

Understand the Family You Brought In

Which inherited assumptions shape my reactions as a husband?

Print this alongside the module, or type into it — every box is a real form field.
The workbook records what you did. This sheet records what you learned.

1 · WATCH AND LISTEN

Take these one at a time. A note you write in your own words is worth more than a highlight you never reread.

The Impact of Family: Past and Present

Session video on the family you brought into the marriage.

Notes — and the timestamp you want to come back to

Family Dynamics in Marriage

How inherited patterns show up in a marriage nobody planned them for.

Notes — and the timestamp you want to come back to

Trauma-Informed Forgiveness and Boundaries

Deep-dive audio on forgiveness that does not require unsafe contact.

Notes — and the timestamp you want to come back to

Where This Session Needs Care

Critical audio on the limits of a formation course around trauma. Read against the module caution.

Notes — and the timestamp you want to come back to

2 · DECKS AND FIELD GRAPHICS

On this module: Navigating Family Legacies; The Marital Blueprint; Navigating the Family Tree; Navigating Family Patterns in Marriage.

What stood out — and what I would push back on

3 • READING NOTES

Each report is an optional study aid built from thematically related research. It reflects the source material, not ministry doctrine — read it against the module's caution.

The Impact of Family: Past and Present

This briefing document synthesizes the core themes, psychological frameworks, and practical strategies presented in the fifth session of The Marriage Course.

Executive briefing — best starting point for this module.

What I take from this

The Ghost at the Dinner Table

Family relationships are the bedrock of our identity, yet they frequently become a primary source of tension within a marriage.

Longer treatment of in-law dynamics and inherited expectations.

What I take from this

Why Your In-Laws Are Living in Your Marriage

When you stood at the altar and said "I do," you likely believed you were embarking on a journey with just one person. But the clinical reality is far more crowded.

Popular-article register — the headline overclaims; use as a prompt.

What I take from this

10 questions

Answer from memory first, then mark yourself against the answer key on the last page. The score matters less than the last column: a question you missed shows you exactly which part of the module to reread.

1. What is the 'Golden Rule' the presenters offer regarding extended family and major decisions?

RIGHT

MISSED

2. In the context of 'leaving' father and mother, how do the presenters define the necessary change in the relationship?

RIGHT

MISSED

3. The presenters use the terms 'Rhino' and 'Hedgehog' to describe conflict styles learned from family. What is the key takeaway for a couple with different styles?

RIGHT

MISSED

4. Using the attachment framework of Bowlby and Ainsworth, the presenters describe the home as needing to be which two things?

RIGHT

MISSED

5. In the family mapping exercise (circles), what is indicated when circles for different family members overlap?

RIGHT

MISSED

6. When addressing childhood pain, the presenters suggest that the first practical step is to 'grieve.' What does this involve?

RIGHT

MISSED

7. Which distinction do the presenters make to clarify the meaning of forgiveness in difficult family situations?

RIGHT

MISSED

8. When should a couple seek 'expert help' or professional support rather than simply following the course exercises?

RIGHT

MISSED

9. As parents age, how do the presenters describe the shift in responsibility for adult children?

RIGHT

MISSED

10. According to the course, what is the best way to support a spouse who is processing a 'raw spot' or painful childhood memory?

RIGHT

MISSED

Score out of 10

The one I missed that matters most — and what I am going back to reread

5 · FLASHCARD DRILL

This module's deck holds 59 cards. Run it until you can answer without help, then note what still slips.

Cards marked known

Cards I still need to review

Mark yourself here

Every answer carries the reason it is the answer. If you missed one, the reason is the part worth rereading — not the letter.

1. What is the 'Golden Rule' the presenters offer regarding extended family and major decisions?

Discuss and agree on important issues as a couple before involving parents or wider family.

This rule ensures the couple acts as a unified team and prevents external family members from driving a wedge between them.

2. In the context of 'leaving' father and mother, how do the presenters define the necessary change in the relationship?

It is an emotional and psychological shift where the spouse becomes the primary center of gravity.

This shift establishes a new decision-making structure where the highest commitment and loyalty are to the spouse.

3. The presenters use the terms 'Rhino' and 'Hedgehog' to describe conflict styles learned from family. What is the key takeaway for a couple with different styles?

Couples must recognize these as learned norms and work to create their own shared culture for resolving conflict.

Understanding that these styles are inherited allows couples to move past moral judgments and negotiate a 'third way' together.

4. Using the attachment framework of Bowlby and Ainsworth, the presenters describe the home as needing to be which two things?

A secure base for exploration and a safe haven for return.

This model describes the child's need for independence within safe limits and a place to replenish their 'emotional tank.'

5. In the family mapping exercise (circles), what is indicated when circles for different family members overlap?

The relationship was very close.

The diagram is a visual tool to help partners understand their experience of emotional proximity or distance within their family of origin.

6. When addressing childhood pain, the presenters suggest that the first practical step is to 'grieve.' What does this involve?

Acknowledging unmet needs and the hurt experienced where a parent or caregiver failed.

Grief involves admitting the reality of the pain, even out of loyalty to a parent, as a prerequisite for healing.

7. Which distinction do the presenters make to clarify the meaning of forgiveness in difficult family situations?

Forgiveness is not the same as condoning actions or giving someone the right to repeat them.

This qualification is vital for safety, as it separates the internal release of anger from the validation of harmful behavior.

8. When should a couple seek 'expert help' or professional support rather than simply following the course exercises?

When dealing with severe trauma, abuse, addiction, or situations where one partner feels unsafe.

The independent reviews emphasize that ordinary advice for in-law friction is inadequate and potentially unsafe for severe trauma or abuse.

9. As parents age, how do the presenters describe the shift in responsibility for adult children?

Adult children become increasingly responsible 'for' their parents as they grow older.

This reflects the cycle of care where adult children provide support to parents who may become dependent, as the children once were.

10. According to the course, what is the best way to support a spouse who is processing a 'raw spot' or painful childhood memory?

Listen to the most painful part, reflect it back, and offer emotional presence without trying to fix it.

This approach ensures the spouse feels heard and not alone, providing the 'safe haven' needed for processing.

Before you close this module

Field action: Retain one pattern and replace one pattern

Finish line: You named one pattern to retain, one to replace, and carried out or rehearsed the replacement without assigning homework to your wife.

Study is not the assignment. The finish line is.