



Intentional Relationships and the Art of Marriage

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Choosing and Growing a relationship



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LESSON #9 EXTRA

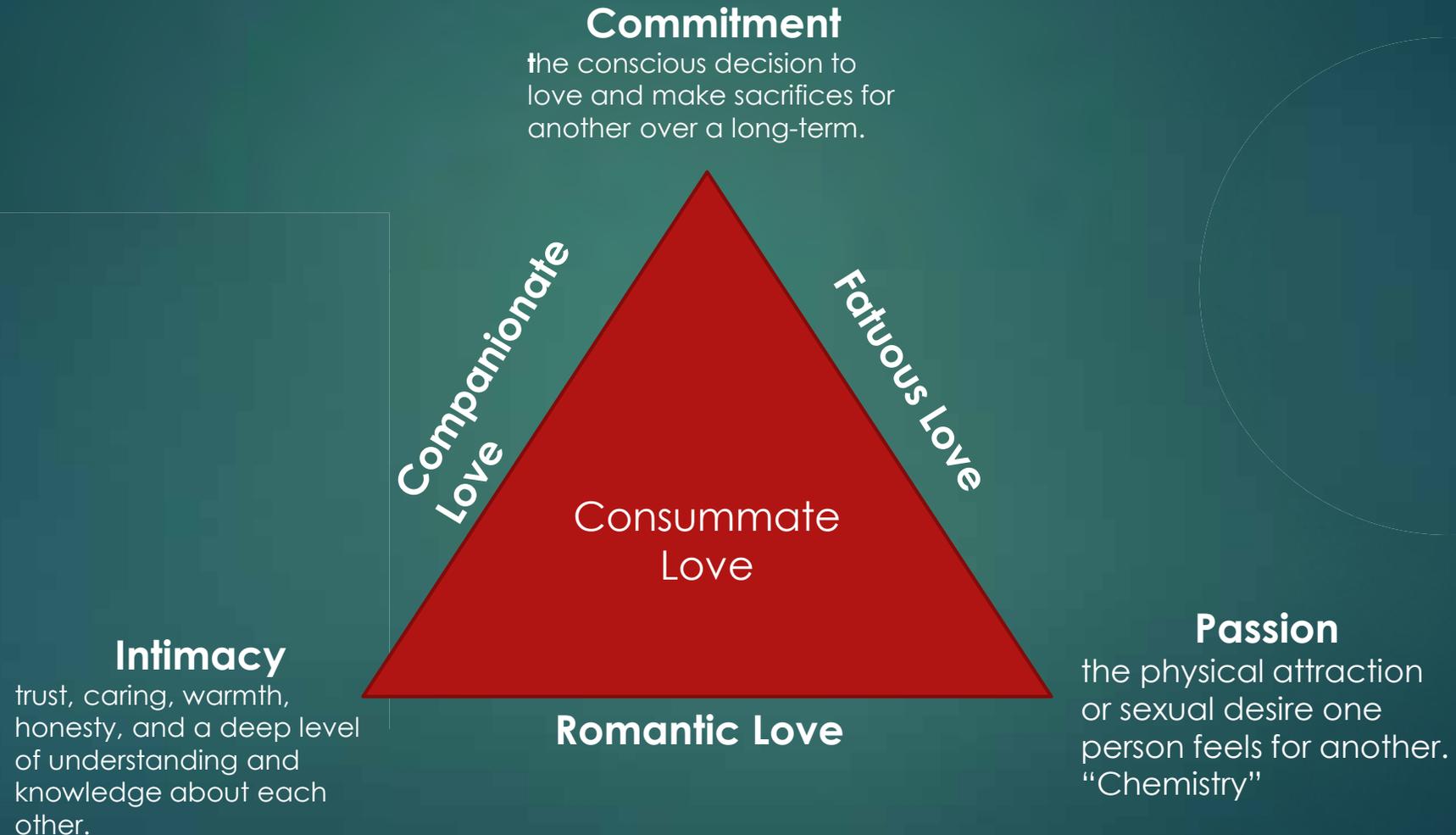


James E.
Faust

“Our loyalty to our
eternal companion
should not be merely
physical, but mental
and spiritual as well.

(Enriching Your Marriage, April 2007,
Ensign)

Sternberg's Triangle Theory of Love



Commitment Development

A Growing Desire to Make a Permanent Relationship

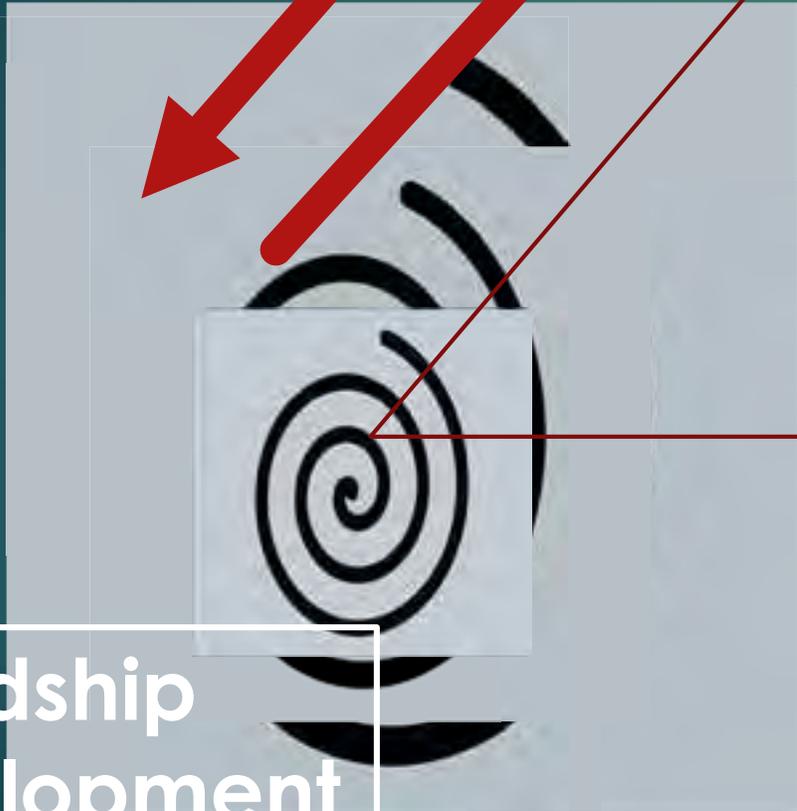
Friendship Development

Learning about each others' character, qualities, desires, and possibilities

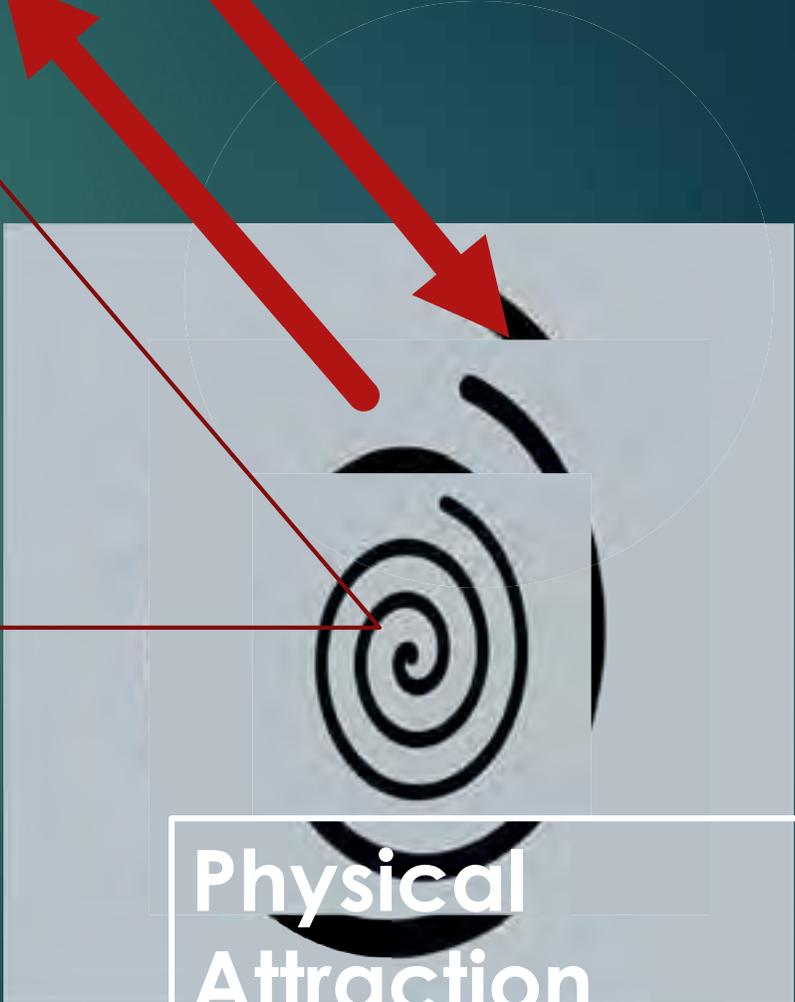
Physical Attraction

Developing Physical Chemistry. Using physical affection to strengthen the relationship

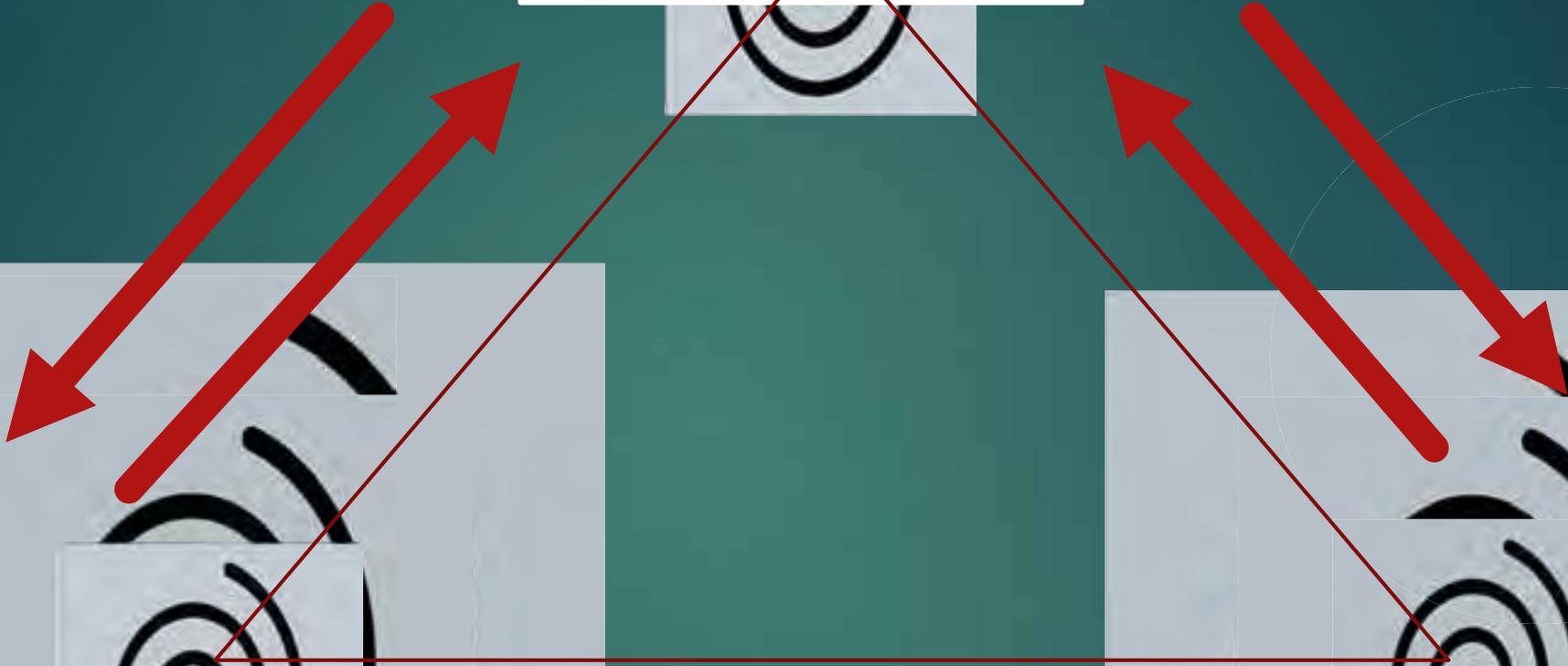
**Commitment
Development**



**Friendship
Development**



**Physical
Attraction**



Why do we always ask those married for 50 years, “How did you do it.” As if, relationships climax at the marriage altar and then we try to Hold on until death.

The day you get married should be the worst day of your marriage, with each day just getting better. Or in positive terminology, each day of marriage should be “The Best So Far!”





How do you “Develop”
Your Friendship?

Doing things together....

- ▶ “It is when we are doing things together that friendship springs up – painting, sailing ships, praying, philosophizing, and fighting shoulder to shoulder. Friends look in the same direction.” CS Lewis





Friendship
Development Requires
Communication
(talking)



What Are the Possibilities When You are Communicating?

Genesis 11:

6 And the LORD said, Behold, the people is one, and they have all one language; and this they begin to do: and now nothing will be restrained from them, which they have imagined to do.



What Happens When you Can't or Don't Communicate

Genesis 11:

7 Go to, let us go down, and there confound their language, that they may not understand one another's speech.

8 So the LORD scattered them abroad from thence upon the face of all the earth: and they left off to build the city.



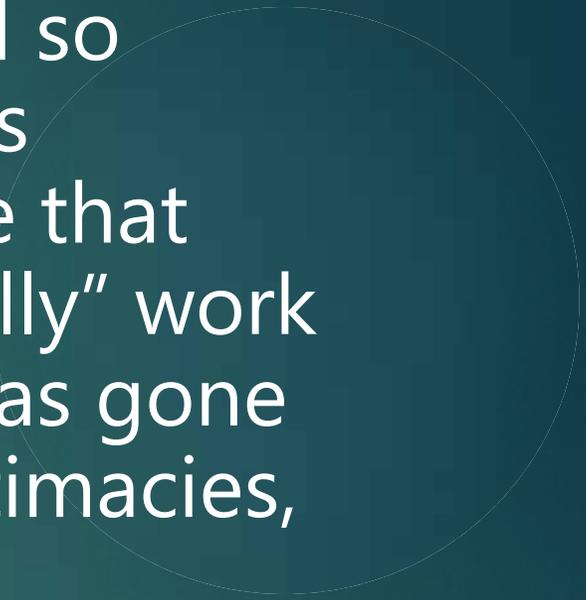


How do you “Develop”
Your Sexual Relationship?

Doing things together....

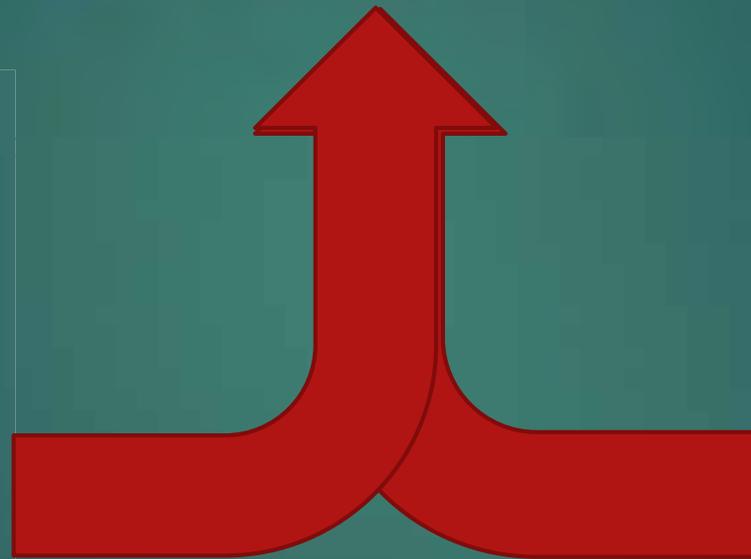
- ▶ “It is when we are doing things together that friendship springs up – painting, sailing ships, praying, philosophizing, and fighting shoulder to shoulder. Friends look in the same direction.” CS Lewis



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- ▶ To be able to know each other physically, couples need to talk together about the physical dimensions of their relationship. Partners who feel free to discuss finances, discipline, recreational activities, and so forth, often feel uncomfortable discussing this intimate subject. And they sometimes assume that their intimate relationship should just “naturally” work out and that to discuss it means something has gone wrong. This is simply not true. While these intimacies, because of their sacred nature, should not be discussed with friends or other relatives, it is totally appropriate to discuss them with a marriage partner. – Brent Barlow, LDS professor

Communication is the Only Way Two Separate Backgrounds and Personalities Can Become One

Traditions of Her Family



Traditions of His Family

