

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



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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.







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









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









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



- 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 feelgood 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.







•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
- · 214-333-6483

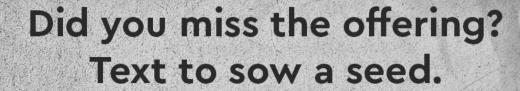


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ONE MORE THING BEFORE YOU GO

Scan the QR code to take a quick survey!





Online





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





