

SAMPLE OF UNHEALTHY COMMANDMENTS

I - Listening

- They didn't listen. Listening is not important.
- Listen to defend or rebut or appease.
- Nonverbal communication is unimportant (e.g. body language, facials, tone of voice).

II - Empathy

- Make sure you are understood first before understanding others.
- Avoid the uncomfortable feelings of others.
- Do not show empathy when you disagree.

III - Anger, Sadness, Fear, Hurt

- Anger is to be stuffed or exploded.
- Do not express sadness, fear and hurt.
- Don't be vulnerable.

IV - Affection (Touch and Words)

- Touch and words are not necessary to communicate love.
- Don't say "I love you" or offer appropriate touch.
- Don't expect or demand physical touch or emotional connection.

V - Conflict

- Avoid conflict at all costs
- Don't get people mad at you
- Loud, constant fighting is normal

VI - Forgiveness

- Hold grudges and resentments if someone hurts you.
- Avoid people who hurt you.
- Get even or seek revenge when people hurt you.

VII - Sex

- Sex is dirty and not to be talked about.
- Expect sexuality in marriage to come easily and naturally.
- Sex is okay as long as you love the person.

VIII - Children

- Children are to be seen and not heard.
- Children are to obey their authorities without question.
- Children come before a marriage.

IX - Marriage and Singleness

- Don't expect marriage to be a taste of heaven.
- Life for a single person begins when they marry.
- A good marriage should not be a lot of work.

X - Husbands/Wives Roles

- Husbands are to make the major decisions and wives are to follow.
- Husbands are the breadwinners; wives are to take care of the home.
- Husbands and wives are responsible for each other's happiness.

HEALTHY, BIBLICAL COMMANDMENTS

I - Listening

- Listen to explore, understand and join.
- Be slow to speak and quick to listen.
- Listen well in order to love others.

II - Empathy

- Take time to deeply understand other people's internal experience.
- Show empathy to show love.
- Do not be afraid to listen deeply when you are not in agreement.

III - Anger, Sadness, Fear, Hurt

- Feel all your emotions; you are a human being.
- Share emotions for communion with significant others.
- Explore the hurts and fears behind your anger and sadness.

IV - Affection (Touch and Words)

- Communicate your love through word and touch to give life to others.
- Enjoy the gift of appropriate touch and kind words from significant others.
- Respect the boundaries of others.

V - Conflict

- Disrupt false peace for true peace.
- Do not "dirty fight," but learn to fight cleanly.
- Respectfully negotiate differences, treating others the way we want to be treated.

VI - Forgiveness

- Repair and reconcile ruptured relationships in as far as possible for your part.
- Freely forgive as you have been freely forgiven.
- Do not run from conflict.

VII - Sex

- Embrace your gender and sexuality as a gift.
- Invest the time to develop a sexual relationship in your marriage that reflects God's love.
- Pursue communion, not performance or objectification, in your sexuality.

VIII - Children

- Nurture your children's physical, spiritual, intellectual and emotional growth.
- Attune to your children's interior world.
- Integrate the story of your past in order to parent your children well.

IX - Marriage and Singleness

- Singleness is a valid, important pathway in life.
- Leave your family of origin for union with your spouse.
- Learn how to have communion in such a way that your marriage is a visible sign of how Christ loves us.

X - Husbands/Wives Roles

- Husbands and wives are to be flexible in their gender roles.
- Husbands and wives are to mutually submit to one another.
- Both husbands and wives are equally called to use their gifts and talents.

YOUR FAMILY COMMANDMENTS

I - Listening

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II - Empathy

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VI - Forgiveness

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VII - Sex

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