

MY COMPREHENSION OF THE COURSE CONTENT

A Research Paper
Submitted to
Professor Randy Tomlin
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In Partial Fulfillment
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LFCH 520: Marriage Coaching

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Introduction

My comprehension of the course content and how I would apply it to my work in the field of marriage coaching would assist me in helping my clients better understand their relationship with each other.

The first part of this course gives the differences between Counseling and Coaching, where counselors deal in a professional setting requiring a higher educational background and coaches do not. Trained counselors work with past issues and problems found in a relationship that can cause many problems hindering positive growth in it. Life coaching deals with a positive perspective on what the client or clients wish to accomplish reaching the goals they are desiring. Taking down on paper what the goals may be can give a guideline in working towards it.

The second part are the seven desires of the heart giving the needs of each individual in the relationship. Many times couples tend to struggle with the part where two should become one. They sometimes bring bad habits with them and ignore the feelings of the other. This self fullness behavior is a growing process in their life and they have to learn they now have a another person to take in consideration including the building of their marriage. There are four desire areas important to consider in becoming that unit of one as a couple. Emotional, physical, sexual, and spiritual these can have a dynamic affect in how the couple needs to become aware that the other may be feeling about. An example may be how the man would desire his wife to be during sex and she may have another, usually an emotional and intimate time together. Another important desire individuals may have is the desire to be heard during any topic which can sometimes dominate the conversation with opinions and a personal thought, not always the right one. This can also be escalated to a criticism of the others opinion cause the weaker of the two to shut down and become humble meek person who becomes afraid to speak their mind. With proper coaching these traits of conversation can be an eye opener for some who do not know they are the ones who may be responsible for the lack of communication happening.

The third part deals with differences in personality traits and how it can affect the marriage. Every person alive are as different as night and day because God made us to do different things and so we all feature different gifts and talents.

1 Corinthians 12:14-31 "Even so the body is not made up of one part but of many. Now if the foot should say, "Because I am not a hand, I do not belong to the body," it would not for that reason stop being part of the body. And if the ear should say, "Because I am not an eye, I do not belong to the body," it would not for that reason stop being part of the body. If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? But in fact God has placed the parts in the body, every one of them, just as he wanted them to be. If they were all one part, where would the body be? As it is, there are many parts, but one body.

The eye cannot say to the hand, "I don't need you!" And the head cannot say to the feet, "I don't need you!" On the contrary, those parts of the body that seem to be weaker are indispensable, and the parts that we think are less honorable we treat with special honor. And the parts that are unpresentable are treated with special modesty, while our presentable parts need no special treatment. But God has put the body together, giving greater honor to the parts that lacked it, so that there should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.

Now you are the body of Christ, and each one of you is a part of it. And God has placed in the church first of all apostles, second prophets, third teachers, then miracles, then gifts of healing, of helping, of guidance, and of different kinds of tongues. Are all apostles? Are all prophets? Are all teachers? Do all work miracles? Do all have gifts of healing? Do all speak in tongues? Do all interpret? Now eagerly desire the greater gifts." (NIV)

Couples need to understand that each personalities have certain traits. The leader is the lion (Choleric)

and he or she tends to take charge of an issue. The otter (Sanguine) is the one everyone wants to be

around the talker and fun but can be a scatter brain and forgets individuals by their name. Now the

golden retriever is the loyal one (Melancholic) who is compassionate and sensitive (very emotional).

The last but not least is the beaver (phlegmatic) the detailed and reliable they typically are the ones who

are relaxed, peaceful, quiet, and easy-going. Most individuals have more then one trait but one usually

tends to stand out among the others as their personality. Understanding these traits his or her significant

other has can make understanding how they may react to a situation more apparent.

Fourth deals with working on a marriage with a plan to overcome weak spots in it and building a strong relationship with each other. Creating goals is the road map in getting to the final area in a relationship where a couple wants to achieve. To do this takes hard work and the couple must persevere if they are going to be successful in reaching that destination. They need to learn to be consistent and accountable if they want to grow in a positive result.

Fifth every couple wants to be financially secure but do not know how to get it. Most couples have two different money habits learned from their past. One is the saver who plans and sets positive and

realistic goals. The other is the spender who typically buys compulsively in the moment and not thinking of tomorrow. These two habits usually and eventually butt heads and are the cause of many arguments and fights because they don't know how to make compromises on what to do with their money. Because this is a real issue in most marriages the couples tend not to talk about money to protect themselves from a potential brawl with each other.

Conclusion

To build a stronger and better marriage any couple must learn about their counterpart so the marriage can grow in a positive direction and they learn to understand the others fears, desires, strengths and weaknesses allowing the other partner a secure feeling of success.