

Host Connie Durham shares the ten deadly sins that will crush your marriage

Unlock the secret to a flourishing marriage in Connie's revealing podcast!

👉 Today, we're dissecting the Ten Deadly Sins that could be sabotaging your relationship. But there's hope; with understanding comes the power to change. Act now—don't let the thorns prevail.

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>> Speaker A: You. Welcome to the extraordinary marriage. I am Connie Durham, your host today. And yes, we are talking about the ten deadly sins that will crush your marriage. And guess what? Many people are not aware of these. And if you're not aware of them, how in the world can you overcome run them? So today, I'm going to share them with you so that you can look and say, oh, my gosh, I do that. I didn't know. I do it, but I do it. So I want you to make sure you finish this episode all the way till the end so you don't miss anything, because all ten are important. Some are pretty hard, and some are just natural things that we happen to do as human beings. A lot of things happen by our personality styles. Some people are more critical. Some people are more happy every day. Some people, don't have a lot of emotion. And a lot of those things go back to the personality styles, the things I talk about, where I call them behavior styles. It's like we're each ingrained with particular behavior styles. Now, those are changed a little this way, tweaked this way and that as we're growing up and our mom and dad get after us for certain behaviors. But way too often, certain behaviors are allowed to go on and on and on. Kind of like disrespect. That's not one of them today, but like, disrespect. If you learn to respect yourself and you learn to respect your parents, you learn to respect your friends, you learn to respect your boss for their position, then life looks a little different. I had just gotten a book on, how to have a great attitude, and I'm not talking about that today, but how to have a great attitude. I mean, it makes the difference of whether you wake up in the morning feeling hopeful and great and thinking about the things you have to do in a hopeful, great manner. Or if you wake up in the morning and

I have to say, I used to be like this. I always said I could have that t shirt or that sweatshirt that has, like, instead of, thank you, lord, it's morning. Oh, lord, it's morning. They usually had, like, a Kitty cat or a dog or something like that on there, and, I used to have that. But I have overcome that with paying, ah, attention and being aware of my behavior and the things that are draining my energy. So, that's going to be coming up soon. I'm going to be doing a five day on, confidence and, how to build your confidence.

Today we're looking at the ten deadly sins that will crush your marriage

But today we're looking at the ten deadly sins that will crush your marriage. And as you hear these, you might jot down the ones that you're like, oh, gosh, I do that. I wouldn't mean to do that, but I do it. So here they are. I also saw this this morning, and it was like, it was astounding to me. It's a simple statement by Sarah Young. she says, self acceptance. Self acceptance is the path to self forgetfulness, which is the royal road to joy. Self acceptance is the path to self forgetfulness, which is the royal road. Can already say that. Royal road to joy. Why is that? Because when we're thinking about ourself all the time, it's about me. Are you thinking about me? Did so and so include me? Well, what about me? And I call that meitis. I do that often in some of my courses and my training. Meitis. Nobody wants to have meitis. I think we're born with it, but nobody wants to have miatas. Self acceptance. Accepting yourself helps you be forgetful of yourself, and that means that you are thinking about others.

Infidelity is the ultimate selfishness. It crushes and ruins a marriage

All right, here's number one. I'm just going to get this one out of the way. It's probably the nastiest one, the most horrible one. And that is, of course, infidelity is one of the first, most deadly sins because it crushes and ruins a marriage. But that's not what today is about. But I wanted to get it out of the way because it's true. Because infidelity is deceitful. Somebody's shaking their head. Somebody's shaking their head, and they're like, yeah, it is. It is the ultimate selfishness. And it is truly a person, who is undisciplined. But remember, so much in our attitudes, our values, the way that we do things is learned. Now, that doesn't mean if that happened in our family, that we're going to do that, too. But you need to be aware of it. So many things are learned. Number two is anger. People who have an angry spirit don't realize what it does to all the people around them. It is like walking in after work. Maybe the household's been happy. They've been watching cartoons with the kids. the wife is, cleaning house, and maybe she's making dinner. And it's been a great day. Dad walks in and he's in a mood or he's had a bad day, or something is crucial at work, and he's feeling the pressure, whatever the reason is, and he explodes all over everyone. There is a particular personality style that anger is their top emotion. And when that is their top emotion, they get angry. When they're driving for people, cutting them off or being in their way, simply being in their way. They get angry when something silly stupid happens. Instead of laughing, they get angry. like I said, if they've had a bad day, they get angry. And there again, if you can be aware of these behaviors, if this is you, pay attention. If it is your spouse, pay attention and understand that it's not about you. It is about their top emotion or baggage they're carrying in their life that causes them to be moody or angry. Stress at work is really hard. I don't do so good under pressure either. I don't usually get angry. I usually crumble. This is a little bit about me, right? But anger. Be aware of your anger. If you have a tendency to get angry, and if it is your spouse that does that, know that it's not about you. They come into the room, it explodes all over everyone else, and then they feel better. They got it all out. The pressure. It's like a pressure pot, and it blows. It blows all over everything else, and then it feels better. Number three is self absorbed. Now, when we're children, we are self absorbed. We're literally born that way. But we have

to be careful not to be so self absorbed that whenever we sit down to talk with our spouse, that all we can do is talk about ourself. Okay? Yes, I do that often. So I spill it all out, and then I say to my husband, oh, how was your day, honey? I just tend to do that. We've been married a very long time. I think he's used to it. But you know what? I don't mean to be self absorbed with what all's gone on with me, but, hey, I've been with me all day and no one else. Sometimes we're self absorbed with our own problems. We're self absorbed with how we feel. we're self absorbed with how we think. Other people think about us. But there again, awareness. That's our key word today is awareness. Awareness is everything. When we are aware, we can start to make small changes. And if it's your spouse that is self absorbed, put up your finger and go, wait, can you listen to me a few minutes? Can we take turns on this? Right, because they might not be aware. They're just expressing themselves. Some people express themselves with lots of words, and other personalities express theirself with very few words. In our earlier days, I think my husband never. Well, he does express himself in many words, but he never expresses pain or frustration. So very rarely that if he ever uses words for those things, or he says, man, my knee is killing me. Had trouble sleeping last night, then I'm going to pay attention because he hardly ever says anything, so I'm going to pay attention on that. So we want to make sure that we are not self absorbed, because we're the only person who can control us, right? And if it's our spouse, we'll kindly say, hey, can I have a turn?

Some people are hardwired to criticize instead of lifting up

Number four is critical. This is really a hard one because some personalities, some people are hardwired to see everything that can go wrong to, criticize instead of lifting up. And if a person is critical, it is kind of a natural thing for them. Or maybe they've been criticized a whole lot as a kid, and they grew up with somebody who criticized them. And that seemed like this is the thing you do to be accepted in my house, is criticize everything and everyone. Well, I have to tell you, it's not a very popular thing to do. Do you like to be criticized? Do you like somebody looking over your shoulder, telling you what you're doing wrong? I doubt there's any yeses out there. I sure don't. In fact, when somebody looks over my shoulder, I find myself stopping and thinking, go away. I feel like they're judging me. Yeah, they might be. If they're critical, they are judging you. So it is finding that thing. again, if this is your spouse and they're criticizing, they're probably never lifting you up. They're never saying, great job, I appreciate you. It's, like, not in their dna. It's not in their dna. And if that's you that you realize you're critical, then every time you have that critical thought in your head, think the opposite and say it to yourself three times. Start looking at what is good that the people do around you. Start being thankful. These are some ways to overcome a critical spirit. Number five, the blame game. Little kids play this all the time. Brothers and sisters. Yeah. They're always blaming somebody else. And, only children, they usually have an invisible friend that they can blame. Right. We all like to blame our frustrations, our problems, our emotions on someone else, and we have to take responsibility. We have to take responsibility. It's very annoying if you're married to a person who always is blaming you. What's that old saying? Like, whenever you're pointing your finger at somebody else, you got three other fingers pointing back at you. Yeah, that goes to the blame game. And unless we learn to take responsibility, we can't develop that unity with our spouse because it's pretty irritating. and honestly, it makes you downright mad. Even if you're not angry person, if somebody is always blaming you, if your spouse is always blaming you for their problems, you're like, man, get a life, right? It's frustrating. Number six is unforgiving. There is a saying, let's see if I can recall it. Well, there's a couple of them, and one of them. When you are unforgiving, it means you have bitterness. Bitterness grows into a gigantic monster. Not forgiving people grows into a gigantic monster. Now, there are things that, man, it's hard to forgive certain things if they have really been done to you. Like number one, infidelity, right? Takes a special person to be able to forgive that. And every instance is different. But an unforgiving spirit, it's like just negativity floating around your house. Negativity floating around your house. And how does the other person feel when you won't forget them? Forget them, forgive them. We all have choices. All our choices

make up our life, our thoughts, what we think about all the time become our choices, and then our choices become our life. And is your life happy? Do you enjoy your life? Are you finding yourself not enjoying life? Because maybe you have a handful of these ten deadly sins?

Unforgiveness number seven is not admitting you need help

All right, so, unforgiveness number seven is not admitting you need help. All you awesome people out there who love helping others, and you're always giving, and you're always. You, know, you're Johnny on the spot. You tell everybody, yes when they need something. But when you need something, you cannot tell anyone you need help. Why is that? Is it because you're proud, too proud to ask for help? You don't want anyone to know that you need help. What is it? It's up to you to figure that out and to ask for help. And that might be from your spouse, it might be from your best friend. or you might need to go to a counselor or a coach or get help. But everybody needs help on occasion. Now, I know for myself, I've been working on this podcast since November of 23. Well, actually two months before that, as I started getting all the guests on here. And, it starts to get to a point to handle all the logistics of the podcast and speaking and coaching with others. And, I'm coming to a place where I'm going to have to ask for some help. And I don't hardly know how because we don't want to ask for help. We want to be independent. We want to be able to do it all, but we cannot.

Number eight is not trusting. When we're not trusting, what does that say to spouse

All right, number eight is arrogant. Yes. There are some arrogant people out there who want to appear to be a certain way when they are actually another way. They might be arrogant because they have many degrees. They might be arrogant because they rose up fast in their business. They might be arrogant because they're actually insecure. They might be arrogant because they're actually insecure. Arrogance is like self righteousness. I'm, better than everyone else, always looking down at everyone else. I'm going to take this to the fact of arrogant people who only think about themselves are never thinking about the other person. And in marriage, this can be quite challenging because, oh, I think there was one up here. Self absorbed. Everything is about them, right? Arrogance pushes people away. I would think humble people draw other people in because they're humble, they're loving, they're kind, they're real, they're thinking about the other person. They're not just thinking about their self. But when a person is arrogant, it pushes people away. And we could throw a few of these things in. Arrogance is being self absorbed. Arrogance is being critical. That means you think you're doing everything better than somebody else. Arrogance is not forgiving people. Arrogance is not admitting you need help. We wouldn't mean to do that. Number nine is not trusting. Now, this is a hard one because it goes way back to our childhood. What all has happened to you in your life to make you not trusting? Or maybe you're married to a spouse. That's not trusting. I really believe most of the thing of not being trusting goes back to our childhood, what we were taught. Sometimes we're taught to be cautious. And that cautiousness translates into not trusting. Yeah, sometimes we do have to be not trusting. We were just, selling a vehicle. And, I'm like, well, how do you collect money these days? And how can you trust people? There's so many fraudulent things going around that you do have to be cautious, smart, thoughtful, cautious. But when we're not trusting, what does that say to our spouse? Well, I've even had. I have the most wonderful husband in the world for over 40 years. But I'm going to confess to sometimes I even have that. I think it goes back to being raised, in a way that I was cautioned all the time. Cautious. Cautious. Or sometimes told about the worst thoughts that could happen. I'm actually opposite of that personality, where

typically I would be, I just look at the bright side and the good things that can happen. But that was a good thing, that it helped me develop that ability to be cautious and to think things through. So a certain amount of caution is important. But when we're not trusting, what does that say to our spouse? Well, sometimes the fact of not being trusting, is not anything about your spouse or what they've done, but it's within ourselves, that insecurity, that voice in our head that sometimes tells us we're not enough. Not trusting, a lot of times, like I said, comes from within. There is a particular personality. There we go again on those personalities. I'm telling you, personalities and behaviors are predictable if you understand the personality styles I teach communication secrets for marriage. And guess what? Communication secrets for marriage is more than that. It is communication secrets for life. Once you understand the methods of behavior styles, personality styles, you begin to understand yourself better, you understand your spouse better, and you understand your children better. That teenager that you're not able to get along with, that two year old who's throwing themselves in the floor, that boss who is annoying you. Once you understand the communication styles, they're not just for marriage. This is about people. People of every style. It doesn't matter your color, your size, your shape, your popularity. It is all about behavior. And we're all people, and we're all the same when it comes to the different behavior styles.

Failure to communicate your love is a deadly sin in your marriage

The last one, number ten, is failure to communicate your love. If you're angry all the time, if you're self absorbed, if you're critical, if you're playing the blame game, if you're unforgiving, if you won't ask for help and you're frustrated, if you're arrogant, if you're not trusting, you're having trouble communicating. Now let's turn that around because you're like, that's not me, that's my spouse. Yeah. So if your spouse is angry, self absorbed, critical, blame game, unforgiving, not asking for any help, arrogant, not trusting, yeah, you're having some trouble in your marriage. We don't all come from the womb ready to communicate. You know how some little kids talk a lot and some are super quiet? Well, that also goes back to the different behavior styles. Some talk and they tell you everything, even things that you don't really want to know. And then others, they just won't open up. There's a problem. They're hurting inside. They're frustrated. They feel unloved, but they're not going to tell you. They're not going to tell you, because they don't communicate. One way to communicate love is to go back to. It's either episode three or five, I think. And it is, about the love languages. It's about the love languages. Love languages are something that we need in order to feel loved. And if somebody's mad at me all the time, if they're blaming me or if they're not forgiving me or they're not trusting me, I'm not feeling loved. But when we're not feeling loved, are we able to tell the other person? Will they listen? And this is why you can do the communication secrets for marriage all by yourself. Because when you do it all by yourself, there's an on demand class. And, about three or four times during the year I have a live class. And it's a lot more lively because it's full of stories and examples. But that on demand class, it tells you the facts. In fact, you could do that one and then do the live class. And when you understand yourself and you're aware of some of these ten deadly sins that crush your marriage, then you alone are able to make some difference. But when you both do them and you start having a conversation, it gets bigger, bigger and better. And everything takes time. Nothing is instant, only the microwave. Nothing is instant, only the microwave. So why not, put your relationship in the crock pot. The crock pot. To a better future by understanding yourself and your spouse more.

Free 40-minute complimentary coaching to help you deal with life challenges

Well today, what I have for you free is the fresh insights. And I can only take so many. But guess what? Many won't ask for help. But if you want to ask for help, you can grab one of my spots. It is fresh insights, and it is a 40 minutes complimentary time that I'll talk with you, chat with you, maybe give you some pointers, help you in your direction. Oh, my gosh. When we're frustrated and we're having trouble, the main thing is having a listening ear and somebody who understands. And, that can be all it is, is 40 minutes where we just talk about these things. But if you need more, I do do coaching, and it takes a few months to kind of get through things and to work through challenges. But besides coaching and listening privately and personally to you, everything's private. private and listening, only to you here I repeat myself, everything takes time. So you can work through things by talking it out and learning the communication styles. And I teach that during the. I have, a three month program during the three month program where we talk every week and I help you figure it out. Figure out maybe some challenges you're having and figure out the challenges that, yeah, we could figure out your spouse, too, even if they don't take the assessment.

A positive attitude causes a chain reaction of positive thoughts and events

So my name is Connie Durham, and I want to finish up with this, because we started with attitude, didn't we? A positive attitude causes a chain reaction of positive thoughts. Imagine that, events and outcomes. It's a catalyst, and it's a sparks, and it sparks extraordinary results. And that's by Wade Boggs. Let me read it one more time, because it really is good. A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst and it sparks extraordinary results. I'm Connie Durham, and thank you for listening this week. See you next week. Oops. Still going.