



MISSION BASED MARRIAGES

Making Marriages Military Strong

Presented by Military & Family Life Counselors

OBJECTIVES

Participants will learn:

- How to create a marriage with a clear vision and plan for where it's going
- Key ingredients for creating a mission based marriage
- How to create marital armor to protect the marriage



AGENDA

- Vision and Mission
- Marriage on a Mission
- Key Ingredients
- Mission Acceptance
- Carrying Out the Mission
- Mission Threats
- Marital Armor
- Mission Control: We Have a Problem
- Coordinating Missions
- Stay the Course



VISION & MISSION

- **Vision:** Picture the future of your marriage...what you want to create?
- **Mission:** Define the beliefs and values that give meaning and direction to your marriage



MARRIAGE ON A MISSION WILL:

- Make exactly clear what your family does and where it's going.
- Enable everyone involved in the family to share and understand the mission and their part in fulfilling the mission.



KEY INGREDIENTS

- Brief description of what you do (an important anchor for marriage)
- Vision of what you want to become
- Philosophies and values that will characterize your actions
- Key strategies for reaching goals
- What distinguishes you from other couples



MISSION ACCEPTANCE



CARRYING OUT THE MISSION

- Commitment
- Volunteer
- Communication Language
- Personal and Partner Awareness
- Battle Buddies
- Be Creative and Flexible
- Always ask...What will keep my family safe?



MISSION THREATS

- Bringing up several issues at a time
- Changing the subject with counter accusations
- Mind reading
- Suggesting the other is being unreasonable
- Exaggerating or keeping score
- Blaming, shaming, name-calling
- Not handling disagreements as a team
- Power and Control Issues
- Not being completely committed to the long-term

“Difficult problems cannot be solved by the same level of thinking that created them.” - Albert Einstein



MARITAL ARMOR

- Be Friends
- Loyalty and Honesty
- Creating a safe and calm home environment
- Take fun time...PLAY
- Having safe and consistent talk time (**daily** or weekly)
- Stay in the present, learn from the past, and work towards the future.
- Assume the positive
- Acknowledge your partner's point of view



MISSION CONTROL: WE HAVE A PROBLEM

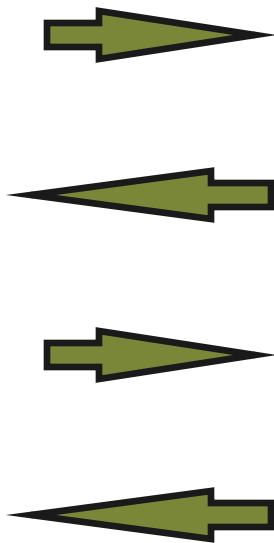


All couples have problems

- Money
- Sex
- Parenting
- In-laws
- Communication
- Illness
- Cultural clashes
- Leisure activities
- Alcohol/drugs
- Religion
- Careers
- Housework



COORDINATING MISSIONS



COORDINATING MISSIONS

CONTINUED

- Social Support
- Roles
- Control
- Talk About the “Stuff”
- Loyalty
- Assess Each Other’s Need for Help



STAY THE COURSE

“Nature gave men two ends- one to sit on, and one to think with. Ever since then man’s success or failure has been dependent on the one he use the most.”

- George R. Kirkpatrick



SUMMARY

- A marriage on a mission will clarify your goals and give you direction
- Key ingredients of a mission include: a clear vision of what you want to become, designates what distinguishes you from other couples, provides strategies for reaching goals
- Creating marital “armor” includes: Creating a safe and calm home environment, planning fun time...PLAY, having safe and consistent talk time (**daily** or weekly)





QUESTIONS?



RESOURCES

- Military Community Services
- Chaplain and Local Clergy
- Military OneSource (800) 342-9647
- TRICARE www.Tricare.mil
- Behavioral Health Services



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THANK YOU