



Marriage 2.0

Trade the relationship - not the spouse

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A great dilemma



Real life struggles

“ I felt like living together with a stranger. He was not the man anymore, whom I used to know. Constant disagreements lead to tension, tension lead to fight. After months of fighting I decided to escape from this madness... I moved out from home.”

(Edina & Ádám)

Real life struggles

“Christmas. Candles, cakes, sweet atmosphere... But not in our home. Our souls are sobbing, the pain is unbearable, because we both feel that our broken marriage came to the verge. I didn't planned how to tell him. It just came over me. As I cleaned up the house it just broke out of me, I fell to the floor crying: I can't do this any longer. I have no idea who this man is. We're not even friends anymore. Our marriage lacks everything that ties two people together... I'm desperately lonely.”

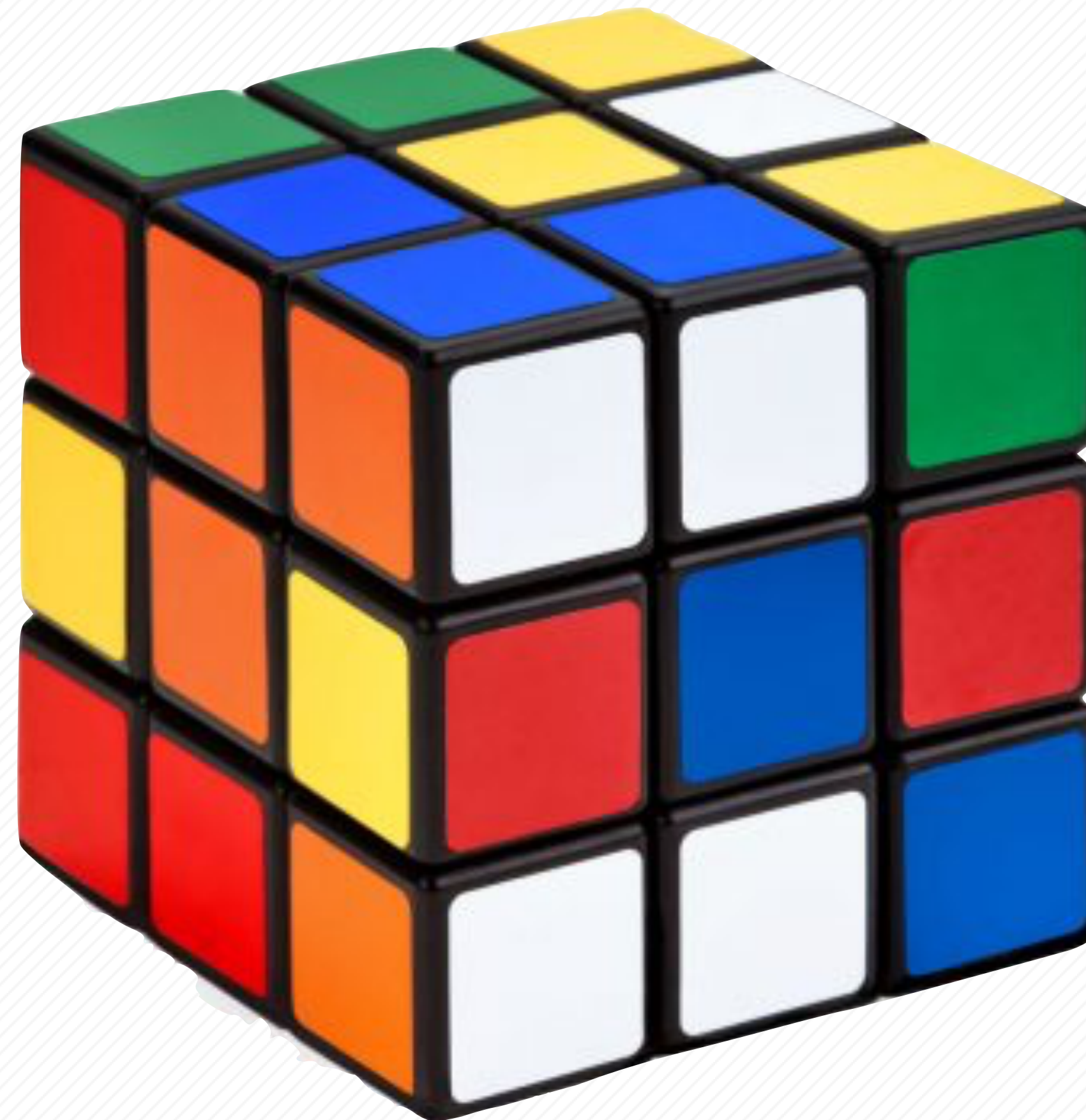
(Dóri & Zoli)

Real life struggles

““ Our quarrels ended up more often in yelling and intentionally hurting each other. No matter how hard we tried to resist the urge, the outcome was always the same. We chew the same bone for a thousand times. The “conversations” followed the same script over and over again. They didn’t lead us closer to each other, instead we hurt each other deeper and deeper.”

(Csilla & László)

It is for many like a Rubik cube



The end of version 1.0



Signs of the end

You don't care anymore how the other feels in a quarrel

In a conflict it becomes more important that you're right than to solve it

You let go the bonding rituals that were important to you

You hurt each other intentionally

Your sexual encounters become rare... and it doesn't bother you anymore

You can imagine your life without him/her

You carry lots of unsolved issues from the past

I have power over the
trajectory of my
relationship!

Step No. 1

Love is a **decision**

“I’m not doing what feels good, but what is right.”



Step No. 2

The grass is greener - if
you **water** it

The grass can be green- at home too



Step No. 3

Sexual **integrity** reloaded

Ingtegrity

Integer (lat.) = whole, complete

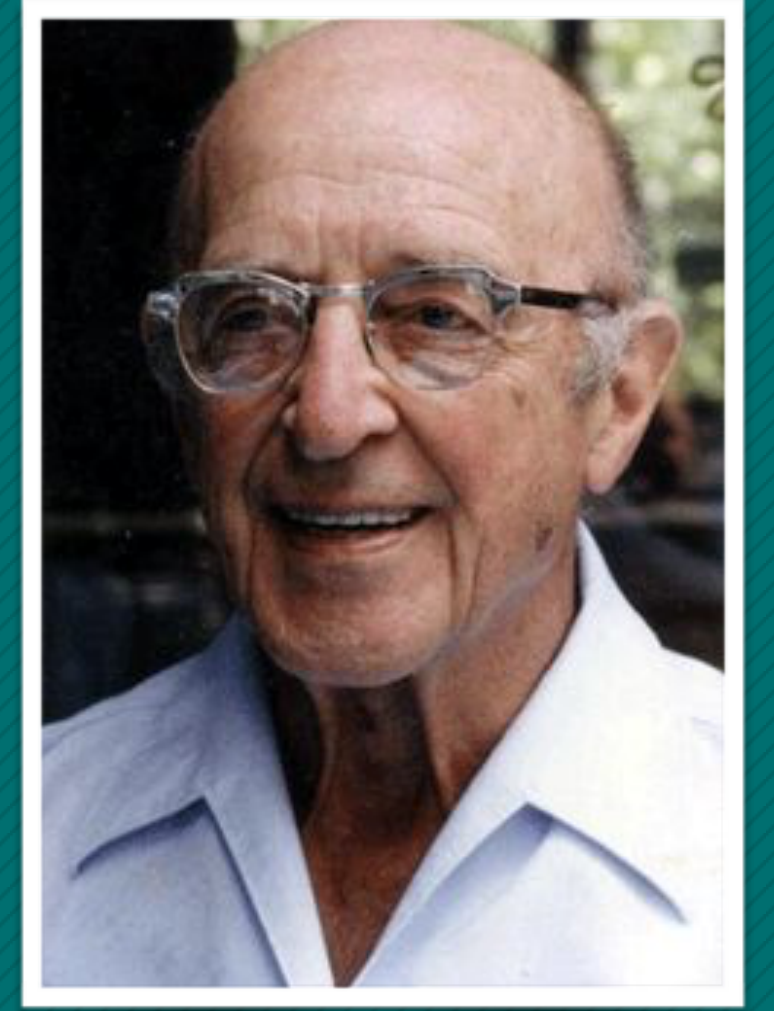
The role of friends



Step No. 4

If you can't change it,
accept it

Acceptance



“Unconditioned acceptance is the deepest experience that a human being can make.”

Carl R. Rogers

Step No. 5

Even a **fool** can **shut** the
door



KINTSUGI

Step No. 6

New **marriage**
– New **covenant**

Exercise

If your wedding would be today and you would formulate your wedding vows, what would you say?

Create a family armour



Summary

1. Love is a decision
2. The grass is greener – if you water it
3. Sexual integrity reloaded
4. If you can't change it, accept it
5. Even a fool can shut the door
6. New marriage – New covenant

Casting Crowns: Broken Together



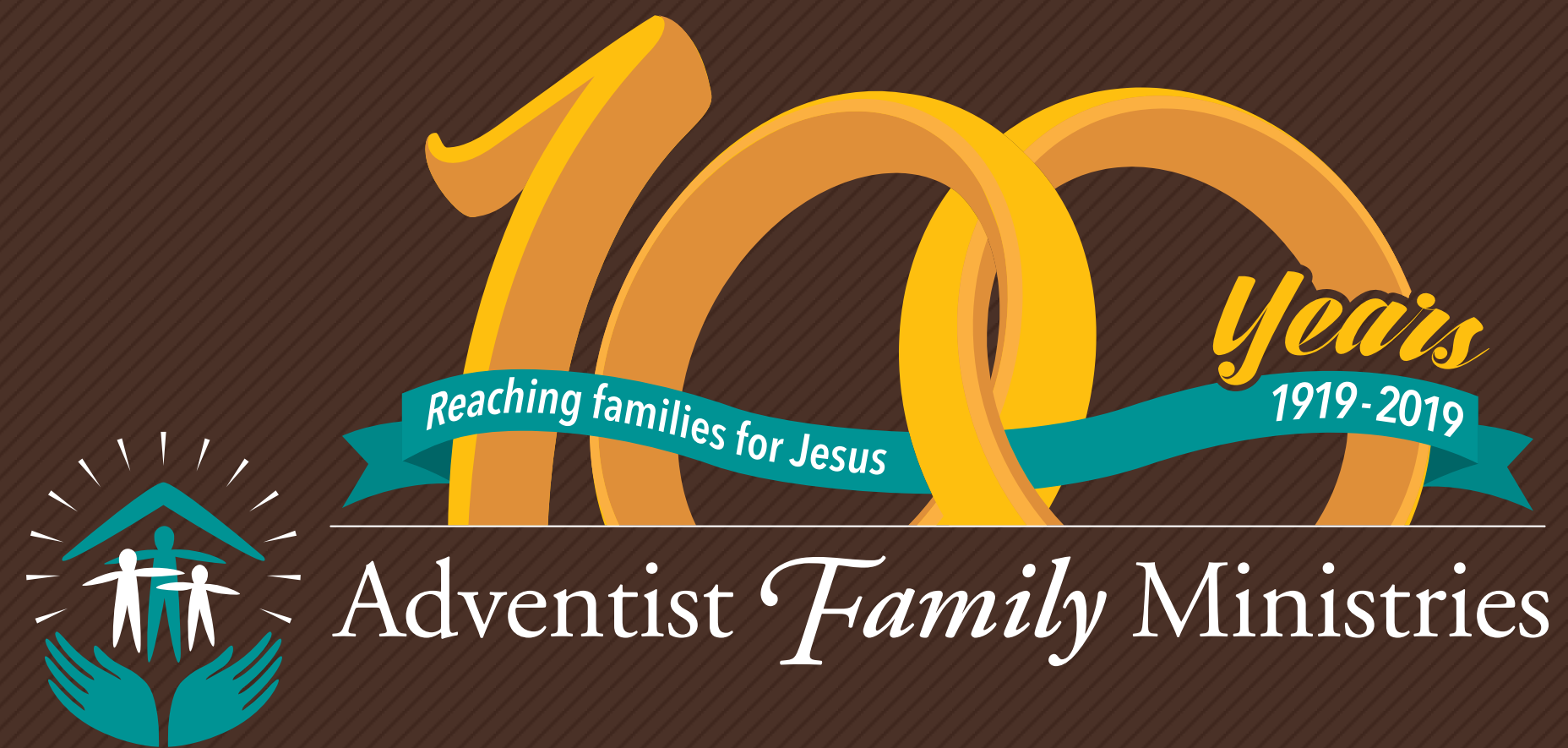
let's stay connected



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Adventist *Family* Ministries