

The Catholic Wife

ACADEMY



Core Concepts

Outline

1. Humans are made in the image and likeness of God
 - a. God is Love
 - b. But, we are fallen. However, complete fulfillment lies in our ability to live as we were created to live: to love.
2. Marriage is a Sacrament
 - a. Marriage was instituted by God to be a sign to the world of the way he loves the Church.
 - b. Marriage as sacrament is a channel through which we can receive the grace of God.
3. But, how do we get from the THEOLOGY to the REALITY?
 - a. Start with an eagerness to understand God.
 - b. Study the works of JP II on marriage and sexuality.
 - c. Incorporate advice from modern marriage experts.
 - d. Refine these ideas in a group of Catholic Women.
 - e. Prayerfully apply these ideas to your own marriage.
4. Dealing with the Pain of Wounds in Marriage
 - a. Will you focus on the pain, or on God?
 - b. The choice between Judas and Peter
 - i. Judas choose despair and death.
 - ii. Peter choose grief, forgiveness and life.
 - iii. Avoid the pain spiral.
 - iv. Consider reverse engineering.
 1. Hack to "gift of self".

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Wisdom of JPII

Outline

1. The meaning of man
 - a. Humans are made in the image and likeness of God.
 - b. When we fail to love we destroy our dignity.
 - c. Our bodies are part of how we love.
 - d. Man's Original 3 experiences
 - i. Solitude
 - ii. Unity
 - iii. Nakedness
 - e. After the fall, our bodies are not perfectly aligned with our wills.
 - i. Shame reminds us of the goodness inside of us.
 - ii. We need the grace of marriage to achieve original unity.
2. Types of Friendship
 - a. Friendship of Unity
 - b. Pleasant Friendship
 - c. Virtuous Friendship
 - i. Share a common Goal.
 - ii. See the other and what is good for them. Adopt that as also good for us.
 - iii. Requires moving from DESIRE (urge) to RESPONSIBILITY.
3. Sensual Urge
 - a. Sexual Desire
 - b. Good when directed toward a person.
 - c. Destructive when it leads to using.
4. Sentimental Urge
 - a. Emotional Needs
 - b. Good when directed toward a person.
 - c. We can also use someone emotionally.

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5. Gift of Self in Love
 - a. Real love requires a full gift of self.
 - b. Sensuality and Sentimentality will accompany real love, but not determine it.
 - c. The fullness of love is looking outward toward my beloved and seeking what is best for that person, not just what is good for me.
 - d. Two types of love
 - i. Subjective
 1. Pleasurable and Spontaneous
 - ii. Objective
 1. Real union, choice, develops over time
6. Responsibility
 - a. Since my beloved completely entrusts his life to me, I must have a profound responsibility for her.
 - b. Allows total vulnerability
 - c. Makes Gift of Self Possible
 - d. Marriage is permanent.

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From Sentimental Desire to Intimacy and Communication

Outline

1. Emotional Needs
 - a. Stereotypically more important for women
 - b. Don't let emotions take control.
2. Affection
 - a. Communicates love, protection, approval
 - b. More important to women
 - c. Circle of affection
 - d. Leads to a strong emotional connection
3. Intimate Conversation
 - a. Higher need for women
 - b. Key part of meeting each other's needs
 - c. Enemies of Conversation
 - i. Making Demands
 - ii. Beings Disrespectful
 - iii. Expressing Anger
 - iv. Dwelling on Mistakes
 - d. 4 Horsemen of Marriage
 - i. Criticism
 - ii. Contempt
 - iii. Defensiveness
 - iv. Stonewalling
 - e. Friends of good conversation
 - i. Act of the will
 - ii. Don't interrupt
 - iii. 100% of your attention

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4. Honesty and Openness
 - a. Gift of Self requires 100% honesty
 - i. Emotional Honesty
 - ii. Historical Honesty
 - iii. Current Honesty
 - iv. Future Honesty
 - b. Love Map
 - i. Part of your brain where you store all the information about your spouse
 - c. Turn Toward
 - i. Small interactions build trust
 - ii. Hear the bids for attention
 - d. Communication can be frustrating
 - i. Some conflicts will be perpetual
 - ii. Practical Tips
 1. Say I'm Sorry.
 2. Don't Say It.
 3. Accept the Person You Married.
 4. Add a Touch.

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Respect

Outline

1. For a Woman Love = Affection
2. For a Man Love = Respect
3. Men and Women react to feeling unloved differently
 - a. Tears or Anger
4. Men need to know that you respect WHO THEY ARE, even if you have issues what WHAT THEY HAVE DONE.
 - a. Respect His Judgements
 - i. Let him know you value what he thinks
 - b. Respect His Abilities
 - i. Let him figure things out and conquer his problems.
 - c. Respect What He Accomplishes
 - i. Be his biggest cheerleader
 - d. Respect Him in the Way You Communicate.
 - i. It's not what you say, but how you say it.
 - e. Respect Him in Public
 - i. Build him up, don't tease
 - f. Respect His Burden to Provide
 - i. He feels a big burden to provide for you family, even if you work.
 - g. Respect Him in Your Assumptions
 - i. Give him the benefit of the doubt.
 - h. Tips for showing him respect.

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From Sensual Desire to Gift of Self

Outline

1. Sex is a Big Deal
2. How Sex can go wrong
 - a. Erotism
 - i. All about pleasure
 - ii. Sees other as object
 - b. Prudism
 - i. Sees sex as dirty
 - ii. Utilitarian
 - c. Masturbation
3. God created sex to
 - a. Be very pleasurable
 - b. Be driven by intimacy and arousal
 - c. Overcome shame
 - d. Work for the good of the other
 - e. Welcome children
 - f. Share the whole self
 - g. Be sex between two PEOPLE (not object of use)
 - h. Be more joyful over time
 - i. Bring about life and health
4. Marriage is a Sacrament.
 - a. Sex is the full expression of the sacrament.
5. Sex makes us Holy.
6. Sex has sacramental and redemptive power.
7. Sex has the power to be a physical sign of God's passion for us.
8. Sex has the power to unite.
9. Sex has the power to create.

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Marital Sex: Practical Application

Outline

1. Men and Women approach sex differently.
 - a. Sex Drive
 - b. Sexual Awareness
 - c. Sexual Motivation
2. One Rule of Married Sex:
 - a. Every act of lovemaking must be respectful of the dignity of the couple and must express both an intention for greater unity and an openness to life.
 - b. The marital act must end in a man climaxing inside the woman's vagina.**
3. 4 Stages of Marital Intercourse
 - a. Social Intercourse
 - i. Take care of each other during the day.
 - b. Foreplay
 - i. Bridge to sex
 - ii. Very important for women
 - c. Sexual Intercourse
 - i. The Woman's Body
 - ii. Positions
 1. Oral Sex
 2. Man on Top
 3. Woman on Top
 4. Man from Behind
 5. Anal Sex
 - iii. Orgasm
 1. Love is the point of sex, not orgasm.
 2. But, orgasms are good.
 3. Journey to an orgasm
 - a. Desire

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- b. Plateau
 - c. Orgasm
 - 4. Female Orgasm
 - 5. Male Orgasm
- d. Afterglow
- 4. Common Sexual Problems
 - a. Painful Intercourse
 - b. Orgasm Problems
- 5. Marital Aids

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Living Love and Responsibility Daily

Outline

1. Work Stress
 - a. Men have a high need for "Domestic Support".
 - b. Unmet needs can trigger fantasies.
 - c. Can lead to conflict
2. Money
 - a. Balancing freedom and the security money offers
 - b. Women may have a high need for financial support.
 - c. 3 Budgets
 - d. People see money differently
 - i. Drivers
 - ii. Analytics
 - iii. Amiables
 - iv. Expressives
3. In-laws
 - a. Spouse comes first
 - b. Dealing with past wounds
4. Housework
 - a. Common Conflict
 - b. How do you ask for help?
 - c. How do you respond after he has helped?
5. Becoming Parents
 - a. Expands the sense of "we-ness"
 - b. Focus on Marital Friendship and entering parenthood together
6. Recreation
 - a. High need for men
 - b. Find something you can do together.
7. Physical Attraction
 - a. Men are highly visual.
 - b. Take his preferences into consideration.

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Bringing Prayer into Marriage

Outline

1. Love and marriage don't make any sense without God.
2. Key Points:
 - a. I need to focus on changing MYSELF, not my spouse.
 - b. Marriage will always be difficult.
 - c. Your relationship with God is bigger than your marriage.
 - d. Your ultimate fulfillment will be found with God, not your spouse.
 - e. The absolute goal of your marriage should be to PLEASE GOD.
 - f. You cannot love God without loving your spouse.
3. Bringing Prayer into Marriage
 - a. The power of the sacrament
 - i. Each moment of your marriage can be a prayer.
 - ii. Sex
 - iii. Purify your marital relationship.
 - b. Being mindful of the man you married
 - i. Accept who he is.
 - ii. Deliberately meet his needs.
 - iii. Pray for him.
 - c. Purify your Marital Relationship
 - d. Building prayer together
 - i. Pick something
 1. Comfortable for both
 2. Which makes you feel like "equals"
 3. That is meaningful
 - ii. Make it
 1. Personal
 2. Intimate
 3. Short
 - iii. Create a Prayer Ritual
 - e. When your husband refuses to pray with you.
 - i. Pray for him.
 - ii. Remain open.
 - iii. Take it as an opportunity to love as God Loves.

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What Now

Outline

1. It's time to reflect and make a plan
 - a. Recognize
 - i. Acknowledge that your marriage, and you are, in some way, broken, weak and trapped in sin.
 - b. Trust
 - i. Trust that God has a plan for your marriage and things can get better.
 - c. Try
 - i. Take steps to make things better.