. This means communication is more than mere talking. For example, nagging or angry belittling tones convey a particular message which may not have been the intent of the speaker. Talk is beneficial communication only when it represents accurately how one really feels--keeping in touch so you know what is going on inside. This also means that a mere glance may indicate the inner feeling at times.

One needs to understand one's own feelings deeply to be successful in communicating with his marriage partner. McGinnes summarises this point:

1. Some people get few clear signals of what their own feelings are
2. Some get "feeling signals" but do not reveal them
3. Some get "feeling signals" of their own and report them accurately, but are unable to deal with other people's feelings and responses

¹ McGinnis, p. 25.

4. Some understand their own feelings, reveal them clearly, understand the feelings of others and can engage in effective communication¹

To be successful, a couple needs "free communication in order to love each other truly."² They need to know the inner joys and sorrows, the secret hopes and fears as well as how their partner thinks and feels. To really love one's partner one needs to understand the above. Furthermore, "one's self-concept is the outcome of the ways he has communicated and related with others all his life."³ Self-image and self-esteem are indicators of how a person feels about his personal worth. This self-worth needs to be similar between husband and wife for good effective communication to take place. The couple will remain strangers to the extent that each fails in seeing himself as worthwhile and how he sees his mate.

Poor self-esteem is the basis of poor communication and marital conflict.

If there was a lowest common denominator of marital conflict, in all probability it would be low self-esteem. In non-technical terms, this refers to a poor opinion of oneself, feelings of self-worthlessness or considerable doubts about one's lovability. This state of low self esteem, is more than a sense of inferiority, since it refers to an understanding of one's whole person. People suffering from low self esteem do not just feel inferior, but completely worthless and emotionally cannot believe that anyone could possibly love them. The difficult part for such people to cope with is that although they often realize intellectually that they are loved, cared for and respected, they still have this nagging inner feeling that 'they are not really loved'.⁴

The process of communication may be painful. Newly weds may

¹ Ibid., pp. 33-34. ² Ibid., p. 29. ³ Ibid.

⁴ Peter A. O'Connor, Mirror on Marriage: A Book on the Marriage Relationship (South Melbourne, Victoria: Sun Books, 1973), pp. 70-71.

find themselves unable to discuss some things freely. For example, their past life may be an embarrassment to them. Therefore, most couples commence marriage with reservations, but this changes with time. When feelings surface, generally they should be dealt with openly--or they fester and breed resentment and hostility. If this occurs and remains unresolved, one of the couple begins to feel like a stranger to the relationship. Each person has doubts and/or anxieties. Thus, revealing oneself sometimes involves pain. However, analysing one's emotions is not the same thing as giving into them, because each person can express positive or pleasant feelings as well as negative or ill feelings. Unfortunately, in practice, many couples communicate hatred and anger when annoyed or frustrated but forget to communicate affection even when feeling happy within themselves. In reality only the negative attitudes have been successfully conveyed. It is therefore necessary that the partners speak directly, not using "double talk," and even using repetition for the sake of clarity because different personalities respond differently to the same word or words. A couple must be specific because human beings are inclined to believe the nonverbal.

In theory, a husband and wife should be able to discuss anything and everything that interests, concerns, creates anxiety, fear, doubt or other emotions in either. You should especially communicate about your expectations and about the roles you desire to play in your relationship so that you can bring to the surface any different concepts you may have.

The fewer subjects you put beyond the bounds of discussion the fewer areas you avoid to keep from rocking the boat, the fuller and more complete your relationship can be.¹

Disagreements do occur within the marriage relationship but

¹ McGinnis, p. 36.

how these are handled is more important than the fact that a disagreement has taken place. In summary, marital adjustment in our western culture involves good communication.

Good communication, then, intensifies the desire to participate and help. As you and your partner follow a tendency to reveal more and more of yourselves, you will also note a greater acceptance of each other--a pronounced intensifying of love. As you do this, you will experience the exhilarating adventure of true growth in marriage.¹

Comparison in Australia

A period of social change particularly in western industrialised countries occurred between 1960 and 1980. The "changed attitudes and values related to marriage and the family have had the greatest effect on social behaviour"² in Australia as well as in other western cultures.

Staples further states:

Traditionally, the sociological explanations of marriage and family life within western societies were based on the nuclear family and its relationship to the larger social order. Furthermore, emphasis was placed on a number of well-defined functions that were attributed to marriage and the resulting nuclear family unit. Murdock (1940), for example, asserted that marriage was that structure through which relationships were established and normalised. Others with similar views included Malinowski (1930) who claimed that marriage was a universally accepted means through which parenthood was legitimised, and Spiro (1954) whose view of the nuclear family was that it is universal; no matter what the outward structure, the essence of all families is nuclear.³

Traditional explanations of the nuclear family no longer exist with the changing mobility of the family in recent decades.

¹ Ibid., p. 49.

² Robert Staples, "Singles in Australia: Discussion Paper Number 8" (Melbourne: Institute of Families, 1982), p. 1.

³ Ibid.

The basis of the immediate family is still nuclear but the extended family concept has disappeared and to a larger extent there is a breakdown of community supports.¹ This no doubt accounts for the following:

The average length of marriage has fallen from 13.9 to 10.2 years. The proportion of marriages ending in the first 5 years has risen from 7.9 per cent to 20.8 per cent, and the proportion of marriages involving previously married partner or partners has increased from 10.3 per cent to 34.3 per cent.²

This trend has only occurred in recent decades. Previously, marriages tended to end in divorce at a later period in the marriage and "the proportion of divorces occurring within the first five years of marriage to decline."³ However, the perceived period from breakdown to separation and divorce, has lessened during the last decade as Harper has noted.⁴

Evidence in Australia, as with other western cultures, seems to suggest that there is a tendency, in very recent times, to place a greater emphasis on traditional marriage.⁵ However, in Australia the majority of marriage ceremonies are still conducted "in church."⁶ Alternatives have been experimented with and have led to

¹ William Tabbernee, ed., Marriage in Australian Churches (Melbourne: Victorian Council of Churches, 1982), p. 87.

² Patricia Harper, "Changing Laws for Changing Families: Discussion Paper Number 9" (3rd Australian Conference on Adoption, Adelaide, 14-19 May 1982), p. 6.

³ A. P. Elkin, ed., Marriage and the Family in Australia (Sydney: Angus and Robertson, 1957), p. 20. See also appendix 6.

⁴ Harper, p. 6. See also appendix 3.

⁵ See appendix 7. ⁶ Tabbernee, p. viii.

a greater rate of separation and divorce in cases where marriage had actually been contracted. Tabbernee has noted:

Despite some suggestions to the contrary, the figures show that more people are opting for marriage now than ever before, and that there are greater expectations of what marriage has to offer than ever before. People believe in "ideal" marriage, they want a companion to stimulate and listen to them in health, one who will console and care for them in ill health, a sexual partner for mutual genital satisfaction, a confidante for their deepest needs and longings as well as, at some time, a parent for their children. On the other hand, the divorce statistics tell us that those expectations in one out of five marriages are not met, and we know that many marriages not reaching the divorce courts must be added to that figure.¹

Statistics verify the above as:

Recent reports on marriage breakdown in Australia indicate that one marriage in five will end in divorce. . . . Yet most people still want to marry and most of those who undergo divorce marry again. It seems that the hope of companionship, love and family is still very much alive. But in modern society this hope is often frustrated. The promise "until death do us part" has come to seem precarious indeed.²

The Australian family has been influenced by the same social factors affecting the family systems of Europe and America.³

In common with Western families generally, the Australian family in the course of its history has suffered a radical loss of functions, and has become a specialized social agency, mainly concerned with regulation of sexual relations and with the basic socialization of children.⁴

To a large extent the modern nuclear family, lacking outside support, has to stand life's pressures alone and too often the family disintegrates and the marriage ends in divorce. Despite the

¹ Tabbernee, p. 87. ² Ibid., p. 93. ³ Elkin, p. 82.

⁴ Ibid., 87.

fact that "one marriage in five will end in divorce,"¹ Australians still hold a high priority for the institution of marriage. Although communication is a significant principle for a successful marriage, faithfulness within marriage appears to rank as a top priority for a lasting and successful marriage. A high confidence in home life as demonstrated by family activities is also important.²

First Year of Marriage Among Seventh-day Adventist Couples

It would be unrealistic to assume that the social changes affecting the world at large and other religious groups have not affected Seventh-day Adventist couples. Changed attitudes and values, along with associated marital pressures which they bring, have crept into the Seventh-day Adventist home. One needs to look at methods as to how the Seventh-day Adventist couple can cope with marital adjustment in their first year in view of a somewhat changed attitude to marriage by the world at large. This is closely linked to the philosophy of the Seventh-day Adventist church in relationship to the family:

The Seventh-day Adventist church, like many other Protestant churches, places special emphasis upon the family and its importance to society and to the church. The family is regarded as the basic social unit upon which the congregation is built. The well-being of the church and the stability of society depend upon stable, well functioning families. The importance of the family and the way it is functioning at any given time is seen by religious leaders as being a reliable index of how a church is faring as well as providing a basis from which the future of the church and society may be projected.³

¹ Tabbernee, p. 87. ² See appendix 8.

³ Charles C. Crider and Robert C. Kistler, The Seventh-day Adventist Family: Empirical Study (Berrien Springs, Michigan: Andrews University Press, 1979), pp. 44-45.

Thus, Seventh-day Adventist couples meet the same problems and factors that tend to break up the family tie in spite of the fact that they have high church standards to guide them. They pursue many similar recreational pursuits as do their contemporaries, not of their religious faith. For example, they work in similar employment, receive a similar education, are involved in similar recreational pursuits and, in short, live in similar environmental conditions.

One factor which supports the Seventh-day Adventist couple in their first year of marriage is that they associate, meet, and spend much of their courtship in conventional conditions:

By conventional conditions is meant that the respondents met under circumstances that are characteristic of many Adventist couples in their initial meeting. Such places would include church meetings, visiting in a home where the future mate happened to be, or at a school function (in a church school for those who attended such schools). Unconventional situations are those that are not typically thought of as places for meeting a future mate, and include such places as bars, theaters, parties, conventions, or while traveling.¹

Thus it can be cited that:

by far the majority of respondents met under what has been defined as conventional circumstances. The data suggest that 85.5% of these respondents met the individual they later married in conventional circumstances. That is, they met them at home, at church, at school, at work or in a neighborhood gathering. That leaves less than [sic] 15% who met in unconventional settings such as bars, on the street, on blind dates or were picked up.²

"The percentage of Australian men (91 per cent) and women (95 per cent) who marry before age 45 . . . is about the same as for most western industrialised countries."³ This places a social

¹ Ibid., p. 47. ² Ibid., p. 48. See also appendix 9.

³ Staples, p. 16.

pressure on the Seventh-day Adventist person also to marry. Since the church holds to the Judaeo-Christian concept of a monogamous marriage for life there is an added pressure to choose the right companion. Seventh-day Adventists appear to have a similar length of engagement as do non-Seventh-day Adventists. American statistics indicate about one-fifth have an acquaintance of less than six months before engagement. However, if this period is lengthened to one year, forty-five per cent of couples surveyed would be included.¹

It may be argued that "there is no real reason for a lengthy engagement if the purposes of the engagement are realised."² But:

The problem with such a short period, of course, is that it really doesn't provide an adequate length of time for real knowledge and acquaintanceship with the other person. If such a short acquaintance is coupled with a relatively short engagement, the real possibility exists that many of the things which should have been learned about the partner before marriage are discovered after marriage. This provides the potential for serious problems in the marriage which could contribute to separation or divorce.³

Factors for the success of the Seventh-day Adventist marriage are the church emphasis on the family importance to society with high moral standards in various aspects of life even though the couple live in the same environmental conditions as do non-Seventh-day Adventists. Thus, the success of the Seventh-day Adventist marriage is attributed to a strong trust and belief in God and the Church.⁴

¹ See appendix 10. ² Crider and Kistler, p. 201.

³ Ibid., p. 199. ⁴ Ibid., pp. 225-26. See appendix 11.

Conclusion

Studies of Adventist marriages over a long period of married life suggest that adjustment in the first year of marriage takes place in the framework of the Church. The writer's research indicates that Seventh-day Adventist couples have the same stressors and problems as do other couples, but where the Seventh-day Adventist couple takes their church seriously they tend to have a greater stability factor during this adjustment period. This is a preliminary factor, operating among at least two-thirds of Seventh-day Adventist couples and families.¹ There is room for optimism for the Seventh-day Adventist couple in a period when the world is beginning to look again at traditional marriage.

In summary one might say that the qualities and characteristics of Adventist families in the United States generally conform to the pattern of other family units in American society. In basic areas where the church holds a specific view which varies from society's accepted norms, about a third to a half of Adventist families have tended to make accommodations which move them away from the teachings of their denomination and closer to the mainstream of contemporary American life. This is especially noted in areas such as the practice of holding daily family worship. In the choice of contemporary music and art forms, recreational activities, vacation patterns and attitudes towards material possessions, Adventists do not differ greatly from the average American family.

Differences between Adventist family units and contemporary society are particularly significant in such matters as dating and mating patterns, views on sex and the nature of the marriage bonds, divorce, patterns of family organization, and religiosity as expressed to the faith. Adventists are also more isolated from their neighbors in the community, preferring to limit their contacts carefully to those whom they think they might help spiritually.²

¹ Ibid., p. 76. See appendix 12. ² Ibid., pp. 77-78.

CHAPTER IV

ORGANISATION AND IMPLEMENTATION OF THE MINISTRY DESIGN

Objectives

The sudden widespread incidence of divorce and marital separation in the Seventh-day Adventist Church points out the need for couples to examine their marital relationships before problems escalate beyond their control. The usual pattern of dissatisfied couples is to show apparent reluctance objectively to examine problem areas. This dissatisfaction lingers and generally escalates till the only alternative appears to be divorce. Often the couples say that they are no longer compatible.

However, such a process does not necessarily have to be the inevitable route for couples to follow. Early examination of needs that are not being met, issues that are unclear, and common goals for the future can prevent more serious, debilitating problems from arising.¹

The church areas chosen to select Seventh-day Adventist couples in their first year of marriage were the Cooranbong and Newcastle area churches. The aim of this project was to survey four of five Seventh-day Adventist couples during their first

¹ The above paragraphs are a paraphrase of Rita Aero and Elliot Weiner, The Mind Test (New York: William Morrow and Company, 1981), p. 102.

year of marriage and to investigate the adjustment dynamics at work. The ministry design was an endeavour to increase marital adjustment between the couples.

Method of Choosing Suitable
Marriage Couples

The couples were selected from two distinct geographical areas: among people living in the Cooranbong area, and people living in Newcastle. The names and addresses of suitable couples were obtained from the pastors of those churches. Letters of consent were also obtained from the pastors.¹ The couples were then contacted to ascertain if they would participate in the implementation of the project. Of the eight couples approached only four couples indicated they were willing to participate. The respondents came from the Cooranbong church areas. It was hoped that a greater spread throughout the churches should lead to a more accurate assessment of marital adjustment. Unfortunately, the only available couple from Newcastle did not participate.

While only fifty per cent of those couples available agreed to be participants, it should be noted that the sampling was small (four couples). However, some general observations can be drawn:

1. Of the eight participants, six have been Seventh-day Adventists all their life, while two of the men have been for six years and nine years respectively
2. Two ladies and one man had never attended Avondale College
3. Seven persons were aged between twenty to twenty-five years of age while the eighth person was in the twenty-five to thirty year age bracket

¹ See appendix 13.

4. It would be helpful to re-evaluate this same group at a later period in their marriage

It would also be helpful to compare this sampling with another geographical group, perhaps even interstate.

Goals to be Achieved

The Seventh-day Adventist Church faces the challenge of ministering effectively to couples in an endeavour to enrich their marriage. A ministry programme designed specifically to this need is essential to help avoid family breakdown and finally separation and divorce. A ministry design was envisaged to share communication skills and conflict resolution techniques which enable the couples to resolve conflicts in mutually satisfying ways. Acceptance is also vital. Finally, in a changing socioeconomic society, roles are also important. The above significant factors were the basic areas of focus in the group seminars.

The ministry design was aimed at building up the relationship of the couple rather than being an evangelistic tool for the church. However, if marriage enrichment did occur, this in turn could act as an added spiritual dimension.

Small Group Seminars to Investigate Marital Adjustment

The ministry design was to be conducted as small group seminars involving the couples in workshop assignments and tests. The seminars included lectures, discussion, and activity participation. At the conclusion of the seminars, the couples were asked to evaluate the usefulness of the ministry design seminars in the area of communication, conflict, acceptance, and roles. They

were asked to evaluate the usefulness of the seminars as a means of marriage enrichment. Also the couples were asked to comment if the seminars provided them with tools for resolving conflict, thus assisting in future beneficial marital adjustment.

The seminars were conducted in two segments. This enabled time for marking the Taylor Johnson Temperament Analysis (TJTA)¹ and Johari Window.² The Marital Adjustment Test³ results were shared with the couples during the first seminar.

Interesting dynamics developed as the couples became less apprehensive during the earlier section of the first seminar. They became more willing to share of themselves and to participate in answering the worksheets. At the conclusion of the second seminar, the couples were more than happy to complete a re-evaluation sheet. Without exception, the couples expressed gratitude for the opportunity to participate.

Each session was of two hours duration (four hours total), at the couples' request. Both the couples and the writer felt that there was insufficient time for meaningful interaction and discussion, therefore, the writer spent time individually with the couples at a later time.

Seminar Session One

Seminar one commenced with introductions by each couple. They were asked to share their name, favourite food and length of time they had been married. This was to help them relax, get to know and identify with other participants.

¹ Appendix 14. ² Appendix 15. ³ Appendix 16.

The objective of the seminar was then outlined:

1. To understand the dynamics of marital adjustment during the first year of marriage
2. To provide skills to enrich the marriages of Seventh-day Adventist couples
3. To provide a behavioural adjustment model for couples in their first year of marriage
4. Rules:
 - (a) Free and open discussion
 - (b) We will treat responsibly as a group the things we share
 - (c) We will not expect you to share things that belong just to you and your spouse

To cater for a "free and easy" seminar style the seminar convener read The Big Day.¹ The couples were not told that they had to answer questions till after they heard the story. They were then asked to listen to Another Big Day² and told that there would be a question sheet to answer at the conclusion. This listening activity highlighted how easy it is not to hear what the other person is saying. Also, the listening activity served as an introduction to the section on communication, a short time later in the seminar.

The listening activity was followed by the Marital Adjustment Test,³ which was discussed when all couples had completed the test.

It was felt the couples were relating to the seminar and displayed sufficient confidence in the objectives to take seriously the TJTA test. The couples were then asked to complete the Johari Window questionnaire.

Communication

Communication patterns are significant in human relationships.

¹ Appendix 17. ² Ibid. ³ See appendix 16.

This factor is highlighted by the book title, Communication: Key to Your Marriage.¹ The importance of active listening skills was used as an introduction to the seminar.² The seminar group was next asked to respond to an active listening exercise.³

The group began to perceive that communication is a two-way process. A thought is spoken, heard, and interpreted. The interpretation receives a response in which a reply is given, heard, and interpreted. Six transactions of thoughts, perceptions and responses are possible.⁴ In this process, there is a potential for misunderstanding.

Non-verbal communication was shown to account for possibly ninety per cent of all communication.⁵ Communication by the precise meaning of words may be as low as ten per cent.⁶ The written exercise in non-verbal communication⁷ summarised this point. The couples were encouraged to listen reflectively--to restate what the person had said, or ask, "Do you mean . . ." or "Did I hear you say . . ."8

¹ H. Norman Wright, Communication: Key to Your Marriage (Ventura, California: Regal Books, 1974).

² See appendix 17. ³ Appendix 18. ⁴ See appendix 19.

⁵ See appendix 20. It appears Wright links together "tone of voice" and "non-verbal communication." If "tone of voice" and "actual words" are linked, the figure is 45% for the meaning of words. See H. Norman Wright, Communication and Conflict Resolution in Marriage (Elgin, Illinois: David Cook Publishing, 1977), p. 6.

⁶ H. Norman Wright, Into the High Country (Portland, Oregon: Multnomah Press, 1979): "Listening also involves sharp attention to the tone of voice and to those nonverbal cues as these make up over 90 percent of the message!" p. 62.

⁷ See appendix 20. ⁸ Appendix 21.

Seminar Session Two

The second seminar programme commenced with other aspects of communication, conflict resolution, acceptance, and roles.

Communication (continued)

Communication occurs at several levels of intimacy. This section dealt with communication at a deeper and more personal level. An alertness for feeling communication and a positive attitude in responding to emotional feelings were discussed with worksheets.

Levels of communication: Five levels of communication are traditionally accepted, based on the work of John Powell.¹ Importance of communicating at the level of feeling and intimacy was shown to be necessary in order to experience a satisfying marital relationship.

Feelings in communication: The importance of the listening for and the communication of feelings was discussed.² Both negative and positive feeling can be sensed. However, feelings should be expressed in non-damaging ways. The couples were informed not to use feelings as the basis of judgment because feelings may fluctuate quickly.

Listening activities: Practice and concentrated effort are required to be a good listener.³ Attention was drawn again to the "Exercise in Active Listening."⁴ As the advantages and disadvantages of each response were considered, non-judgmental response was shown

¹ John Powell, Why Am I Afraid to Tell You Who I Am? (London: Fontana, 1975), pp. 50-62. See also Wright, Communication: Key to Your Marriage, pp. 67-69, and appendix 22.

² Appendix 24. ³ See appendix 17. ⁴ See appendix 18.

to be the better form of response in active listening. The listener "hears" the feeling expressed as well as the words spoken.

I/you messages:¹ The contrast between the two was explained. With "I--messages" the sender accepts the responsibility for his own feelings whereas "you--messages" lay the blame on the other person. The couples were encouraged to practise the use of "I--messages" more frequently than is commonly done.

Communication in its various aspects is perhaps more important than the other three significant factors to be considered. For this reason communication was allocated a greater percentage of time in the seminars.

Conflict

Conflict is inevitable whenever two or more people live in a close intimate personal relationship. It also occurs in well adjusted marriages because "conflict is a part of marriage and should be handled, not hidden or ignored."²

Personality traits and perception constitute the main reasons for conflict. The TJTA test highlighted potential areas for conflict in the various character traits of the couples. Priorities and perception tend to be developed by life's experiences. Conflict becomes inevitable because of these differences.

The "Inventory of Marital Conflicts"³ gave the couples

¹ Appendix 24.

² Wright, Communication: Key to Your Marriage, p. 137.

³ Appendix 25.

valuable experience in objectively evaluating marital conflict plus the opportunity of working through possible conflict areas in their marriage.

A list entitled "Ten Ways to Cope with Conflict"¹ was discussed. The couples were then encouraged to apply these principles to any future conflict which arose in their own marriages in an endeavour to reach a situation of resolution.²

Acceptance

In a marriage relationship unconditional acceptance means supporting one's mate despite any perceived faults. One needs to accept the total person. The couples were given examples of acceptance and unacceptance.³ They were then encouraged to recognize positive traits. A practical exercise was helpful.⁴

To appreciate one's marriage partner takes time and effort. Each partner needs an appreciation of his/her own need for acceptance as well as that of his/her partner. Positive aspects of developing and expressing appreciation were practised in the seminar.⁵

Roles

Confusion arises when roles are not clearly defined and understood or agreed upon by both partners. Sometimes both partners will attempt to perform the same role. This leads to confusion, frustration and even conflict.

Role adjustment may mean that if both partners were

¹ Appendix 26. ² Appendix 27. ³ Appendix 28.

⁴ Appendix 29. ⁵ Appendix 30.

responsible for their own lives prior to marriage, one partner may need to submit his or her role in a particular area and support the other partner after marriage.¹ Discussion time was spent showing that mutual submission means supporting one's partner in his/her role, not ignoring each other's roles.

A partner's expectation of his/her spouse can lead to conflict if there is no communication or acceptance of how each partner sees his/her own role and the role of his/her partner. An exercise on "Who Does What"² proved helpful in lessening misgivings when compared with their spouse's results.

Role expectation and adjustment affect the area of decision making. One worksheet was used in determining who should be responsible for various choices and actions.³ Another worksheet gave the couples an opportunity to plan a list of their family responsibilities. The partner who had the time and expertise in the area plus the amount of enjoyment that partner would derive from the particular role⁴ provided a principle upon which to make role selection.

An endeavour was made to clarify the various roles, including role expectation and role adjustment, in order to create a harmonious marital relationship.

¹ Appendix 31. ² Appendix 32. ³ Appendix 33.

⁴ Appendix 34.

Seminar Conclusion

Communication, conflict, acceptance, and roles were reviewed as significant factors vital for marital adjustment early in the marriage relationship. Importance of these factors was stressed as being also necessary for a life-long happy marital relationship. The TJTA sheets were briefly reviewed. The Johari Window test was taken again to ascertain if the couples had a greater understanding and perception of their partner due to attending the seminar.

CHAPTER V

EVALUATION AND RECOMMENDATIONS

Observations

A need exists in the Seventh-day Adventist Church for a greater degree of ministry in family life, particularly in the area of the marriage relationship. Since the Bible upholds the principle of monogamous marriage, it becomes mandatory to have a ministry to both strengthen and enrich the marriage tie. This ministry should be preferably prior to, as well as during, marriage in order to strengthen the relationship.

Often when marriage partners detect difficulties in their relationship low self-esteem becomes a life pattern in one or both parties. Therefore, couples often neglect to seek support from a helpful and caring source. Rather, they struggle alone as their relationship deteriorates or they mix with others who are having marital problems. Each option can lead to a broken relationship. If the church were to provide ministering help on a systematic basis, many of the above situations could possibly be averted. With such periodic ministry, seminars, and workshops, "the prepared will try to do better."¹ Skills could be learnt that would enable the couple to resolve problems. When marital difficulties do arise, the prepared are in a better position to work through their problems and, if

¹ Mace, Getting Ready for Marriage, p. 26.

necessary, are more likely to seek professional help and support.¹

From an observational point of view the ministry design was successful. The response from the participants showed that a greater potential in marital relationships could be obtained through such programmes.

There were some advantages in only having four couples. They were less inhibited and felt freer to discuss and share throughout the seminars. Their own experiences enhanced the ministry design. However, the disadvantage of having only four couples was that it lacked a broad perspective, which may have been gained through a larger number. In spite of this, each couple agreed that a larger number would have restricted the benefit gained from the smaller group where they were able to participate and express themselves freely.

The Couples' Evaluation

The writer received some helpful comments for future programmes from the workshop evaluation survey sheets.² Three comments were tendered:

The information is great and it is something of which we need to be continually reminded.

Enjoyed it.

Thank you for putting this seminar on. I have enjoyed the material you have presented.

Subject Material

The purpose of the ministry design was twofold:

¹ Ibid., p. 28. ² See appendix 35.

1. To help couples understand the dynamics at work in the first year of marriage
2. To facilitate a more effective adjustment between the couples

This was achieved through lecture, discussion, and activity participation. The last mentioned used both written worksheets and the couples' oral expressions. The subject matter proved helpful as expressed by all eight participants. However, two people indicated on their evaluation survey sheet that more time was needed for discussion. One person added that the seminars would have been more interesting if there had been more time for discussion. The writer would concur with both comments.

Evaluation Survey Sheets¹

A total of six evaluation survey sheets were completed. The survey sheets revealed that two people were apprehensive about coming to the workshop seminars; three were glad of the opportunity; four were pleased someone had taken an interest; and one was inquisitive.

Where the participants were asked to "tick which activities they thought were useful," the following answers were given:

Five responses for--nature of communication
 Four responses for--non-verbal communication
 Four responses for--levels of communication
 Five responses for--listening for feelings
 Six responses for--active listening skills
 Six responses for--"I--messages"
 Four responses for--reasons for conflict
 Five responses for--how to resolve conflict
 Five responses for--personality profile

One person responded by placing a cross (x) alongside "nature of communication" and "levels of communication," indicating these activities should be deleted.

¹ Appendix 35.

Four significant marital adjustment principles were dealt with in the workshop seminars. They were communication, conflict, acceptance, and roles. The survey question, "which area was most helpful to you" elicited the following responses:

One response--communication

Four responses--conflict

One response--communication and conflict

It appears from the small sampling that conflict and conflict resolution were most helpful to the couples. This may indicate a priority principle for ministry among some newly weds.

Recommendations

The writer was pleased with the dynamics of the group in its display of appreciation for the seminar. The couples also indicated that even if one was familiar with the seminar contents, one needed to be constantly reminded on how to deal with human relationships, especially in the intimate relationship of marriage. Each participant indicated that more time would have created a more beneficial learning experience.

The seminar programme could be a very useful ministry tool for use in Seventh-day Adventist churches for Marital Adjustment or Marriage Enrichment Seminars. It is true that there was insufficient time for the presentation of the volume of material and for allowing sufficient participant response. Therefore, it is recommended that the workshop be extended over three seminar periods of two hour duration (total six hours). A suggested time schedule would be to commence with one programme Friday evening and one Sabbath afternoon, followed by a fellowship tea. The final programme could then be

conducted on a Saturday night. An appropriate film could be used as a finale if desired. The time schedule could be altered to suit the couples.

Another recommendation is that the seminar groups be kept small, possibly no more than five couples per programme. This engenders greater group activity and may add to self-esteem.

This project is a worthwhile ministry to church members early in their marriage. It would certainly enrich their relationship with each other and, hopefully, with their Lord.

APPENDIX 1
SELECTED ELLEN G. WHITE SOURCES

SELECTED ELLEN G. WHITE SOURCES

Seventh-day Adventist couples

Adventist Home, pp. 61-128.

Ministry of Healing, pp. 356-70.

Marriages, wise and unwise

Messages to Young People, pp. 453-60.

Marriage--a blessing to mankind

Messages to Young People, pp. 461, 464-66.

Youth need guidance

Fundamentals of Christian Education, pp. 103-4.

Messages to Young People, p. 456.

Ministry of Healing, p. 359.

Married partners become equals

Testimonies, vol 7, pp. 45-47.

Adultery the only grounds for annulment

Adventist Home, pp. 340-45.

The writer is aware of the voluminous writings of White on the subject of marriage. The reader is directed to the Comprehensive Index to the Writings of Ellen G. White, 3 vols, Mountain View, California: Pacific Press Publishing Association, 1962.

APPENDIX 2
MARITAL ADJUSTMENT

MARITAL ADJUSTMENT

Almost invariably husbands and wives, . . . who report no difficulties in adjustment attribute it to their long acquaintance before marriage or to the intimacy of their association during engagement. Other statements to the same effect are:

HUSBAND. We fell into married life with little adjustment. We had been seeing each other every night for two or three years.

WIFE. I don't know that I have made any adjustment and I don't think he has because we went together so long before marriage.

WOMAN. We haven't had much trouble because we had known one another since we were four years old. I knew his shortcomings before I was married to him; so I did not have to adjust to them. I was prepared for them. I had practically even lived with his family so I knew everything about him.

WOMAN. There were no extended adjustments to be made. I can't think of any. I had been going with him so long before marriage that there was not much of a change after marriage.

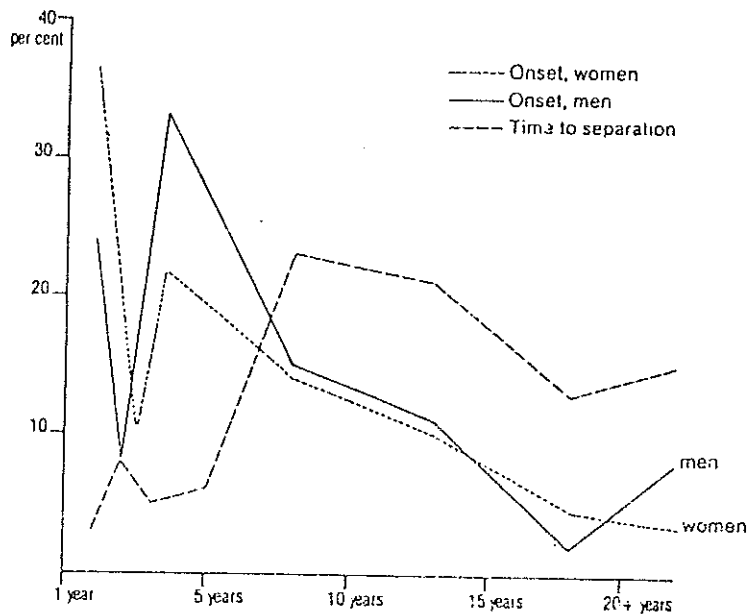
MAN. I think we would have had more adjustments if I had not been in school with my wife. A good many adjustments that come after marriage were worked out by us before marriage in the two years that we were engaged.

Earnest W. Burgess and Paul Wallin, Engagement and Marriage (Chicago: J.B. Lippincott Company, 1953), p. 594.

APPENDIX 3
MARRIAGE BREAKDOWN

MARRIAGE BREAKDOWN

Perceived onset of breakdown and time to separation



Although the majority of people had lived together for six to fifteen years before separation, most dated the 'point of breakdown' of their marriage much earlier. Women were much quicker to notice difficulties – for instance, 37 per cent of the wives said the marriage began to break down within the first year of marriage compared to only 24 per cent of the husbands. Some 15 per cent of wives saw the breakdown as commencing within the *first three months* of married life: most of these felt that things had been wrong from the beginning or even before.

... husbands tended to perceive the breakdown as occurring rather later it seems they were not quite so long-suffering as the women.

Ailsa Burns, Breaking Up: Separation and Divorce in Australia (Melbourne, Australia: Nelson, 1980), pp. 42-43.

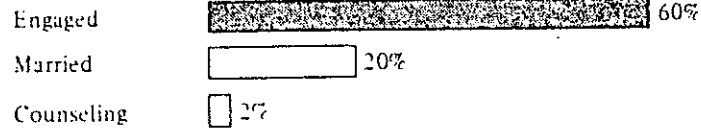
APPENDIX 4
ADJUSTABILITY REQUIRED IN ALL
RELATIONSHIPS

ADJUSTABILITY REQUIRED IN ALL RELATIONSHIPS

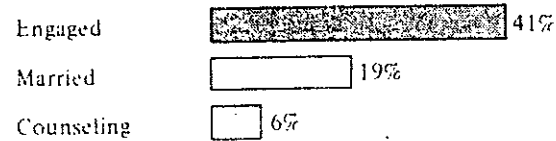
Area of Living

Communication

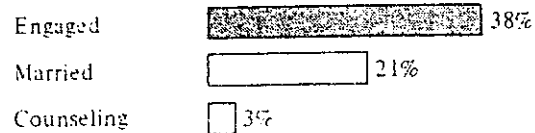
Always Agree



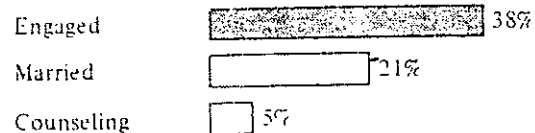
Expression of Affection
Not Including Sex



Preferences in Social Life



Recreation, Leisure
Time, Hobbies

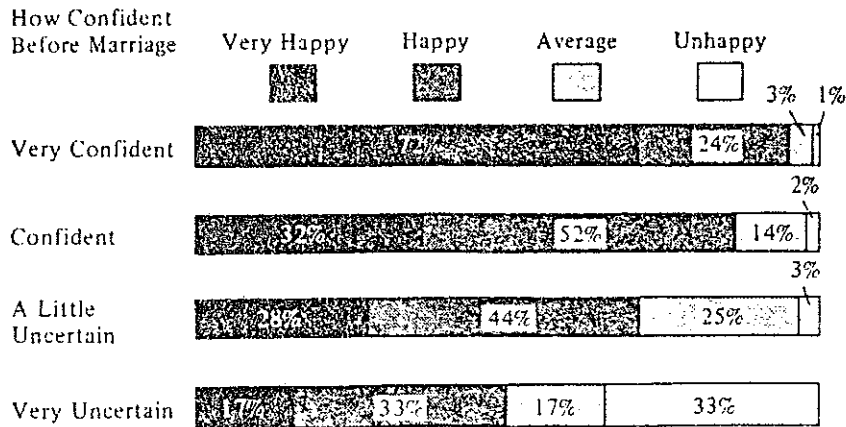


Degree of agreement in areas of husband-wife relationships as reported by 122 engaged couples, 581 married couples, and 155 people seeking marriage counseling.

Judson T. Landis and Mary G. Landis, Building a Successful Marriage, 6th ed. (Englewood Cliffs, New Jersey: Prentice Hall, 1973), p. 241.

APPENDIX 5
HAPPINESS IN MARRIAGE

HAPPINESS IN MARRIAGE



Happiness in marriage and confidence before marriage that the marriage would be happy (581 husbands and wives reporting).

Of the few who were "very uncertain" but married anyway, 50 percent now say the marriage is average or unhappy.

The evidence does not suggest that every minor doubt or hesitancy about the future is a danger signal. A certain measure of hesitancy is natural for any thoughtful person making a lifetime decision. The individual can test his doubts by comparing his feeling about this matter with his way of approaching decisions on other matters. If he is not usually troubled by excessive uncertainty, if he usually has confidence in his ability to make wise choices, and if his experience has proved that his judgment is usually sound, then his uncertainty in this situation may be considered a danger signal. If he has doubts, and his family and friends are also doubtful, there is likely to be a sound basis for the attitudes. On the other hand, if the hesitancy is the more or less normal caution that any person might have who is trying to make a serious decision, and after careful analysis there seem to be no serious problems in the relationship, the uncertainty is probably not a real danger signal but rather a sensibly cautious attitude.

Judson T. Landis and Mary G. Landis, Building a Successful Marriage, 6th ed. (Englewood Cliffs, New Jersey: Prentice Hall, 1973), p. 61.

APPENDIX 6

DIVORCES

DIVORCES

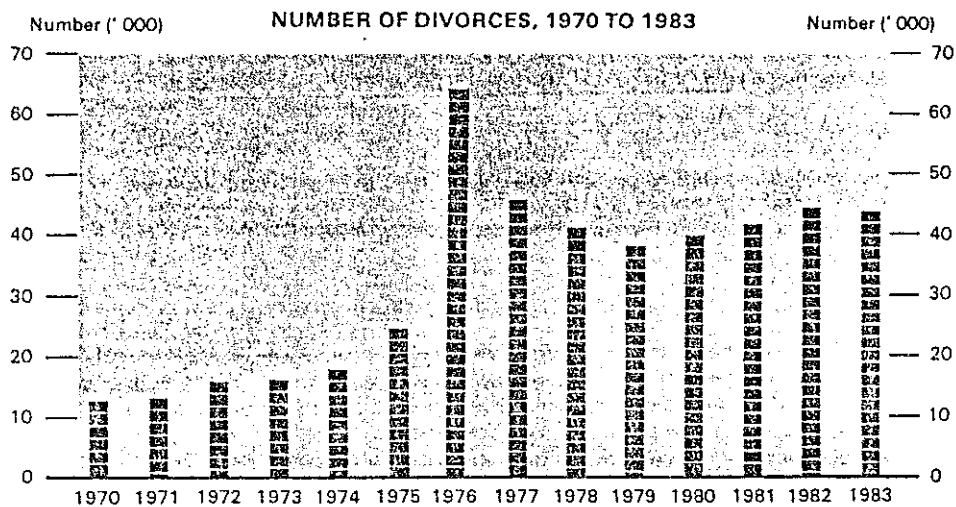


PLATE 15

Duration of marriage, age at marriage and age at divorce

The median duration of marriages dissolved in 1983 was 10.5 years. Of the 43,525 marriages which were dissolved, 47.6 per cent had lasted less than ten years, 35.5 per cent between ten and twenty years and 18.9 per cent twenty years or more.

DIVORCE, YEARS MARRIED

Period	Years married						Total	Median duration of marriage
	0-4	5-9	10-14	15-19	20-24	25 and over		
Annual averages—								
1961-65	501	1,999	1,747	1,329	926	1,040	7,542	13.6
1966-70	903	2,937	2,146	1,685	1,429	1,581	10,681	13.4
1971-75	1,693	5,478	3,432	2,398	1,930	2,417	17,349	11.9
1976-80	8,234	13,112	8,359	5,556	4,265	5,694	45,220	10.6
Annual totals—								
1978	7,839	11,599	7,504	4,941	3,755	4,970	40,608	10.5
1979	7,521	10,754	6,929	4,646	3,502	4,402	37,354	10.3
1980	8,115	11,138	7,558	4,644	3,496	4,306	39,258	10.2
1981	8,606	11,800	8,118	4,941	3,550	4,397	41,412	10.2
1982	8,952	12,323	8,792	5,744	3,819	4,456	44,088	10.4
1983	9,046	11,685	8,836	5,756	3,737	4,461	43,525	10.5

In 1983, the median age at marriage of divorcing husbands was 23.7 years and of wives 21.1 years. Of husbands, 9.3 per cent had been aged under 20 at marriage and 52.0 per cent aged 20-24; of wives 35.0 per cent had been aged under 20 and 43.9 per cent between 20-24.

R.J. Cameron, Year Book Australia: 1985 (Canberra: Australian Bureau of Statistics, 1985), p. 93.

AVERAGE DIVORCE RATE

Trends in marriage and divorce in Australia, 1966, 1971-1980

	Marriages	Divorces	Median Age at Marriage: first marriage and all marriages (general population)		Duration of Marriage (in years)	% Divorce in First 5 Years or Less of Marriage
			first all	Groom Bride		
1966	96 046	10 738		23.9 24.2	13.9	7.9
1971	117 637	13 002		23.4 21.1	12.5	9.3
1972	114 029	15 655		23.8 21.4		
1973	112 700	16 195		23.3 21.0	12.1	10.0
1974	110 673	17 744		23.8 21.4	11.8	10.0
1975	103 973	24 257		23.3 20.9	11.8	9.5
				23.8 21.4		
				23.4 21.0	11.6	9.9
				24.1 21.6		
Introduction of Family Law Act 1975 on 5 January 1976						
1976	109 973	65 267		23.6 21.2	11.0	15.5
1977	104 918	45 175		24.9 22.2		
1978	102 958	40 608		23.8 21.4	10.9	17.3
1979	104 386	38 021		25.2 22.5	10.5	19.3
1980	109 240	39 258		23.9 21.4		
				25.4 22.7	10.3	20.1
				24.1 21.7		
				25.6 22.9	10.2	20.7
				24.2 21.9		
				25.7 23.0		

Sources: Australian Bureau of Statistics, *Australian demographic statistics quarterly December 1979 and March 1980*, Canberra.
 Australian Bureau of Statistics, *Marriages Australia, 1972-1980*, Canberra, Cat. No. 3306.0
 Australian Bureau of Statistics, *Divorces Australia, 1972-1980*, Canberra, Cat. No. 3307.0

Donald E. Stewart and Margaret Harrison, Divorce in Australia (Melbourne: Institute of Family Studies, October 1982), p. 3.

APPENDIX 7

MARRIAGE AS A SOCIAL INSTITUTION

MARRIAGE AS A SOCIAL INSTITUTION

THE AUSTRALIAN FAMILY TODAY

Like the majority of Western family systems, the Australian family system has undergone something of a renaissance since the last war. In particular the trends towards a lower birth-rate and to a higher divorce incidence which were apparent during the first four decades of this century have been to a large extent reversed, and pessimistic predictions that were so freely made of a gradual withering away of marriage and family life show no signs of being realized. The Australian family, as we have seen, is changing and becoming more specialized in its function; but it does not in any way seem to be breaking up or becoming less important as a social institution.

Similarly the trends in divorce are not so alarming as they are sometimes made out to be, although the general tendency over the past eighty years has been for rates to rise. Since 1947, however, the divorce rate has tended to flatten out, suggesting that much of the post-war domestic instability was essentially temporary. Even in that peak year the number of divorces was only 8797, a rate of 1.2 per thousand of population, or of about one adult in each hundred. Moreover, the marriages that ended in divorce tended to be those in which there were no children or only one child. Thus 40 per cent of the total went to childless couples, and an additional 29 per cent of divorcing couples had only one child. It is significant, too, that nearly half the divorces went to couples who had not been married more than ten years—and this period is inflated by the fact that it often takes at least three years for a divorce to be secured. It seems reasonable to assume that when people have settled down to having children together the chances that they will seek divorce are very much reduced. There is reason, too, to believe that more divorced couples than ever before are remarrying after divorce: the rate of decrees absolute to petitions is now nearly 50 per cent higher than it was thirty years ago. The extraordinary popularity of marriage is further confirmed by the fact that, in spite of the ease with which single women can now support themselves, the crude marriage rate of

A.P. Elkin, ed., Marriage and the Family in Australia (Sydney: Angus and Robertson, 1957), pp. 110-111.

APPENDIX 8
WHAT AUSTRALIANS BELIEVE ABOUT
MARRIAGE AND HOME LIFE

FAITH IN MARRIAGE

In all countries people are asked to choose which aspects of marriage and divorce are important for the success or breakdown of the family.

"Faithfulness" appears to be of vital importance to Australians, as it heads both lists.

Only 13 per cent of Australians agree that "marriage is an outdated institution." A significantly different view is held in France and Japan.

"Mutual respect and appreciation" and "understanding and tolerance" rank highly in Australian priorities. The "in sickness and in health, for richer or poorer" aspects of marital vows are endorsed by 95 per cent of the sample.

Violence, consistent drinking, and a breakdown in personal relationships are considered sufficient reasons for divorce, but being broke, illness and conflict with relatives are not.

Inability to have children is definitely not considered sufficient grounds for divorce, but the importance of a child in attitudes to the family differs significantly between countries.

Sharing household chores, good housing, shared religious beliefs and a similar social background are not considered essential elements of a successful marriage. The biggest international differences relate to living apart from in-laws and a happy sexual relationship.



Do you tend to agree or disagree that
"Marriage is an outdated institution"?

	%	Australia	GB	WG	Japan	France
Tend to agree		13	14	13	19	29
Tend to disagree		82	84	76	55	65
Don't know		3	2	11	26	6

Important for a successful marriage?

	%	Australia	GB	WG	Japan	France
Faithfulness		91	88	79	73	72
Mutual respect and appreciation		91	87	78	74	66
Understanding & tolerance		84	65	77	75	73
Happy sexual relationship		70	73	52	34	70
Adequate income		42	47	33	53	41
Shared chores		40	42	19	11	33
Good housing		34	49	31	37	44
Shared beliefs		22	21	19	18	19
Same social background		20	24	15	20	26
Living apart from your in-laws		57	61	36	8	71

A child needs a home with both a father
and a mother to grow up happily

	%	Australia	GB	WG	Japan	France
Tend to agree		74	67	85	80	85
Tend to disagree		23	31	8	10	12
Don't know		3	3	7	10	3

Sufficient reasons for divorce

	%	Australia	GB	WG	Japan	France
Partner consistently unfaithful		90	84	77	73	76
Partner violent		88	80	82	68	87
Partner ceased to love the other		71	60	57	45	57
One partner is a consistent drinker		60	49	61	52	79
Can't have children		5	6	5	3	11
Financially broke		4	2	8	8	2
Can't get on with each other's relatives		4	3	2	11	3
Partner ill long time		3	2	2	6	1

SIGNS OF THE TIMES :: 3

CONFIDENCE IN HOME LIFE

Happiness is home life . . .

Home and the family are important to Australians, as are friends and close relationships.

Security ("making certain that all basic needs and expenses are provided for") and family life ("a life completely centred on my family") are the two goals in life most frequently chosen by Australians as being most important.

Australians are happiest at home. Many more Australians than people in any other country say that they often feel "relaxed," "happy," and "secure, safe and sound" at home.

The important position of home and family in Australian life is reflected in the high home ownership. The vast majority of Australians live in houses rather than flats, apartments or boarding houses.

Australians show the highest home ownership rate, with nearly three-quarters of the people interviewed living in their own home.

(Australian values study only) Most important goal in life?				
	%	Female	Male	TOTAL
Prosperous life	11	16	14	
Family life	34	25	30	
Important life	7	9	7	
Secure life	38	38	38	
Exciting life	10	12	11	

How often do you feel this way at home?					
	%	Australia	GB	WG	Japan France
Relaxed	83	74	58	54	61
Happy	85	74	46	43	57
Secure, safe and sound	87	77	63	62	66
Anxious	7	16	5	2	19
Aggressive	7	6	14	2	8

4 :: SIGNS OF THE TIMES

Acknowledgements:
Tomorrow's Australia, a product of Ogilvy and Mather Futures Division and The Australian Values Study Survey, conducted by the Roy Morgan Research Centre.

Taking all things together, would you say you are:						
	%	Australia	GB	US	WG	Japan France
Very happy	34	38	32	10	15	19
Quite happy	61	57	60	69	62	70
Not very happy	4	4	7	12	14	8
Not at all happy	0	0	1	1	1	1
Don't know	1	1	1	8	7	2

Do you or your family own your own home or do you rent it?					
	%	Australia	GB	WG	Japan France
Own	73	58	45	71	51
Rent from government	10	31	10	9	16
Rent privately	16	9	41	18	28
Hotel, etc	1	2	5	3	4

Do you live in a house or an apartment?					
	%	Australia	GB	WG	Japan France
House	95	87	43	73	54
Apartment	4	10	56	25	45
Other	1	3	—	2	1

Thinking of the way you spend your leisure time. What is most important to you?					
	%	Australia	GB	WG	Japan France
Sitting and relaxing	22	26	41	33	22
Being active	61	52	23	36	60
Both equally	17	21	33	30	18
Don't know	—	—	3	2	—

During your leisure do you prefer to be:					
	%	Australia	GB	WG	Japan France
Alone	11	11	8	17	10
With family	47	48	52	34	47
With friends	23	27	27	11	22
In a lively place	6	11	5	3	8
All equally	12	12	14	34	12
Don't know	1	—	2	1	1

"What Australians Believe," *Australian Signs of the Times*, January 1985, pp. 3-5.

What Australians think about their lives

BY ANN WESTMORE

Opinion polls show the surprising resilience of traditional values

TRAPPED by "the system," disgruntled workers threaten crippling strikes. Bored spouses deaden their senses with sedatives or alcohol. Alienated teenagers slip into a fog of drugs, violence or sexual promiscuity. Religious help in time of trouble is in the hands of manipulating moralists or waffling weaklings. These images of "Australian life" bombard us whenever we turn on the TV, pick up a newspaper, go out to a film. We are "entertained" with the sights and sounds of the Australian family falling apart.

But the reality of family life in

Australia is very different, and reassuring. Certainly, attitudes towards many social issues are changing and problems do exist, but a closer examination of the fabric of Australian life shows a surprising resilience born of traditional values. For example:

- The proportion of Australians who are satisfied with basic aspects of their lives — financial situation, family life, friendships, jobs — has remained consistently high during the 1970s and early 1980s.

- Australians today are more concerned about the disadvantaged — the handicapped, the unemployed

and Aborigines — than ever before.

- Contrary to some of our fixed ideas about youth, Australia's young people in ever greater numbers are adopting many of the traditional values of their elders.

These are among the revealing findings of a series of public-opinion surveys conducted by research institutes, commercial organisations and government departments, covering a broad cross-section of society.

When asked about the quality of their lives, Australians' satisfaction levels were high. Most find life full of interest (59 per cent). Most are satisfied with their work (87 per cent), and most are satisfied with their financial situation (78 per cent). Most get a great deal of satisfaction from their friendships (71 per cent), and from their health and physical condition (61 per cent).

One of the highest ratings on a national satisfaction index went to family life: 75 per cent said their families give them a great deal of satisfaction.

In response to the question "What do you consider the most important ingredient of a good marriage?", the qualities mentioned most often were the ability of a husband and wife to discuss things freely, mutual respect and financial security. One survey shows that five of every six young married Australians think that, to be complete, a family needs children.

These findings provide insights into the deep-rooted values of most Australians. We may grumble about rising prices, high interest rates, un-

employment — and these *are* serious problems — but many Australians realise they are vastly better off than most other people around the world. Australians generally give higher personal ratings to the things that satisfy or interest them than do their counterparts in America and Europe, and more than 90 per cent of us are proud of our country — one of the highest rates in the Western world.

Trial marriages. While Australians express great satisfaction with the relationships they have with their children, they are realistic about the difficulties of rearing youngsters. Parents with young children at home are less content with their financial situation and other important aspects of their lives than are young couples who do not have children or those parents whose children have left the nest. Almost three out of four Australians believe that a mother with young children should stay at home, but 70 per cent believe that the quality of a woman's life thereafter improves if she has a paid job.

Where attitudes to traditional values have softened, this reflects important social changes. Thus the large proportion of Australians (66 per cent) who approve of young couples living together in "trial marriages" — not the done thing a generation ago — reflects community awareness of Australia's 40-per-cent divorce rate and a recognition that young people need to think more carefully before marrying.

A trend to later marriage, delayed childbearing and stronger career

interest in women has been accompanied by a greater concern with sharing and equality in marriage. Over the period 1971-1982, the percentage of married women aged 18-34 agreeing that "Husbands should regularly help with the housework" rose from 63 to 77. But 88 per cent of men and 85 per cent of women in this age group still believe that their most important relationships are within the family, and more than three-quarters agree that marriage is for life, developing a unique sense of responsibility.

Belief in God has remained fairly steady at about 80 per cent during the past decade, although the influence of the Church over our lives has diminished. In 1974, 32 per cent of Australians attended church at least once a month; by 1983, the figure had dropped to 28 per cent. However, even amongst those who had not attended church for more than a year, two-thirds said they believed in God, and more than half regarded the Bible as the word of God. Somewhat surprisingly, more young adults than older people (59 per cent to 52 per cent) believe in life after death.

The importance of the non-material aspects of their lives to most Australians seems to reflect a yearning for a more caring, harmonious society. Two out of every three viewers think there is excessive violence on TV. The vast majority feels there is discrimination against Aborigines and that the disabled do not get a fair go. More Australians today want welfare reform than did in 1978 (10 per cent to 6 per cent), and more want a redistribution of wealth to create greater equality (12 per cent to 10 per cent). Human rights and world peace are widely considered to be causes worth doing something about, even if this means giving up material possessions and leisure time.

There is thus convincing evidence that the Australian people are far more solid than they are given credit for. They are solid in their aspirations and values and less materialistic than is generally assumed. These findings suggest that the doomsayers of family life are wrong. In spite of the changes over recent years, the family structure and its underlying values are alive and well in the Australia of the 1980s.

THIS ARTICLE IS BASED ON SURVEYS CONDUCTED BY THE INSTITUTE OF FAMILY STUDIES AUSTRALIAN PUBLIC OPINION POLLS (THE GALLUP METHOD) AND THE AUSTRALIAN BROADCASTING TRIBUNAL RESEARCH BRANCH AND FROM "THE CHANGING AUSTRALIAN" COMMISSIONED BY TENETAY HOLDINGS LIMITED

Ann Westamore, "What Australians Think About Their Lives," Reader's Digest 125 (August 1984): 21-23.

APPENDIX 9
HOW FUTURE MATES MET

HOW FUTURE MATES MET

Circumstances Under Which Respondents met Future Mates

Place of Meeting	Husbands	Wives	Totals	Percent
Home (Yours or spouse's)	147	166	313	15.4
Church (Yours or spouse's)	149	165	314	15.4
School	384	419	803	39.5
Traveling, etc.	17	18	35	1.7
Bars, Lounge, Theater	35	38	73	3.6
Party, Conventions	39	47	86	4.2
Neighborhood clubs, PTA	7	16	23	1.1
Street, Bus, RR Station	38	51	89	4.4
Public Places & Gatherings	21	30	51	2.5
Mutual friends	28	35	63	3.1
Relatives	9	16	25	1.2
Blind date	7	10	17	0.9
Correspondence	1	3	4	0.2
At work	61	77	138	6.8
TOTALS	943	1,091	2,034	100.0

The table indicates that Adventists in this sample met under a considerable variety of circumstances. It should be remembered that a number of respondents were not raised as Adventists but were baptized into the church after they had already met and married their future mates.

Charles C. Crider and Robert C. Kistler, The Seventh-day Adventist Family: An Empirical Study (Berrien Springs, Michigan: Andrews University Press, 1979), p. 47.

APPENDIX 10

LENGTH OF ACQUAINTANCE BEFORE ENGAGEMENT

LENGTH OF ACQUAINTANCE BEFORE ENGAGEMENT

Length of Acquaintance with Spouse Before Engagement, by Sex of the Respondent

Length of Acquaintance	Husbands	Wives	Total	Percent
Less than 6 months	191	226	417	20.9
7 months to 1 year	220	263	483	24.2
1 to 2 years	210	238	448	22.4
2 to 5 years	188	192	380	19.0
over 5 years	105	115	220	11.0
Comments	11	22	33	1.6
No responses	2	16	18	0.9
Totals	927	1,072	1,999	100.0.

While approximately 21 percent in the overall sample had an acquaintance of less than 6 months before engagement, regional differences were found. In the West, for instance, 25.5 percent of that sample became engaged after knowing each other for less than 6 months. In the Midwest and in the South and East the figures were 18 percent and 20 percent of the samples respectively. Over half of those in the Eastern and Southern sample were acquainted from 7 months to 2 years, reflecting perhaps a more cautious and conservative approach in developing a relationship leading to engagement.

Charles C. Crider and Robert C. Kistler, The Seventh-day Adventist Family: An Empirical Study (Berrien Springs, Michigan: Andrews University Press, 1979), p. 200.

APPENDIX 11

FACTORS WHICH CONTRIBUTED TO FAILURE

FACTORS WHICH CONTRIBUTED TO FAILURE.

As one might expect, those who felt that their family lives had been unsuccessful cited the opposite of many of the factors listed above. These responses are very helpful in understanding what has caused so many families to be unhappy.

Factor 1: Respondents saw spiritual problems, including a lack of family worship, together with a failure to live up to the standards of the church, as a reason for their family's distress.

"Our marriage didn't work because my husband smoked pot and grew it and spent a lot of money on it." —A wife, Atlantic Union

"My wife believes her study of the Old Testament does not necessarily stipulate giving to the church to the extent the church seems to dictate." —A husband, North Pacific Union

"My former husband became discouraged with the church and turned to the world. This left me with three children and not much support." —A woman, Atlantaic Union

"Our problem has been, in my opinion, due to a lack of real Christianity - real conversion on our part as parents and the seeming necessity of the wife and mother to work out at whatever job available to send the children through 'our schools'." —A wife, Atlantic Union

"We never established family devotions as such and I am sorry that we failed in that respect." —A husband, Pacific Union

"I believe that failure of our home to measure up to our ideals has been due to the unrendered lives of myself and my husband." —A wife, Pacific Union

Factor 2: A religiously divided home was seen as a factor in thinking of the home as a failure. (In fairness, however, it should be noted that some respondents reported that they had successful homes even though the mate did not belong to the church. In such homes the spouse consented to Sabbath keeping, paying tithe, and even sending the children to Adventist schools). Respondents who thought that their homes were failures because of the religious differences wrote as follows:

"My husband is not an Adventist." —A wife, Central Union

"My husband was born into a Catholic home when his father was 60 years old." —A wife, North Pacific Union

"My husband had little love for me—made fun of my religion, etc. I believe I was faithful in teaching my children their lessons and teaching them to pray. They all went out and made tragic mistakes, but four have come back to God and three are in God's work. Prayer is still ascending for the other two." —A wife, Northern Union

Factor 3: Social class and racial and ethnic differences between marriage mates often provided the basis for unhappiness and failure.

"Our backgrounds have led to problems as I was from a rich family and my husband from a poor one. Also he is from a closed family affectionally and I am from a very physical family." —A wife, North Pacific Union

"My husband and I come from different ethnic and religious backgrounds. I was in a strict 'orthodox Adventist' home—bigoted and narrow minded." —A wife, Columbia Union

"Our main problem, I feel stems from different racial backgrounds Oriental/Hawaiian/white. Due to his childhood home, ours can never be 'a little heaven on earth' unless God has full control over our lives." —A wife, North Pacific Union

Factor 4: Physical health, mental problems and nervous disorders were seen as bases for failure in family living.

"Our family physician (SDA) and an SDA psychiatrist both feel that treatment would not be useful. My husband spent 9 months in a

state hospital quite a few years ago. I don't believe in divorce and have no desire to remarry. I just feel that I cannot cope with this situation much longer." —A wife, North Pacific Union

"I'm going to a 'head doctor', but she isn't an SDA. So, of course, sex out of marriage is O.K. to her. I know I need professional help but I can't afford our own doctors....I just wish there was some way an SDA could receive help if they couldn't afford it. Not every SDA minister is the type you can talk to because some tell all they know." —A wife, Atlantic Union

"My husband is mentally well endowed but can't put it together. Foolishly I helped him do his college assignments, until I was advised by a psychiatrist to stop doing work for both of us. Shortly after I quit doing his work, he was dismissed and has been roaming around from one short job to another for about 8 years." —A wife, North Pacific Union

Factor 5: Marital failure was traced to unfaithfulness, with a spouse engaging in adultery.

"I found out very soon after that he had been unfaithful during our engagement and had ruined a girl who had trusted him. He continues to be unfaithful and irresponsible." —A wife, Central Union

"Approximately 7 months later she decided to divorce me and live with this man. I talked her out of it three times and each time her mother talked her back into it. Her mother has been an Adventist for about 25 years. She filed for divorce and served me with the papers herself. She had no Bible grounds and she knew it. The children were given their choice and the three eldest chose to live with me." —A man, Northern Union

"I don't know what I could have done to keep my marriage from failing. Now she changes every few months to a different man. We are divorced and I have the two children. She comes to visit them quite often." —A man, Lake Union

"I am now in the process of a divorce. My husband broke his wedding vows to me over 5½ years ago. He refused me any love life. He said that he would not make love to me unless I left the SDA religion..." —A woman, Atlantic Union

Factor 6: Trouble with in-laws caused much unhappiness and led to marital failure.

"I had too much Italian mother-in-law interference from the beginning to the end. She did not like my change of diet with no pork, no social drinking, etc." —A woman, Atlantic Union

"My husband's 32 year old son and his wife have caused us many problems. His wife is 36 years old and I am 40. This has caused her to have many resentments toward me because she feels that she should have an older mother-in-law." —A wife, Pacific Union

"SDA leaders are obsessed with fear in case they offend those big bloated vampires (the SDA mothers-in-law)" —A husband, Southern Union

Factor 7: Drinking and drug use were pointed out as cause of failure.

"I have had five children. Three lived. As they were growing up they saw a lot of drinking and the effects of it by their father... We had to go through a divorce which wasn't pleasant for me." —A woman, Lake Union

"My husband drinks a lot and I spent so much time making a living that I never had much time for the family. I am getting a divorce now and since my husband is gone, the home is much happier and we don't seem to have to go without things as we did before." —A woman, Northern Union

"My husband was a heavy drinker (but he worked steady until he had a stroke four years ago)." —A wife, North Pacific Union

"We would have had a very good home if my husband did not drink. This takes all his spare time from his family." —A wife, Southern Union

Factor 8: Sexual incompatibility and problems centering around sexual behavior caused marital unhappiness and failure.

"Sex is often more like an Olympic race (come on let's get with it and get it over) type of an affair rather than a relaxed enjoyable experience as I feel it should be. Often during intercourse I will be reminded that tomorrow is Aunt Mary's birthday or some other equally 'interesting' topic will be brought up. This tells me we might as well be

dusting the furniture or sweeping the floor instead of entering a personal and intimate act of love." —A husband, Lake Union

"I don't like the double standard my husband has on morals which he thinks are okay for men. They earn the living so they can do as they please and a wife should stay home, be barefoot and pregnant so no man would want her." —A wife, Northern Union

Factor 9: Unhappiness and failure in the family was linked with backsliding from the church.

"I'm also praying for my former spouse. He lost his faith and he blames me for his failure. I don't blame myself but realize that emotions will only play a small part in my future. He turned to another woman and is living with her at present." —A woman, Lake Union

"I have come to feel that I had a stronger faith before I became an Adventist. I admit I've done my part in the backsliding, but I feel it's partly due to the conflict between what I believe ought to be and what Adventists are doing. You'll find some of my answers are colored by my problems with my own children." —A woman, Southwestern Union

"While much is said about marrying a non-Adventist very little counsel is given about being 'unequally yoked' together with someone whose name is on the church books." —A woman, Northern Union

Factor 10: Divorce, while seen as the end product of failure, was also the source of much unhappiness and a sense of personal failure.

"I am divorced and married again. My former wife and I could have and did have a happy home the first five years we were married but we let go of the hand of God. We stopped having family worship. There were too many outside activities." —A husband, Lake Union

"Since my marriage has failed and my spouse is married to someone else, I still want a Christian man and a home." —A woman, North Pacific Union

"I married the wrong woman and she divorced me." —A man, Lake Union

"My first marriage should not have been with an unbeliever, although he was reared an SDA as a child. His unfaithfulness has caused me much disillusionment for seven years until I met a sincere God-loving, gentle man and realized I could trust again." —A woman, Northern Union

APPENDIX 12
HAPPINESS IN THE FAMILY

HAPPINESS IN THE FAMILY

HAPPINESS IN THE ADVENTIST FAMILY. Happiness is an extremely subjective matter but it was considered important enough to include two closely related questions for the respondents of this study to answer. No attempt was made to define happiness but rather to ascertain how respondents looked at their home life. They were asked to rank the statement "home is a happy place for everyone to be" on a scale of one to eight. The second related question asked for a similar ranking for the statement "home is a place where one never feels lonely." Obviously perceptions of happiness and loneliness vary from person to person and from home to home, but it is what the respondents perceive the home to be in these terms that is important.

Collapsing the one to eight scale divided the respondents into the three categories of low, medium and high, as detailed in Table 3-12:

Table 3-12
Perceptions of Happiness in the Home

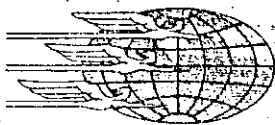
	Number	Percent
Low	77	3.9
Medium	500	24.9
High	1,366	68.2
No response	61	3.0
TOTALS	2,004	100.0

That 68.2 percent of these Adventists ranked their home life as high in happiness is worthy of note.

Charles C. Crider and Robert C. Kistler, The Seventh-day Adventist Family: An Empirical Study (Berrien Springs, Michigan: Andrews University Press, 1979), p. 76.

APPENDIX 13

LETTERS



THE SEVENTH-DAY ADVENTIST CHURCH

22 October 1986

15 Clifford Avenue
Cooranbong NSW 2265

Pastor Lyell V. Heise
College Church
Avondale College
COORANBONG NSW 2265

Dear Lyell

I am currently studying at Avondale College. My practical subject for my M.A. (Religion) is "Adjustment of Seventh-day Adventist Couples--The First Year of Marriage." I am asking help of you in two areas.

My first request is for your permission to contact couples in their first year of marriage from the College Church area. I am desirous of contacting approximately six couples from various district churches and then conducting a workshop seminar for two programmes each of two hours duration. It would be appreciated if you could give me the names of such couples from your church area.

Secondly, I would like to conduct the seminar programmes in one of the rooms of the College Church if permission is granted. The seminars will be designed for couples in their first year of marriage to facilitate marital adjustment and to enrich their marriage.

Many thanks for your support in this project.

Sincerely

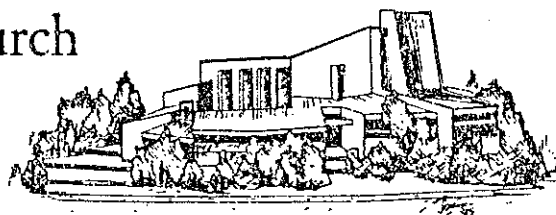
Robert

Robert Craig

RC:mc

Seventh-day Adventist Church

Avondale College,
Cooranbong, New South Wales 2265.
Telephone: (049) 77 1133



24th October 1986

Senior Pastor:
Lyell V. Heise
18 Lindfield Avenue,
Cooranbong,
New South Wales 2265.
Telephone: (049) 77 2172

Pastor Robert Craig
15 Clifford Ave
COORANBONG, NSW 2265

Dear Robert:

I will be happy to help you in connection with your project. You will be able to find details on couples in their first year of marriage by examining the registration forms of married students which the church collects at registration time. The file is in my office.

You are welcome to use the Youth/Fellowship Room for your Seminar. You can gain access by contacting either Warren Simmons, the Senior Deacon, or Les Rowe - college Security Officer.

Wishing you all the best in your project.

Yours sincerely,

Lyell V. Heise
PASTOR

gmh

APPENDIX 14

TAYLOR JOHNSON TEMPERAMENT ANALYSIS PROFILE

TAYLOR-JOHNSON TEMPERAMENT ANALYSIS PROFILE

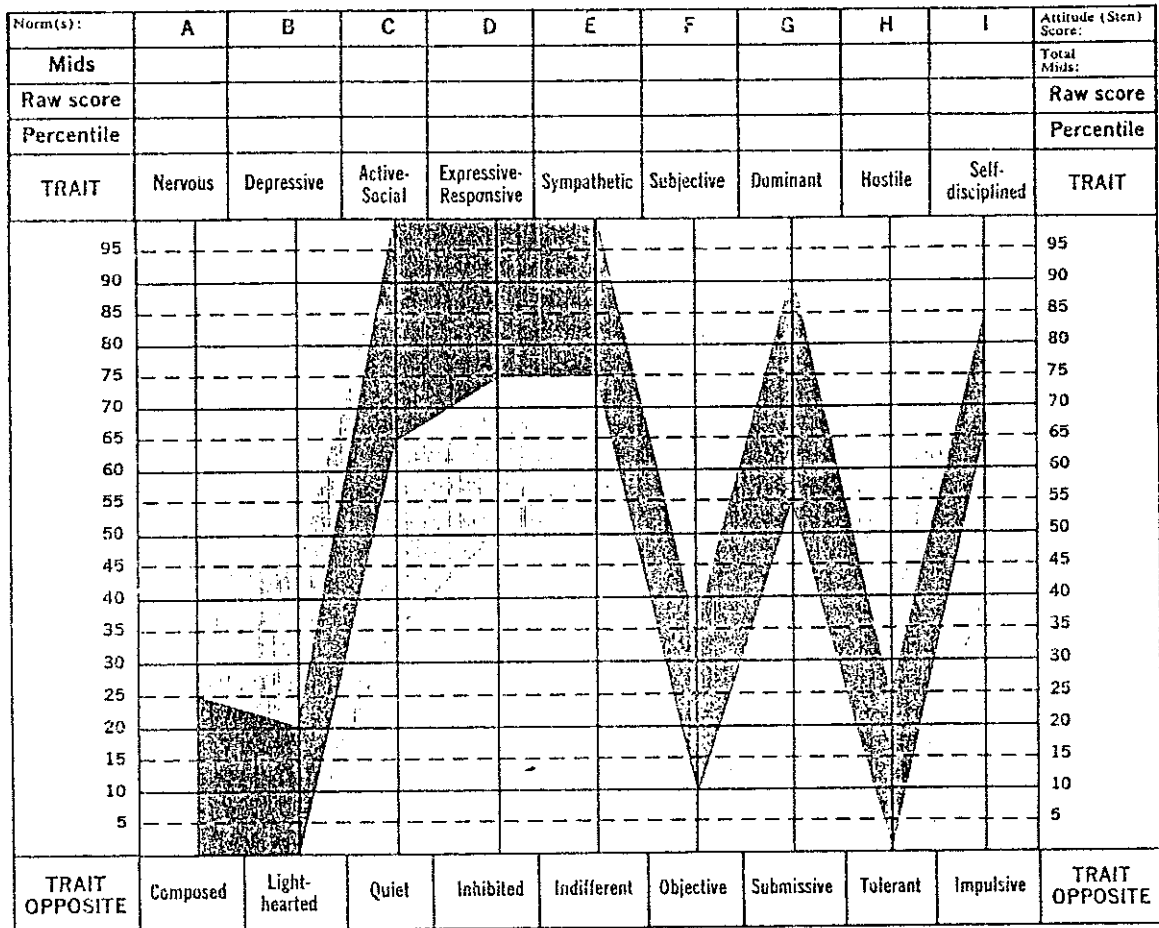
Profile Revision of 1967

These Answers Describe _____ Age _____ Sex _____ Date _____

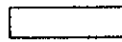
School _____ Grade _____ Degree _____ Major _____ Occupation _____ Counselor _____

Single _____ Years Married _____ Years Divorced _____ Years Widowed _____ Children: M _____ Ages _____ F _____ Ages _____

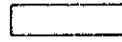
Answers made by: SELF ^{and} or husband, wife, father, mother, son, daughter, brother, sister, or _____ of the person described.



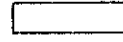
Excellent



Acceptable



Improvement desirable



Improvement urgent

DEFINITIONS

TRAITS

Nervous — Tense, high-strung, apprehensive.
Depressive — Pessimistic, discouraged, dejected.
Active-Social — Energetic, enthusiastic, socially involved.
Expressive-Responsive — Spontaneous, affectionate, demonstrative.
Sympathetic — Kind, understanding, compassionate.
Subjective — Emotional, illogical, self-absorbed.
Dominant — Confident, assertive, competitive.
Hostile — Critical, argumentative, punitive.
Self-disciplined — Controlled, methodical, persevering.

OPPOSITES

Composed — Calm, relaxed, tranquil.
Light-hearted — Happy, cheerful, optimistic.
Quiet — Socially inactive, lethargic, withdrawn.
Inhibited — Restrained, unresponsive, repressed.
Indifferent — Unsympathetic, insensitive, unfeeling.
Objective — Fair-minded, reasonable, logical.
Submissive — Passive, compliant, dependent.
Tolerant — Accepting, patient, humane.
Impulsive — Uncontrolled, disorganized, changeable.

Note: Important decisions should not be made on the basis of this profile without confirmation of these results by other means.

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APPENDIX 15
JOHARI WINDOW

JOHARI WINDOW

Computing Your Own Johari Window

Indicate which of the two reactions would be more like the way you would handle the situation described.

Do this by distributing five points between the combinations. e.g. If A is exactly what you would do and you would never use a B response--give A five points, and B nothing. Total is five points.

If B is a little more characteristic than A, then A=2 and B=3. Total is five points.

There are six possible combinations for each question. Be sure your paired numbers add to five. There are no right or wrong answers. Be honest with yourself.

QUESTIONS:

1. If a person was in conflict with someone we both knew, with whom it was important for him to get along, I would:
 - A. Tell him I felt he was partly responsible for the problem and try to let him know how the person was being affected by him.
 - B. Not get involved because I might not then be able to get along with both them.
2. If I had had a heated argument with someone in the past and now realized that they felt ill at ease with me around--I would:
 - A. Just let the whole thing pass and avoid making things worse.
 - B. Bring up his behaviour and ask how he felt the argument had affected our relationship.
3. If another person began to avoid me and act in an aloof manner--I would:
 - A. Tell him about his behaviour and suggest he tell me what was on his mind.
 - B. Accept what he seems to want and keep our contacts brief and aloof.

4. If three of us were talking and one brought up a personal problem of mine which involved the other person, of which he was not yet aware--I would:
 - A. Change the subject and signal my friend to do the same.
 - B. Fill in the uniformed person on what was going on and suggest we talk about it later.
5. If a friend told me I was doing things that made me less effective socially--I would:
 - A. Ask him to spell it out more clearly and to suggest changes I might make.
 - B. Resent his criticism and let him know why I behave the way I do.
6. If someone had been tentatively assigned to an office for which I felt he was not qualified and the person wanted that office--I would:
 - A. Not mention my misgivings and let things work out in their own way.
 - B. Tell my friend and the pastor/president of my misgivings and leave the final decision to them.
7. If I felt someone was being unfair to me and his other friends, but none of them had mentioned anything--I would:
 - A. Ask some of the others how they saw things to see if they thought he was being unfair.
 - B. Wait for them to bring it up with me.
8. If I were pre-occupied with a personal problem and someone told me I was irritable and jumped on him for unimportant things--I would:
 - A. Tell him I was pre-occupied and would be on edge for a while and would prefer not to be bothered.
 - B. Listen to his complaints but try to explain my actions to him.
9. If I heard some people discussing an ugly rumour about a friend which I knew could hurt him, and he asked me what I knew about it, if anything--I would:
 - A. Say I didn't know anything about it, and tell him no-one would believe a rumour like that.

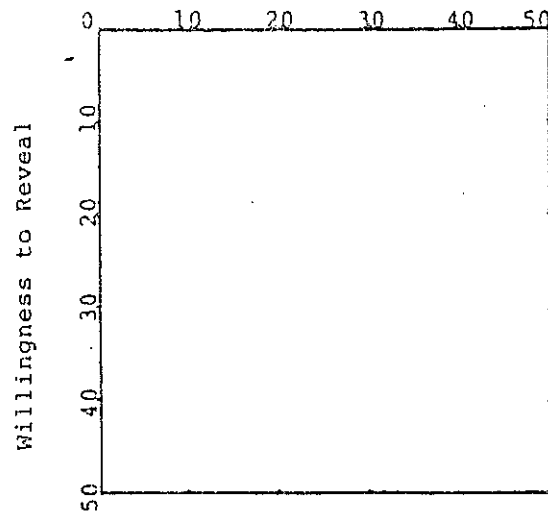
- B. Tell him exactly what I had heard, when and from whom.
10. If someone pointed out I had a personality conflict with a person with whom it was important that I get along--I would:
- A. Consider his comments out of line and refuse to discuss the matter further.
- B. Talk about it openly with him to find out how my behaviour was being affected.
11. If my relationship with a person has been damaged by repeated arguments on an important issue to both of us--I would:
- A. Be cautious with him so that the issue would not come up again and worsen our relationships further.
- B. Point to the problems the controversy was causing in our relationship and suggest we discuss it until we get it resolved.
12. If in personal discussion with someone about his problem and behaviour, he suddenly suggested we discuss my problems and behaviour as well as his--I would:
- A. Try and keep the discussion away from me by suggesting that I talk about this with other closer friends.
- B. Welcome the opportunity to hear what he felt about me and encourage his comments.
13. If someone began to tell me about his hostile feelings about another person whom he felt was being unkind to others (and I whole-heartedly agreed)--I would:
- A. Listen and express my own feelings so that he knew where I stood.
- B. Listen, but not express my own feelings and negative opinion because he might repeat what I said.
14. If I thought that an ugly rumor was being spread about me and suspected that one of my acquaintances had heard it--I would:
- A. Avoid mentioning the issue, and leave him to raise the issue if he desired.
- B. Risk putting him on the spot by asking him directly if he knew about it.
15. If I had observed a friend in social situations doing a number things I thought would hurt his relationships--I would.

- A. Risk being seen as a busy-body and tell him my reactions.
 - B. Keep my opinions to myself rather than being seen as interfering.
16. If two people were talking and one of them inadvertently mentioned a personal problem which involved me, but of which I knew nothing--I would:
- A. Press them for information about the problem and for their opinion.
 - B. Leave it up to those two people to tell me or not tell me, letting them change the subject if they wished.
17. If someone I knew seemed preoccupied and began jumping on me for seemingly unimportant things, and became irritated with me and others without real cause--I would:
- A. Treat him with kid gloves for a while assuming that his problems were personal and temporary (none of my business).
 - B. Try to talk to him about it and point out his behaviour affected people.
18. If I disliked certain habits in a person to the point it was interfering with my enjoying his company--I would:
- A. Say nothing to him directly, but let him know my feelings by ignoring him whenever his annoying habits were obvious.
 - B. Get my feelings out in the open and clear the air so that we could continue our friendship comfortably and enjoyably.
19. In discussing social behaviour with one of my more sensitive friends--I would:
- A. Avoid mentioning his flaws and weaknesses to avoid hurting his feelings.
 - B. Focus on his weaknesses and flaws so that he could improve his interpersonal skills.
20. If I knew that I had been assigned to an important position in our group and my friends attitudes towards me had become rather negative--I would:
- A. Discuss my short comings with my friends.
 - B. Try to figure out my own short comings by myself so I could improve.

JOHARI WINDOW SURVEY

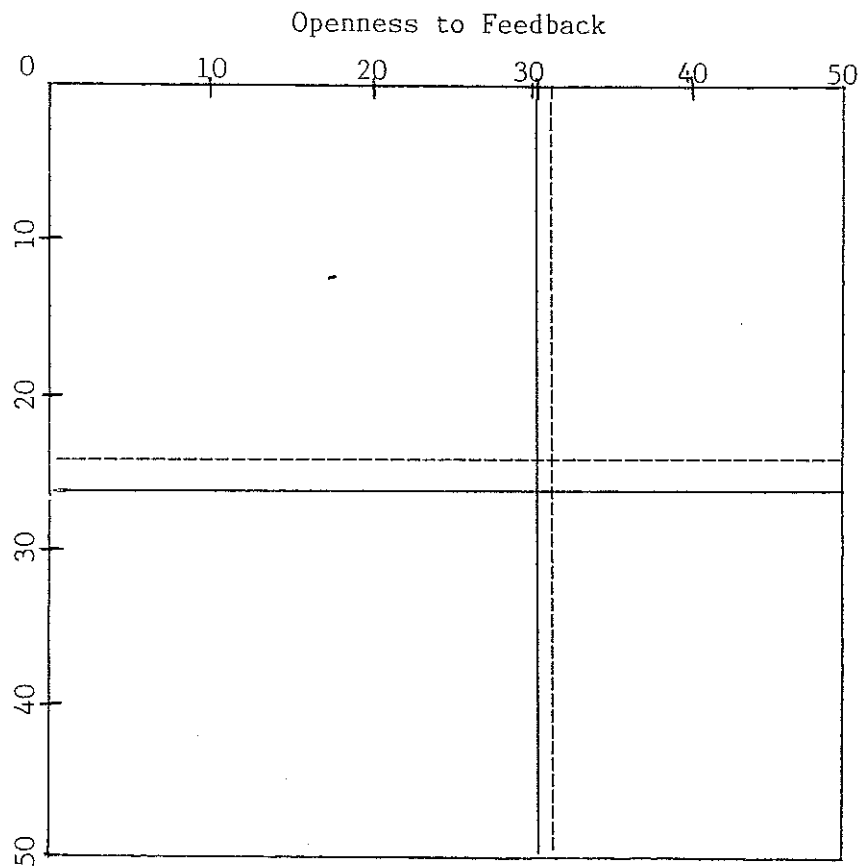
	A	B	FEEDBACK	REVEAL
1.	_____	_____	2 B _____	1 A _____
2.	_____	_____	3 A _____	4 B _____
3.	_____	_____	5 A _____	6 B _____
4.	_____	_____	7 A _____	9 B _____
5.	_____	_____	8 B _____	11 B _____
6.	_____	_____	10 B _____	13 A _____
7.	_____	_____	12 B _____	15 A _____
8.	_____	_____	14 B _____	17 B _____
9.	_____	_____	16 A _____	18 B _____
10.	_____	_____	20 A _____	19 B _____
11.	_____	_____	=====	===== TOTALS
12.	_____	_____		
13.	_____	_____		
14.	_____	_____		
15.	_____	_____		
16.	_____	_____		
17.	_____	_____		
18.	_____	_____		
19.	_____	_____		
20.	_____	_____		

Openness to Feedback



UNDERSTANDING YOUR JOHARI WINDOW

	Known to Self	Unknown to Self
Known to Others	Free to Self and Others	Blind to Self Seen by Others
Unknown to Others	Known to Self and Hidden from Others	Unknown to Self and Others



NOTE: ——— 1st Result - - - - 2nd Result

APPENDIX 16
MARITAL ADJUSTMENT TEST

Marital Adjustment Test

by Harvey J. Locke and Karl M. Wallace.

On the test below are 15 questions. Read each one and determine the number of points that best describe your relationship with your mate. Write that number in the answer column on the right.

1. Find the point on the scale line below which best describes the degree of happiness, everything considered, of your present marriage. The middle point, "happy," represents the degree of happiness which most people get from marriage, and the scale gradually ranges on one side to those few who are very unhappy in marriage, and on the other to those few who experience extreme joy or felicity in marriage. Write the number of points in the answer column.

0	2	7	15	20	25	35	
Very Unhappy			Happy			Perfectly Happy	☐ 1

To what extent do you and your mate agree on the following items? Note the points in the answer column.

	Always Agree	Almost Always Agree	Occasionally Disagree	Frequently Disagree	Almost Always Disagree	Always Disagree	
2. Handling family finances	5	4	3	2	1	0	☐ 2
3. Matters of recreation	5	4	3	2	1	0	☐ 3
4. Demonstrations of affection	8	6	4	2	1	0	☐ 4
5. Friends	5	4	3	2	1	0	☐ 5
6. Sex relations	15	12	9	4	1	0	☐ 6
7. Conventionality (right, good, or proper conduct)	5	4	3	2	1	0	☐ 7
8. Philosophy of life	5	4	3	2	1	0	☐ 8
9. Ways of dealing with in-laws	5	4	3	2	1	0	☐ 9

10. When disagreements arise, they usually result in: husband giving in (0), wife giving in (2), agreement by mutual give and take (10). ☐ 10
11. Do you and your mate engage in outside interests together: All of them (10), some of them (8), very few of them (3), none of them (0)? ☐ 11
12. In leisure time, do you generally prefer: to be "on the go" _____, to stay at home _____? Does your mate generally prefer to be "on the go" _____, to stay at home _____? (Stay at home for both, 16 points; "on the go" for both, 3 points; disagreement, 2 points.) ☐ 12
13. Do you ever wish you had not married? Frequently (0), occasionally (3), rarely (8), never (15). ☐ 13
14. If you had your life to live over, do you think you would marry the same person (15), marry a different person (0), not marry at all (1)? ☐ 14
15. Do you confide in your mate: almost never (0), rarely (2), in most things (10), in everything (10)? ☐ 15

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SCORING THE TEST

To find your score add up the points that you recorded next to the questions. This total is your score.

INTERPRETING YOUR SCORE

Low Scorers (2-99)—Scores in the lower end of this range (2-75) suggest serious to severe problems in the marital relationship; the lower the score, the greater the reported dissatisfaction. Scores in the upper range (76-99) indicate moderate but probably manageable marital difficulties. If you scored here, you probably did not need this test to tell you of your unhappiness, but it can still serve to indicate which areas seem to be your biggest concerns. Taking some of the other tests in this chapter can also help you gain a clearer understanding of what might be at the core of your dissatisfaction. Of course, such an examination is only a first step—though an extremely important one. After this you must focus on what to do about the problems. These tests can, hopefully, serve to stimulate discussion between the two of you; you may find that you both share the same concerns and that the relationship possesses more mutual support than you realized. If so, more serious problems can be avoided through an exchange of ideas and an understanding of each other's

attitudes and feelings. This may be difficult for you without outside professional help since old habits are hard to break and communication can be hard to initiate. But such help can bring out the best in both of you as individuals and draw on the potential that is present in your relationship.

High Scorers (100-158)—In the original study by Drs. Locke and Wallace, 96 percent of their well-adjusted couples scored 100 or higher. So if you scored here, you are in satisfied company. Of course, you and your spouse may find an occasional area or two for a few rounds of sparring, but the relationship is most likely a mutually positive one. Additional research has shown that couples with high marital adjustment scores usually are made up of two people with high individual self-esteem. Such marriages may be successful, as one psychologist wrote, "because they are two self-accepting, competent people who also happen to be husbands or wives."

ABOUT THE TEST

The increasing incidence of divorce over the last several years points up the need for couples to examine their marital relationship before the problems get beyond their control. The usual pattern for dissatisfied couples is that both seem reluctant to objectively examine the problems they are having. Such problems then linger and often increase in importance until divorce appears to be the only alternative to "incompatibility."

Such a process does not have to be the inevitable one for distressed couples to follow. Early examination of needs that are not being met, issues that are unclear, and common goals for the future can prevent more serious, debilitating problems from arising. The primary approach of marital therapy involves exactly that examination.

Thus methods for assessing marital satisfaction are extremely important in the development and evaluation of treatment programs with dissatisfied couples. Such tests facilitate the identification of marital problems, giving the couple focal points for discussion. One of the marital inventories, which has served as a model for many others, is the Marital Adjustment Test by Dr. Harvey Locke and Dr. Karl Wallace. Prior to their work, most marital satisfaction tests were too long and complex for easy use in the marital therapy situation. The goal of Drs. Locke and Wallace was to produce a test which contained "only the most basic or fundamental items." The fact that their test is very frequently used today in research and clinical treatment speaks for its effectiveness.

APPENDIX 17

LISTENING ACTIVITY:

THE BIG DAY

ANOTHER BIG DAY

THE BIG DAY

Frank and Carol Johnson staggered out of bed at 5.40am. It was the long awaited day, July 14, when the family would start its annual 12 day vacation.

They got dressed. Frank went into the kitchen while Carol got the two children, Mike, age 11 and Debbie, age 8, out of bed. Mike was the first one dressed. He came down in 15 minutes. Debbie followed along five minutes later.

By this time Frank and Carol had gulped down a cup of coffee and a couple of slices of toast. Carol drank a glass of grapefruit juice and was on her second cup of coffee.

They had packed the night before so they were ready to go. The children were not hungry and were anxious to get started so Frank had another quick cup of coffee, they all hopped in the car and pulled out of the driveway at 6.45am.

"Right on schedule," Frank said. "Our reservations for tonight are 480 miles away." After driving for an hour and a half the children said they were hungry. Frank spotted a roadside restaurant, the "Cosy Kitchen" so they pulled in for breakfast.

The children had orange juice, milk and pancakes. Frank and Carol had eggs and bacon. Breakfast took 35 minutes. Then they were back on the road again.

Carol had brought comic books along so the children read those for a couple of hours. Then they started amusing themselves by arguing with each other.

Frank broke the monotony by stopping for hamburgers at 1.30. Everybody got along fine for the next two hours until one of the comic books got torn. Then it was sheer bedlam for the next few hours with Carol playing referee.

They finally pulled into their motel, haggard and worn, ten hours and twenty minutes after they had left the driveway. The annual family vacation of fun and relaxation had officially begun.

THE BIG DAY--QUESTION SHEETUnderline the Correct Answers

1. The last name of the family was: (a) Olson (b) Peterson
(c) Johnson (d) Anderson
2. Frank and Carol got out of bed at: (a) 5.20 (b) 5.40 (c) 5.30
(d) 5.50
3. The vacation started on: (a) July 4 (b) July 14 (c) July 20
(d) July 10
4. The boy's name was: (a) Mike (b) Peter (c) Mickey (d) Mat
5. His age was: (a) 8 (b) 12 (c) 10 (d) 11
6. The girl's name was: (a) Cindy (b) Peggy (c) Debby (d) Cathy
7. Her age was: (a) 7 (b) 11 (c) 8 (d) 9
8. The time it took the boy to get dressed and come down stairs was:
(a) 5 minutes (b) 10 minutes (c) 15 minutes (d) 20 minutes
9. Before they left Frank had: (a) 2 cups of coffee and toast
(b) orange juice and coffee (c) only 1 cup of coffee
(d) only 2 cups of coffee
10. Before they left Carol had: (a) orange juice and coffee
(b) grape juice and coffee (c) toast and coffee (d) grapefruit
juice and coffee
11. The length of the vacation was to be: (a) 10 days (b) 12 days
(c) two weeks (d) 16 days
12. They left their driveway at: (a) 6.45am (b) 7.00am (c) 6.30am
(d) 6.20am
13. The distance they had to drive the first day was: (a) 20 miles
(b) 480 miles (c) 460 miles (d) 440 miles
14. They stopped for breakfast after driving: (a) one hour
(b) one and a half hours (c) 45 minutes (d) one and a quarter
hours
15. The name of the restaurant where they had breakfast was:
(a) Country Kitchen (b) Village Kitchen (c) Home Style Kitchen
(d) Cosy Kitchen
16. For breakfast the children ate: (a) cereal (b) pancakes (c) eggs
(d) fresh fruit
17. For breakfast Frank and Carol ate: (a) cereal (b) pancakes

- (c) eggs (d) french toast
18. The amount of time spent for breakfast was: (a) 25 minutes
(b) a half hour (c) 35 minutes (d) 45 minutes
19. Frank stopped for hamburgers at: (a) 12.30 (b) 1.30 (c) 1.00
(d) 1.15
20. In the car the children ate: (a) snacks (b) fresh fruit
(c) candy (d) was not mentioned
21. In the afternoon the children started arguing over: (a) a game
they were playing (b) nothing (c) a torn comic book (d) pushing
each other
22. The time between leaving their driveway and arriving at the
motel was: (a) 10 hours (b) 10 and a half hours (c) 10 hours
and 40 minutes (d) 10 hours and 20 minutes.

THE BIG DAY

Answers

1. (c) Johnson
2. (b) 5.40
3. (b) July 14
4. (a) Mike
5. (d) 11 years
6. (c) Debby
7. (c) 8 years
8. (c) 15 minutes
9. (a) 2 cups of coffee and toast
10. (d) grapefruit juice and coffee
11. (b) 12 days
12. (a) 6.45
13. (b) 480 miles
14. (b) $1\frac{1}{2}$ hours
15. (d) Cosy Kitchen
16. (b) pancakes
17. (c) eggs
18. (c) 35 minutes
19. (b) 1.30
20. (d) was not mentioned
21. (c) a torn comic book
22. (d) 10 hours and 20 minutes

ANOTHER BIG DAY

Jack and Jean Anderson tumbled out of bed at 5.45am. The big day of the year, August 10, had arrived when the family would start its annual two-week vacation.

Jack, filled with vim and vigour, went out and jogged in the morning sunshine for a mile, came in the house, showered and shaved, and was ready to go.

During this time Jean had gotten the children, Peter, aged 10 and Peggy, age 12, out of bed.

Jean had some orange juice and a cup of instant coffee and they were ready to hit the road. All except Peter. He was a slow poke and it took him 20 minutes to get ready. But they finally all piled in the family car and hit the road at exactly 7.00am.

"Right on the button," said Jack. "I wanted to get started early because we have 475 miles to go today."

It took only an hour for the children to begin arguing over a puzzle book that Jean had brought.

So immediately Jack pulled into a small roadside restaurant called Come-On-In. The children had fruit juice and pancakes. Jack had french toast, sausage and melon. Jean had scrambled eggs.

It took a half hour for breakfast and they were back driving again.

The food settled the children's stomachs, but not their dispositions. Within a couple of hours they were punching, poking and arguing.

"Can't you children communicate any other way?" asked Jean, who did her best to settle the disputes.

Jack finally stopped at a public park at 2.00pm, let the children run off some steam, got a bag of hamburgers and they had a picnic. Then they resumed their trip which, by the end of the day, was something of an exercise in restraint for the parents to retain their composure with the bedlam in the back seat.

"Nothing like togetherness to fill the heart with joy," thought Jack as he pulled into the motel eleven hours after leaving the driveway in the morning.

ANOTHER BIG DAY---QUESTION SHEETUnderline the Correct Answers

1. The last name of the family was: (a) Olson (b) Peterson
(c) Johnson (d) Anderson
2. Jack and Jean got out of bed at: (a) 5.15 (b) 5.30 (c) 5.45
(d) 5.55
3. The vacation started on: (a) August 1 (b) August 8 (c) August 6
(d) August 10
4. It was the last for: (a) 1 week (b) 10 days (c) 2 weeks
(d) 3 weeks
5. Jack jogged for: (a) half-mile (b) 1 mile (c) $1\frac{1}{4}$ miles
(d) 2 miles
6. The boy's name was: (a) Paul (b) David (c) Peter (d) Phillip
7. It his age was: (a) 10 (b) 9 (c) 12 (d) 11
8. The girl's name was: (a) Cindy (b) Dorothy (c) Cathy (d) Peggy
9. Her age was: (a) 11 (b) 12 (c) 10 (d) 9
10. Before leaving Jean had: (a) 2 cups of coffee (b) grape juice
(c) toast and coffee (d) orange juice and a cup of coffee
11. To get ready it took the boy: (a) 10 minutes (b) 15 minutes
(c) 20 minutes (d) 25 Minutes
12. They started driving at: (a) 7.00am (b) 7.15am (c) 6.45am
(d) 6.30am
13. The distance they had to drive during the day was: (a) 500 miles
(b) 475 miles (c) 450 miles (d) 460 miles
14. The children started arguing over: (a) comic books (b) was not
mentioned (c) a puzzle book (d) who punched who first
15. The name of the restaurant was (a) Do-Drop-Inn (b) Good-Road-Inn
(c) Come-On-Inn (d) Home-Cooking-In
16. For breakfast the children ate: (a) fruit juice and pancakes
(b) cereal (c) scrambled eggs (d) french toast
17. Jack ate: (a) fruit juice and pancakes (b) cereal (c) scrambled
eggs (d) french toast
18. Jean ate: (a) fruit juice and pancakes (b) cereal (c) scrambled
eggs (d) french toast

19. The time it took for breakfast was: (a) 25 minutes
(b) 40 minutes (c) 35 minutes (d) 30 minutes
20. So the children could get out of the car and unwind, Jack stopped at: (a) a restaurant (b) a public park (c) a zoo
(d) along the road
21. He stopped at: (a) 2.00 (b) 1.15 (c) 1.30 (d) 2.15
22. The total time they were on the road was: (a) 11 hours
(b) $10\frac{1}{2}$ hours (c) 10 hours (d) $11\frac{1}{2}$ hours

ANOTHER BIG DAY

Answers

1. (d) Anderson
2. (c) 5.45
3. (d) August 10
4. (c) two weeks
5. (b) one mile
6. (c) Peter
7. (a) 10years
8. (d) Peggy
9. (b) 12 years
10. (d) orange juice and a cup of coffee
11. (c) twenty minutes
12. (a) 7.00am
13. (b) 475 miles
14. (c) a puzzle book
15. (c) Come-On-Inn
16. (a) fruit juice and pancakes
17. (d) french toast
18. (c) scrambled eggs
19. (d) 30 minutes
20. (b) a public park
21. (a) 2.00
22. (a) 11 hours

Adventures in Attitudes, adapt. T.H. Ludowici (Adelaide: Personal Dynamics, 1977).

APPENDIX 18

EXERCISE IN ACTIVE LISTENING

Exercise in Active Listening

Active listening is a skill which responds to the "feelings" in verbal messages rather than the "facts." Below are several typical home situations to which replies have been formed. Circle the replies you sense most closely respond to the implied feeling.

1. HUSBAND AT SUPPER TABLE SAYS: GUESS WHAT HAPPENED ON THE WAY TO WORK THIS MORNING? I GOT CAUGHT IN A SPEED TRAP AND GOT A TICKET.

- a. I hope that teaches you a lesson.
- b. Oh, not again! When will you ever learn to slow down.
- c. You are going to have to moonlight in order to support your habit.
- d. It sounds like you are really upset over getting another ticket.
- e. Where did it happen this time?

2. YOUNG WIFE AFTER A WEEK HOME WITH THE CHILDREN SAYS: I'M SO TIRED OF THIS HOUSE. IT'S TOO SMALL. I WANT A HOUSE WITH A FAMILY ROOM.

- a. You just feel that way now because you've been cooped up all week.
- b. You shouldn't talk like that in front of the kids.
- c. From what I'm hearing it sounds like you have had it with the house and kids this week.
- d. Why don't we sit down right now and begin planning the addition of a family room?
- e. I like our house just the way it is.

3. HUSBAND AFTER A HARD DAY AT WORK SAYS: WHAT A DAY! I WAS OUT ON CALLS ALMOST ALL DAY AND WHEN I FINALLY GOT BACK THERE WAS A NOTE ON MY DESK FROM FANTEL WANTING TO KNOW ABOUT THE PATTEN ACCOUNT. HE IS ALWAYS CHECKING UP ON ME.

- a. Calm down. Fantel isn't all that bad.
- b. A rough day, huh? Tell me about it.
- c. If you want to succeed at your job you are going to have to put up with a lot more Fantels.
- d. Have you done something to Fantel to make him keep after you?
- e. Don't worry. Everything will be back to normal tomorrow.

4. AFTER GOING OVER THE BILLS ONE EVENING TOM HEAVES A HEAVY SIGH AND SAYS: WE HAVE TO BUY NEW TIRES THIS MONTH AND WE JUST CAN'T AFFORD IT. I DON'T KNOW WHAT TO DO.

- a. Don't you dare charge them!
- b. Why don't you talk to Clint about getting some retreads.
- c. You tight wad! You make us sound like paupers with your "poor" cries.
- d. Don't worry, honey. Everything will work out.
- e. It seems like you are really concerned over our finances.

5. THE CHILDREN HAVE BEEN HASSLING ALICE ALL DAY AND SHE HAS SCREAMED TO NO AVAIL. HERB GETS HOME AND PLUNKS HIMSELF IN HIS FAVORITE CHAIR TO WATCH THE SIX O'CLOCK NEWS WHEN ALICE SCREAMS: HERB, WHY CAN'T YOU HELP WITH THESE KIDS? THEY ARE DRIVING ME CRAZY!

- a. Alice, the kids are your job. I have my own.
- b. Calm down, Sweetie. Kids will be kids, you know.
- c. The kids aren't that bad, Alice, but I'll get them out of your hair.
- d. You need a good rest and they you'll be yourself again.
- e. You've had it with kids today, huh?

Nancy Van Pelt, The Complete Marriage Workbook (Nashville, Tennessee: Southern Publishing Association, 1984), p. 27.

Active Listening Work Sheet

In order to help you form active listening responses a number of situations are listed below that require active listening skills. Read the problem and then write down an appropriate active listening response. Share your responses with your mate.

SOME HELPFUL PHRASES MIGHT BE . . .

You are feeling . . .

I see. You are saying . . .

You are really . . .

It's kind of like . . .

From what I'm hearing it seems you feel . . .

Let me see if I understand correctly . . .

So you are saying . . .

It sounds as if you are feeling . . .



The Problem

You might say

1. John voices uncertainty about staying with his present vocation.
2. Martha is upset over words she had with a neighbor.
3. Jim is angry because he just lost a big sale to a competitor.
4. Catherine is upset because she left a package in the department store after purchasing it.
5. Tony expresses frustration about a secretary at the office who is a nice girl but who just can't hack the work.
6. Mary complains that she can't keep up the house and the yard work both.
7. John expresses concern over financial problems.
8. Pam feels left out because she wasn't invited to a friend's party.

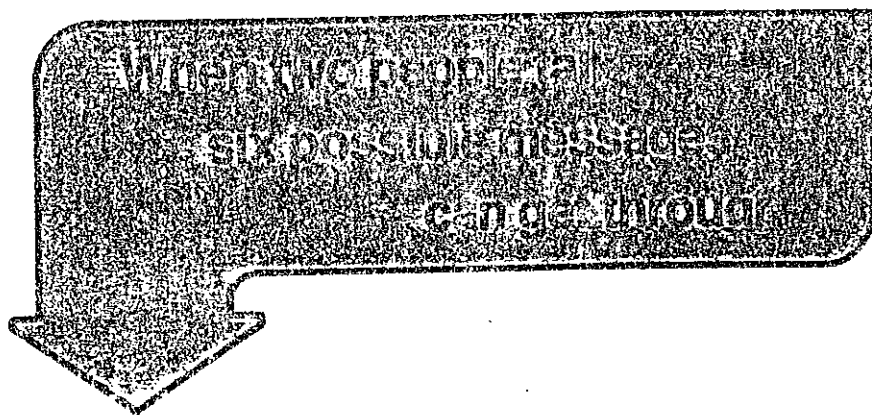
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Nancy Van Pelt, To Have and to Hold: a Guide to Successful Marriage (Nashville, Tennessee: Southern Publishing Association, 1980), p. 94.

APPENDIX 19

WHY COMMUNICATION IS OFTEN DIFFICULT

WHY COMMUNICATION IS OFTEN DIFFICULT



1. What you mean to say.
2. What you actually say.
3. What the other person hears.
4. What the other person thinks he hears.
5. What the other person says about what you said.
6. What you think the other person said about what you said.

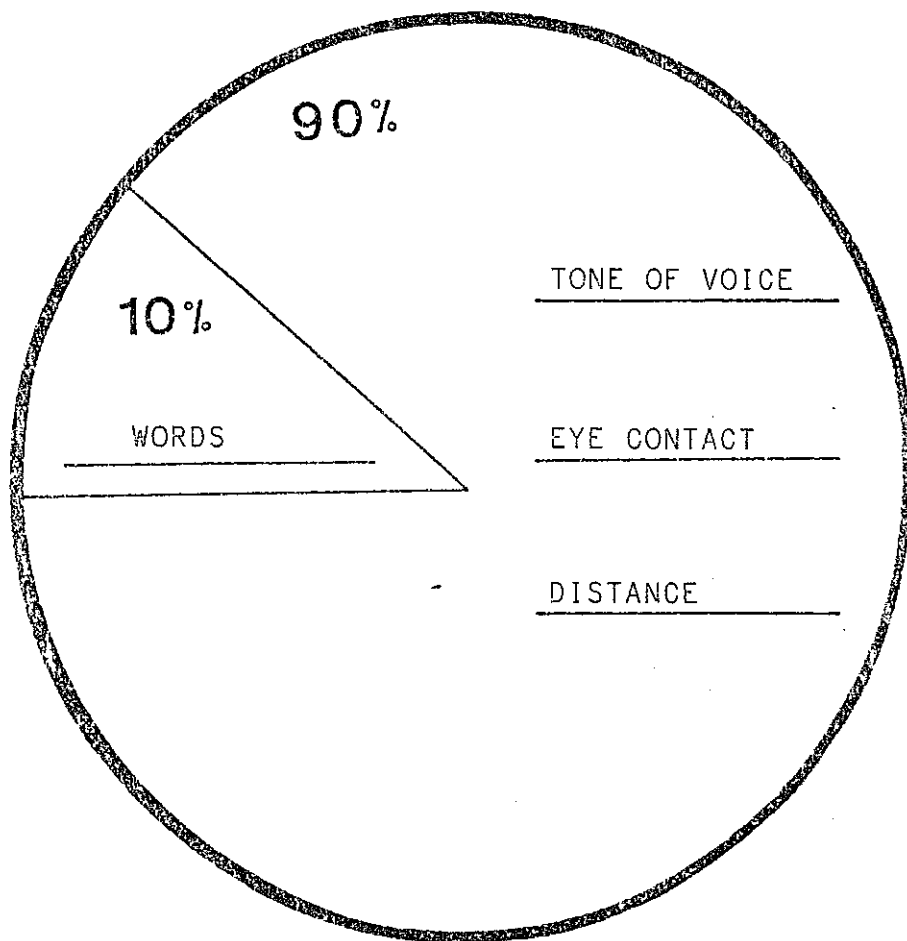
H. Norman Wright, Leader's Guide for Use with Communication: Key to Your Marriage (Ventura, California: Regal Books, 1979), Transparency 4.

COMMUNICATION

- 1 What you mean to say. "The moon puts me in a romantic mood."
- 2 What you actually say. "Isn't the moon bright?"
- 3 What the other person hears you say. "The moon is bright."
- 4 What the other person thinks he hears. "The moon is bright enough for a walk."
- 5 What the other person says about what he thinks he hears. "Yes, its bright enough to play golf."
- 6 What you think the other person said about what you said. "I don't feel romantic."

APPENDIX 20
NON-VERBAL COMMUNICATION

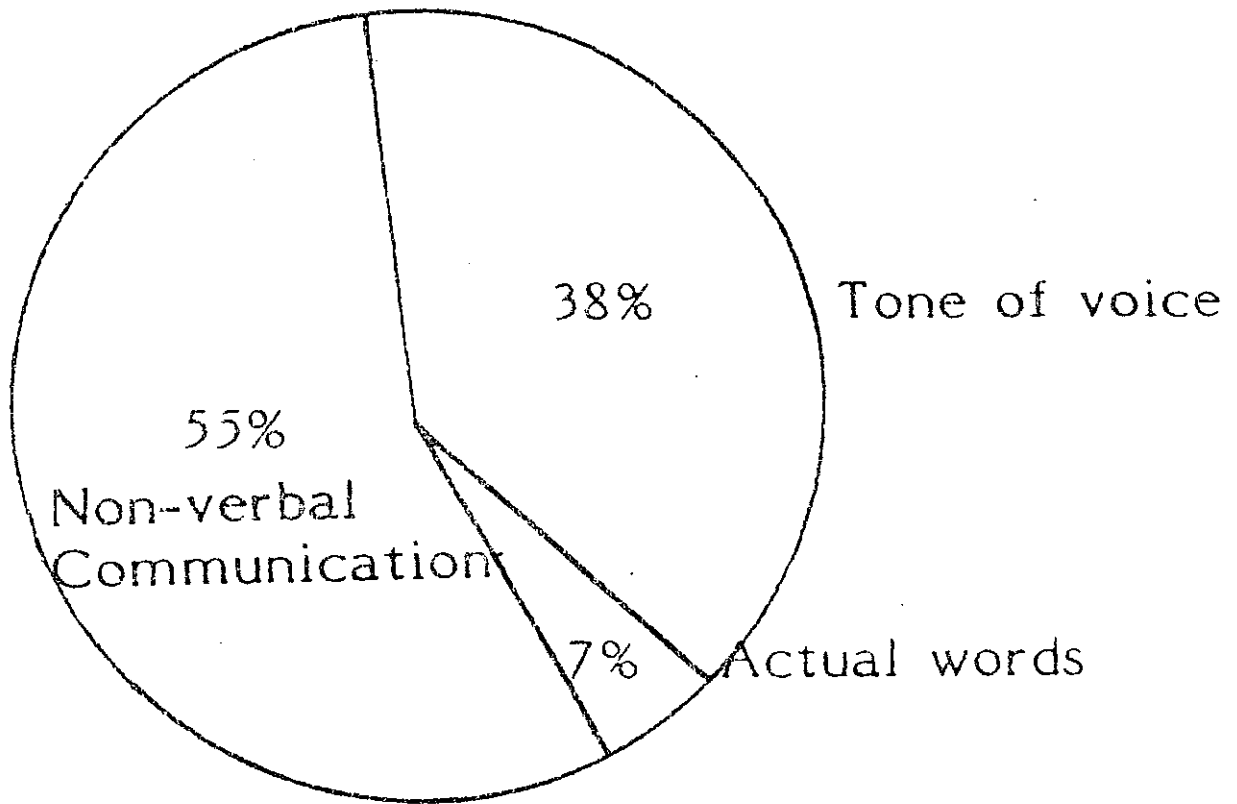
Non-verbal Communication



H. Norman Wright, Into the High Country, adapt. Robert Craig (Portland, Oregon: Multnomah Press, 1979), p. 62.

Communication Factors

THE COMPLETE MESSAGE



H. Norman Wright, Communication and Conflict Resolution in Marriage
(Elgin, Illinois: David Cook Publishing, 1977), p. 6.

NON-VERBAL CUES

NON-VERBAL CUE	RESULT: WARMTH	RESULT: COLDNESS
tone of voice	soft	hard
Facial expression	smiling	pokerfaced
	interested	frowning
posture	relaxed	tense
	leaning towards	leaning away
eye contact	looking into eyes	avoided
touching	softly	avoided
gestures	open	closed
	welcoming	guarding
spatial distance	close	distant

H. Norman Wright, Communication and Conflict Resolution in Marriage
(Elgin, Illinois: David Cook Publishing, 1977), p. 7.



Exercise in Nonverbal Communication

Let's consider what some nonverbal or voice behaviors might mean. Look at the following list and try to give a meaning for each behavior. Share your list of meanings with your mate.

What does it mean
when a person . . .

It says . . .

1. nods his/her head up and down?
2. smiles slightly?
3. speaks in a loud, harsh voice?
4. suddenly opens his/her eyes wide?
5. keeps eyes lowered when speaking to you?
6. yawns during a conversation?
7. shrugs his/her shoulders?
8. sits rigid and upright in a chair?
9. folds arms tightly across the chest?
10. wrings his/her hands?
11. starts to turn pale?
12. speaks in a low, monotonous voice?
13. fiddles with shirt collar or scarf?
14. slouches in a chair?
15. hits his/her forehead with hands?
16. speaks in a very halting or hesitant voice?

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Nancy Van Pelt, To Have and to Hold: a Guide to Successful Marriage (Nashville, Tennessee: Southern Publishing Association, 1980), p. 80.

APPENDIX 21
ACTIVE LISTENING WORKSHEET

Active Listening Worksheet

Listed below are situations which require active listening skills. Read the problem and then write down an appropriate active listening response.

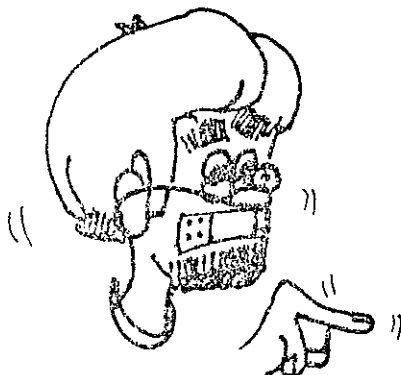
SOME HELPFUL PHRASES MIGHT BE . . .

You are feeling. . . From what I'm hearing it seems you feel. . .
 I see. You are saying. . . Let me see if I understand correctly. . .
 You are really. . . It sounds like you are feeling. . .

The problem...

You might say...

1. John voices uncertainty about staying with his present vocation
2. Martha is upset over problems she is having with the children.
3. Tony expresses concern over financial problems.
4. Mary complains that she can't keep up the house and work outside the home.



Exercise in Nonverbal Communication

Read the following list of nonverbal behaviors and try to give a meaning for each behavior.

What might it mean when a person...

it says...

1. Speaks in a loud, harsh voice. . .
2. Yawns during a conversation. . .
3. Sits rigid and upright in a chair. .
4. Folds arms tightly across chest. . .
5. Starts to turn pale. . .
6. Slouches in a chair. . .
7. Hits forehead with hands. . .
8. Suddenly opens his eyes wide. . .

APPENDIX 22

WE COMMUNICATE AT FIVE DIFFERENT LEVELS

WE COMMUNICATE AT FIVE DIFFERENT LEVELS

LEVEL 1

Complete Personal Commitment

LEVEL 2

Feelings or Emotions

LEVEL 3

Ideas or Judgments

LEVEL 4

Reporting Facts

LEVEL 5

Cliché Conversation

H. Norman Wright, Leader's Guide for Use with Communication:
Key to Your Marriage (Ventura, California: Regal Books, 1979),
Transparency 6.

LEVELS OF COMMUNICATION

H. Norman Wright, Communication: Key to Your Marriage (Ventura, California: Regal Books, 1984), p. 69.

APPENDIX 23

EXERCISE IN LISTENING FOR FEELINGS

Exercise in listening for feelings

We communicate to others much more than our words imply. Behind words often lie FEELINGS. Read each of the following typical "messages" and in the column at the right jot down the primary or main feeling you heard. A list of feelings is given below. Some situations may contain more than one feeling.

pride	fear	guilt	hurt
resentment	gratitude	frustration	happiness
discouragement	unloved	inadequacy	appreciation
boredom	unsure	anger	loneliness

EXAMPLE: Go away and leave me alone. I don't ever want to talk to you again. You don't care about me anyway.



Anger, hurt, resentment

1. I'm so glad I'm married to you.
2. I think I understand, but what if I do it wrong? I have a knack for doing the wrong thing at the right time.
3. Why can't I buy it? I have as much right to buy something new as you do!
4. I get so behind in my work. I can never get it all done. What will I do?
5. This was the longest day in history. I didn't have anything to do.
6. Hank wants to move to a new home across town but I don't want to move.
7. Thank you. That was a very thoughtful thing for you to do.
8. Sometimes I feel that no one cares about me.
9. I don't know what to do. Should I go back to college or get a part-time job?
10. I shouldn't have said that. It was the wrong thing to say.
11. Do you like my new outfit, honey? I made it myself.
12. Trying to get to the doctor these days is as difficult as getting an appointment with the president.

Nancy Van Pelt, The Complete Marriage Workbook (Nashville, Tennessee: Southern Publishing Association, 1984), p. 28.

APPENDIX 24

EXERCISE IN "I-MESSAGES"

Exercise in "I-messages"

The following exercise is designed to help you practice the skill of sending "I-messages" rather than "you-messages." Read the situation on the left, and the suggested "You-message" in the middle, and then write your own "I-message" to the right. Compare results with your mate.



<i>Situation</i>	<i>instead of saying...</i>	<i>Say...</i>
1. Wife picks up husband's clothes from the bathroom after his shower.	You are worse than one of the kids the way you leave your clothes lying around.	
2. Wife keeps husband waiting one hour longer than he had planned.	You're late again. You are going to be late to your own funeral!	
3. Your mate criticizes you in front of your friend.	If you ever talk like that again in front of my friend, I'll...	
4. Your mate forgets to pick up groceries on the way home as was promised.	You never remember to do anything you are asked to do.	
5. Your mate contradicts your discipline of the children in front of them.	You never support any decision I make. You are always against me.	
6. Your mate rolls over and suggests you both sleep in rather than attend church.	You never want to go any place any more. What will the kids think if we don't go?	
7. Your mate turns on the TV in the bedroom just as you plan to go to sleep.	You make me so mad. Everytime I want to sleep, you turn on the boob tube. Turn it off!	

Nancy Van Pelt, The Complete Marriage Workbook (Nashville, Tennessee: Southern Publishing Association, 1984), p. 26.

APPENDIX 25

INVENTORY OF MARITAL CONFLICTS

INVENTORY OF MARITAL CONFLICTS

Husband

PLEASE READ EACH CASE DESCRIPTION AND ANSWER QUESTIONS A AND B FOR EACH CASE.

Item No.	(A) Who is primarily responsible for the problem?		(B)		
	Tick One		Tick One		
	Husband	Wife	Yes	No	
1					Should Bob ask Frank to 'phone before visiting?
2					Is Cora being reasonable in refusing to discuss their sexual problems?
3					Should Don be able to relax this way before dinner?
4					Is it reasonable for Peter to question the necessity of Nina's purchase?
5					Is Elaine justified in accusing Mark of being an inadequate provider?
6					Should Jack be permitted to talk to another woman at a party without Colleen becoming upset?
7					Is Phil justified in worrying about starting counseling without being able to afford it?
8					Should Susan be reading a magazine when her household duties are not completed and dinner is not prepared?
9					Should Mary make a greater effort to be ready on time?
10					Should Linda thoroughly carry out her responsibilities once she has accepted them?
11					Is Richard justified in becoming upset with Charlotte discussing matters with her mother?
12					Is Larry neglecting his responsibilities by not carrying out the garbage?
13					Should Nancy realize that her behaviour can be interpreted by other men as flirtatious and could unintentionally lead to further involvements?
14					After working hard all day should Jerry be allowed to spend a quiet evening at home with his wife?
15					Should Dick continue to devote the time that he knows is necessary to obtain advancement in his career?
16					Should Tom feel he has the right to concern himself with his wife's health?
17					Should Chuck be able to watch football on Sunday afternoon?
18					Is it John's prerogative to decide how the family money will be spent?

HUSBAND

INVENTORY OF MARITAL CONFLICTS (IMC)
CASE DESCRIPTIONS

1. Bob and Frank are good friends. Janis, Bob's wife, likes Frank but is becoming increasingly annoyed with his unannounced and excessively long visits to their apartment, especially at mealtimes. She has suggested to Bob that he ask Frank to please phone before visiting, but her husband feels this would be insulting to his friend. Janis suggests that she might ask Frank to please phone before visiting, but this only makes her husband angry. After accusing his wife of interfering with his friendship, he refuses to discuss the matter further.
2. Cora doesn't really enjoy sexual relations. When she was first married she would avoid love making by telling her husband it was painful. More recently she has pretended to be tired when her husband has approached her. Now she has resorted to retiring earlier than her husband. Cora believes sex is an unpleasant subject that one does not discuss unless absolutely necessary, and she becomes furious when Jack insists they should talk about this problem.
3. When Don finally gets home from work he takes off his jacket, tie and shoes, and makes himself comfortable with a can of beer. After dinner Don has a little more energy, so he goes back and puts away the various articles of clothing he has taken off. One day Francine tells Don he is sloppy and lazy and demands that he not leave clothes lying around, even for a short period of time. Two days later, Don forgets to do as his wife had demanded, and she angrily repeats her complaint. An argument develops.
4. Nina has been looking for a pair of shoes to wear with her favorite dress. Upon finding a pair of shoes on sale, Nina just cannot resist and purchases them. Later that evening she shows her new purchase to Peter. He remembers that she already has many pairs of shoes and asks about the necessity of such a purchase at this time. Nina becomes outraged and accuses him of being cheap and inconsiderate.
5. Mark and Elaine have both been working since their marriage in order to live at a level which they feel to be comfortable. Occasionally, Elaine becomes depressed because she wants to have a child but knows that on Mark's salary alone this would be extremely difficult. Elaine's emotions get the best of her and she accuses Mark of not being aggressive enough, implying that he is an inadequate provider. Mark was advised not to go to college because of scholastic difficulties and has done as well as could reasonably be expected, but his wife continually compares him unfavorably to his college-educated friends. Mark's self-esteem is injured and an argument begins.
6. A conflict has arisen between Jack and Colleen following a party with friends. During the party, Jack talked to another woman, resulting in his wife becoming very angry. Following the party, Colleen angrily accuses Jack of intentionally ignoring her for the entire evening and becomes argumentative.

7. Betty and Phil have been having marital difficulties for the past year. One of the problems has been Betty's extravagance. Now Betty insists on immediately seeking costly professional counseling. Phil points out that there simply is no money to pay for such an expensive venture until they can cut down their expenses some place else. Betty will not hear of waiting until money is available, and many arguments arise in the weeks to come.
8. Jim routinely arrives home from work at 5:00 PM and enjoys his dinner soon after his arrival. Susan has been a full-time housewife since the birth of their first child one year ago but still leaves her domestic chores undone. Jim has asked Susan if she would have the house clean and dinner prepared when he returns home. Upon arriving home, Jim again finds the ironing board with a pile of clothes in the living room, a dining table that has not been set, and his wife sitting on the sofa reading a magazine. Upon viewing the situation Jim appears discouraged, whereupon Susan accuses him of always finding fault with her and angrily storms into the kitchen.
9. It's Friday evening and the Carter family have a dinner engagement, which had been made the previous week. Frank comes home a half hour early so he can be sure to be ready on time. He showers, shaves and is dressed and ready to leave on time. But when it is time to go, Mary is still in the bathroom combing her hair and putting on makeup. Since Mary almost always makes them late this way, Frank becomes upset. Mary retorts that she isn't very concerned about being late since they always get where they are going sooner or later.
10. Linda and Steve plan to take a weekend trip by car. While Linda is driving Steve to work on Friday morning, Steve hears a "pinging" noise and realizes that the spark plugs should be changed along with other minor adjustments. Since they plan to leave Friday evening and Steve has to work, he has to ask his wife to take the car to the garage. Linda complains about the other preparations she says she has to make for them and their two children but says she will have time to take the car to the garage, and agrees to do so. Later on the trip, Steve hears the "pinging" noise and realizes the spark plugs have not been changed. It turns out that Linda took the car to the garage but did not bother to mention the spark plugs. Linda says that if Steve doesn't like the way she does things he can do them himself. Steve points out that he was unable to take the car to the garage and that when she agrees to do something she should do it.
11. When Charlotte and Richard were living with Charlotte's family, a lot of ill will developed between Richard and his in-laws. Charlotte told her parents just about everything that happened, and when Richard told her to stop, his mother-in-law said she was hurt and told Charlotte to keep Richard in his place. Richard and Charlotte now have their own home, but the situation continues. Richard will rarely visit his in-laws, but whenever he is not around Charlotte is on the phone with her mother, passing on information and receiving advice. When Richard tells Charlotte again that she should stop telling things to her mother, Charlotte becomes enraged.

12. Each night Larry promises Judy that he will throw the garbage out after they finish dinner. Invariably, Larry forgets and leaves the kitchen without doing what he has promised. Judy has felt that the best thing to do is to throw the garbage away by herself and has been doing this later in the evening. When he notices this, Larry becomes angry with Judy, stating that this is his job. As Larry continues to follow his old habits, Judy begins to do the chore herself, only to be angrily criticized by her husband.
13. At parties that Bob and Nancy attend, Nancy spends most of her time with the men present and obviously enjoys being with them. Bob is very concerned and has tried to tell Nancy that her behavior is interpreted as flirtatious and could lead to a romantic involvement with another man. Nancy denies this, but Bob knows from his own experience that this type of thing does frequently happen and feels that she is being inconsiderate of his feelings by not giving up this behavior.
14. When Jerry comes home from work in the evening he is tired and likes to relax over a pleasant meal. After dinner he prefers to be alone with his wife. However, Betty does not understand Jerry's unwillingness to go out after a hard day's work, and she is after him to go out partying in the evenings. She tells Jerry he is a lazy do-nothing.
15. Dick and Diane have been married for three years. Dick likes his job and is anxious to get ahead. For the past year he has been voluntarily spending a great deal of extra time at his work. Diane has repeatedly accused Dick of caring more about his job than he cares for her. Dick explains that his career is important to both of them and that it is necessary for him to work additional hours if he expects to get promoted. Diane refuses to listen to Dick's explanations and unreasonably demands that he substantially cut down his hours of over-time work.
16. Tom is very concerned about his wife's smoking habits. Betty is a very heavy smoker and has a severe cough. Although Tom used to be a heavy smoker himself, he has now quit completely, so he is convinced that Betty could at least cut down. He has told her in detail about the health hazards involved in smoking and he has asked her to stop or at least cut down, if not for herself then because of her love for him. Betty's usual reaction has been to get sarcastic. She says she is trying but doesn't change. As a result there has been a series of arguments.
17. Chuck is a football fan who likes to watch the pro games on Sunday afternoons. His wife Betty is upset at this, so she plans a series of activities for them together on Sundays and tells him he will have to give up the football games. Chuck feels that this is an unreasonable demand. He points out that he works all week and should be entitled to a couple of hours of relaxation watching TV on Sunday. He reminds her that she watches many hours of soap operas during the week when he is at work. Chuck also reminds Betty that the other wives they know do not get so upset just because their husbands watch football. Betty, however, continues to be annoyed and insists that he stop watching games.
18. John has been out of college for three years and is able to provide a modest but adequate income for himself and his wife, Jean. They have been planning a vacation, which Jean has been enthusiastically anticipating. John has always been a stereo enthusiast and presently feels that he wants to improve his stereo by buying new speakers. If John proceeds with his plan, the vacation they have planned would be impossible. John states that he is the breadwinner in the family and deserves a luxury. He insists that as the man in the family, he should make the decision.

INVENTORY OF MARITAL CONFLICTS

Wife

PLEASE READ EACH CASE DESCRIPTION AND ANSWER QUESTIONS A AND B FOR EACH CASE.

Item No.	(A)		(B)		
	Who is primarily responsible for the problem?				
	Tick One		Tick One		
	Husband	Wife	Yes	No	
1					Should Janis stop interfering in her husband's friend-ship?
2					Is Jack justified in suggesting they discuss the problem of sex?
3					Should Don be more considerate of Francine by not scattering his clothes around?
4					Should Peter try to understand Nina's well-planned purchase of these particular shoes?
5					Is Elaine justified in accusing Mark of being an inadequate provider?
6					Should Jack be more attentive to his wife at parties?
7					Is Betty justified in feeling that their marriage is more important than any financial considerations?
8					Should Susan be reading a magazine when her household duties are not completed and dinner is not prepared?
9					Should John have a greater understanding of why she is late?
10					Is Steve being unreasonable in blaming his wife for the work not getting done?
11					Should Charlotte be able to speak freely with her mother?
12					Is Larry neglecting his responsibilities by not carrying out the garbage?
13					Should Bob trust his wife and not be upset that she is enjoying the company of other men?
14					Should Jerry understand and respond to Betty's boredom by going out in the evening?
15					Should Dick spend more time with his wife?
16					Should Tom leave Betty alone and quit pressuring her?
17					Should Chuck spend more time on Sundays with his wife?
18					Is it John's prerogative to decide how the family money will be spent?

INVENTORY OF MARITAL CONFLICTS (IMC)
CASE DESCRIPTIONS

1. Bob and Frank are good friends. Janis, Bob's wife, likes Frank but is becoming increasingly annoyed with his unannounced and excessively long visits to their apartment, usually at mealtimes. She has suggested to Bob that he ask Frank to please phone before visiting, but her husband feels this would be insulting to his friend. Janis suggests that she might ask Frank to please phone before visiting, but this only makes her husband angry. After accusing his wife of interfering with his friendship, he refuses to discuss the matter further.
2. Cora doesn't really enjoy sexual relations. When she was first married she would avoid love making by telling her husband it was painful. More recently she has pretended to be tired when her husband has approached her. Now she has resorted to retiring earlier than her husband. Cora believes sex is an unpleasant subject that one does not discuss unless absolutely necessary, and she becomes furious when Jack insists they should talk about this problem.
3. When Don finally arrives home from work he immediately sits down and makes himself comfortable with a can of beer and scatters his jacket, tie and shoes on the furniture and/or floor, where they stay until some time after dinner. After putting up with this sloppiness for a while, Francine asks Don to stop tossing his clothes around the apartment, even if he does eventually pick them up. Two days later, Don repeats his usual performance as if Francine had said nothing. When she mentions it again, an argument develops.
4. Nina has been shopping around carefully for some time to find a pair of shoes she can afford that will go with her favorite dress. She finally finds a satisfactory pair of shoes and is happy to discover that they are on sale. She purchases the shoes and takes them home to show her husband, Peter. He does not care whether or not the shoes are satisfactory. He doubts that they are necessary at all and fails to understand their importance to her or how much trouble she has gone to in order to save money.
5. Mark and Elaine have both been working since their marriage in order to live at a level which they feel to be comfortable. Occasionally, Elaine becomes depressed because she wants to have a child but knows that on Mark's salary alone this would be extremely difficult. Elaine's emotions get the best of her, and she accuses Mark of not being aggressive enough, implying that he is an inadequate provider. Mark was advised not to go to college because of scholastic difficulties and has done as well as could reasonably be expected, but his wife continually compares him unfavorably to his college-educated friends. Mark's self esteem is injured and an argument begins.
6. A conflict has arisen between Jack and Colleen following a party with friends. During the party, Jack becomes involved with another woman and ignores his wife. Colleen feels hurt and attempts to discuss her feelings of being neglected but feels like she is not understood.

7. Betty and Phil have been having marital difficulties for the past year. Betty is no longer reassured by having her husband minimize her unhappiness and wants to seek professional counseling. Phil, on the other hand, insists on holding off indefinitely before spending money on counseling. He says she is far too extravagant. In the weeks to come, many arguments arise because of their differing opinions.
8. Jim routinely arrives home from work at 5:00 PM and enjoys his dinner soon after his arrival. Susan has been a full-time housewife since the birth of their first child one year ago but still leaves her domestic chores undone. Jim has asked Susan if she would have the house clean and dinner prepared when he returns home. Upon arriving home, Jim again finds the ironing board with a pile of clothes in the living room, a dining table that has not been set, and his wife sitting on the sofa reading a magazine. Upon viewing the situation Jim appears discouraged, whereupon Susan accuses him of always finding fault with her and angrily storms into the kitchen.
9. It's Friday evening, and the Carter family has a dinner engagement, which had been made the previous week. Frank surprises his wife by getting home from work a half hour early and uses the bathroom continuously until it is almost time to leave. Since it takes Mary more than the few minutes Frank has left her to wash, comb her hair, and put on her makeup, it becomes obvious that they will be late for their appointment. Frank raises his voice and accuses her of always making them late. Mary tries to calm Frank down by saying that being a little late is not all that serious, but Frank just becomes more enraged and an argument develops.
10. Linda and Steve plan to take a weekend trip by car. While Linda is driving Steve to work on Friday morning, Steve decides that the spark plugs need changing and that other minor adjustments should be made. He tells his wife to get the work done in time for them to leave that evening. Linda also has all the other preparations to manage for them and their two children but she manages to get the car to the garage and asks for a tuneup. On the trip, Steve hears a "pinging" noise, discovers that the spark plugs are the same ones he had been using, and blames his wife for the spark plugs not being changed. Linda feels that if he is going to be so picky about how things are going to be done, he should assume some responsibility for doing them himself. Steve tells her he was too busy.
11. When Charlotte and Richard were living with Charlotte's family, a lot of ill will developed between Richard and his in-laws. Richard told his wife to stop talking so much with members of her family. When Charlotte's mother found out how Richard felt, she was hurt and said she thought Richard was out of place to make such a demand. Richard and Charlotte now have their own home but the situation continues. Richard will rarely visit his in-laws, so Charlotte's only regular contact with them is by phone. Charlotte usually speaks only to her mother and only phones her mother when her husband is not around, but Richard is still not satisfied. Richard insists that Charlotte stop speaking with her mother.

12. Each night Larry promises Judy that he will throw the garbage out after they finish dinner. Invariably, Larry forgets and leaves the kitchen without doing what he has promised. Judy has felt that the best thing to do is to throw the garbage away by herself and has been doing this later in the evening. When he notices this, Larry becomes angry with Judy, stating that this is his job. As Larry continues to follow his old habits, Judy begins to do the chore herself, only to be angrily criticized by her husband.
13. At parties Nancy prefers the company of men to the other women and spends much of the evening with them because she finds them intellectually stimulating and shares many of their interest. Nancy finds at parties that the women's conversations are limited to housekeeping, children, etc. Nancy is upset by Bob's accusations that her behavior may lead to involvement in an affair or, at the very least, misinterpretation of her behavior by other people, which would cause gossip. She is deeply hurt by his lack of trust since she is a devoted wife and would not consider an involvement with another man.
14. Jerry regularly comes home from work, eats, and sits down in front of the television screen for the entire evening. Betty is cooped up in the house all day and feels that she will go crazy if she can't get out and have some sort of contact with other human beings. Jerry refuses to go out and so there is a disagreement between Betty and Jerry.
15. Dick and Diane have been married for three years. Dick likes his job and is anxious to get ahead. For the past year he has been voluntarily spending a great deal of time at his work. Diane feels that their marital relationship is deteriorating due to the lack of time they are able to spend together. She attempts to explain to Dick that financial success will be meaningless if their marriage is destroyed in the process. Dick coolly tells his wife that her response is so immature that it is pointless to discuss the subject further.
16. Tom claims to be worried about Betty's health because she smokes so much and has a cough. He gives her endless detailed lectures about health hazards and is always demanding that she stop or cut down. Betty realizes that she smokes too much and is trying to cut down, but Tom's continued badgering is no help. Tom apparently feels that because he stopped smoking without any difficulty, everybody else should quit too and should have no trouble doing so. He seems unable to understand that it is difficult for her to change her smoking habits and he says that if she really loved him she would quit. Betty has tried to control herself and not get angry at Tom's continuous comments, but Tom goes right on lecturing to her and eventually there are a series of arguments.
17. Chuck is an ardent sport fan who spends every Sunday afternoon glued to the television screen watching football. His wife Betty is getting tired of being left by herself every Sunday, so she asks him to give up this part of his football watching and plans some Sunday activities for them together. Chuck not only refuses to give up any football, but he launches into a whole series of arguments to defend himself. He tells Betty that no one else's wife is as unreasonable as she is. He accuses her of spending her time watching soap operas while he is at work. He also tells her that since he works hard he should be able to watch football games if he wishes. Betty is upset by his attitude but continues to want him to spend Sunday with her.
18. John has been out of college for three years and is able to provide a modest but adequate income for himself and his wife, Jean. They have been planning a vacation, which Jean has been enthusiastically anticipating. John has always been a stereo enthusiast and presently feels that he wants to improve his stereo by buying new speakers. If John proceeds with his plan, the vacation they have planned would be impossible. John states that he is the breadwinner in the family and deserves a luxury. He insists that as the man in the family, he should make the decision.

INVENTORY OF MARITAL CONFLICT

Joint Discussion

INSTRUCTIONS: It is very important that for EACH case you decide which spouse, either the husband or wife, is primarily responsible for the problem. You should make ONE response for both PART A and PART B. DO NOT LEAVE ANY QUESTIONS UNANSWERED. Complete each case before going on to the next item.

Case	PART A		PART B
	Who is primarily responsible for the problem?		Which of the following would be a better way to resolve the conflict?
	Check One		
	Husband	Wife	Check Only One
1. Conflict over frequent visits by husband's friend and wife's annoyance.			☐ Should Bob ask Frank to phone before visiting? OR ☐ Should Janis stop interfering in her husband's friendship?
2. Conflict regarding satisfaction during sexual relations.			☐ Is Cora being reasonable in refusing to discuss the problem of sex? OR ☐ Is Jack justified in suggesting they discuss the problem of sex?
3. Conflict concerning husband's distributing his shirt, tie, jacket and shoes around the apartment when he gets home from work.			☐ Should Don be able to relax this way before dinner? OR ☐ Should Don be more considerate of Francine by not scattering his clothes around?
4. Conflict about wife's purchase of a pair of shoes to wear with new dress.			☐ Is it reasonable for Peter to question the necessity of Nina's purchase? OR ☐ Should Peter try to understand Nina's well-planned purchase of these particular shoes?
5. Conflict between Mark and Elaine stemming from their desire to have a child but recognizing the financial burden.			☐ Is Elaine justified in accusing Mark of being an inadequate provider? OR ☐ Should Elaine be more understanding concerning Mark's ability and achievements?
6. Conflict caused by wife feeling ignored by husband while at a party.			☐ Should Jack be permitted to talk to another woman at a party without Colleen becoming upset? OR ☐ Should Jack be more attentive to his wife at parties?
7. Conflict over when to seek professional help for the marital difficulties between Betty and Phil.			☐ Is Phil justified in worrying about starting counseling without being able to afford it? OR ☐ Is Betty justified in feeling that their marriage is more important than any financial considerations?
8. Conflict concerning wife's inability to have house clean and dinner ready upon husband's arrival.			☐ Should Susan be reading a magazine when her household duties are not completed and dinner is not prepared? OR ☐ Should Susan try to be a better housekeeper?
9. Conflict over wife's lateness for dinner engagement.			☐ Should Mary make a greater effort to be ready on time? OR ☐ Should John have a greater understanding of why she is late?
10. Conflict over car breakdown while taking a short weekend trip.			☐ Should Linda thoroughly carry out her responsibilities once she has accepted them? OR ☐ Is Steve being unreasonable in blaming his wife for the work not getting done?

JOINT DISCUSSION - (Continued)

Case	PART A		PART B
	Who is primarily responsible for the problem?		Which of the following would be a better way to resolve the conflict?
	Check One		
	Husband	Wife	Check Only One
11. Conflict over wife's conversations with her mother.			☐ Is Richard justified in becoming upset with Charlotte discussing matters with her mother? OR ☐ Should Charlotte be able to speak freely with her mother?
12. Conflict about the responsibility for throwing the garbage away.			☐ Is Larry neglecting his responsibility by not carrying out the garbage? OR ☐ Is Judy expecting too much by asking her husband to carry out the garbage?
13. Conflict over wife's conversations with men at parties.			☐ Should Nancy realize that her behavior can be interpreted by other men as flirtatious and could unintentionally lead to further involvements OR ☐ Should Bob trust his wife and not be upset that she is enjoying the company of other men?
14. Conflict regarding evening entertainment.			☐ After working hard all day should Jerry be allowed to spend a quiet evening at home with his wife? OR ☐ Should Jerry understand and respond to Betty's boredom by going out in the evening?
15. Conflict over husband spending time at the office.			☐ Should Dick continue to devote the time that he knows is necessary to obtain advancement in his career? OR ☐ Should Dick spend more time with his wife?
16. Conflict over wife's smoking.			☐ Should Tom feel he has the right to concern himself with his wife's health? OR ☐ Should Tom leave Betty alone and quit pressuring her?
17. Conflict over TV football games.			☐ Should Chuck be able to watch football on Sunday afternoons? OR ☐ Should Chuck spend more time on Sundays with his wife?
18. Conflict of vacation vs. stereo speakers.			☐ Is it John's prerogative to decide how the family money will be spent? OR ☐ Should financial expenditures be a joint decision?

David H. Olson and Robert G. Ryder, "Inventory of Marital Conflicts (IMC): An Experimental Interaction Procedure." Journal of Marriage and the Family 32 (1970): 443-48.

APPENDIX 26

TEN WAYS TO COPE WITH CONFLICT

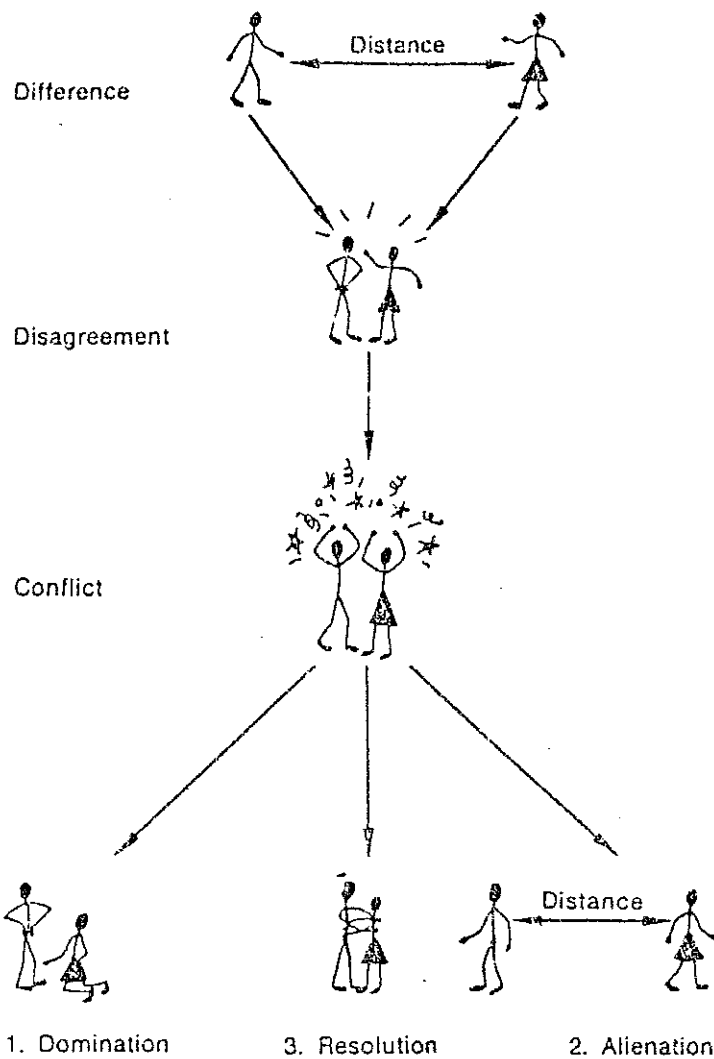
TEN WAYS TO COPE WITH CONFLICT

1. Don't avoid conflict with the silent treatment.
2. Don't save "emotional trading stamps."
3. If possible, prepare the setting for disagreement.
4. Attack the problem, not each other.
 - back up accusations with facts
 - remember to forget
 - no cracks about in-laws or relatives
 - no cracks about your mate's appearance
 - no dramatics
5. Don't throw your feelings like stones.
6. Stay on the subject.
7. Offer solutions with your criticisms.
8. Never say, "You never. . ."
9. Don't manipulate your mate with, "It's all my fault."
10. Be humble—you could be wrong.

H. Norman Wright, Leader's Guide for Use with Communication: Key to Your Marriage (Ventura, California: Regal Books, 1979), Transparency 11.

APPENDIX 27
CONFLICT RESOLUTION

CONFLICT RESOLUTION



David Mace and Vera Mace, How to Have a Happy Marriage (Nashville, Tennessee: Abingdon, 1977), p. 103.

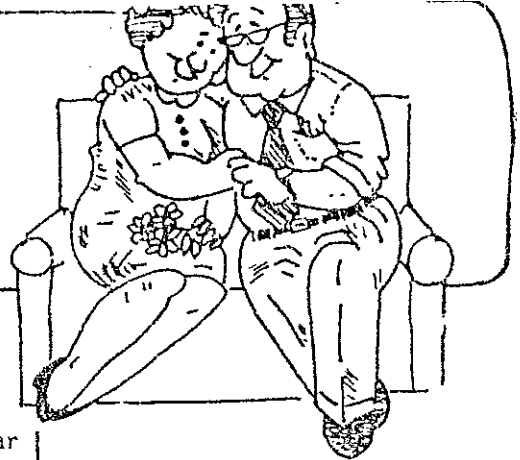
CONFLICT RESOLUTION

*"To keep
your marriage brimming
with love
in the loving cup
When you're wrong
admit it,
when you're right;
shut up."*

Ogden Nash

APPENDIX 28
ACCEPT YOUR MATE

ACCEPT your mate



I. ACCEPTANCE

- A. What acceptance involves
 - 1. Viewing your mate as a person of worth
 - 2. Liking your mate as he/she is
 - 3. Respecting his/her right to be dissimilar from you
 - 4. Allowing him/her to possess own feelings about matters
 - 5. Accepting his/her attitudes of the moment no matter how different
- B. Acceptance does not mean
 - 1. You pretend your mate is perfect
 - 2. No faults exist
- C. Acceptance means
 - 1. You recognize there are imperfections
 - 2. There are areas of change that need to be made
 - 3. But you do not concern yourself with faults
 - 4. You accept the total person--faults & all
- D. Factors affecting acceptance
 - 1. Temperament
 - 2. Moods
 - 3. Relationship to us

II, UNACCEPTANCE

- A. Common forms of unacceptance
 - 1. Criticism
 - 2. Belittling remarks
 - 3. Subtle suggestions
 - 4. Tiny hints
 - 5. Nonverbal attitudes
 - 6. Nagging
- B. The results of nagging
 - 1. It increases problems
 - 2. It kills love
 - 3. It arouses defenses
 - 4. It doesn't work

III. ATTEMPTS TO CHANGE

- A. The reason behind attempts to change another
 - 1. Self-righteous attitudes
 - 2. To build self up
 - 3. A basic principle is violated
 - 4. The heart of the Christian doctrine revolves around changing ourselves--not others!
- B. How to point out mistakes--if you must
 - 1. Learn how far you can go with your mate
 - 2. Choose the right time
 - 3. Guard your manner and tone of voice
- C. How to change your mate--if you really want to
 - 1. By changing YOURSELF
 - 2. We get caught in automatic responses
 - 3. Must break the cycle
 - 4. The axiom
 - a. We can change no one by direct action
 - b. We can change only ourselves
 - c. When we change ourselves, others tend to change in response to us

IV. DEVELOPING ACCEPTANCE

- A. The steps to acceptance
 - 1. Recognize a self-righteous attitude
 - 2. Allow mate freedom to be him/herself
 - 3. Concentrate on good points
 - 4. Express acceptance in words
- B. How to express acceptance in words
 - 1. Express appreciation for various aspects of their personality and character
 - 2. Mention specific areas where hopes and dreams are being fulfilled

Nancy Van Pelt, The Complete Marriage Workbook (Nashville, Tennessee: Southern Publishing Association, 1984), pp. 9-10.

APPENDIX 29

ACCEPTANCE:

RECOGNIZING POSITIVES

WORKSHEET ON ACCEPTANCE

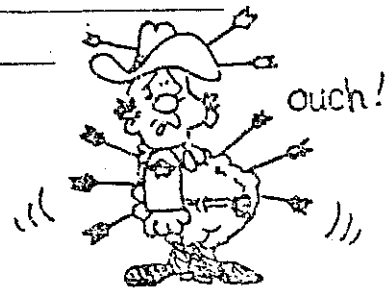
Recognizing Positives

It is so easy to find fault and concentrate on the negative traits found in our mates. Negative traits, however, are usually positive qualities misunderstood. If we could learn to recognize the positive aspects in the negative traits it would help us to accept our mates as they are. Below is a list of common negative traits. In the column provided write the positive quality of the misunderstood trait.

Instead of saying...	Say...
Example: INDECISIVE	<u>flexible, adaptable</u>
OVERBEARING	_____
NOSEY	_____
INSULTING	_____
MISERLY	_____
OUTSPOKEN	_____
STUBBORN	_____
PUSHY	_____
INDIFFERENT	_____
BRAGGART	_____
WITHDRAWN	_____

A Few Key Questions

1. Do you spend more time criticizing your mate in your mind than you do looking at his/her strong points?
2. Does your mate do things that bother you so much that you feel you have to tell him/her about it?
3. Do you talk about your mate in a derogatory manner behind his/her back?
4. Do you have standards for your mate that you can't live up to yourself?
5. Do you pressure your mate to conform to your standards so you can accept him/her easier?



Nancy Van Pelt, The Complete Marriage Workbook (Nashville, Tennessee: Southern Publishing Association, 1984), p. 11.

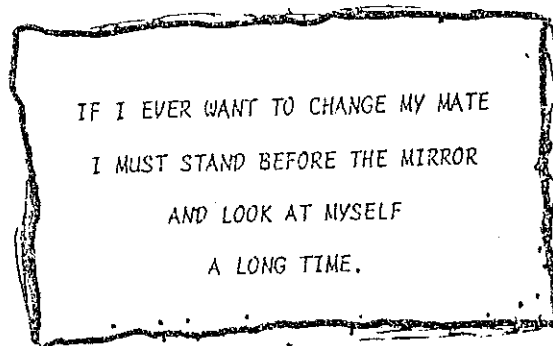
Worksheet on Acceptance

- Express acceptance of your mate in words. Practice what you might say by writing it here. _____

- Choose one trait in your spouse that causes you irritation and determine to raise your tolerance level toward it. Record that trait here: _____ Date _____
Check back in a few weeks to see if you are moving toward your goal.
- Memorize Philippians 4:8, 13; and 2:13 - 15.
- Carefully select one change you want to see God make in your life this week. Write the change here with the date. Date _____
Change desired _____

Promise claimed _____

Date of answer _____
- Cut out or copy the statement below and put it in a spot where you will see it a number of times this week.



Nancy Van Pelt, The Complete Marriage Workbook (Nashville, Tennessee: Southern Publishing Association, 1984), p. 15.

APPENDIX 30

ACCEPTANCE THROUGH APPRECIATION AND PRAISE

APPRECIATE your mate



I. APPRECIATION

- A. A Man's Need for Admiration
 - 1. Physical qualities
 - a. physique, masculine qualities
 - b. skills in sports, masculine clothing
 - 2. Mental qualities
 - a. achievements, skills, abilities
 - b. devotion to job, aggressiveness
 - 3. Spiritual qualities
 - a. high standards, aspirations
 - b. noble deeds, sense of honor and duty
- B. A Woman's Need for Appreciation
 - 1. For her contributions to home
 - 2. Reassurance of attractiveness
 - 3. Demonstration of romantic attentions

II. HOW TO DEVELOP APPRECIATION

- A. Study your mate
- B. Look at your mate
- C. Listen to your mate

III. EXPRESSING APPRECIATION

- A. How to Express Appreciation
 - 1. Express it verbally
 - 2. Identify a specific quality
- B. The Effects of Appreciation
 - 1. It changes behavior
 - 2. It reinforces a positive self-image

Nancy Van Pelt, The Complete Marriage Workbook (Nashville, Tennessee: Southern Publishing Association, 1984), p. 17.

Pass the Praise

(A plan of action for him)

To a woman the magic of a present is in the joy of the surprise and anticipation, more than in the contents of the package. Make your gifts inexpensive, but personal. It's the spark of insight on your part that will do the trick. By what you choose, she knows you have noticed what she likes or needs. And more than anything, that's what communicates your love.

No. 1: SAY IT WITH FLOWERS. Stop by the florist and pick up a single long stemmed rose for her. Present it at the door or at dinner with the comment, "I thought of you today and just wanted to say, "I LOVE YOU."

No. 2: CALL HER THREE TIMES THIS WEEK FOR NO OTHER REASON THAN TO SAY "I LOVE YOU AN AM GLAD I'M MARRIED TO YOU."

No. 3: MAKE YOUR OWN ANNIVERSARY OR BIRTHDAY CARD RATHER THAN BUYING ONE. No matter how crude it is it will be guaranteed a cherished place in her memory and scrapbook.

Remember, the magic of gift giving is that you thought of and cared about her when you weren't supposed to. Put some "days to remember" on your calendar over the next six months and give often. You'll love what happens to her and YOU!

Now list some specific and creative ways you can express appreciation to your wife.

1. _____
2. _____
3. _____
4. _____
5. _____



Nancy Van Pelt, The Complete Marriage Workbook (Nashville, Tennessee: Southern Publishing Association, 1984), p. 19.

Pass the Praise

(A plan of action for her)

You have spent some time thus far attempting to change negative attitudes into more positive ones as well as dwelling on your husband's admirable qualities. Now let's plan some ways of "PASSING THE PRAISE." Here are a few ideas to get you started:

No. 1: HOLD AN ELECTION. TELL YOUR MAN HE HAS JUST BEEN VOTED "HUSBAND OF THE YEAR BY YOU AND THE CHILDREN.

No. 2: BUY A CONTEMPORY CARD THAT EXPRESSES HOW YOU FEEL ABOUT HIM AND SEND OR GIVE IT TO HIM.

No. 3: COMPLIMENT HIM ON HIS BRAINS, HIS LOOKS, HIS ABILITIES, HIS FATHERING, HIS CONVERSATION, OR ANYTHING HE DOES WELL.

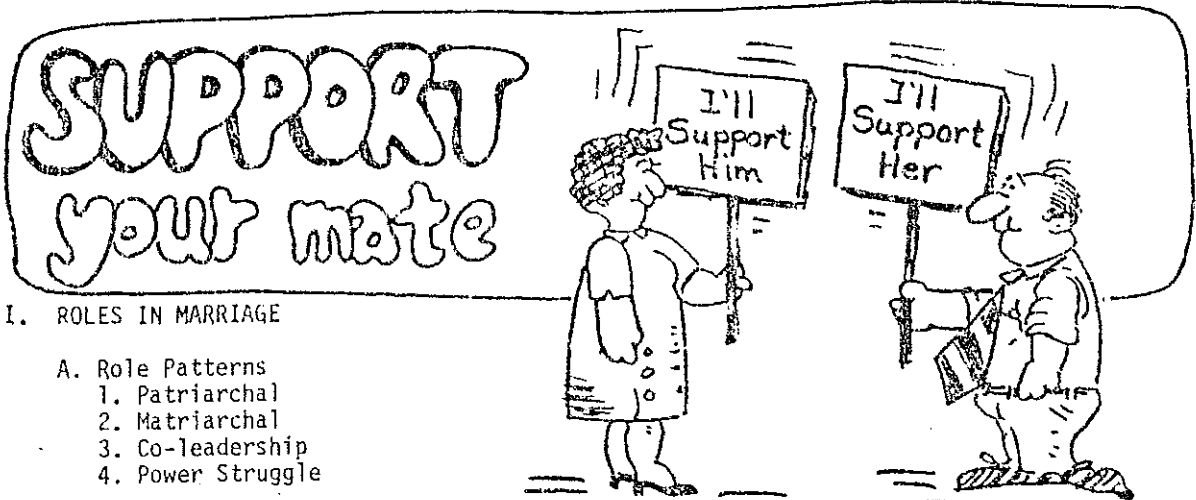
Now you're on your own. List specific and creative ways you can express appreciation to your man.

- | | |
|----------|----------|
| 1. _____ | 3. _____ |
| _____ | _____ |
| 2. _____ | 4. _____ |
| _____ | _____ |
| _____ | 5. _____ |
| | _____ |
| | 6. _____ |
| | _____ |



Nancy Van Pelt, The Complete Marriage Workbook (Nashville, Tennessee: Southern Publishing Association, 1984), p. 20.

APPENDIX 31
ROLE ADJUSTMENT



I. ROLES IN MARRIAGE

- A. Role Patterns
 1. Patriarchal
 2. Matriarchal
 3. Co-leadership
 4. Power Struggle

B. The Missing Link

II. MUTUAL SUBMISSION

- A. Definition
 1. Each partner submits to the other at times
 2. Each partner recognizes individual competencies
 3. Each partner demonstrates a willingness to adapt during conflict
 4. Both are equal partners
 5. Both give and take

III. THE SUPPORTIVE RELATIONSHIP

- A. Definition
 1. Based on "mutual submission"
 2. Both partners give up power and control
 3. Both are willing to negotiate and adjust differences
 4. Husband will lead in some areas because of individual competencies
 5. Wife will lead in some areas because of individual competencies
 6. Both partners agree that husband assumes over-all leadership in accordance with Scriptures
- B. The Supportive Husband
 1. Understands wife's position
 2. Offers supportive leadership
 - a. instigates family policies
 - b. divides family tasks
 - c. leads in decision making
 - d. calls family conferences
 - e. makes personal decisions
 3. Problem Areas
 4. Spiritual Leadership
 5. Protective Leadership

- C. The Supportive Wife
 - 1. Submission is not
 - a. being a doornat wife
 - b. helpless dependency
 - c. servility
 - d. blind obedience
 - 2. Submission is a willingness to adapt one's rights to those of another
 - a. a positive inner attitude
 - b. respectfulness
 - 3. Difficult Situations
 - a. the husband unworthy of respect
 - b. the weak leader
 - c. the nonchristian husband
- D. The Benefits of a Supportive Relationship
 - 1. Peace
 - 2. Closeness
 - 3. Growth of wife
 - 4. Growth of husband
 - 5. Children learn respect
 - 6. Society benefits when home is in order

Nancy Van Pelt, The Complete Marriage Workbook (Nashville, Tennessee: Southern Publishing Association, 1984), pp. 41-42.

APPENDIX 32
WHO DOES WHAT

WHO DOES WHAT ?

- 1 Strongly agree
- 2 Mildly agree
- 3 Not sure
- 4 Mildly disagree
- 5 Strongly disagree

After marriage you will be involved in an endless number of activities and responsibilities that will require task assignments. It is imperative that you deliberately and mutually develop guidelines for determining roles and responsibilities in the husband-wife relationship. Read each of the following statements carefully. Respond to the statements according to the scale of 1 to 5 as shown at the left. Circle the appropriate number for each statement. Share your responses with your partner.

- | | | | | | |
|---|---|---|---|---|--|
| 1 | 2 | 3 | 4 | 5 | 1. The husband is the head of the home. |
| 1 | 2 | 3 | 4 | 5 | 2. The wife should not be employed outside the home. |
| 1 | 2 | 3 | 4 | 5 | 3. The husband should help regularly with the dishes. |
| 1 | 2 | 3 | 4 | 5 | 4. It is all right for the wife to initiate love-making with her husband. |
| 1 | 2 | 3 | 4 | 5 | 5. The husband and wife should plan the budget and manage money matters together. |
| 1 | 2 | 3 | 4 | 5 | 6. Neither the husband nor the wife should purchase an item costing more than \$30 without consulting the other. |
| 1 | 2 | 3 | 4 | 5 | 7. The father is the one responsible for disciplining children. |
| 1 | 2 | 3 | 4 | 5 | 8. A wife who has special talent should have a career. |
| 1 | 2 | 3 | 4 | 5 | 9. It is the wife's responsibility to keep the house clean. |
| 1 | 2 | 3 | 4 | 5 | 10. The husband should take his wife out twice a month. |
| 1 | 2 | 3 | 4 | 5 | 11. It is the husband's job to do the yard work. |
| 1 | 2 | 3 | 4 | 5 | 12. The wife is just as responsible for the children's discipline as the husband. |
| 1 | 2 | 3 | 4 | 5 | 13. Children should be allowed to help plan family activities. |
| 1 | 2 | 3 | 4 | 5 | 14. Money that the wife earns is her money. |
| 1 | 2 | 3 | 4 | 5 | 15. The husband should have at least one night a week out with his friends. |
| 1 | 2 | 3 | 4 | 5 | 16. The wife should always be the one to cook. |
| 1 | 2 | 3 | 4 | 5 | 17. The husband's responsibility is to his job and the wife's responsibility is to the home and children. |

Nancy Van Pelt, The Complete Courtship (Nashville, Tennessee: Southern Publishing Association, 1984), p. 61.

APPENDIX 33

DECISIONS

DECISIONS

DECISIONS

DECISIONS

Who should make the decisions in marriage? The person best qualified? Who determines who is best qualified? In the following exercise which has been adapted from "Before You Say 'I Do'" write the percentage of influence you feel you should each have in the choices listed below. The total for each decision must always total 100 %. After each partner has completed the list exchange workbooks and discuss the results giving reasons for each decision.

EXAMPLE:	HER VOTE	HIS VOTE
Choice of home	_____	_____
Choice of furniture	_____	_____
Choice of own clothes	_____	_____
Choice of how to spend vacation time	_____	_____
Choice of who will pay the bills	_____	_____
Choice of mutual friends	_____	_____
Choice of leisure time activities	_____	_____
Choice of church	_____	_____
Choice of discipline methods for children	_____	_____
Choice of television programs	_____	_____
Choice of who will prepare meals	_____	_____
Choice of size of family	_____	_____
Choice of who will shop for food	_____	_____
Choice of his life work	_____	_____
Choice of her life work	_____	_____
Choice of how money is spent	_____	_____
Choice of car	_____	_____
Choice of when to eat out	_____	_____
Choice of when to visit her parents	_____	_____
Choice of what time to retire	_____	_____

Nancy Van Pelt, The Complete Marriage Workbook (Nashville, Tennessee: Southern Publishing Association, 1984), p. 45.

APPENDIX 34

PLANNING FAMILY RESPONSIBILITIES



The following chart will help you do just that. In the column on the left list all family responsibilities. To the right put the first initial of the mate to which the category applies.

Nancy Van Pelt, The Complete Marriage Workbook (Nashville, Tennessee: Southern Publishing Association, 1984), p. 46.

APPENDIX 35
EVALUATION SURVEY SHEET

EVALUATION SURVEY SHEET

What feelings did you have about coming to the workshop? (tick)

- ☐ Apprehensive
- ☐ Excited
- ☐ Glad of the opportunity
- ☐ Pleased someone had taken an interest
- ☐ Inquisitive
- ☐ Threatened
- ☐ Others _____

Tick which activities you thought were useful.

- ☐ Nature of communication
- ☐ Non-verbal communication
- ☐ Levels of communication
- ☐ Listening for feelings
- ☐ Active listening skills
- ☐ "I" messages
- ☐ Reasons for conflict
- ☐ How to solve conflict
- ☐ Personality profile

Place a cross (x) alongside activities that should be deleted.

Place a tick (✓) alongside the area that was most helpful to you.

- ☐ Communication
- ☐ Conflict
- ☐ Acceptance
- ☐ Roles

Comment on the usefulness of and your reactions to the workshop.

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