9 Areas of Marriage

According to Everett L. Worthington Jr in his book Hope-Focused Marriage Counseling, there are 9 different areas of marriage. Here you will become aware of these areas and begin to identify the strengths and weaknesses in your own marriage. Not only do I want you to identify them but challenge you to mark them accordingly and begin to make positive changes in your marriage. Let’s get started.

1. **Central Beliefs and Values**
   Things that you think are true are your beliefs and things that you feel are important are values. It is important to identify your beliefs and your values. For example, you may be a Christian but you may not value it. John 13:35 states “By this everyone will know that you are My disciples, if you have love for one another.”

2. **Core Vision**
   Core Vision is made up of 3 parts: the perception of marriage, way marriage really is and way a person thinks the marriage should be. In Ephesians 4:15, 22-24, God shows us how to have an ideal marriage by changing our own behavior from our old ways to new ways in Christ.

3. **Confession/Forgiveness**
   Hurt will happen in a marriage; the question is when and how will they handle it. Reconciliation is a big part of rebuilding trust; trust is built by both parties showing trustworthy behavior. Matthew 6:14, Jesus says “if you forgive men their trespasses your heavenly Father will also forgive you.”

4. **Communication**
   Love plays a big part in ones communication. Ephesians 4:15 states “we are to speak the truth in love”. There are many components to communication issues in a relationship. Other aspects are misunderstandings, poor communication styles and/or imbalances of marital power.

5. **Conflict Resolution**
   Conflict has to do with who is right and who is wrong. In conflict resolution, people feel unloved and devalued. Helping them process through the situation and come up with a solution through compromise is important.

6. **Cognition**
   In this area, one will need to change four things about their thinking regarding the relationship. The four areas are negativing think, blaming others, expectations about future, and assumptions. Proverbs 23:7 (KJV) states “what a man thinketh, he is”. It is important to be mindful of our thinking.

7. **Closeness**
   Couples need to have a balance of distance, coaction and intimacy. Distance is doing things alone; coaction is doing things with another person but without intimacy; intimacy is doing things that promote unity or bonding.

8. **Complicating Factors**
   These complicated factors include but are not limited to affairs, drugs and alcohol, physical and or emotional abuse, additions, emotional or psychological issues. These will need to be addressed in order for the other areas to work effectively.

9. **Commitment**

If you identified any of the above areas as a weakness, it means that you have areas that you can improve on in your marriage.

We would be honored to help you work on and grow in these areas. All you have to do is give us a call at 817-614-1488 or go on-line at www.restorecounselingcenter.org to make an appointment with one of our counselors.


All Scripture is NKJV except where noted.