



Tragedy to Triumph: Seven Practical Steps to Cope with Tragedy and Keep Your Marriage Intact

Module Summary

When tragedy strikes through the loss of a loved one, serious illness, or financial crisis, marriages often falter. But they don't have to. In this module, you'll discover seven simple principles and practices to help your marriage thrive through times of tragedy and adopt a strategy that will work for you.

Objectives

After completing this module, you should be able to:

- Determine your typical responses in difficult situations
- Discuss the seven steps to overcoming tragedy
- Create a practical strategy for dealing with tragedy

What to Do for This Module

1. Watch the module video and fill in the note-taking area below.
2. Think through the Reflection Questions by yourself and discuss them with your spouse.
3. Write down your thoughts and conclusions in the space below each question.
4. Write down any additional insights or action steps spurred by the module content in the space at the end of this workbook.

Video Notes

Stan Padgett is no stranger to adversity. He and his wife have weathered the storm of unspeakable loss on multiple occasions. What might have destroyed weaker marriages actually served to strengthen theirs. In this video, you'll discover the practical steps you can take when you're experiencing loss and sorrow.

Seven Practical Steps to Cope with Tragedy

Step 1 – Realize there is no one _____ of grief and there is no _____.

Step 2 – Know when to seek professional _____ or _____ care.

Step 3 – Ask better _____.

Step 4 – Recognize your _____ may be the result of different _____.

Step 5 – Accept the fact that _____ doesn't heal the loss of a loved one, but the sharp debilitating _____ will lessen.

Step 6 – Use your _____ to change your _____.

Step 7 – Communicate with your _____.

Reflection Questions

1. List the tragedies you've experienced in the past. How did you react or respond? How did the people closest to you react or respond?

2. What were the consequences on family relationships during the past tragedies you listed? What changes in responses to those tragedies might have made the situation easier for you to handle? (If you haven't personally experienced tragedy in your marriage, think about someone you know who has and answer the questions based on your observations of them).

3. What difficult times have you experienced since you've been married? How have you handled them as a couple? What have been the results?

4. Are difficult or tragic times looming for your family? What are they? What scares you the most?

8. Recognize that you can make it through difficult times with your marriage intact, and commit to each other to do so for yourselves and your children.

Insights and Action Items

Think through what you discovered about yourself, your spouse, and your marriage/family while you were completing this module. Did any other insights come to mind that weren't directly addressed in the module? Are there any steps you need to take personally or as a couple in order to put specific principles into action? Jot down your thoughts, impressions, and to-do items here.