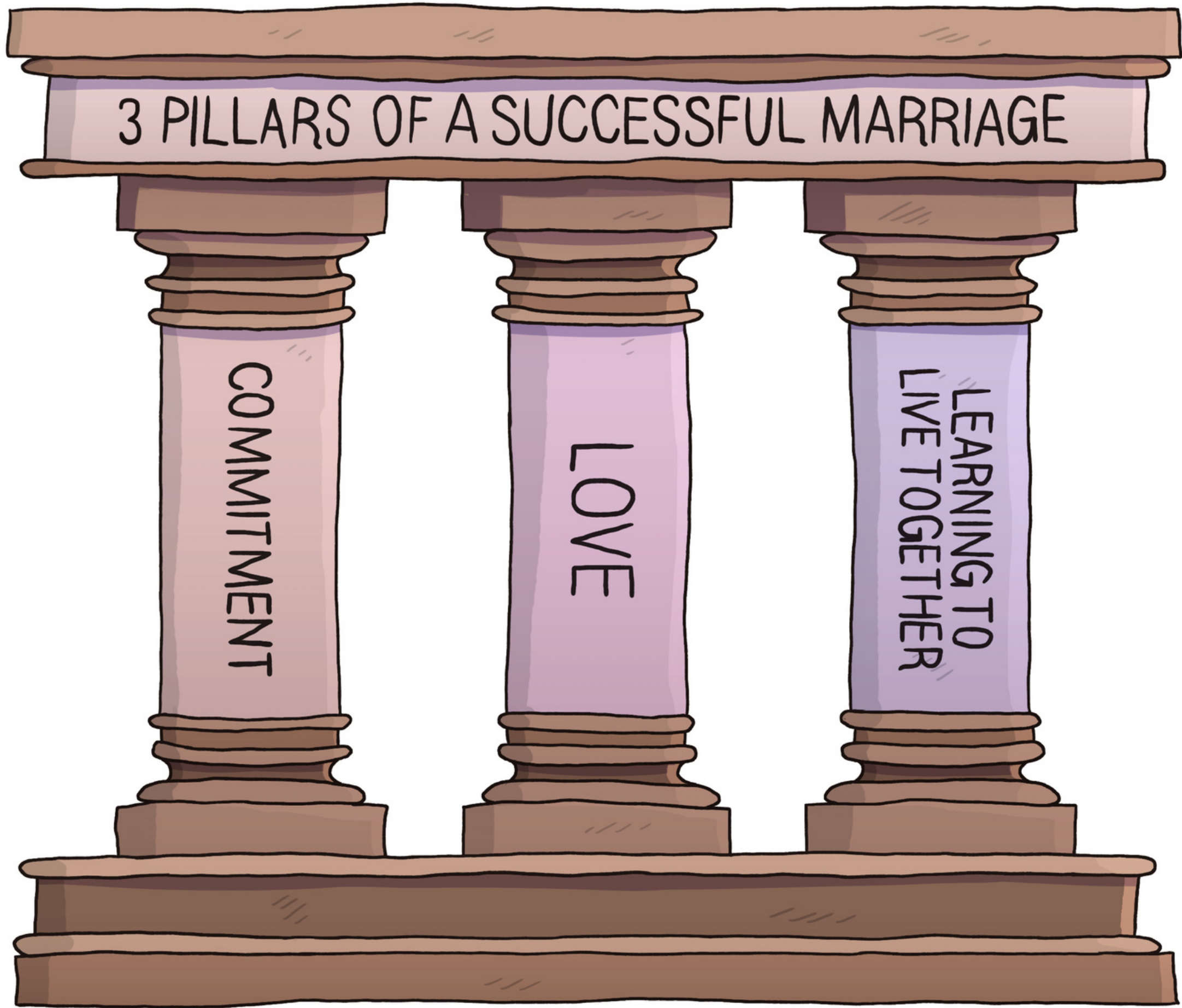


# Session 6

" **מִשְׁבָּע** " **אֵךְ** " **מִדְּבָר** "

A Chosson's Chaburah

How to Fall in Love and  
**Stay in Love** with your Wife



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

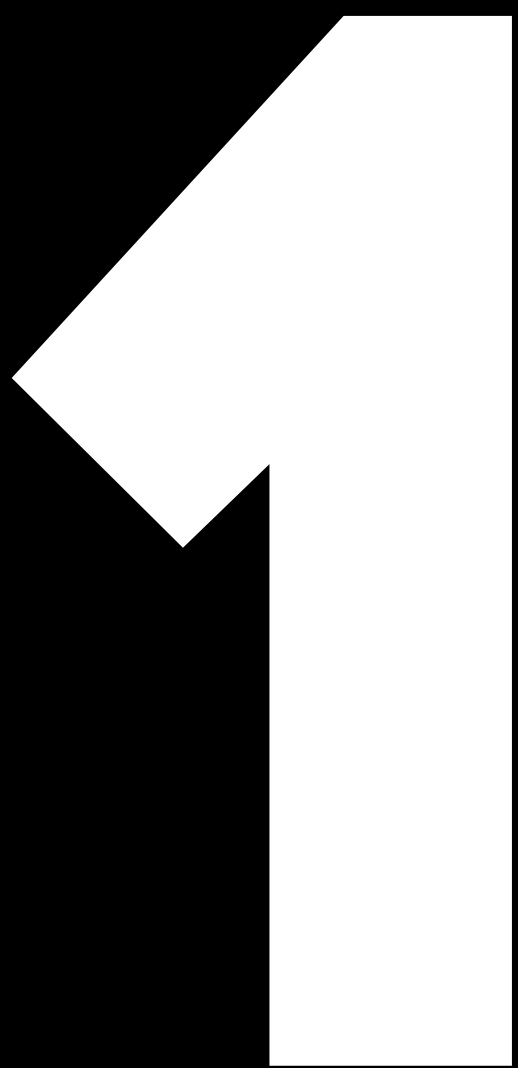


**the myth of**

A photograph of the Hollywood sign at night. The sign is illuminated from below, casting a warm glow. The background shows a hillside with some trees and a structure with lights on top. The sky is dark with some light trails.

**HOLLYWOOD**





boy meets girl





**she** looked into



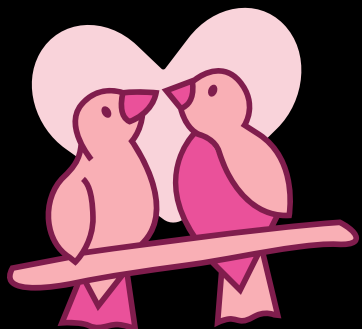
**his** eyes



they fall



madly and  
passionately



in love





**fall** into love



**fall** out of love

**mystery**



**of life**



**love comes**

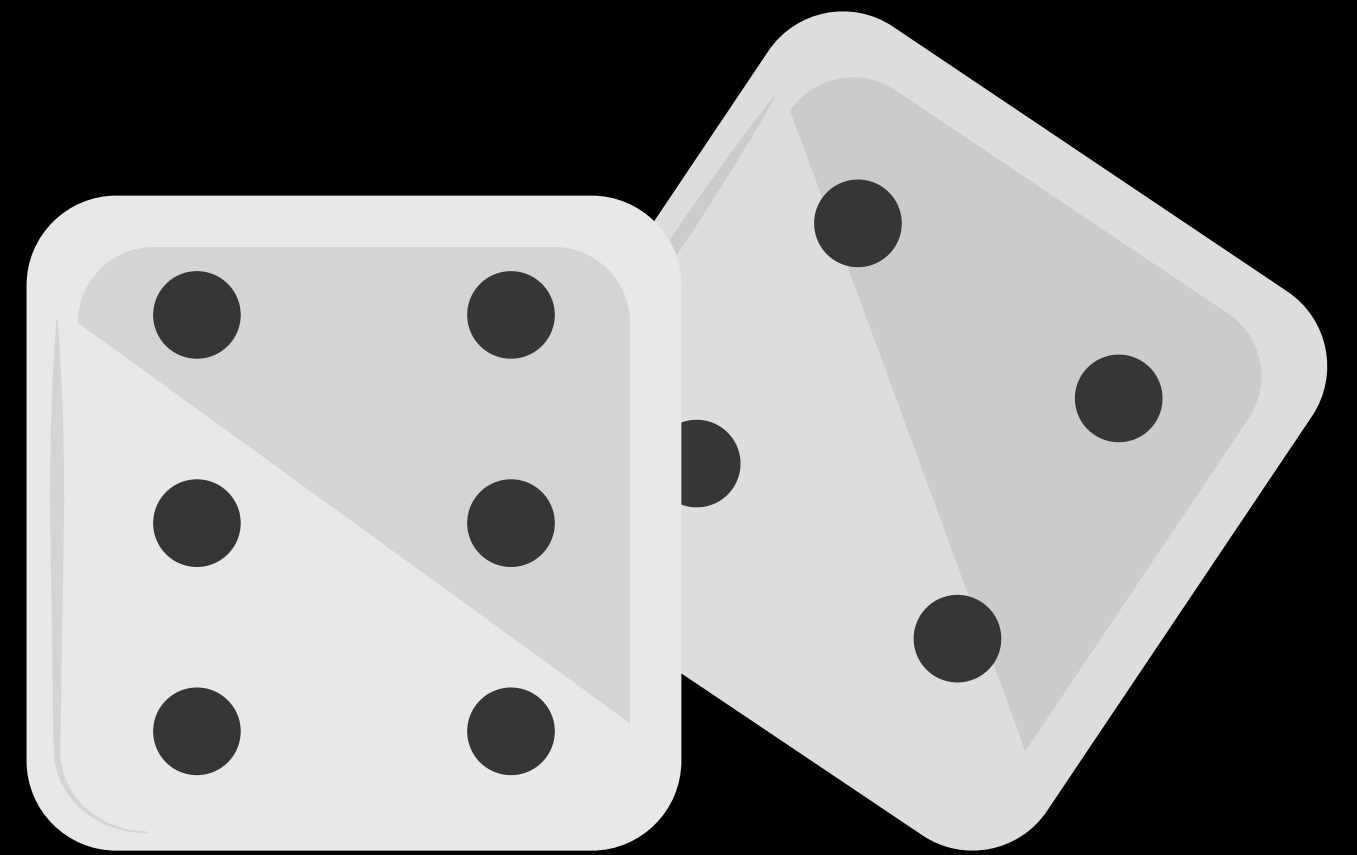
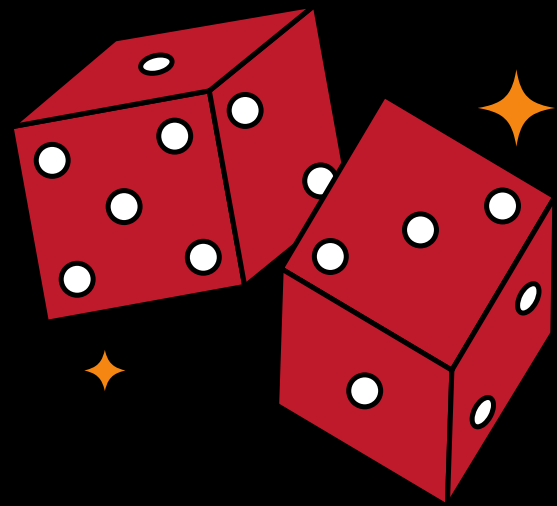


**love goes**

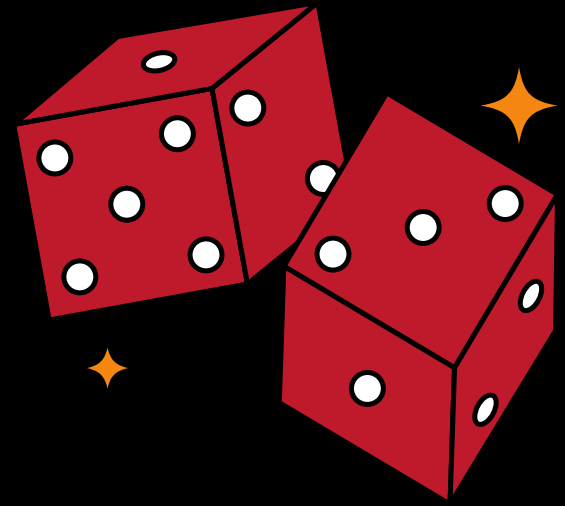
2



**some** people



get **lucky**



**LUCKY  
CHARM**



**they find the**

**right one**



**the myth of**

A photograph of the Hollywood sign at night. The sign is illuminated from below, casting a warm glow. The background shows a dark hillside with some trees and a structure with lights on the ridge. The sky is a deep purple and blue.

**HOLLYWOOD**



**1. people fall in love**

**2. some people get lucky**

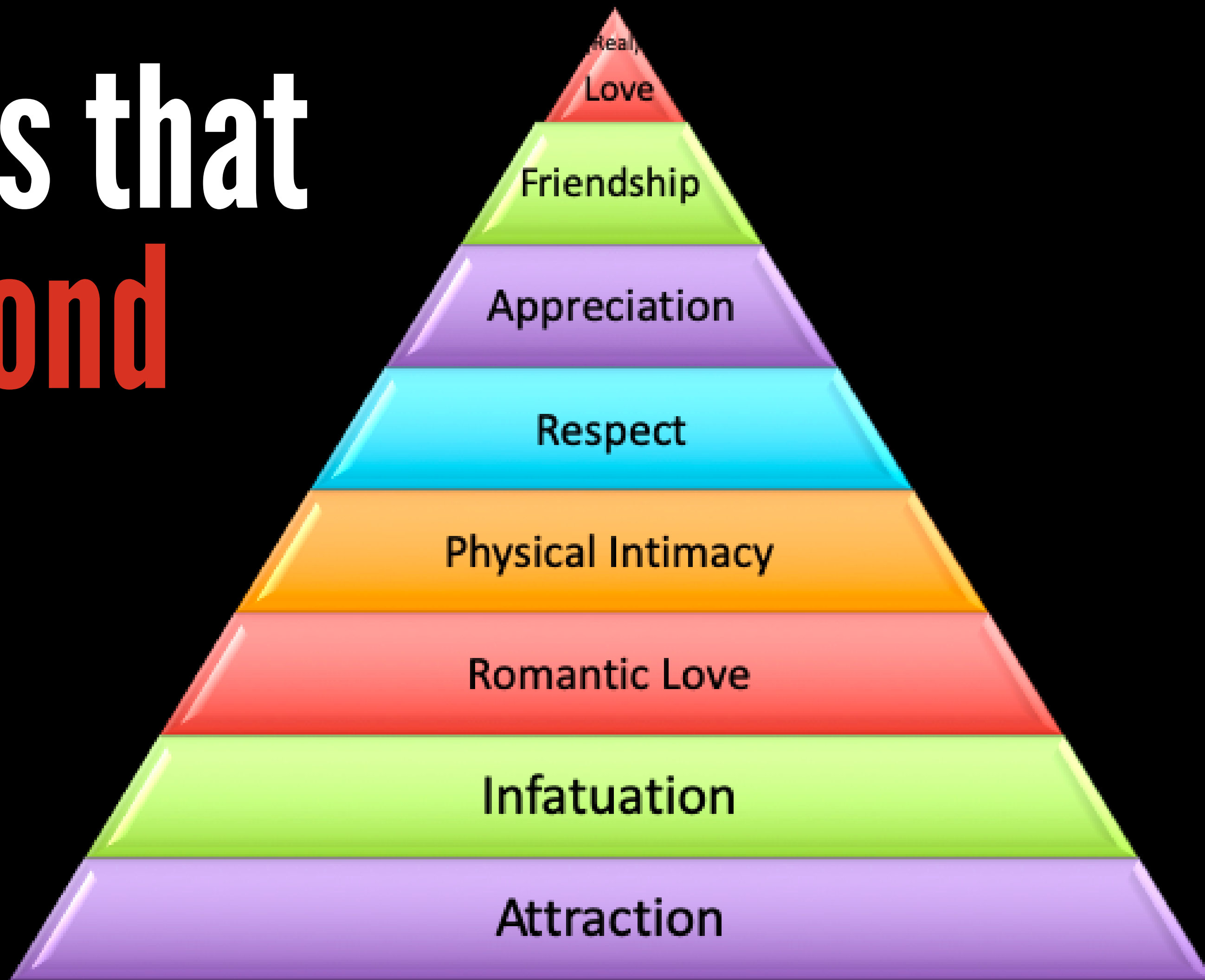
**Love**

**doesn't happen**



**B** Love is **—**  
**W**  
**I**  
**T**

# Tools that Bond



the  
goal



To learn to

**BE in love**

**with your**

**SPOUSE**

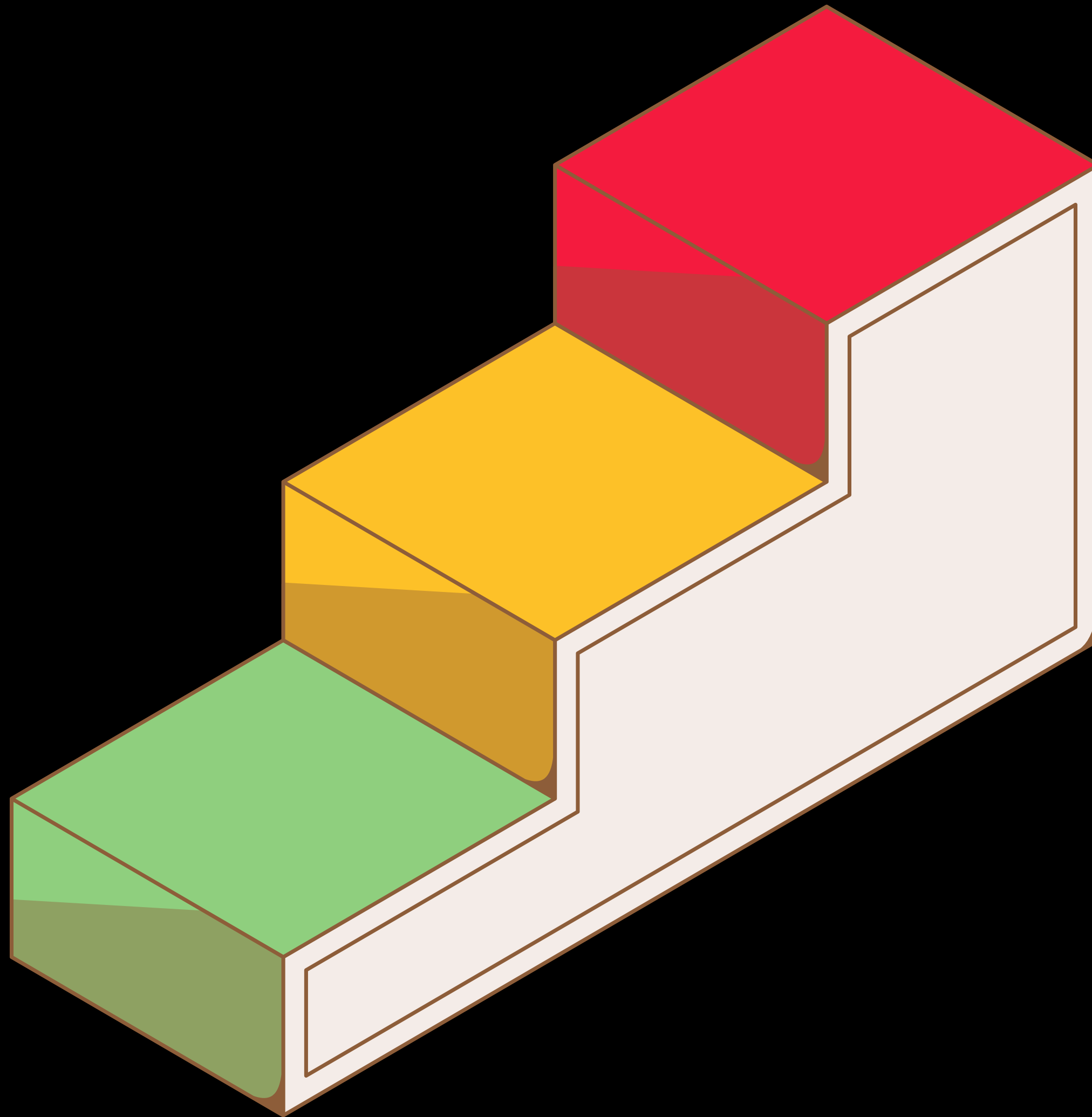
**And to help:**

**your spouse**

**BE in love**

**with YOU**

**step 1**



ספר משלי פרק כז

יט) כמים הפנים לפנים  
כן לב האדם לאדם

**As water a face to a face,  
so to the heart of man to man**



רש"י

ט. כמים - הללו הפנים שאתה מראה לתוכ הן מראות לך  
כן לב האדם לאדם - חברו לפי מה שאדם יודע שחבירו אוח  
הוא מראה לו פנים

**Water: whatever face you show to it it reflects back**

**So too, the heart of man**

**When he knows that his friend loves him he reflects that back**

**Rashi**

**Just as water reflects**

**Reflexive**

**Can't help it**

**Automatic**

**I either like**

**or dislike**

**you**

**based on**

**your**

**feelings**

**towards me**





# **Mirror** of the **Relationship**



What you **put into**  
the mirror

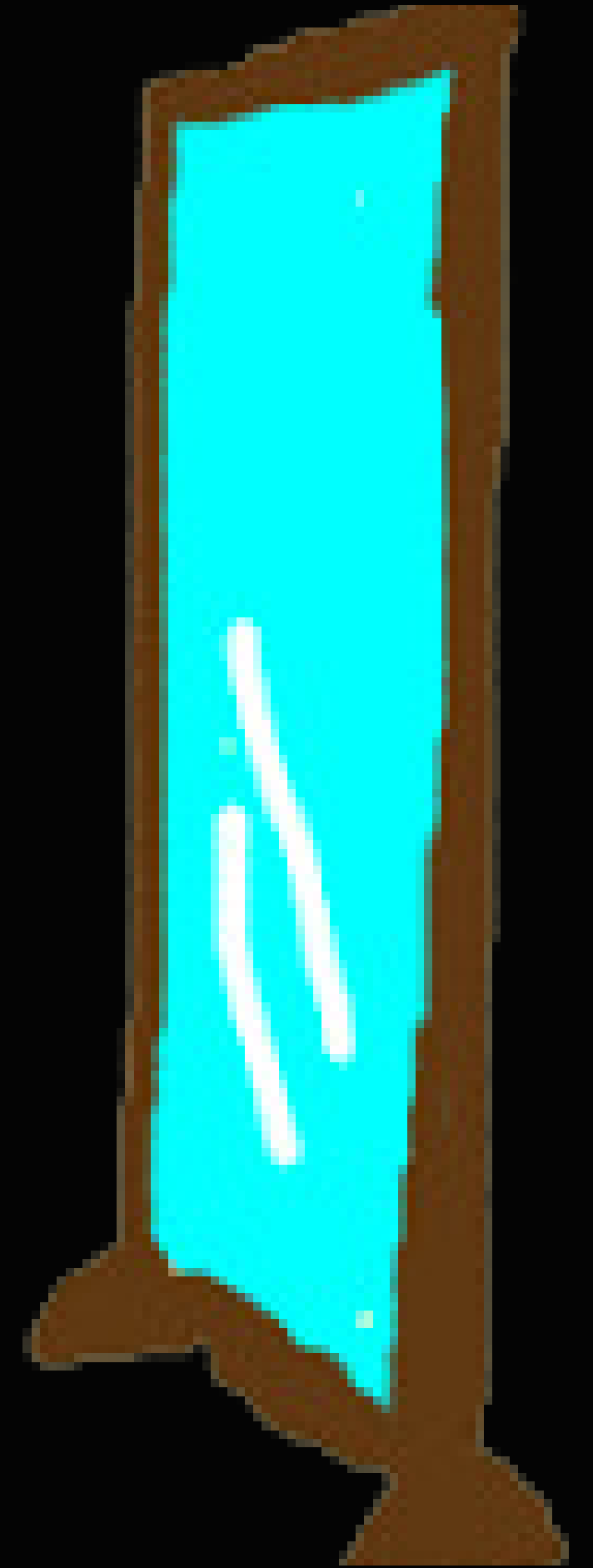
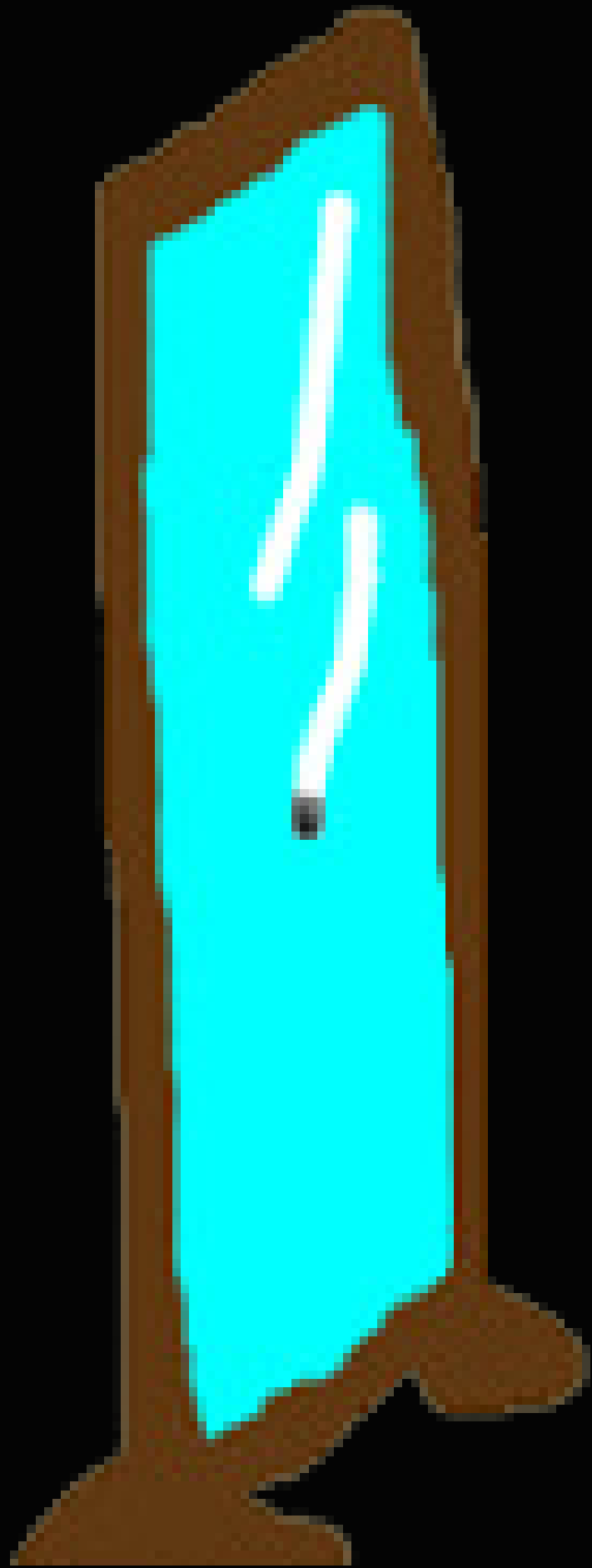
you **get right**  
back

Every time you  
**interact** with  
your spouse

**Reflects**



**then Bounces  
back**



# The **Mirror** of the Relationship







Treat her like  
a **Queen**



She'll treat you  
like a **King**



Treat her like  
a **servant**



She'll treat  
you like  
a **Slave**

**the  
problem**



**you can't  
fake it**

**1**  
**Infatuation** just **happens**

it doesn't take **work**

# 2 Infatuation blinds



3  
infatuation

has a shelf life



EXPIRED



marriage

starts

when infatuation

ends



LOVE

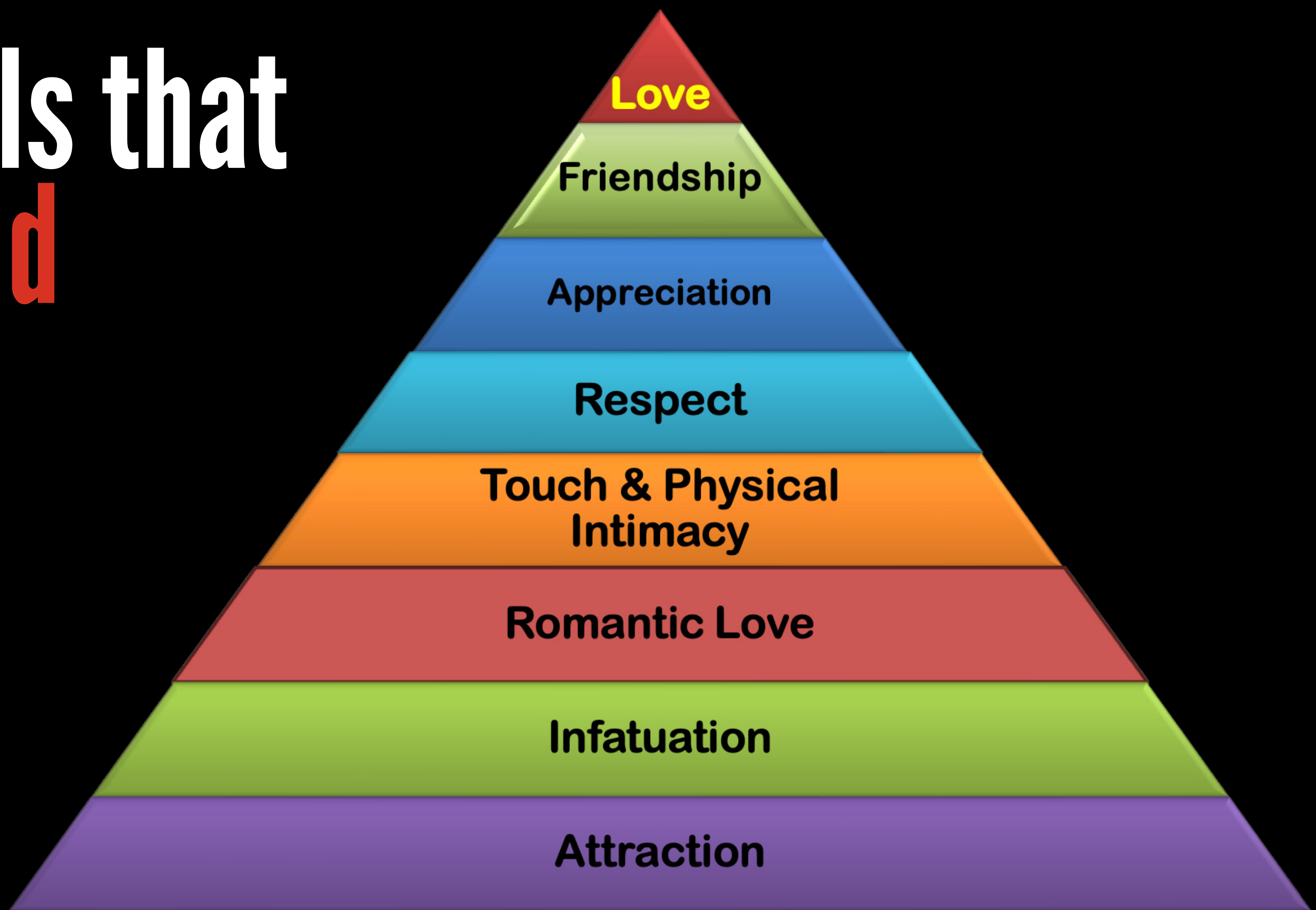
is the

glue to a

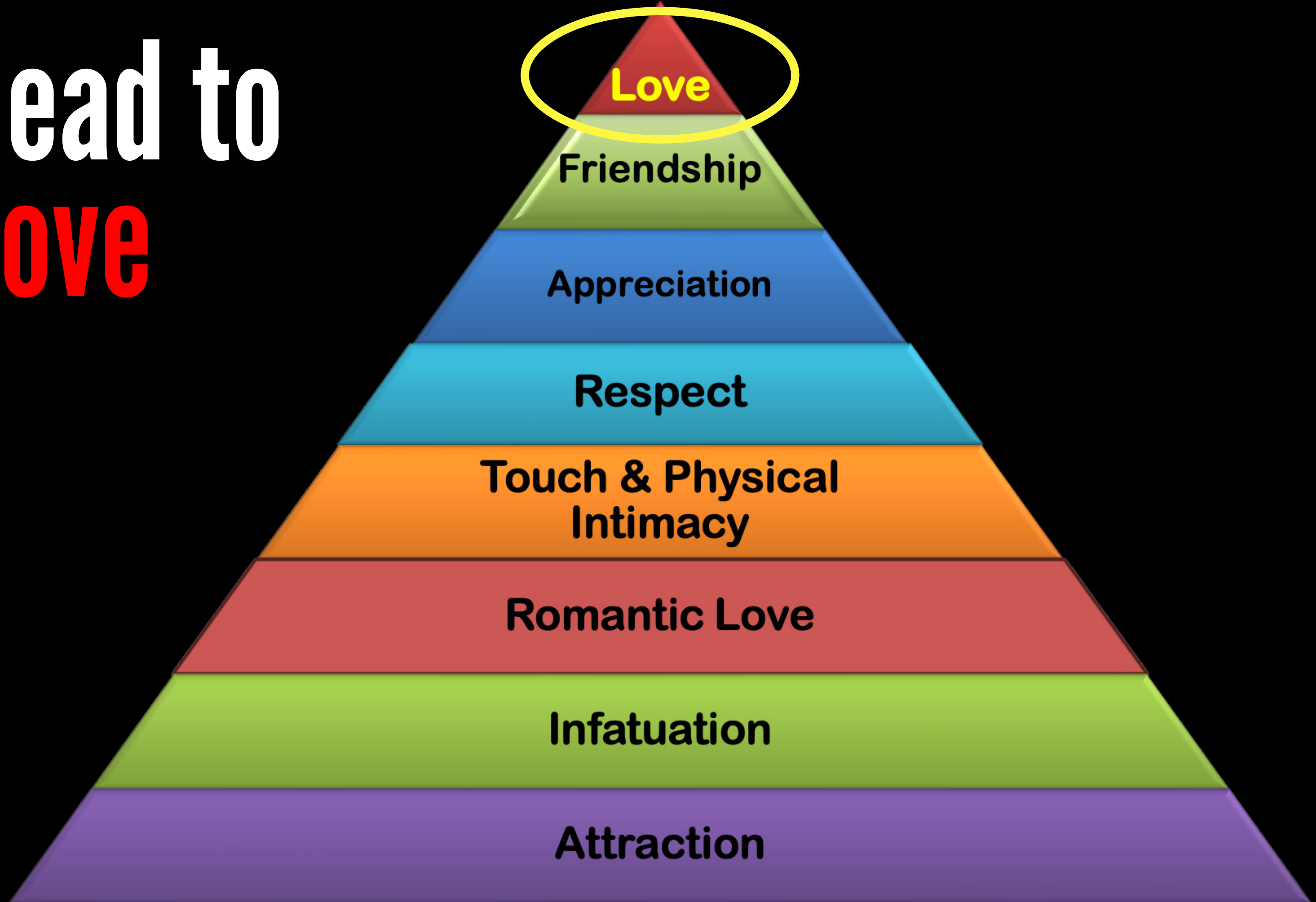
marriage

Building **Love** in  
your **marriage**

# Tools that Bond



all lead to  
**Love**





the  
covid  
test

**alone with**

**your best friend**

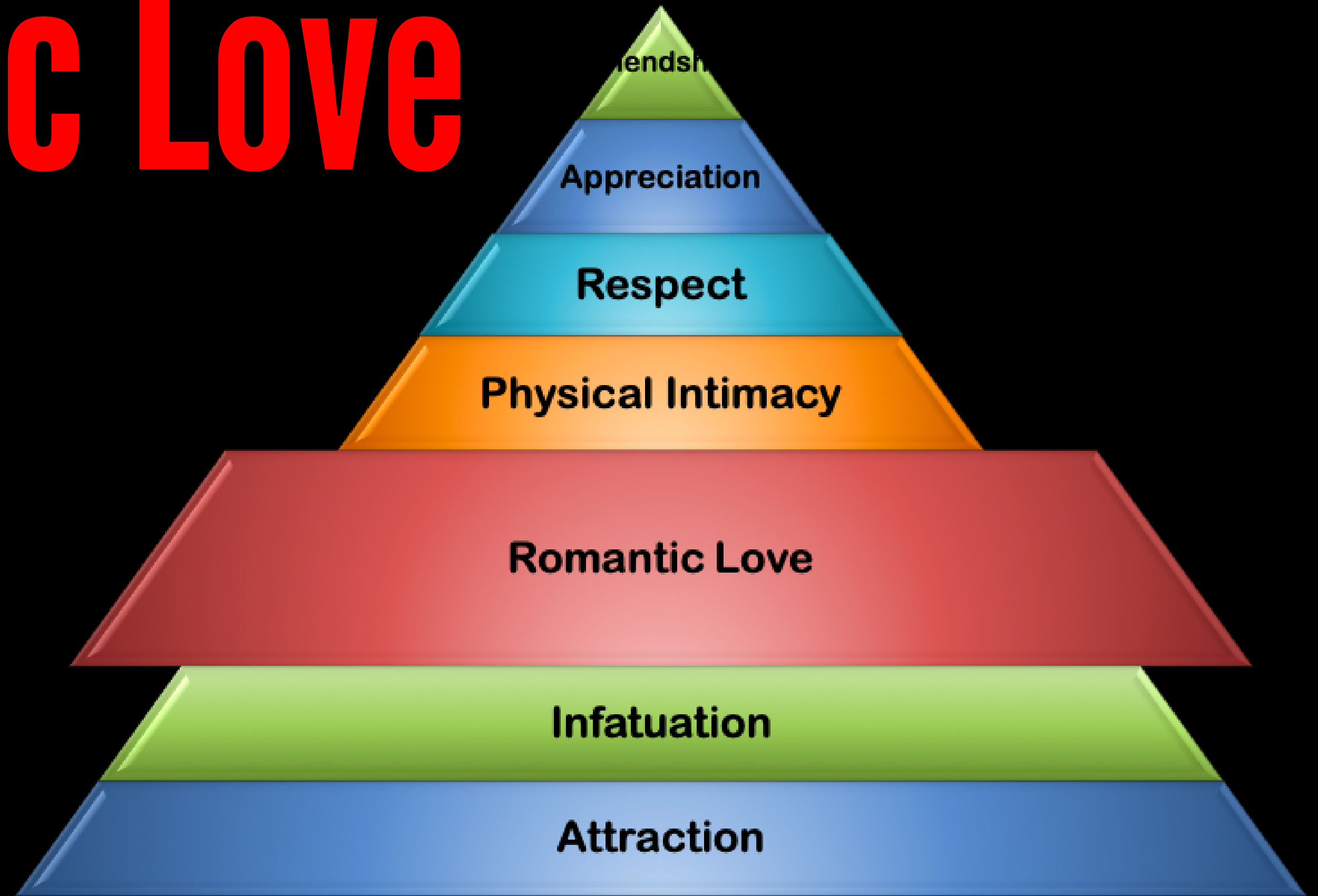
**what is**

**Love**

**you know it  
when you see it**

**but, what is it**

# Romantic Love



**Husband's**

**Responsibility**

**to Romance**

**his wife**



# **Romantic Love**

**One of the tools that bond**

**Romantic Love**

is

**POSSSSSSSSIVE**

**you are**  
**to me**

**and to no one else**

it's

good

proper

and holy

**g**ive  
**Love** wants to

**The goal**

**Love**



**A deep, real connection**

**not dependent upon  
circumstances or conditions**

ספר ויקרא פרק יט

ואהבת לרעך כמוך

Love your friend as yourself

ספר ויקרא פרק יט

ולאהבת לרעך כמוך

Love your **FRIEND** as your **SELF**

# Self Love

Basis for psychological health

**Prerequisite** for relationships

**Requires**

**Self Acceptance**

Marriage is an **institution**

But it's not a **hospital**

**marriage**

**will not**

**cure**



**depression**

**anxiety**

**OCD**

**low self esteem**

**poor self image**

**marriage**

**will only cure one thing**

**being**  
**single**

**your mental health**

**is your**

**responsibility**

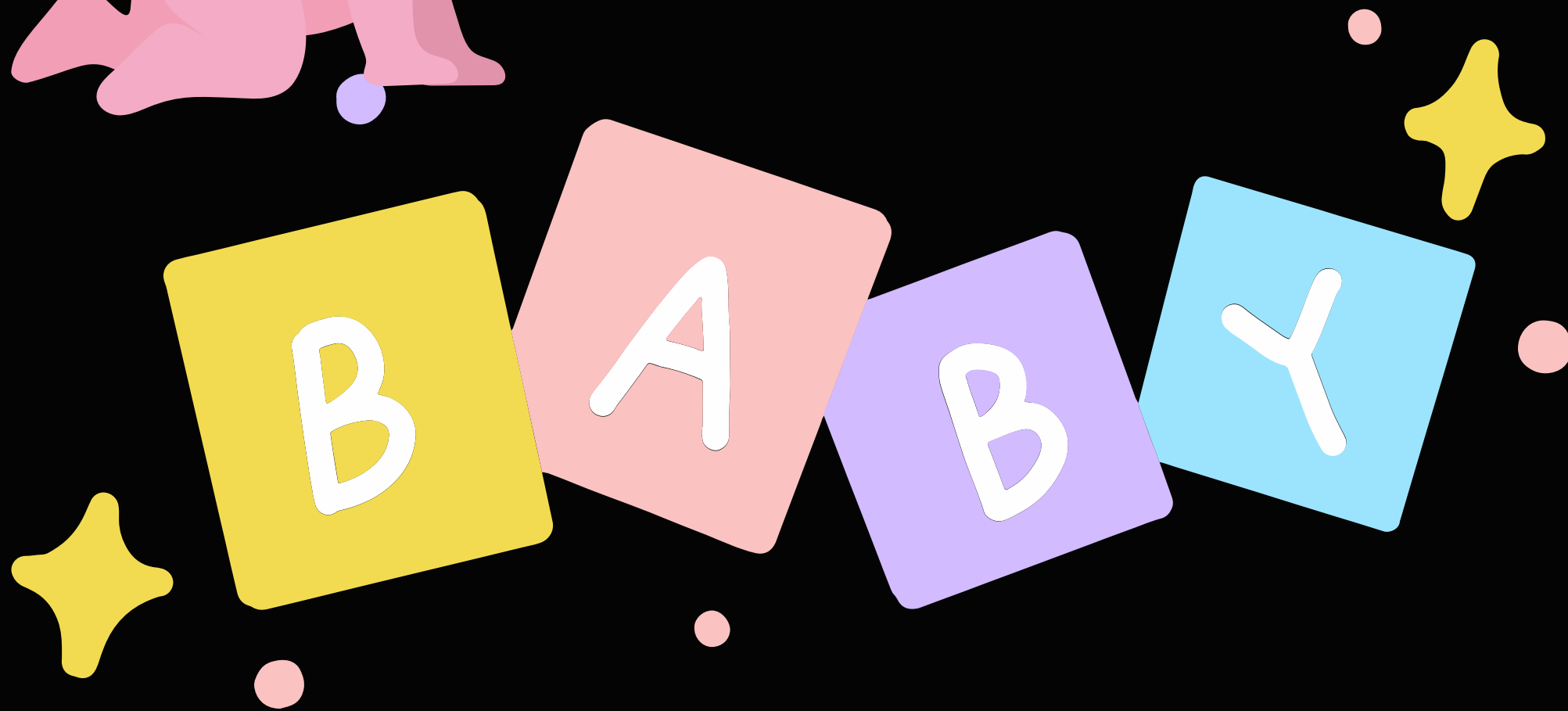
**what is**

**Love**

**Inner condition**

**State of feeling**

A mother loves her baby





how do we  
determine

We know she loves her when she

**Feeds** the baby

**Changes** the baby

**Comforts** the baby



**Love manifests in a sense of**

**Care**

**“I’m off duty now.”**

the mother may  
love **herself**, but  
not the child.

**Responsible**

**Respect**

The 3 elements  
of love:



# Care

**A deep sense of caring  
about the other person.**

# Responsible

**A sense of responsibility to do whatever  
you can to help that person.**

# Respect

Respecting them as a person, not relating to them simply as someone to serve your needs and desires.

Not all love  
is the same.

A man  
maybe a

**father** **brother**

**uncle**

**son**

**nephew**

**friend**

**But marriage is a unique**

**relationship**

ספר בראשית פרק ב

כֹּד) עֵל כֵּן יֵעֲזֹב אִישׁ אֶת  
אָבִיו וְאִמּוֹ וְדָבַק בְּאִשְׁתּוֹ  
וְהָיוּ לְבֶשֶׁר אֶחָד:

The Ramban explains that this means that in marriage, a man and woman view each other as one body—one entity.



**With any other person,  
you share a part of your life**

**With your spouse,  
you share your  
whole life**



**husband**

**wife**

However, the greatest distinction between marriage and other relationships is that

the love is not

**guaranteed**

**This Love  
waxes and  
wanes**

and is

dependent upon

the relationship

**And the relationship  
is very sensitive**

**A husband and wife each have**

**expectations**

**wishes**

**desires**



**When their expectations  
aren't met, the reaction is**

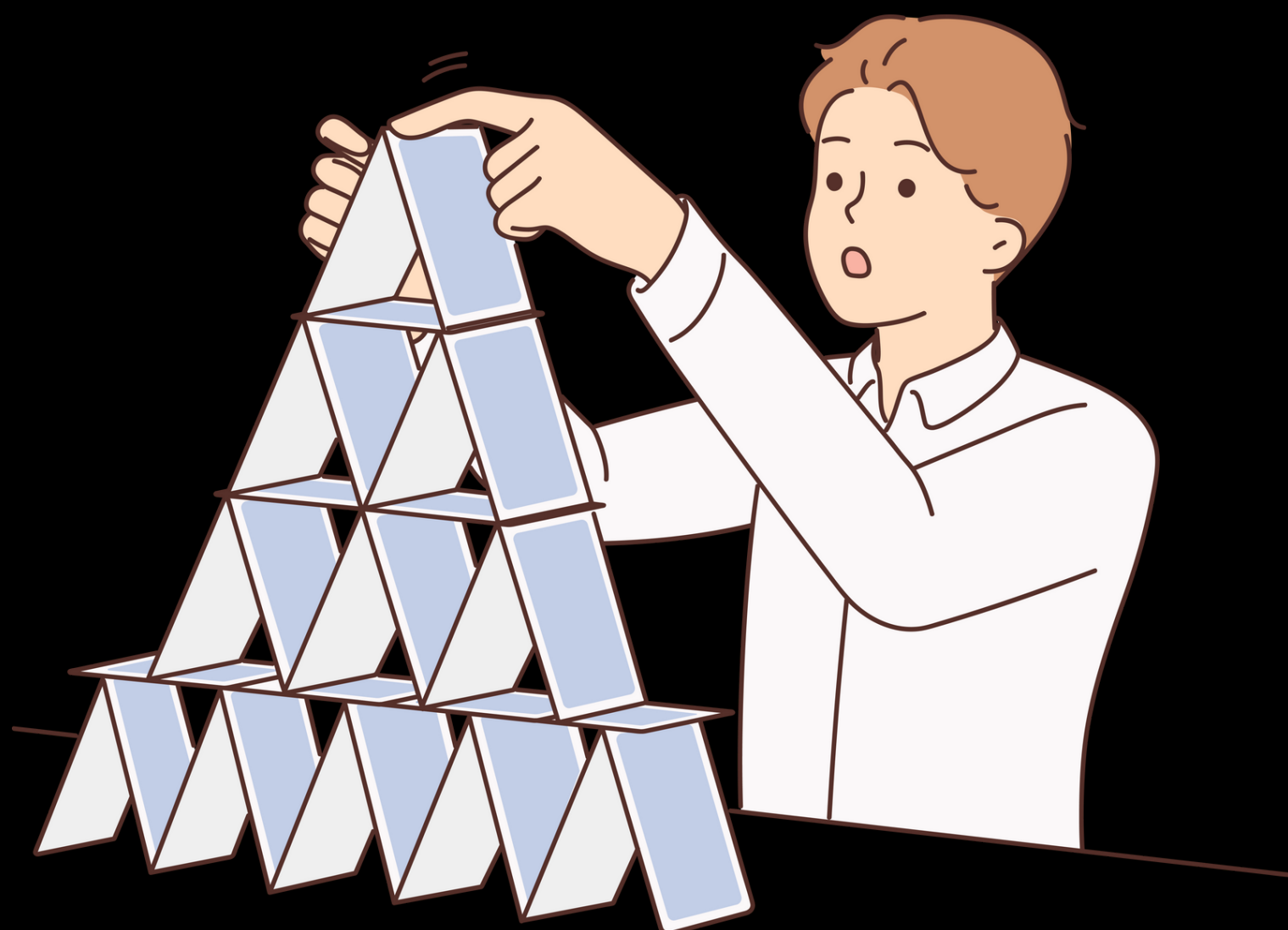
**“My spouse doesn’t  
care about my **needs.**”**

"She doesn't  
care about **me.**"

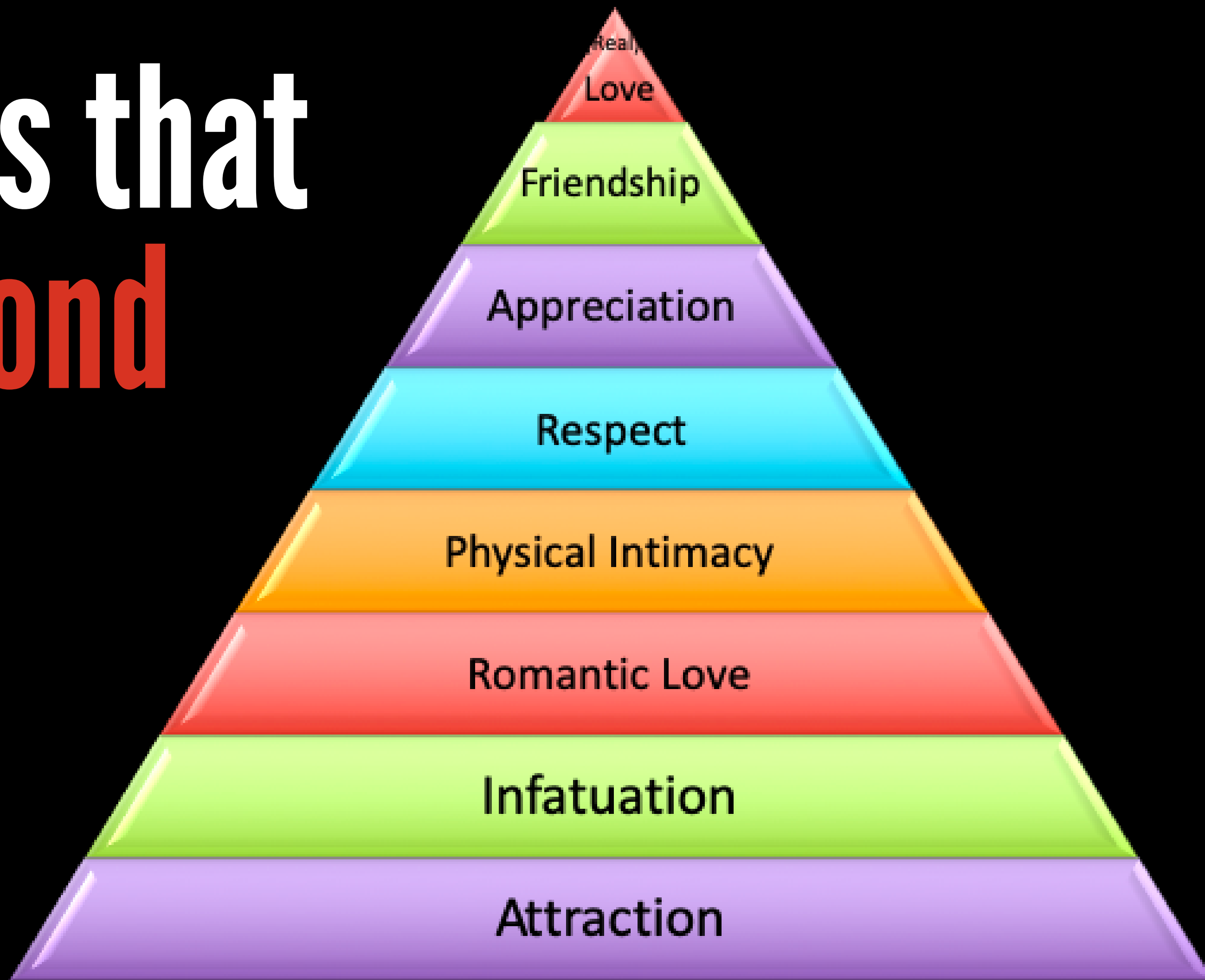
**and**

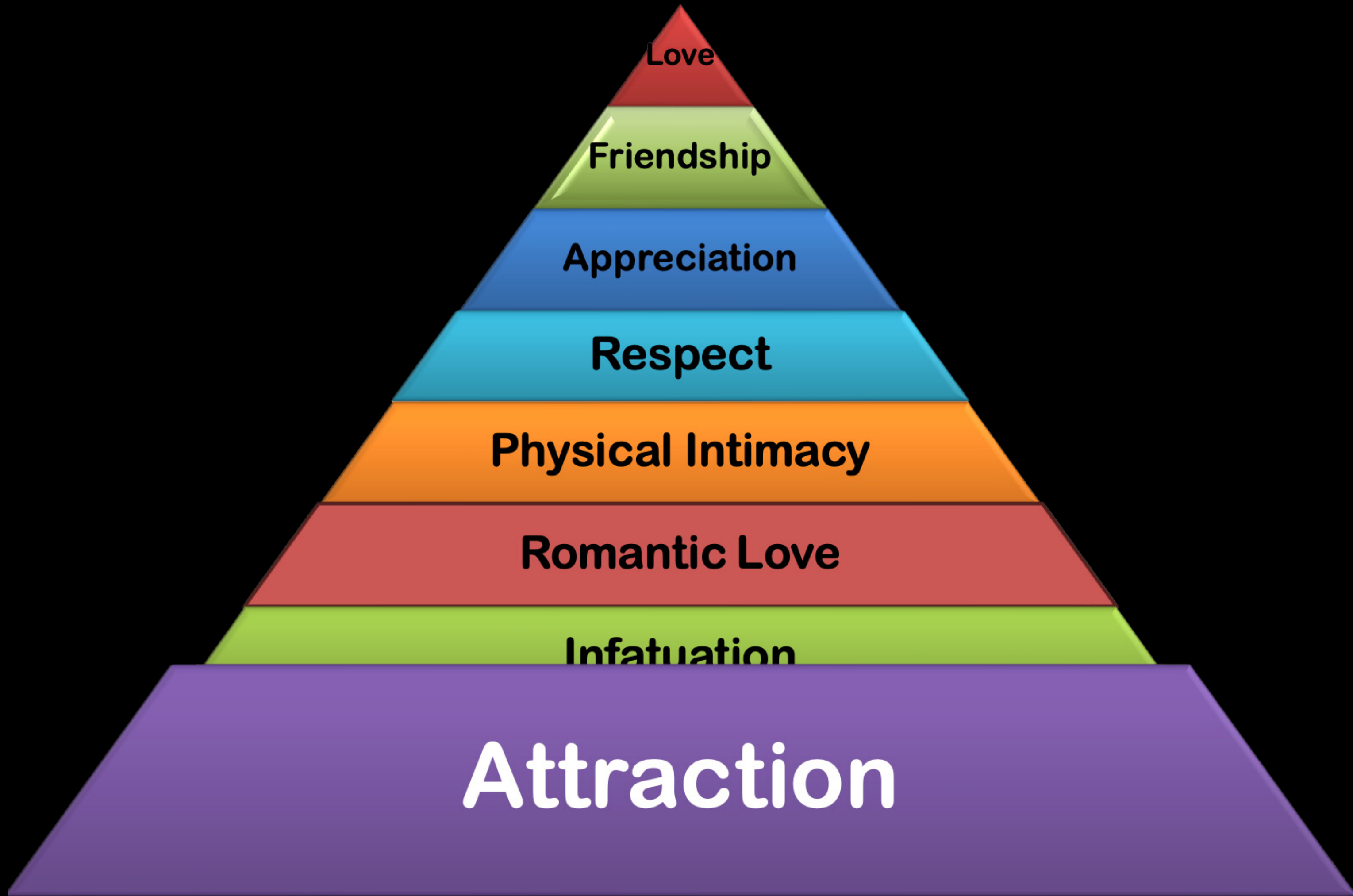
**Because you are so connected,  
you are also so**

# vulnerable



# Tools that Bond





Love

Friendship

Appreciation

Respect

Physical Intimacy

Romantic Love

Infatuation

Attraction

**I'm not attracted to my  
wife**



**how long are you  
married?**

**6 months**

**it didn't add up**

**rule 1**

no outlets  
other than  
your wife

**no porn**

**no gazing**

**no fantasizing**

**how am i going  
to do that?**

**how you are going to  
buy your**

**freedom**



ספר החינוך - מצוה תקפב

מצוה שישמח חתן עם  
אשתו שנה ראשונה

שנצטוינו שישמח החתן עם  
אשתו שנה אחת, כלומר,  
שלא יסע חוץ לעיר לצאת  
למקומה ולא לענינים אחרים



אלה ישוב עמדה שנה  
שקמה במיום הנשיאות

כי הזנות תועבה הוא לפניו,  
על כן גזר עלינו שנשב עם  
האשה המיוחדת לנו שנה  
שקמה מעת ששא אותה

כדאי ללדהרג ליל הטבע

עמדה וקלדהדבליקן הרצון

אצללה וקלהכניס ציורה

וכלל פעלה בלב

עַד שִׁיבֹא אֲצִלְּךָ הַטֹּבֵעַ

כֹּל מַעֲשֵׂה אֵשׁ אַחֲרַת

וְכֹל עֲנִינֵיהָ דַרְךְ זָרוֹת

**This is how**

**a woman**

walks looks  
talks  
dresses

**stands**

**holds a pen**

**breathes**

**reads**

**looks**

**eats**

**everything else is**

**foreign**

**strange**

**unattractive**



not a

woman

**Desire is  
inborn**

What you ■

**DESIRE** is  
learnt

a wise man  
**trains** his eyes

to be **attracted** to  
his **wife** only

it **insults** your **wife**

to look at another

**woman** with **desire**

And, she'll

**KNOW!**

used using  
desire

as a tool that bonds



Pulled **towards**  
**your** **wife**

*Pulled **away** from  
your wife*





no outlets  
other than  
your wife

**no porn**

**no gazing**

**no fantasizing**

The more your focus is  
on your wife

The better your  
marriage will be

The **happier** you will be

The **holier** you will be

**There will always  
be women more**

**Alluring**

**Appealing**

**Enticing**

**Attractive**

**whatever**

**Prettier**

**Younger**

***Skinnier***

**Taller**

**Shorter**

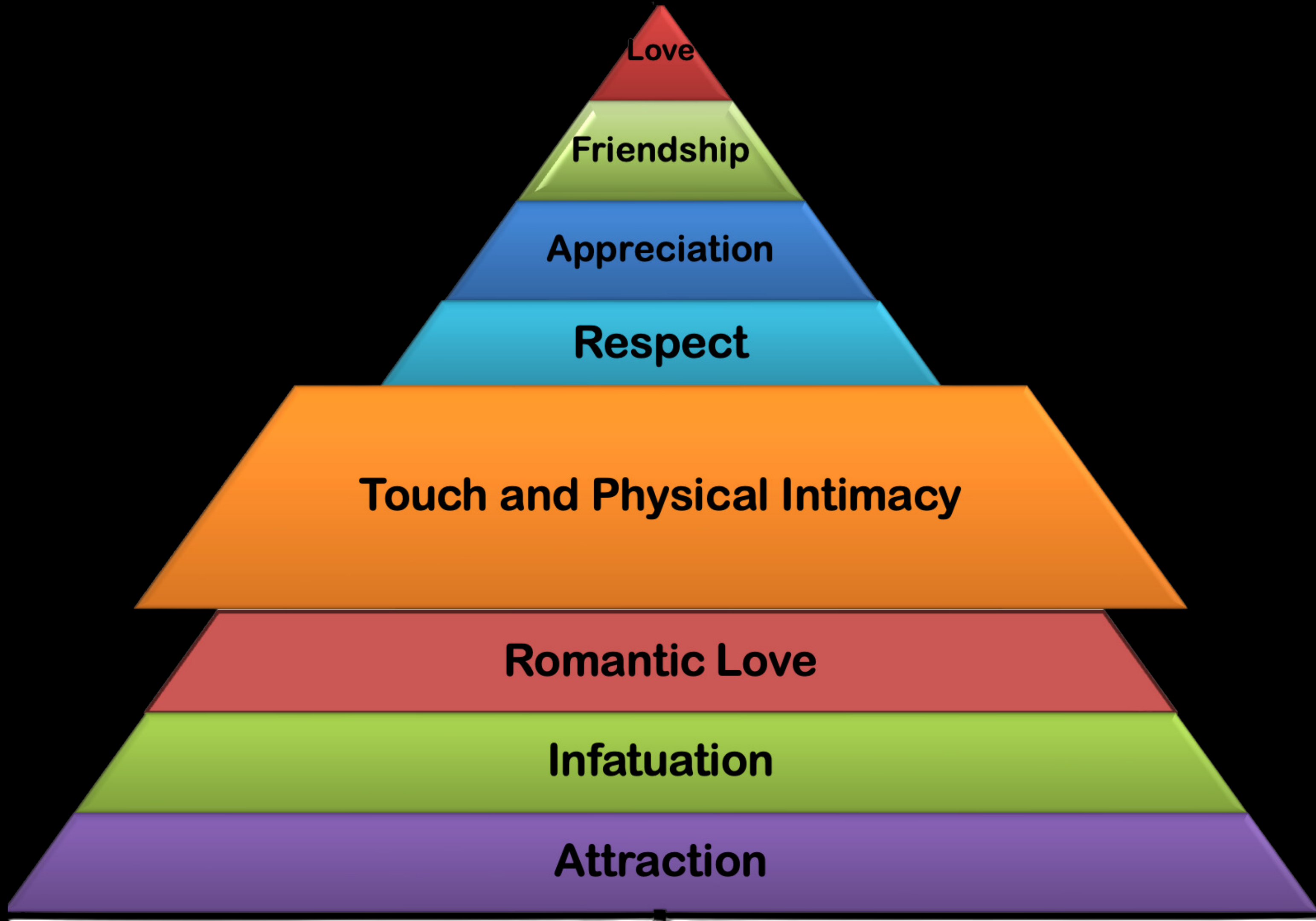
**Then your wife**

**I have eyes for my wife  
alone**

**Wasn't written by  
a man**



**The work is to  
train yourself**



Love

Friendship

Appreciation

Respect

Touch and Physical Intimacy

Romantic Love

Infatuation

Attraction

There is a lot in **life**  
that will pull you



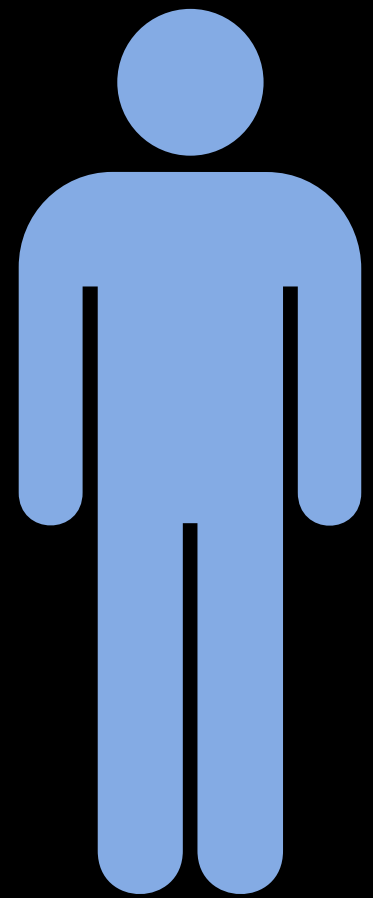
**apart**

**ГОУИСН!**

**Touch as a gesture of**

**affection**

**He** only **touches** me  
when he wants **sex**



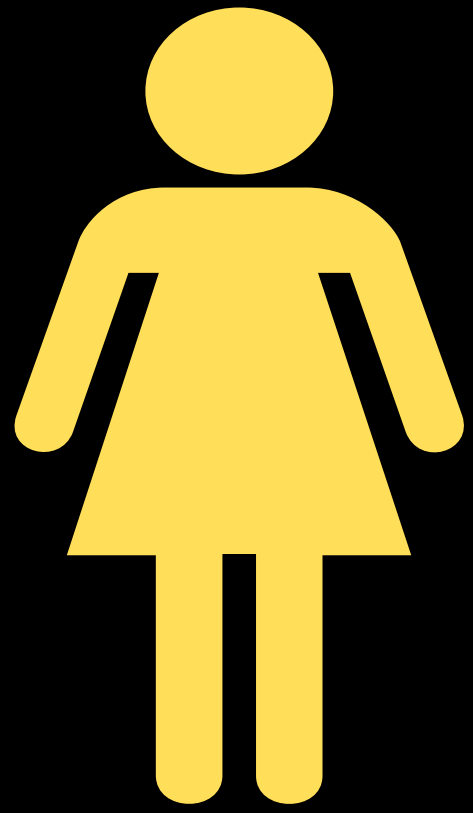
**Men**

**Leads to**

**Sex**



**Love**



**Women**

**Leads to**

**Love**



**Sex**

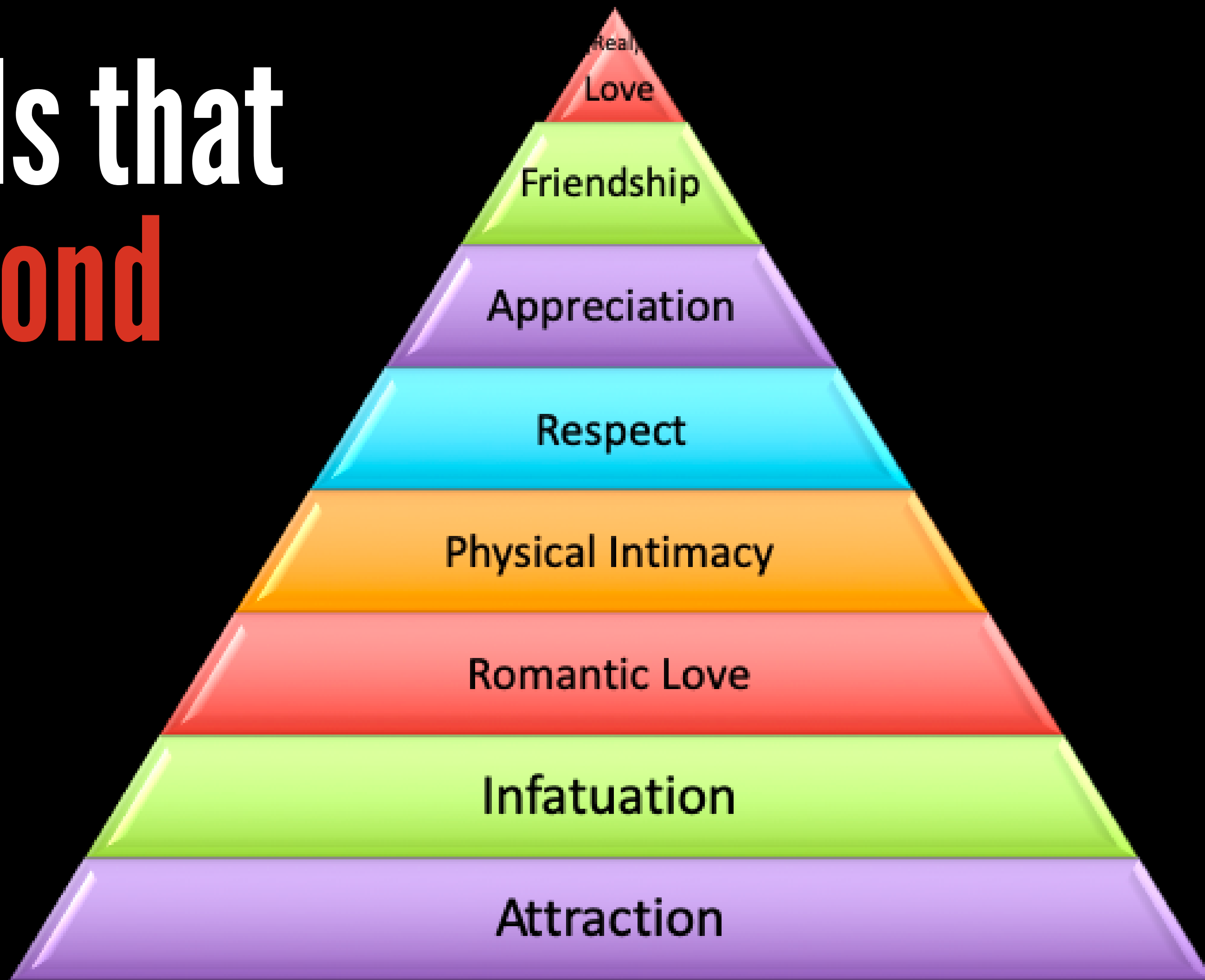


Show her with attention

Show her that he loves her

Let her know that she finds  
favor in his eyes

# Tools that Bond





בראשית כ"ט

וּפְּשָׁא אֶת-קַלְוֹ וּפְּבֹד:

**2**

**reasons**

רש"י

ויבך. ד"א לפי שבא

בידים רקנאות;

אמר, אליעזר עבד אבי אבא היו בידיו נזמים  
וצמידים ומגדנות ואני אין בידיו כלום;

**Class**

**Respect**

**Dignity**

וּיְבֹכֶה. לְפָנַי שֶׁצָּפָה בְּרוּחַ הַקֹּדֶשׁ

שֶׁאֵלֵנָה נִכְנָסָת עִמּוֹ לְקַבֵּלָהּ.



**Love** doesn't **happen**

**LOVE IS BUILT**

**Theshmuz**  
*.com*

**10** **REALLY**  
**DUMB**  
**MISTAKES**

— THAT —

**VERY SMART**  
**COUPLES**

— MAKE

A TORAH BASED GUIDE TO  
**A SUCCESSFUL MARRIAGE**

**RABBI BEN TZION SHAFIER**

**10** **REALLY DUMB**  
**MISTAKES**

— THAT —

**VERY SMART**  
**COUPLES** **MAKE**

A Torah-Based Guide To A Successful Marriage  
**RABBI BEN TZION SHAFIER**

VIDEO BOOK



**TheShmuz**  
*.com*