

Interdicting the Three-Year-Itch
Reversing the Sad State of Affairs
And
Salvaging A Christian Home

A British reportⁱ in 2011 observed that the “three-year glitch” has replaced the “seven-year itch” as the tipping point where couples start to take each other for granted, according to a new survey....

The survey of 2,000 British adults in steady relationships pinpointed the 36-month marker as the time when relationship stress levels peak and points to a new trend of “pink passes” and “solo” holidays away from partners and spouses that many Britons resort to in order to keep the romance alive.

“Longer working hours combined with money worries are clearly taking their toll on modern relationships, and we are seeing an increasing trend for solo holidays and weekends away from marriages and relationships in order to revive the romantic spark,” said pollster Judi James who oversaw the survey.”

However, that blameshifting does not work. My father and our grandparents worked longer (10-hour days at least 5.5 hours a week with maybe a week’s vacation. They also had just as many worries. So, there is something more going on.

Feelings of romantic love fade under the heat of disappointments. One partner questions the hygiene habits of the other. That “nasty habit” may become completely intolerable, and the frustration becomes difficult to generate sarcasm or avoid contact. The relationship because more like doing business than the enjoyment of love. Compliments become few and far between.

Things might be OK — but they’re not wonderful. (Recently, a 3.5-year “marriage partner said being married to him is not sweet anymore.”

It’s incredibly common for couples to experience a decline in the quality of their relationship or reach a critical sink or swim, “where do we go from here?” turning point. While John Gottman was not necessarily talking about the three-year

breaking point, his observation of the “four horsemen” (criticism, contempt, defensiveness, and stonewalling) can be observed in the deteriorating relationship. ⁱⁱ

And it seems it’s especially common to reach this brink about three years into the marriage. (Tim and C).

Two are one, becoming one by Merging, subtracting, and creating a new mini subculture.

Eight steps to interdicting the three-year itch syndrome.

STEP ONE--

Choose the right partner, and if you did not, determine to be the right partner

The value of premarital counseling

The value of counseling for course correction

STEP TWO—Taking Personal Responsibilities

To clear your life of previous pain—you may need to learn how to live with the consequences of the past, but you do not (and should not) live by the pain of the past.

Seek God’s (others, as necessary) forgiveness through repentance | John 1:9

Grant forgiveness and put to rest resentments/ bitterness

To maintain a vital relationship with the Lord

To keep short accounts with your mate

To operate on facts, not assumptions

STEP THREE—Practice biblical communication!

Speak the truth in love, but do speak the truth Eph 4:15

Be slow to speak by being quick to listen so you will be slow to anger James 1:19,
Prov 15:1

Be a truth teller, not a shamer of truth 4:25

Be angry, but don't blow up 4:26

Be an up builder of your mate, not a tearer down of your mate 4:29

Be a forgiver, not a scorekeeper 4:31-32

STEP FOUR—Be a Celebrator, not a Complainer

Your partner will never be flawless; let's face it, neither will you. Hence, sometimes you must accept traits and habits and celebrate the good things.

Remember what attracted you, and tell them you love them for it

Honor your mate by preferring them and showing appreciation to/for them

Think about the thirty-six "one another" New Testament passages and how to practice them toward your spouse. Make it a habit to review these frequently—especially if you find yourself irritated with your spouse.

STEP FIVE—Purposeful excitement

Be a cleaver—by engaging with one another

Be a carver—by determining to carve out quality time with each other

Be a dater—alternating setting up a week or, at minimum, a monthly date

Be a nostalgist—periodically, go down memory lane and redo trips, activities, or even rehearse memories over a dinner date set up with this purpose in mind

STEP SIX—Honor in-laws

Be honest about your parents

Be respectful of each other's parents

Please take responsibility for dealing with your parents when they interfere

Remember, you separated from your parents—leave and cleave and now weave your oneness with your mate

STEP SEVEN—Build a shared web of friends

Hanging out with single friends replaced with hanging out with mutual couple friends.

Maintain old friendships for an occasional activity—hunting trip or shopping expedition.

Turn individual friends into mutual friends

Determine together to live in a manner among non-Christian friends in a Christ-representative fashion

STEP EIGHT—Develop spiritual union

While enumerated last, it needs to be foundational and continuous and, thereby, unifying

A personal walk with Jesus

A couple walk with Jesus

Serving Jesus together

Worship God in community

ⁱ Reuters Staff (March 8, 2011)

ⁱⁱ <https://thedailyguru.com/how-to-avoid-it-ch-relationships/>