

## Week Six

### Ingredients For Safety In Marriage

What are the three types of safety that are necessary for a great marriage?

1. **Safety in connection** - This is feeling emotionally safe and knowing that you will be supported and accepted. For example, this allows a spouse to speak openly and thoroughly about significant issues.
2. **Personal safety** - This is feeling safe from physical harm or intimidation. Personal safety is crucial, and commitment when there is ongoing danger should be avoided. Please check with someone on staff if you or an acquaintance are at risk.
3. **Safety in commitment** - This is feeling secure in the knowledge that you mutually support each other, work as a team, and have a clear future together.

Since the time of Adam and Eve, mankind has longed for greater acceptance and a deeper connection with others. In one of life's great paradoxes, however, our current culture has disconnected that desire from what actually provides it - true commitment. Please note soaring cohabitation rates, lower rates of marriage, surging numbers of babies born into single-parent homes, and increased divorce rates over the last 50 years.

Please check with me if you have questions.

Next week: The Two Types of Commitment.