

loving your  
spouse



when you  
feel like  
walking away

REAL HELP FOR DESPERATE  
HEARTS IN DIFFICULT MARRIAGES

GARY CHAPMAN

# Notes

## Chapter 1. The Valley of Pain

1. Jen Abbas, *Generation Ex: Adult Children of Divorce and the Healing of Our Pain* (Little Rock, Ark.: Family Life, 2006), 1.

## Chapter 2. Where You Start: Attitudes and Actions

1. Philippians 4:6–8.
2. Ephesians 5:25. According to the biblical writers, Jesus Christ's death by crucifixion was done willingly to pay for the sins of men and women. It was an act of sacrificial love to bring estranged men and women back to God. See Matthew 16:21; John 10:17–18; Romans 5:6–10.
3. Titus 2:4.
4. For a fuller explanation of this concept, see Gary Chapman, *The 5 Love Languages: The Secret to Love That Lasts* (Chicago: Northfield, 2015).

## Chapter 3. Why Did He Do That?

1. William Glasser, *Take Charge of Your Life: How to Get What You Need with Choice-Theory Psychology* (Bloomington, IN: iUniverse, 2013), 5.
2. George Sweeting, *Who Said That?* (Chicago: Moody, 1995), 209.

## Chapter 6. The Depressed Spouse

1. Jacqueline M. Thielen, M.D., “Premenstrual dysphoric disorder: Different from PMS?,” Mayo Clinic, November 14, 2015, <https://www.mayoclinic.org/diseases-conditions/premenstrual-syndrome/expert-answers/pmdd/faq-20058315>.
2. “Depression During Pregnancy and Postpartum,” [www.postpartum.net/learn-more/depression-during-pregnancy-postpartum/](http://www.postpartum.net/learn-more/depression-during-pregnancy-postpartum/).
3. Two excellent resources on the causes and treatment of depression are David B. Biebel and Harold G. Koenig, *New Light on Depression* (Grand Rapids: Zondervan, 2003); and Frank Minirth and Paul Meier, *Happiness Is a Choice* (Grand Rapids: Baker Books, 2013).
4. In particular, see H. Norman Wright, *Recovering from the Losses of Life* (Grand Rapids: Revell, 2006).

## Chapter 7. The Controlling Spouse

1. An excellent resource for responding to someone who wants to control your time, energy, and even your love is Henry Cloud and John Townsend's book *Boundaries* (Grand Rapids: Zondervan, 1992); see also their sequel, *Boundaries*

*in Marriage* (Grand Rapids: Zondervan, 2002), especially chapter 4, “It Takes Two to Make One.”

### **Chapter 8. The Verbally Abusive Spouse**

1. Proverbs 29:11.
2. Proverbs 18:21.
3. See Hebrews 12:5–7.

### **Chapter 9. The Physically Abusive Spouse**

1. “Understanding Intimate Partner Violence, Fact Sheet 2014,” Centers for Disease Control and Prevention, National Center for Injury Prevention and Control; <https://stacks.cdc.gov/view/cdc/31068>. An “intimate partner” includes current and former spouses and dating partners.
2. Rachael Revesz, “National Domestic Violence Awareness Month: Around 4,000 women have died from domestic violence in the past year,” *Independent*, October 1, 2016, <http://www.independent.co.uk/news/world/americas/women-national-domestic-violence-awareness-month-october-death-murder-abuse-a7341121.html>.
3. “Intimate Partner Violence in the United States,” U.S. Department of Justice, Bureau of Justice Statistics (December 28, 2006); <http://www.ojp.gov/bjs/intimate/ipv.htm>; and “Domestic violence against women: Recognize patterns, seek help” at <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/domestic-violence/art-20048397>.
4. “Intimate Partner Violence in the United States: Circumstances”; <https://www.bjs.gov/content/pub/pdf/ipvus.pdf>.
5. Helene Henderson, *Domestic Violence and Child Abuse Sourcebook*, ed. (Detroit: Omnigraphics, 2000), 50–51.
6. “Intimate Partner Violence in the U.S.,” U.S. Department of Justice, Bureau of Justice Statistics.
7. Henderson, *Domestic Violence and Child Abuse Sourcebook*, 50.
8. In addition, she can read more about the subject of physical abuse. Here’s an excellent resource that can be found on the internet to help you recognize and deal with an abusive spouse: “Domestic violence against women: Recognize patterns, seek help” at <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/domestic-violence/art-20048397>.
9. Robert S. McGee, *The Search for Significance* (Nashville: Nelson, 1998).

### **Chapter 10. The Sexually Abusive/Sexually Abused Spouse**

1. Cynthia Kubetin and James Mallory, *Beyond the Darkness: Healing for Victims of Sexual Abuse* (Dallas: Word, 1992).
2. “Fact Sheet: Sexual Abuse of Boys,” Prevent Child Abuse America (Chicago, 2007); at <http://www.preventchildabuse.org>, under “Research: Child Abuse and Neglect.”
3. Marianne Barrett, Robin J. Wilson, and Carmen Long, “Measuring Motiva-

tion to Change in Sexual Offenders from Institutional Intake to Community Treatment,” *Sexual Abuse: A Journal of Research and Treatment* 15, no. 4 (October 2003): 269–83.

4. An excellent resource for understanding and responding to sexual abuse and its impact on marriage is Victoria L. Johnson, *Children and Sexual Abuse* (Downers Grove, Ill.: InterVarsity, 2007).

### **Chapter 11. The Uncommunicative Spouse**

1. Psalm 7:11 kjv.
2. See Matthew 26:37.

### **Chapter 12. The Unfaithful Spouse**

1. Depending on one’s personality, an offended spouse may feel many different responses. It is perfectly acceptable to say any of the following to convey your frustration or anger: “I feel like I am going to suffocate . . . I feel like I wish I could die . . . I feel like I could kill that other person . . . I feel like I could kill you . . . I am so confused; I don’t understand . . . I thought we had a good marriage . . . I feel like I have failed you . . . I feel like I want you to leave; I feel like I want to get out of here.”

### **Chapter 13. The Alcoholic/Drug-Abusing Spouse**

1. Al-Anon statement of purpose: <http://www.alanon-nassau-ny.org/alanon.htm>.
2. Amy L. Sutton, *Alcoholism Sourcebook*, ed. 2nd ed., (Detroit: Omnigraphics, 2007), 17.
3. “Results from the 2015 National Survey on Drug Use and Health: Detailed Tables,” Substance Abuse and Mental Health Services Administration (SAMHSA), <https://www.samhsa.gov/data/sites/default/files/NSDUH-DetTabs-2015/NSDUH-DetTabs-2015/NSDUH-DetTabs-2015.htm#tab2-41b>.
4. “Substance Abuse: The Nation’s Number One Health Problem,” Schneider Institute for Health Policy, Brandeis University, Waltham, Mass., 2001, 11; see <https://www.ncjrs.gov/pdffiles1/ojdp/fs200117.pdf>.
5. Learn more about Al-Anon at [al-anon.org](http://al-anon.org).
6. Learn more about Alcoholic Anonymous at <http://www.aa.org>.
7. A very helpful internet address in choosing a treatment facility is <https://find.treatment.samhsa.gov/>, which has the list “A Quick Guide to Finding Effective Alcohol and Drug Addiction Treatment,” Substance Abuse and Mental Health Services Administration. Another helpful website that will help to identify whether your spouse is an alcoholic is “Are You Troubled by Someone’s Drinking,” Al-Anon/Alateen, at <https://al-anon.org/pdf/S17.pdf>.
8. The first two steps of the Twelve Steps of Alcoholics Anonymous are: 1. We admitted we were powerless over alcohol—that our lives had become unmanageable. 2. Came to believe that a Power greater than ourselves could restore us to sanity; see <http://www.aa.org/>.