



# MARRIAGE MAXIMIZATION



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# Trauma Or Drama



- Psychological trauma is **a person's experience of emotional distress resulting from an event that overwhelms the capacity to emotionally digest it.**
- **Acute** trauma results from a single incident.
- **Chronic** trauma is repeated and prolonged such as domestic violence or abuse.
- **Complex** trauma is exposure to varied and multiple traumatic events, often of an invasive, interpersonal nature.
- The simple definition of emotional drama is **when people tend to express their emotions in an exaggerated, demanding, reactive, and toxic way.**
- Learn to spot drama
- Don't take it personally
- Don't feed it
- Let go
- Choose



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# Trauma Tries To Rob Us!

- Trauma isn't the problem. The problem is our unwillingness to validate our trauma or the fear to face it.
- *"The thief (trauma) comes only to steal and kill and destroy; I came that they may have life and have it abundantly"* (John 10:10).
- While Jesus came to give us life, something else is out to kill, steal, and destroy us.



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# Trauma In Relationships

- If you have been through a traumatic experience, you may find that it has changed you in many ways, including affecting your partner and your relationship. The American Psychological Association notes that one of the long-term effects of trauma is strained relationships.
- Financial Challenges/Bankruptcy
- Previous Divorce (Experience)
- Blended Family/Raising Children
- Career Interruptions/Retirement
- Infidelity



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# Live, Love and Laugh In the Midst of Trauma!



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- **Indifference**
- **To be unseen is to be invisible.** It is not to matter. To not have value. To be meaningless and not to exist.

- **Love**
- **A willingness** to prioritize another's well-being or happiness above your own



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- **Existing**

- Fear
- Worry
- Anxiety
- Hopelessness
- In simple terms, it can be described as doing what is necessary to stay alive

- **Living**

- Confidence
- Faith in God, Yourself and Others
- Trust
- Expectation of Good
- Living means to enjoy your life and embrace every movement of it



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- **Despair**

- Utter Loss of Hope
- Despair usually involves deep sadness or emotional pain about something that has happened or could happen

- **Laughter**

- We laugh even before we can speak (3 months)
- There are also a multitude of physical health benefits to laughter stimulates your heart, lungs, and muscles
- Releases endorphins, the feel-good chemicals our bodies produce to make us feel happy and even relieve pain or stress



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- **Phase 1: Safety and Stability.** You'll learn to handle overwhelming emotions, regulate feelings, and manage fears.
- **Phase 2: Remembering and Grieving.** Process your trauma and acknowledge what you've lost.
- **Phase 3: Restoring Relationships.** You might worry that you'll never be the same as you were before the trauma, but the trauma you endured doesn't need to define who you are.



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• GO TO COUNSELING



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- TPH Center for Counseling and Behavioral Health
- **Licensed Professional Counselors**
- **Faith Based**
- **Free (donations accepted and appreciated)**
- **Virtual, Online Appointments**
- **Culturally Diverse**
- **[counselinginformation@tdjakes.org](mailto:counselinginformation@tdjakes.org)**
- **214-333-6483**



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# ONE MORE THING BEFORE YOU GO...

Scan the QR code to take a quick survey!



Did you miss the offering?  
Text to sow a seed.

## Online

Text TDJM and amount to 28950  
(Ex: TDJM50 – for a donation of \$50)

## In-Person

Text PHC and amount to 28950  
(Ex: PHC50 – for a donation of \$50)

