

Secure Base in Marriage: Building Attachment Bonds in the First Three Years for Marital Longevity

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**NOTE: Several additional handouts for this workshop can be found at
StrongFamilies.com/AACC2025 or with this QR Code**

The struggle early married couples face isn't just with flesh and blood...

Our Goal and learning objectives for this session:

There are some great things and serious challenges facing early marrieds

- 1) In addition to the "7 year itch" – there's a new "itch"
- 2) Brokenness is ubiquitous
- 3) Relationships have become "transactional"
- 4) And "ornamental"

3 Ways to Help Early Marrieds Strengthen/Repair Attachment bonds

- 1) Helping them move from Broken to Blessed
- 2) Using therapeutic metaphors for a "video based" culture
- 3) Encouraging 2 Degree Experiences to promote romantic connection

At the heart of biblical attachment – The Blessing

Biblical attachment bonds begin with God and our Blessing

Appropriate _____

Spoken _____

Attaching High _____

Picture a Special _____

Genuine _____

Yet the reality in our world is brokenness – **we assume brokenness**

Deut. 23:5 – A verse worth "tattooing" on your/their brain...

3 Ways we Help them Move from Broken to Blessed

- 1) We encourage them to choose a different primary attachment figure

- 2) We encourage them to declare, in the session, AN END TO THEIR WAR
- 3) Encourage them to camp out in Eph 1, 2 flooding them with attachment realities

- ✔ Jesus Blesses us with “every spiritual Blessing” (1:3)
- ✔ He “chooses us” (1:4)
- ✔ He “adopts us as sons and daughters” (1:6)
- ✔ He “redeems us” (1:7)
- ✔ He gives us an “inheritance” (1:11)
- ✔ He “seals” us with God’s Holy Spirit (1:13)
- ✔ With His great love He “loves” us (2:4)
- ✔ We were spiritually dead and He makes us alive in Him (2:5)
- ✔ And “raises us up” with Him in the Heavenly Places (2:6)
- ✔ We were once strangers, without hope, far off – now in Christ brought near (2:13)
- ✔ He breaks down the dividing wall and brings us peace (2:14)

Therapeutic Metaphors as an attachment tool for “visual” learners

“You can’t attach meaning to something without a picture...” Dr. Tim Keller

How “The Merge” became a picture, a story and tool to help others

A picture... becomes a story (of change/redemption) - And a way to focus change onto something outside the couple – away from their spouse as the enemy.

Like helping them deal with Problems, seeing life differently, making wise Decisions

That metaphor **you’ve** used to help others!

3 Helping build romantic attachment with 2 Degree Experiences

With a “Caring Day’s Chart –

With a neurobiological way of “resetting” a relationship for 3 minutes

Mini-Date Nights

Finally, set before them a challenge to do something great