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Unhealthy Relationships

Singleness

Healthy Marriages

Recovering from  
Separation & Divorce















# The Foundation



# The Foundation

## Genesis 1:26-28

26 Then God said, “Let us make human beings in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground.”

Genesis 1:26

Both male  
and female

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In charge.  
Labor.

# Genesis 1:26-28

27 So God created human beings in his own image. In the image of God he created them; **male and female** he created them.

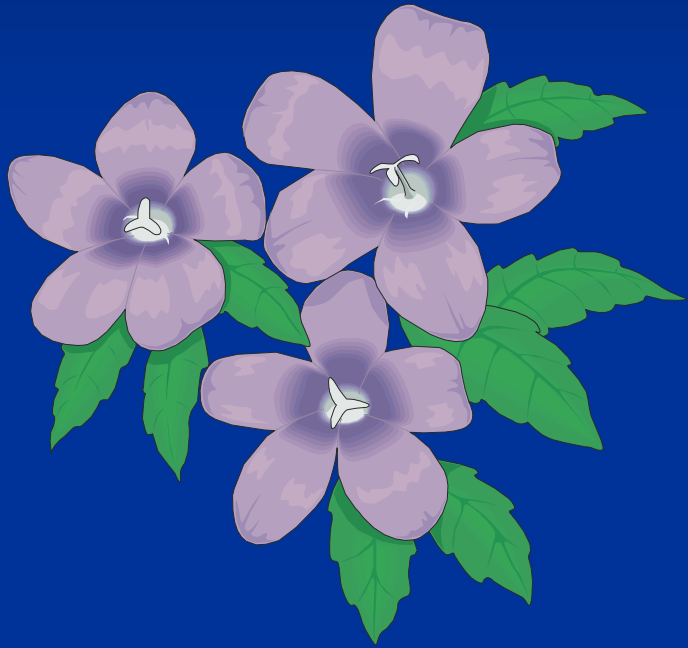
# Genesis 1:26-28

28 Then God blessed them and said, “Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground.”

# Genesis 1:26-28

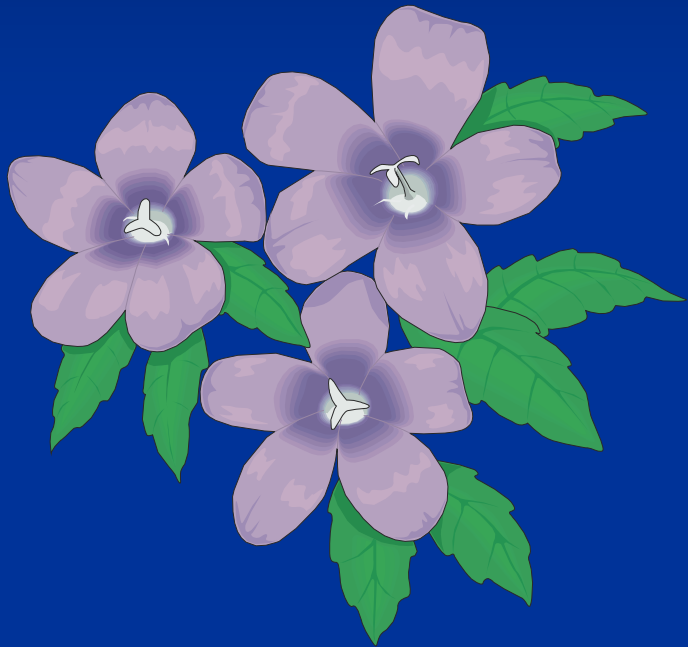
God gave them equal  
voice, power, vote,  
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28 Then God **them** and said, “Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground.”



Note that to be in God's image one need not have sex. The first description of Adam and Eve was their involvement in labor, not sex.





In other words, the completeness of the final product of God's creation (humans) is not made possible in the sex act but is a matter of fact how God made us.

*We are all made in*  
**God's Image**

*This is what gender equality is all about*



"God made me  
complete,  
unique, special,  
and with a  
purpose."



# 7 Wisdom Principles for Healthy Relationships

Self-actualization  
**Wisdom Principle 1**



“If I need you so badly that I cannot live without you, we will get hurt. My love for you will destroy me and you.”



Sobriety

**Wisdom Principle 2**



“If your sexy body makes it difficult to study or pray, my love for you will destroy you and me. The sex will be great, but my heart will feel dirty.”

Self-fulfillment  
**Wisdom Principle 3**



“Honey, I want to  
love **me** before I  
love you.”

Spiritual fulfillment  
**Wisdom Principle 5**



“Honey, I want to  
love **Jesus** before I  
love you.”

Independence  
**Wisdom Principle 6**



“Honey, I don’t  
need you to be me  
because God made  
me who I am.”

Completeness  
**Wisdom Principle 7**



“If you cannot live without me, then I don’t want you in my life.”



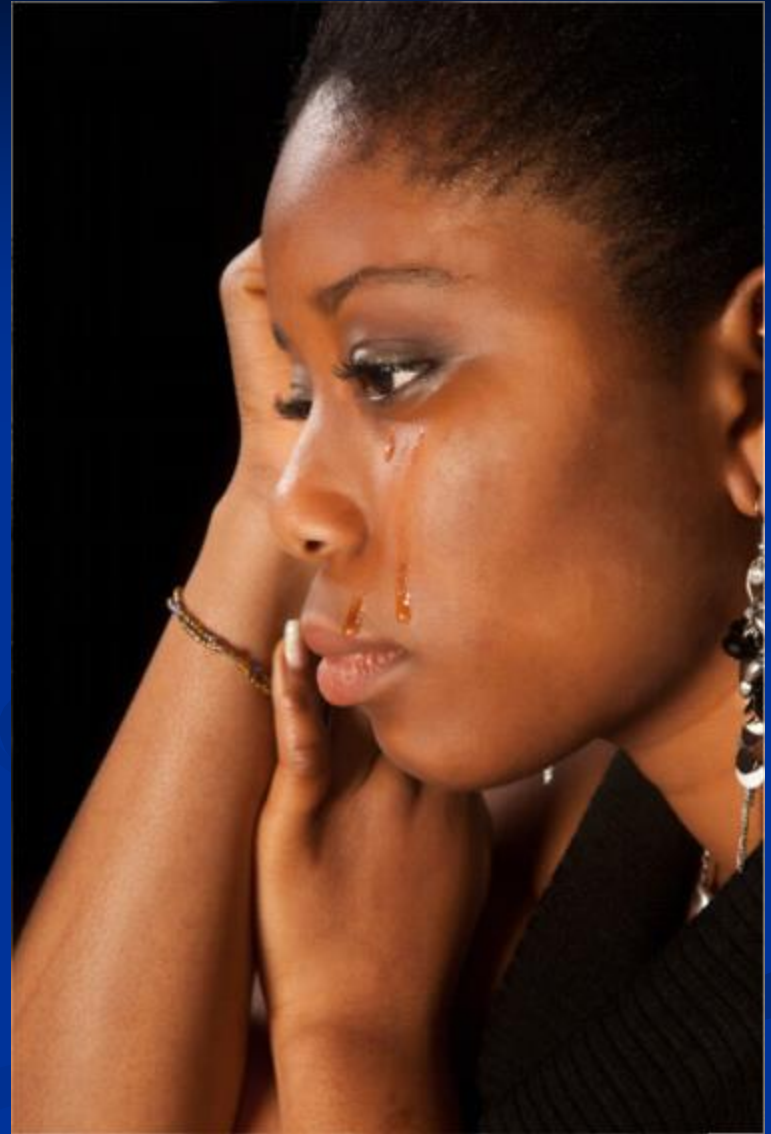


Unhealthy Relationships

Are you a  
wounded  
woman?



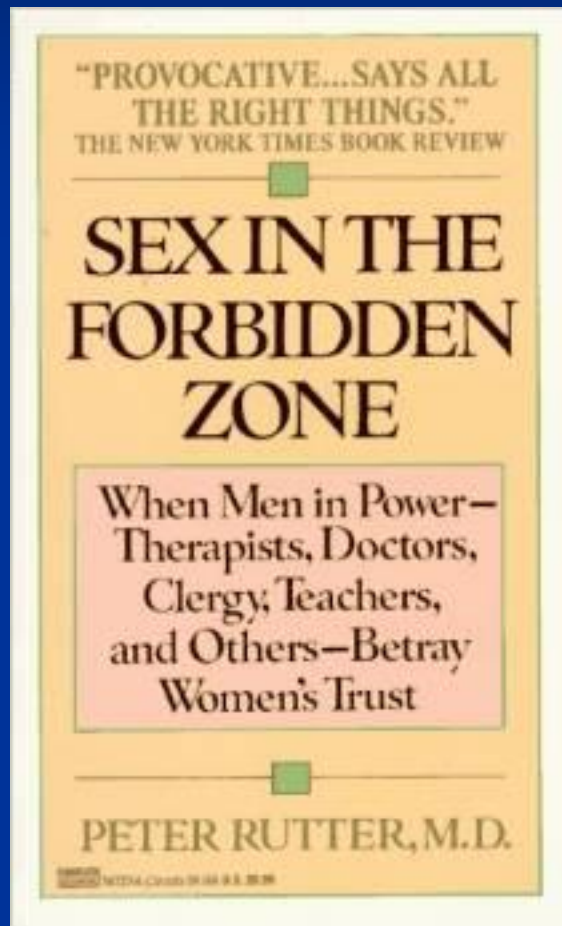
Are you a  
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# Wounded Women

Why do beautiful, educated, intelligent women allow themselves to be exploited over and over again by power hungry men?

# Wounded Women



Dr. Peter Rutter

**Sex in the Forbidden Zone**

# Wounded Women

Dr. Rutter gives four patterns of feminine woundedness that put women at risk for sexual-boundary violations

# 1

Overt sexual  
psychological  
invasion in childhood



# **1. Overt sexual psychological invasion in childhood.**

“Some women are finding that the effects of continual psychological intrusiveness can also be devastating. The danger for these women lies in repeating their loss of control over physical and psychological boundaries.”  
(Rutter, P. 85) This point then brings out the imperativeness of parents providing the proper wholesome environment for their children. . .

# **1. Overt sexual psychological invasion in childhood.**

. . . It is clear also that exploitation of a child during childhood, whether it is psychologically or physically, covertly or overtly, can put the child at risk to being unable to keep the boundaries clear during adulthood. Thus, the vulnerability to sexual exploitation.

2

**Profound childhood  
aloneness**

## 2. Profound childhood aloneness.

"Many women were not emotionally or physically exploited during childhood, yet they were left so alone during the childhood years that they become unselective about the quality of intimate attention they receive as adults." The danger for such women is that any attention at all becomes hard to refuse. . .

## 2. Profound childhood aloneness.

. . . This reinforces the importance for a caring, loving family life during the childhood years. Parents who refuse to provide the attention, time, and loving affection for their children are putting their children at risk to being exploited during adult life.”

3

Exploited  
compassion

### 3. Exploited compassion.

According to Dr. Rutter, these women were neither invaded nor left alone. "They were highly involved in the emotional life of their families but were given the role of healer to the wounds of their parents and siblings." However, this made these women vulnerable to engaging in forbidden-zone sexual relationships as a way of taking care of the wound in the man.



### 3. Exploited compassion.

Dr. Rutter in his book, "Sex in Forbidden Zone," also explains that "when children are treated as extensions of the needs of their emotionally injured parents, they are so used to being exploited that it becomes a way of life.

4

Devalued outer  
potential

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It results from younger women being told that they "belong" in the home, as the center of family life, and not out in the world.

## 4. Devalued outer potential.

"Such women become especially vulnerable to forbidden-zone relationships with male teachers and mentors who hold out the promise of helping them develop their intellectual, artistic, and vocational talents and ask them to pay the price sexually."

## 4. Devalued outer potential.

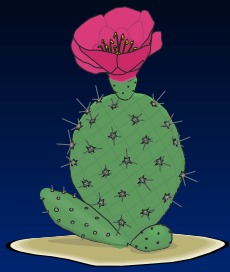
This is not to suggest that women cannot or should not choose to stay at home as a full-time parent. However it does suggest that if that choice is based on a thwarted belief system of who she is, her role as a woman, wife, or mother, she is at risk to being sexually exploited by men.





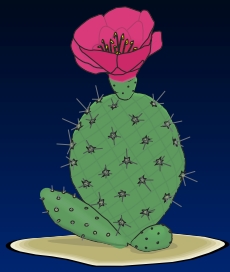
# Unhealthy Relationships

## *16 Characteristics*



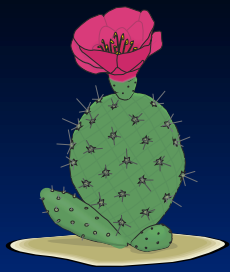
# Unhealthy Characteristics

- 1) A unhealthy relationship is when there is a power and control struggle in the relationship. Your mate constantly tells you he is in charge.



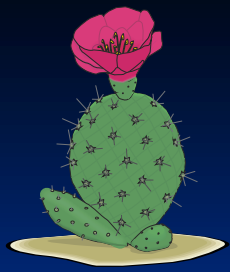
# Unhealthy Characteristics

- 1) A unhealthy relationship is when there is a power and control struggle in the relationship. Your mate constantly tells you he is in charge.
- 2) A unhealthy relationship is when there is a need for immediate gratification. That is the toxic lover wants to move the relationship too fast, skipping developmental steps toward intimacy.



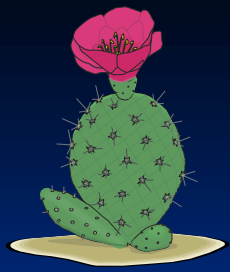
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- 3) A unhealthy relationship occurs when someone is obsessed with finding someone to love. Usually the development of self is not a priority. Therefore, low self-esteem is evident, which can lead to depression.



# Unhealthy Characteristics

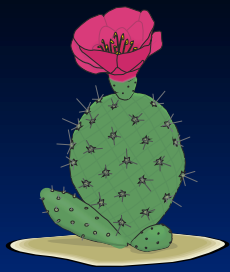
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- 4) In unhealthy relationships there are usually attempts to change the partner to meet one's needs. Any attempt to change the partner is unhealthy.



# Unhealthy Characteristics

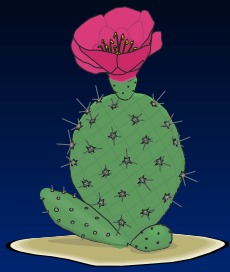
- 5) Putting one person before the other by neglecting yourself or your partner
- 6) Arguments are not settled fairly





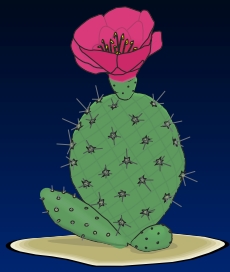
# Unhealthy Characteristics

- 5) Putting one person before the other by neglecting yourself or your partner
- 6) Arguments are not settled fairly
- 7) Refusing to have a mutual and joint partnership with money
- 8) An unequal control of resources (e.g., food, money, home, car, etc.)
- 9) Do not make time to spend with one another



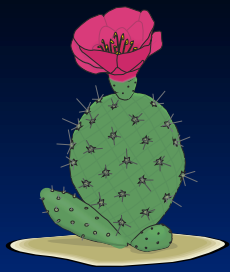
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- 10) Refusing to go to bed at the same time at least three nights a week
- 11) Placing more energy and time in work, sports, friends, iPad, TV, than in the relationship



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- 11) Placing more energy and time in work, sports, friends, iPad, TV, than in the relationship
- 12) Preferring to spend time with friends than with your partner
- 13) Neglecting to show affection towards each other while in the public
- 14) Feeling mom is more precious than your partner



# Unhealthy Characteristics

- 15) Having no common friends, or having a lack of respect for each others' friends and family
- 16) Your partner check up on you multiple times during the day, questioning your whereabouts.

In a unhealthy relationship you  
can feel used, abused,  
wounded, troubled, confused,  
and less of a person.



Singleness

“The single life, or the gift of celibacy, is a gift God gives to every Christian. They can have it until they get married or until Christ returns the second time.”

*Barrington Brennen*

## 1 Corinthians 7:7 - Living Bible Paraphrase

“I wish everyone could get along without marrying, just as I do. But we are not all the same. God gives some the gift of husband and wife, and other he gives the gift of being able to stay happily unmarried.”



# Kinds of Singles

- The never-married single who wants to be married and cannot find a partner
- The never-married single who hasn't started looking for a mate

# Kinds of Singles

- The never-married single who wants to be married and cannot find a partner
- The never-married single who hasn't started looking for a mate
- The never-married single who does not want to be married
- The divorced spouse with children
- The divorced spouse without children

# Kinds of Singles

- The widower/widow without offspring
- The widower/widow with offspring

# Kinds of Singles

- The widower/ widow without offspring
- The widower/ widow with offspring
- The permanently separated spouse (*Do not want to divorce but refuses or cannot live with a partner*)
- The spiritually single (*Living with a spouse who is not of the same faith*)



# 5 Needs of the Single





## 1) Acceptance



- 1) Acceptance
- 2) Positive Self Concept
- 3) Companionship
- 4) Intimacy
- 5) Integration into the church/community



- 1) Acceptance
- 2) Positive Self Concept





- 1) Acceptance
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- 5) Integration into the church/community

# Acceptance

Singles do not want to feel handicapped because they are not married. Churches must affirm their single state as not only normal, but biblical.

# Positive Self Concept

John Powell in his book  
"The Secret of Staying in  
Love" page 13

"There is one need so fundamental and so essential that if it is met, everything else will almost certainly harmonize in a general sense of well-being.

This need is a true and deep appreciation for oneself, a genuine and joyful self-acceptance, an authentic self-esteem, which results in an interior sense of celebration: It's good to be me .  
.. I am very happy to be me!"

# Singles Have to Face . . .

Isolation

Abandonment

Rejection



# Companionship

God made us with the need to have healthy relationships. We live longer and healthier when we have friends to share our lives with.

# Intimacy

The single is not to be sexually intimate. However there is a great need to be spiritually, emotionally, and mentally intimate.

“Intimacy, the experience of being fully known, fully accepted, and fully loved, is needed and sought for by all human beings through their lives.”

# Integration into the church

Each congregation must design its own procedures for dealing with singles, incorporating them into the church family.

# Single Parents

- Make clear and simple rules to govern your lives and the homes. Establish rituals and traditions.
- Find a respected adult to be a mentor to the children and to provide the balance of the sexes in training

# Single Parents

- Make clear and simple rules to govern your lives and the homes. Establish rituals and traditions.
- Find a respected adult to be a mentor to the children and to provide the balance of the sexes in training
- Do not get the children involved in your romantic relationship until there is a commitment for marriage.
- If you are divorced, do not discuss your ex spouse negative behavior with them.

# Challenges

- The Sex drive. Those raging hormones. *Masturbation, desire to have children.*
- Aloneness.
- Judgmental attitude of others.



Healthy Marriages



# Healthy Characteristics

- Maintain and respect each other's individuality
- There is no struggle over leadership
- There is equal voice, power, vote, access and opportunity

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- Are able to express yourselves to one another without fear of consequences
- Take interest in one another's activities
- Maintain relationships with friends and family
- Kiss for at least 5 to 20 seconds each day.
- Make one general compliment about your spouse every day at any time.

# Characteristics

- While winding down for the night, make a specific compliment about something your spouse did that day
- Show appreciation to your spouse at least once every day.
- Hug each other for 20 seconds at least twice a day

# Healthy Characteristics

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- Show appreciation to your spouse at least once every day.
- Hug each other for 20 seconds at least twice a day
- Make love at least once a week
- Have daily family/couple devotion
- Dance together occasionally in your home
- Spend time having fun together at least once a week
- Go to bed the same time at least three nights a week

# Have Four Men in Your Life

- 1) Your Husband
- 2) Your Lover
- 3) Your Sweetheart
- 4) Your Friend

# Have Four Men in Your Life

- 1) Your Husband      Commitment, legal, contractual,
- 2) Your Lover      Intimacy
- 3) Your Sweetheart      Romance
- 4) Your Friend      Friendship





# Recovering from Separation & Divorce

“When a person is divorced he or she feels as though they have been pushed into an ocean where the waters are too deep to swim. They struggle to survive but are often abandoned or treated coldly by friends and sometimes relatives.”

# Healthy Divorce



Dr. Tom Whiteman  
*Clinical psychologist*

## Emotional Needs

# Healthy Divorce

## Emotional Needs

“During and after divorce most people feel as if they are on an emotional roller coaster, vacillating between desperation to get the spouse back not matter what and feelings of anger and revulsion toward the spouse. People who go through divorce are very vulnerable,”

# Healthy Divorce

## Time

When a person gets divorces he or she actually goes through a grieving process and grieving takes time. Before getting emotionally entangled a divorced persons needs two to five years for healing.

# Healthy Divorce

## Social Needs

When someone get divorce that often brings to an end many other social relationships. This makes the divorced person very vulnerable to a “rebound relationship” says Dr. Whiteman. Thus, they may need friends to help them through the trauma of divorce. Divorced persons should wait at least two years before entering a new romantic relationship.

# Healthy Divorce

## Spiritual Needs

Most Christians who go through a divorce feel guilt and shame. These feelings says Whiteman “may be compounded by the reaction of others, and who in an effort to discourage divorce are afraid to minister to . . .



# Healthy Divorce

## Spiritual Needs

... those who experience this brokenness for fear of appearing to condone divorce. Divorced people need to know that God loves them and forgives them and wants them in his fellowship.

# Healthy Divorce

## The Need to Forgive

If there is one great need to important to the divorce is the need to forgive. It is not only forgiving those who caused them pain but forgiving others who might have hurt them also. Dr. Whiteman states that “most divorce persons blame themselves, so healing includes confessing those mistakes and then accepting the forgiveness that God offers (1 John 1:9).

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**God's Image**

*This is what gender quality is all about*

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have equal voice,  
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and opportunity.

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**Questions**

**Answers**



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