

# Session 5

" **מִדְּבַר** " **אֵר** " **מִדְּבַר** "

A Chosson's Chaburah

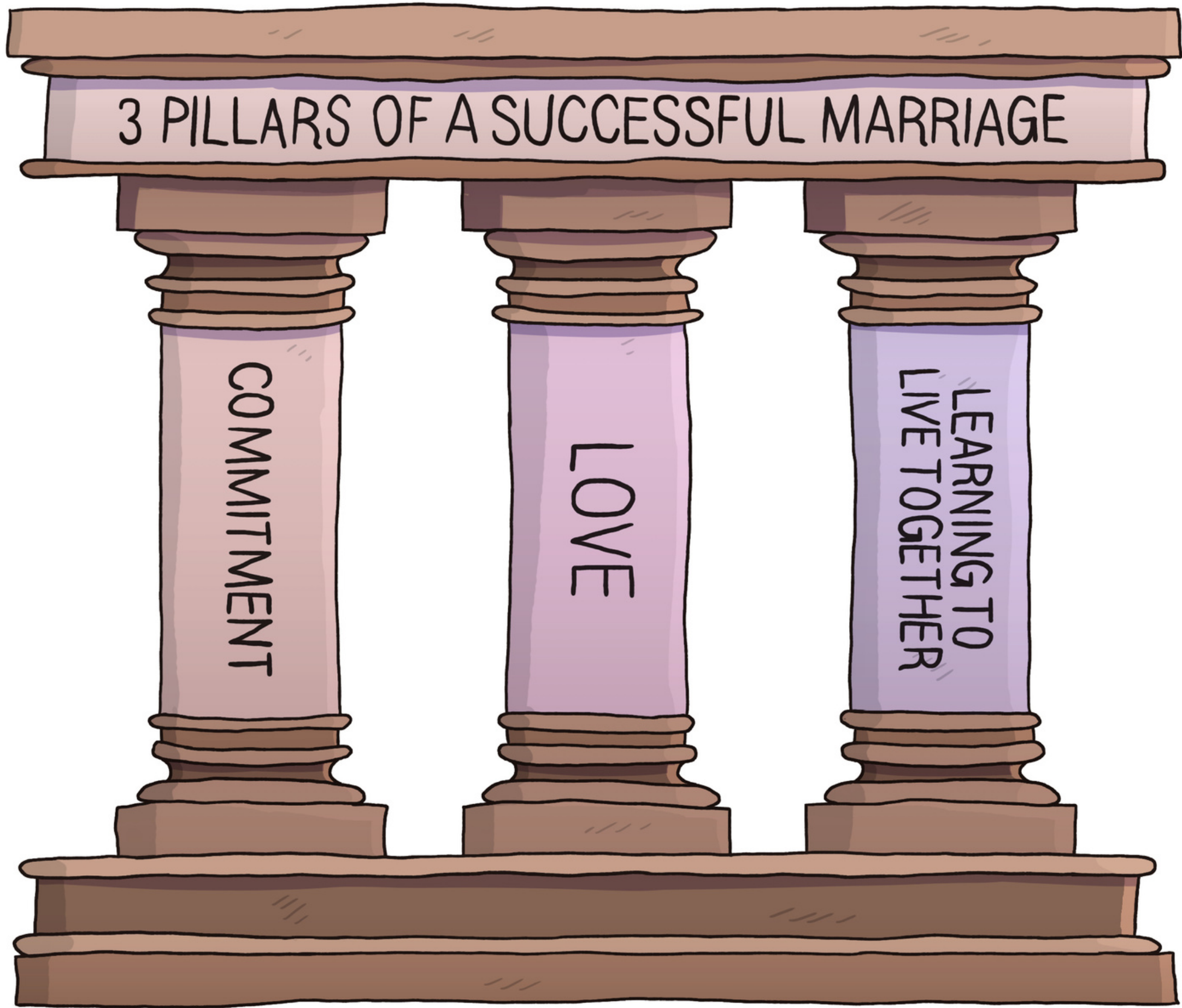
## What Couples Fight About

מִצְצָא אִשָּׁה מִצְצָא טוֹב

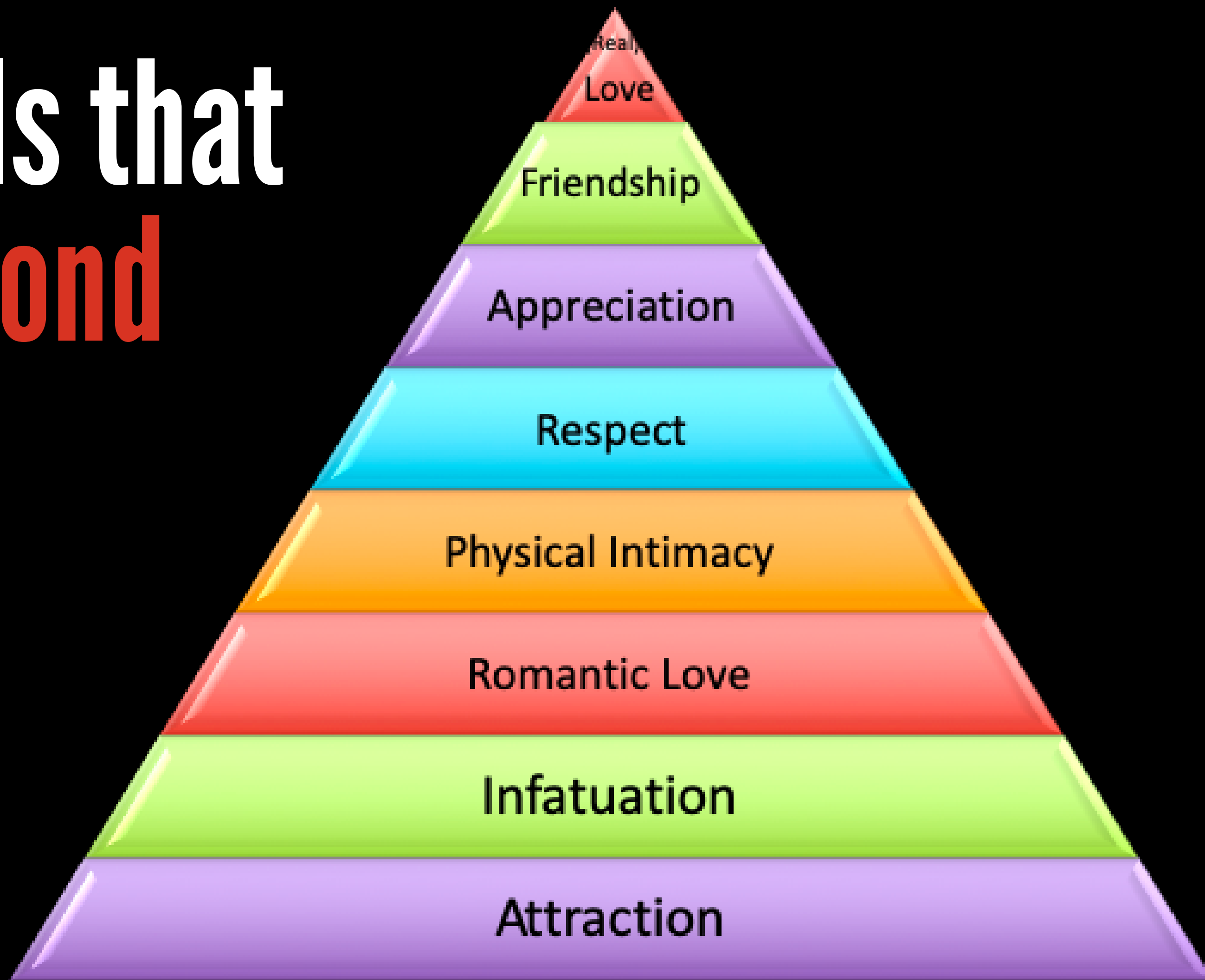
more  
**bitter** than  
death

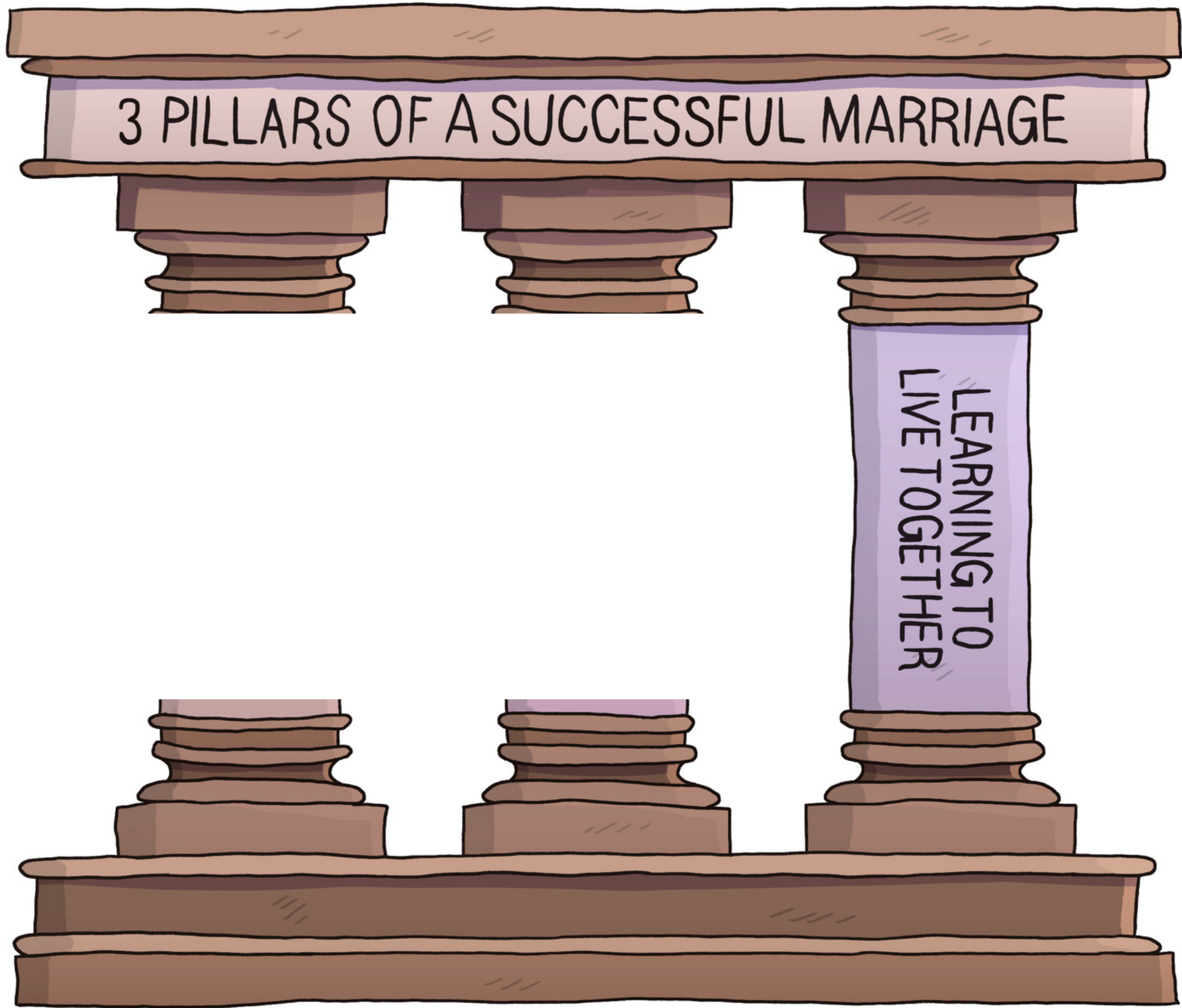
a man who  
finds  
a wife  
finds  
**GOOD**

וּמִמּוֹצֵא אֲנִי מֵרַ מִמּוֹת אֶת־הָאִשָּׁה



# Tools that Bond

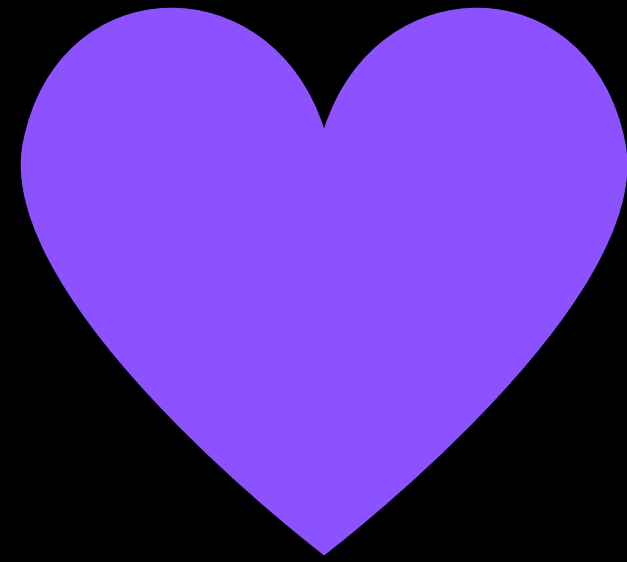




**Love**  
is the **glue** to a  
**marriage**

all the things

a couple  
in  
love



should be doing

this.

session



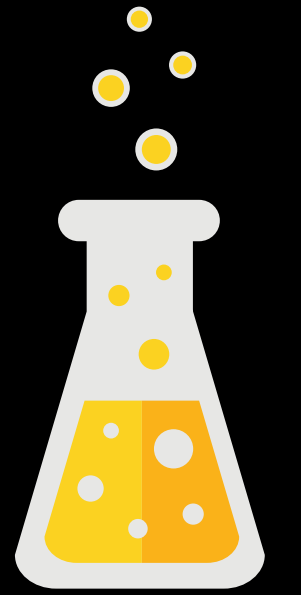
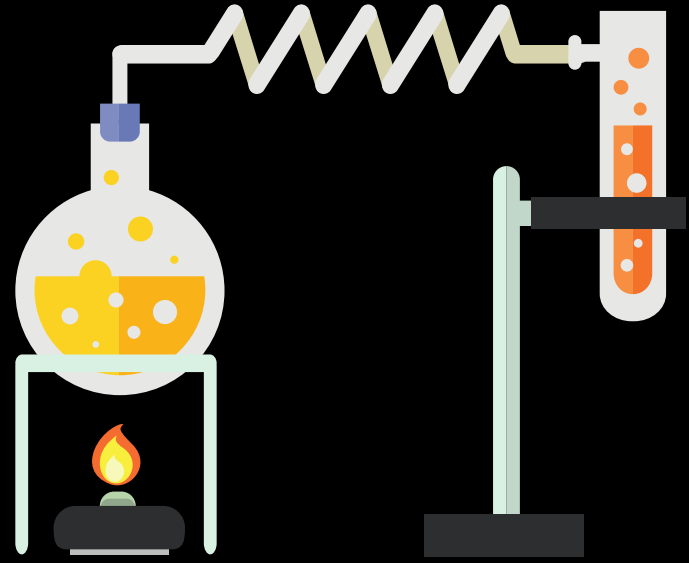
**what do couples**

**fight?**  
**about**

# ה'מב"ש

יד החזקה הלכות אישות פרק טו

**formula for a**



**successful**

**marriage**

**his**  
**role**

רמב"ם

יד החזקה הלכות אישות פרק טו

יט) וכן צוון חכמים

שעיהיה אדם

**מכבד** את אשתו

יותר מגופו

**honor** his wife  
more than **himself**

וְאָהַבְתָּהּ כְּגֵרָתָהּ

and love her  
as himself

מכבד את אשתו

יותר מגופו

**honor** his wife  
more than **himself**

ואוהבה כגופו

and **love** her  
as **himself**



**her  
role**

רמב"ם

יד החזקה הלכות אישות פרק טו

כ) וכן צווי חכמים על

האשה שתהיה

מכבדת את בעלה

ביותר מדאי

honor her

husband

exceedingly

ויהיה בעיניה כמו שר או  
מלך מדהלכת בתאות לבו

**he** should be in  
**her** eyes  
like a **prince**  
or nobility

**let's**



**analyse**

**this**

**2** he has  
**obligations**

1 she has  
obligation

**his**  
**role**



מכבד את אשתו  
יותר מגופו

**honor** his wife  
more than **himself**

ואוהבה כגופו

and **love** her  
as **himself**

**her  
role**

מכבדת את בעלה

ביותר מדאי

**honor her**

**husband**

**exceedingly**

isn't she  
supposed to



love  
her husband

should she be in a

loveless marriage ?

WORLDWIDE  
BEST-SELLER



“Fully reveals the shocking truth.”  
—*Daily News*

Everything  
Men  
*Know About*  
Women

DR. ALAN FRANCIS

IN CONSULTATION WITH CINDY CASHMAN

# 100 blank pages

Copyrighted Material

This Book is intentionally blank!

**While it may be correct that:**

**Men** don't know  
much

**about**

**women**



**Women** tend to know  
**even less**

**about**  
**men!**

**One thing they do  
have in common**

Selective  
Amnesia

**they forget**

**how**

**different**

**they are**

# Women and Friendships

**D**

**M**

**C**

best friend



**Women rate themselves  
by their**

**relationships**



Answer for

המב"ם

יד החזקה הלכות אישות פרק טו

**Love is  
natural to**

**her**

As long as her **needs**  
are **met**

It's a given that she  
**will**

love her

husband

90% of

Shalom Bayis

problems solved

He

Cherishes

me

1 she has  
obligation

מכבדת את בעלה

ביותר מדאי

honor her husband  
exceedingly



**Why?**

He needs to feel  
respected

- **Respect**
- **Admired**
- **honored**

**It's a different need than a woman has**

**And the way that she shows respect  
to him is different than the  
way that she shows respect to other  
women**

Why am I telling  
**you** this?

When you get  
into a **fight**

**Some distance and get cold**

**Argue**

**Bicker**

**Quarrel**

**Simmer and stew**

**Squabble**

**Battle**

**Yell and Scream**

**You are each  
upset and hurt**

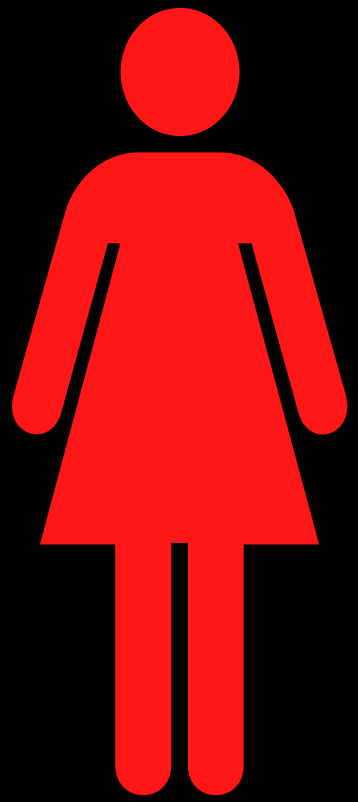


You are each

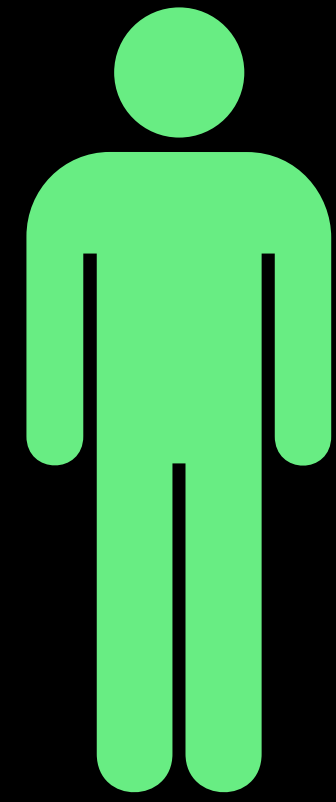
in



**pain.**



you will each



**experience** it  
very **differentl**y

**she**



He doesn't  
**love**

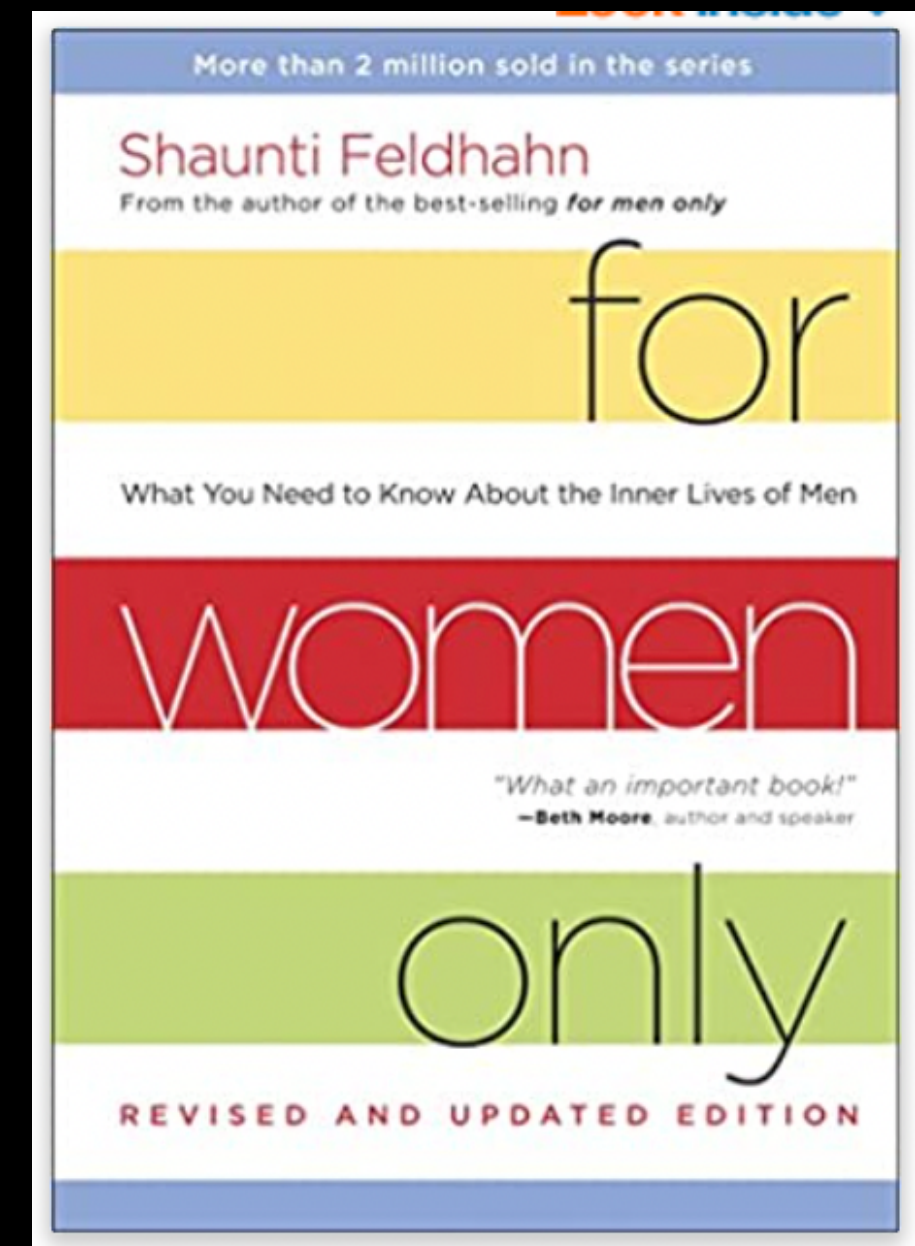
**me**

he

why is she so

dis-  
respectful

More than **80 % of men** said  
that in a conflict they feel  
**disrespected.**





**an important**



What is worth  
fighting  
about?

Nothing

If you **lose**

... **You lose**

If you win

... You lose

it's your  
**Best friend**

**and Lover**

that you just **vanquished**

And she sure isn't  
going to feel very

appreciative

don't  
fight



**Discuss**

**Negotiate**

**Comprimise**

**but**

**don't**

**fight**

**The advice that I  
give to couples**

**But to guys**  
**I make a**  
**specific point**

**don't**  
**fight**

**Because...**

you

will

lose

**You are fighting  
against an**

**8th degree**

**Black belt**

This is **Her**





This is **You**



She will remind you  
about everything  
**you did wrong** since  
you were in diapers

**why**



**women**

**don't have**

**better memories**

**imagine**

**a typical**

**husband and wife**

get into a  
**fight**

**how many times that day**

**did you**

**think about**

**the**

**fight**



**husband**

**"I didn't"**

wife

**I couldn't**

**stop**

**thinking**

**about it**

**why**



בבא מציעא דף נט/א

אמר רב לעולם יהא אדם  
זהיר באונאת אשתו

a man should always be  
**careful** not to

**oppress** /  
**offend**

**his wife**

שמתוך שדמעתה מצויה  
אוננתה קרובה

since she cries more readily  
her oppression is more  
readily found



בבא מציעא דף נט/א

רש"י

באונאת **אשתו** - באונאת

דבריים, לצערה

**אונאתה** - קרובה לבא,

פורענות אונאתה ממזהר לבא

she's not a

crybaby



**she really does**

**feel**

**it**

**more**

**intensely**

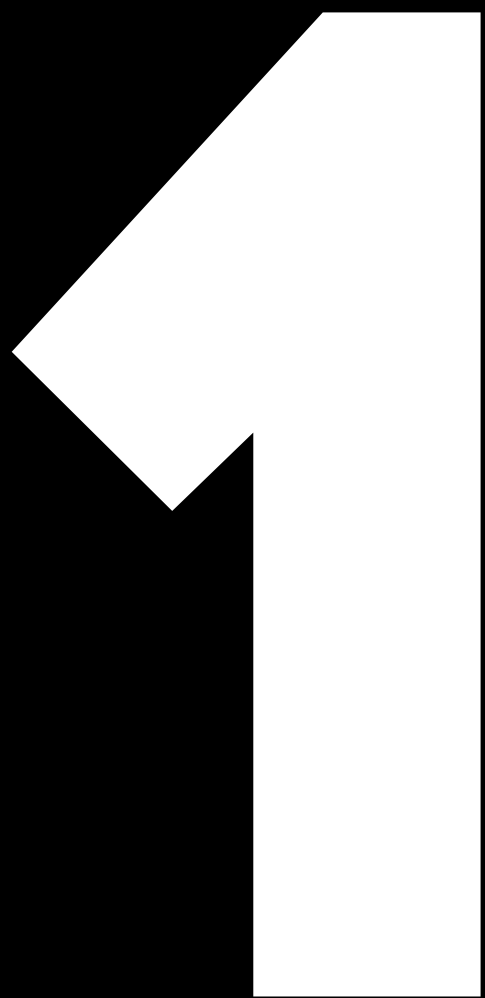
**acutely**

**profoundly**

than  
you do

**it will**  
**hurt her**

**more**



don't  
fight



2

**one of the best ways**

**a** **to prevent**  
**fight**

the 2

**most important**

words in your marriage

**"Yes, dear..."** **"Please"** **"Thank you"**

**"Good morning" and "good night" ...**

**"I was wrong..."**

**"I'm sorry..."**

**"You look great!"**

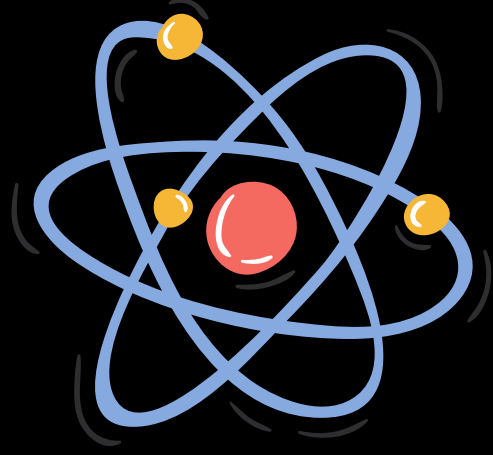
**"What do you think?"**

**("I love you" is 3 words)**

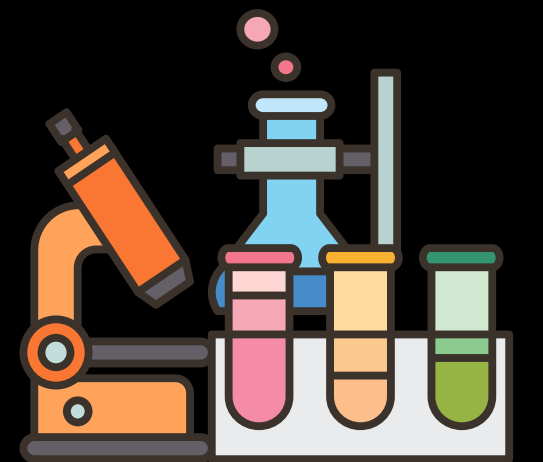
That's  
Strange!



you open yourself up to the



# scientific curiosity



to actually

understand

your spouse



the next

most important  
word

**OUCH!!!**



is a legitimate exrpession of



**pain**

why is it  
so helpful

**Did your spouse  
intent to hurt you**

unless, she is a

sadist.

or.

narcissist

she didn't even realize

it would  
hurt you



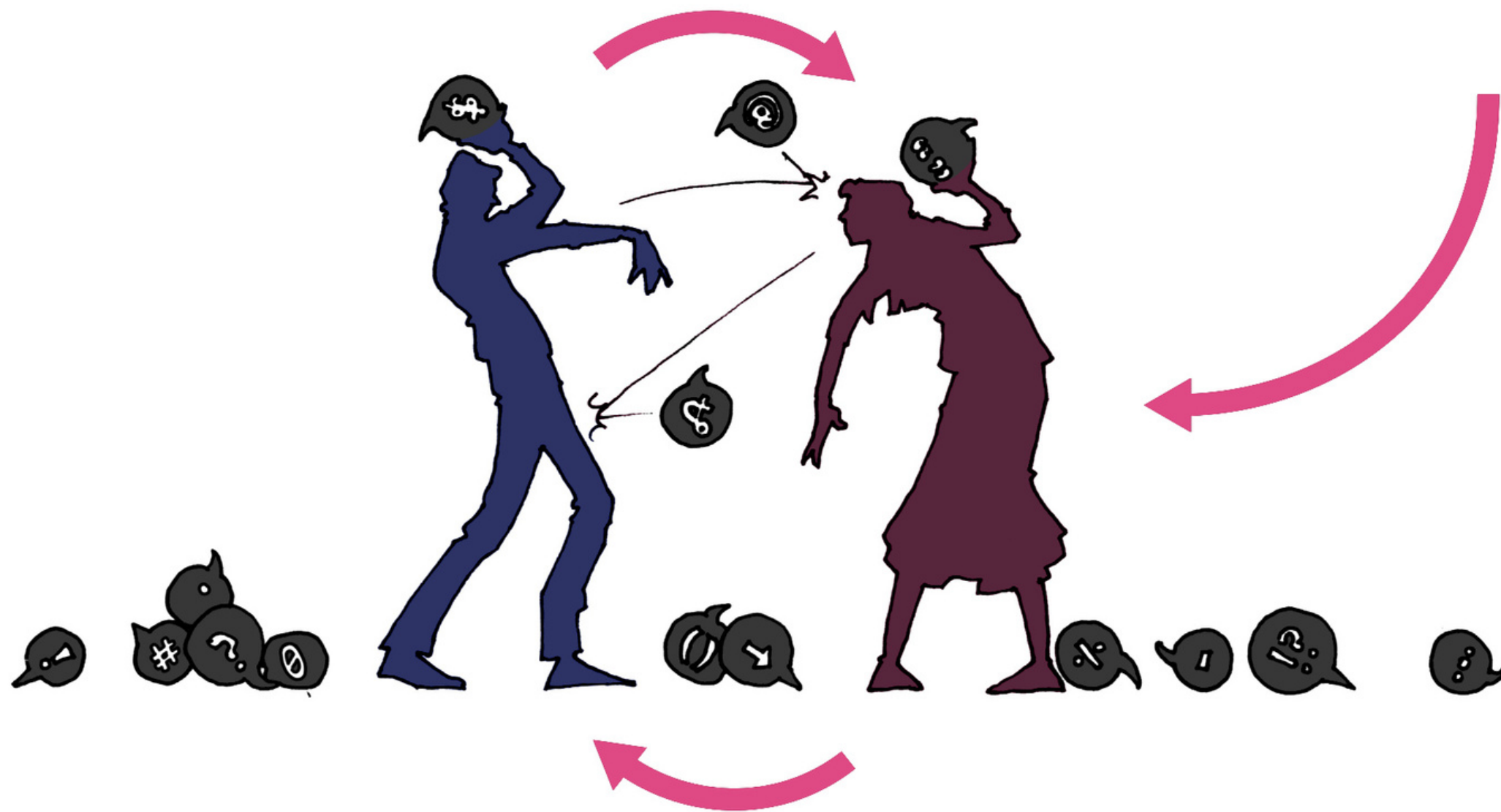
**or, she**

**wouldn't**

**have done it!**

**say**





3

**what do couples**

**fight?**  
**about**

**.never the  
issue**

hurt

feelings



the  
art of the



apology





a·pol·o·gy | ə'päləjē | noun (plural **apologies**)

1 a regretful acknowledgment of an offense or failure: *we owe you an apology* | *I make no apologies for supporting that policy.*

the  
**art** of the  
**apology**

1.

**what**

**are you**

**apologizing**

**for?**

not the  
**i**ssue

the

pain.



the  
**art** of the  
**apology**

2.





תְּחִלָּה

הַמְּסֻדָּר

הַמְּסֻדָּר

הַמְּסֻדָּר

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|-------------|-------------|
| הַמְּסֻדָּר | הַמְּסֻדָּר |
|-------------|-------------|

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|-------------|-------------|



הַמְּסֻדָּר

הַמְּסֻדָּר

**don't ruin**

**a good**

**apology**

**with a**



**but...**

the  
apolog  
says

**I wads  
wrong**

**the**

**but...**

**says**

**it was**

**justified**

what

she will

hear



it's not  
bad enough  
that he caused  
me

the

pain.





he's saying

it was

right!!!

he doesn't

care

the is  
crucial

don't ruin  
a **good** apology  
with a  
**but...**