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:** 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
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
All couples have problems

- Money
- Sex
- Parenting
- In-laws
- Communication
- Illness
- Cultural clashes
- Leisure activities
- Alcohol/drugs
- Religion
- Careers
- Housework
COORDINATING MISSIONS
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• Social Support
• Roles
• Control
• Talk About the “Stuff”
• Loyalty
• Assess Each Other’s Need for Help
“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)
RESOURCES

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

- www.battlemind.org
- www.longdistancecouples.com
THANK YOU