

SPRING 2020

ENNEAGRAM + MARRIAGE

SEASONS OF MARRIAGE FREEBIE

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Seasons of Marriage

Early marriage, couples often approach their spouse with eyes of hope and excitement for how their spouse will heal their deepest wound. This isn't a bad approach, since often in marriage we do help one another to heal.

However, when we expect our spouse to heal all of our wounds—most of which started long before they entered the picture—we are let down. Instead, use this seasons of marriage guide to find your type and to remember this.

Your wounds are not your fault but it is your personal responsibility to find healing.

- Christa Hardin

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Type 1

What they tell themselves:

In early marriage: "I have found a good person who will be my teammate, I will fix any of their flaws over time, they have great potential."

In middle marriage: "I am angry with them because I have found them to be lacking the drive and morals I need them to have."

In later marriage: "I love them for who they are, I give them grace, and myself grace, for where we fall short."

WHAT RELATIONSHIP STAGE DO YOU THINK YOU'RE IN? BEGINNING/HONEYMOON, MIDDLE, OR LONG TERM?

WHAT MINDSET AND ACTION STEPS WILL HELP YOU TO NAVIGATE THIS SEASON BETTER CONSIDERING YOUR UNIQUE STORY?

WHAT STEP WILL YOU TAKE TODAY?

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Type 2

What they tell themselves:

In early marriage: "They will make me feel worth it."

In middle marriage: "They have not shown me I am worth it. I must manipulate them."

In later marriage: "I am worth it whether they realize it fully or not, I have learned my own value and to find healthy friends who can fill in the gaps of traits my spouse does not possess."

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Type 3

What they tell themselves:

In early marriage: "I will show them I can dazzle them with my performances for us and they will love me."

In mid-marriage: "They are not impressed even after all I've done and I will find someone else who will be impressed and appreciative."

In later marriage: "My spouse loves me even when my performance is down, I have learned who I really am underneath all of that, too"

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Type 4

What they tell themselves:

In early marriage: "They will make me feel I am special and beloved."

In mid-marriage: "They have not always made me feel that way, I remember when they let me down and dwell on that loss."

In later years: "I am special whether they see it or not and we still have a special and blessed connection."

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Type 5

What they tell themselves:

In early years: "They will find my knowledge and resourcefulness enough."

In mid-years: "They are asking too much, more than I can give, I will retreat."

In later years: "I can set healthy boundaries when I'm truly spent and be brave when I have the strength."

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Type 6

What they tell themselves:

In early years: "They will be loyal and I will be able to trust them."

In middle years: "They let me down, I must coerce and if that doesn't work, find someone else to lead me."

In later years: "They really are there for me in the big things, they are my person after all, and I have found I can trust me."

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Type 7

What they tell themselves:

In early years: "They will be able to make me happy."

In mid-years: "They are sad or angry with me, and don't fill that need, therefore I will escape into a happy place."

In later years: "We can't always make each other happy but I can slow the frenetic pace, face my pain about this, and enjoy much of life together with them."

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Type 8

What they tell themselves:

In early marriage: "They will accept my influence and have my back, too."

In mid-years: "They were disloyal to my influence - I don't need their allegiance to find goodness and love in marriage."

In later years: "I can love them even though they have let me down in one way or another."

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Type 9

What they tell themselves:

In early years: "They will empower me, move me, and always hear me."

In mid-years: "I am still and always will be unseen by them."

in later years: "I can find my own voice and show them grace even when they miss me, I can be loud if I need to be.."

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Meet Christa

CEO OF ENNEAGRAM + MARRIAGE

After nearly 20 years of working with couples, I started Enneagram + Marriage to share my love of marriage work with the world through social media and my podcast!

It's amazing to have my dream come true--and I don't take that lightly. I continue to be inspired by the brave couples and individuals who I am privileged to work with and love helping them to cross the finish line of their dreams again and again.

I am so thankful for my roots from EMU, Wheaton College, and AACC, where I have majored in communication (Bachelor's Degree, EMU), psychology (Bachelor's Degree, EMU), Clinical Psychology (Master's degree, Wheaton) and coaching (AACC).



E + M Podcast

You can listen to a brand new episode of the *Enneagram + Marriage Podcast* every Monday morning on Spotify, Apple, Stitcher and Castbox



@enneagramandmarriage
@enneagrammarriagepodcast

CONTACT US:

(941) 301-8420
info@reflectionscc.com

