

Standing with Your Spouse

By Dr. Dave Currie & Christie Rayburn ®

1. **EDUCATE YOURSELF in regards to your spouse's particular soul wound**
 - Discover what your spouse's soul wounds are.
 - Read up on their childhood issue
 - Remember, a soul wound is an unmet need usually from childhood that becomes an ongoing threat to your mate's freedom and your marital closeness.

2. **Make UNDERSTANDING them your personal GOAL.**
 - Take Time to Ask questions.
 - Listen. Listen. Listen.
 - Empathize- feel the pain with them.

3. **SUPPORT them through their recovery.**
 - Be the safest place **for your spouse to share.**
 - No judgments are helpful. Watch your tone.
 - Focus on feelings – How did the wound make them feel? What triggers your spouse to feel that way today?
 - Be willing to pay for counseling and go with them when requested.

4. **Look for opportunities to ENCOURAGE them.**
 - Spoken and written words of affirmation can make the difference.
 - Touch is a powerful healing agent.
 - Cheer on their commitment and perseverance. appealing for their commitment to recovery

5. **Be PATIENT in their journey.**
 - Remember the wound was inflicted on them. It was not their choice. Your spouse is not to blame.
 - Offer your strengths that are appreciated versus your pressures that discourages.
 - Never forget that your love can help heal your spouse's soul wound!