PRACTICAL TIPS:
Building Your Marriage & COVID-19

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MAPP .7
GRATITUDE

• The MAPP Penn Alumni team and the greater MAPP community
• Of course, Marty!
• My students
• My wife and 5 girls for allowing me to prepare for this
BACKGROUND: MARRIAGE EDUCATION
NEGATIVE IMPACTS...

• Divorce rates jumped drastically in parts of China post-quarantine

• Divorce inquires recently skyrocketed in New York (to move the process along)

• Domestic abuse has increased in many parts of the world
Most of the images seen in the media...
QUARANTINED WITH HUBBIE FOR TWO WEEKS - GERTRUDE IS KNITTING SOMETHING SPECIAL FOR HIM! 😂

MY WIFE SAID THAT IF I DON’T GET OFF MY COMPUTER AND HELP WITH THE DISHES, SHE’LL SLAM MY HEAD ON THE KEYBOARD, BUT I THINK SHE’S JOKEINDS67SGHI3DHGJRE7490DNDWHK3-2J4H37SHDUDKIJISD877HR8SKO20A3Y3H3J3UHU338JESU83J8R
HOWEVER...
“REGULAR” MARRIAGES...

• We say it is the most important thing: but **NOW** this is our main focus (whether we like it or not)!

• We need our marriages to **more resilient** than ever before...

• This is a real opportunity to go from: GOOD to GREAT!
RIGHT NOW IS YOUR TOMORROW!

VAN HALEN
OVERFLOW:
FAMILY IMPACT
1. What is a marriage?
2. What is the instruction manual for a successful marriage?

OVERALL: a prerequisite for other marriage books...
3 FUNDAMENTAL PARADIGM SHIFTS

1. Definition of marriage
2. Great marriages don’t just happen—they are **built**!
   - Mystical secret: 2 phases of reality
   - So to in marriage...
3. All loving is based upon **giving**
   - Parent/child, pet, plant, house, etc.
Instruction manual for a successful marriage: **GIVING!**
4 PILLARS OF GIVING

1. Keep it fresh
2. Gratitude
3. Respect
4. Depends upon me
#1: KEEP IT FRESH

- Couples get old fast
- Social Comparison Theory
- We CAN get back to that bliss—and MORE!
PRACTICAL: Keep it fresh

• Make an effort to keep yourself dressed properly, looking fresh, etc.
• Focus on: healthy eating and exercise
• Create a romantic evening!
• HQC can be generated by fun
• Partner in something bigger!
#2: GRATITUDE

- Expectations can destroy us!
- So much is being done for each other
- Need to feel it AND express it
PRACTICAL: Gratitude

• 3 Blessings “Marriage” Exercise: what has your spouse done for you today?
• Don’t just feel it—find 3 small ways each week to express your gratitude: a small gift, note, dinner, etc.
#3: RESPECT

- The most popular topic out there
- We all know the importance of it
PRACTICAL: Respect

• Communication:
  • What is going “right”
  • Discuss the frustrations:
    1. Timing
    2. How you say it

• Find ONE time a day to “let it go”
A DIFFERENT KIND OF: “let it go”
#4: DEPENDS ON ME

- We have a few main core negative traits that impact our lives...
- This is an “indirect” approach to working on our marriage—which creates tons of positive momentum (a new kind of “upward spiral”)

“The price of greatness is responsibility”
-Winston Churchill
PRACTICAL: Depends on me

• On the topic: read a book, listen to a podcast, take an online course/seminar, etc.
• Maybe: begin to work with a therapist!
STAY FOCUSED AND WORK HARD!

• What may take years to accomplish—we can do it NOW!
• If we do it right—we can move our marriage to a new level
• Although we are separate from the world—we are NOT separate from our marriages...
Thank you all so much!

Any questions?