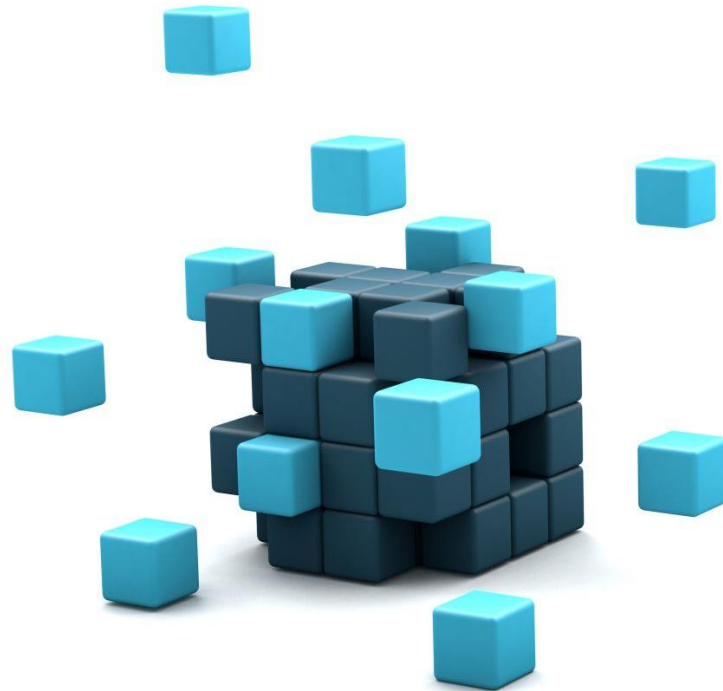


# **CIRCUIT BREAKER DOES NOT MEAN MARRIAGE BREAKER**



**HOW TO  
SURVIVE THE  
CIRCUIT  
BREAKER  
WITHOUT  
ANTAGONISING  
EACH OTHER**

# INTRODUCTION

## Pastoral Word in Season

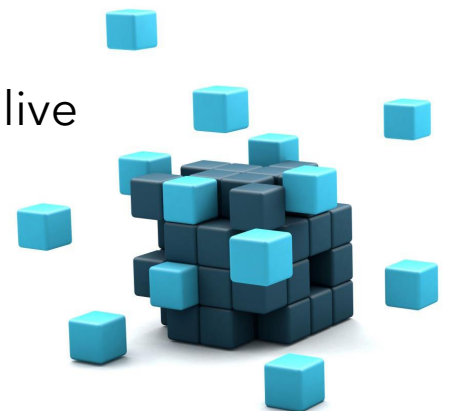
- COVID-19 is a shaking of the house of the Lord
- A separation of overcomers & those who are struggling

## The current 1-Month Circuit Breaker (CB)

- Couples experience dramatic changes to routines
- They are torn between caring for children and elderly parents
- Some face unemployment and financial insecurity
- All these are recipes for conflict between husband and wife

## BBTC Marriage Team hopes to...

- Encourage couples to keep their relationships alive and be overcomers
- Share words of faith, hope and love

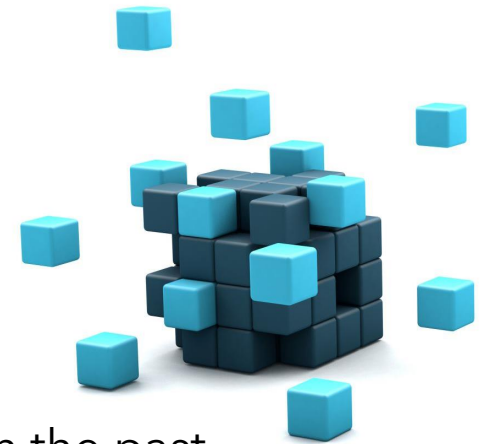


# FOR HUSBANDS AND WIVES

HOW TO SURVIVE  
THE CIRCUIT  
BREAKER WITHOUT  
ANTAGONISING  
EACH OTHER

## 1 - Communicate Care

- Make a commitment to care about your spouse's feelings
- Listen to each other's worries, fears, hopes & emotions
- Recognise, Talk & Manage the stress
- *Appendix - **Personal Stress Profile Exercise***



## 2 - Commit to a Couple Time

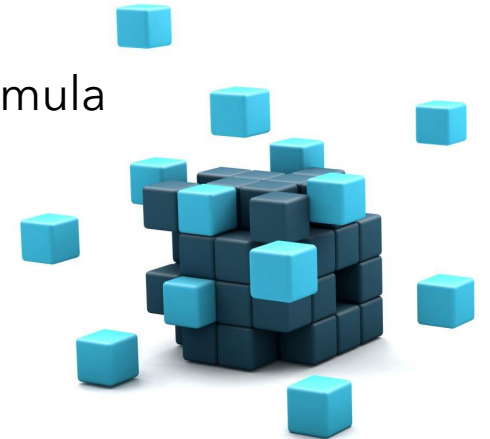
- You may be hard pressed for time together in the past
- This Circuit Breaker is the golden opportunity to renew relationship
- Set aside protected time for each other
- Be willing to Open up and talk. Engage in active listening
- *Appendix - **I-Message** and **Love Bank Deposit Exercises***

# FOR HUSBANDS AND WIVES

HOW TO SURVIVE  
THE CIRCUIT  
BREAKER WITHOUT  
ANTAGONISING  
EACH OTHER

## 3 - Carve out Alone Time

- Experts agree that being together 24/7 puts strain on a marriage
- It is OK to take a break from each other
- Express your expectations and agree on a formula
- Honour one another's request for this break



## 4 - Care for Self

- Recharge your body, soul & spirit to last the distance
- Have physical exercise & sleep, and Top-Up with positive emotions
- Above all, spend time with the Lord in devotion & His Word
- You will then have something to give to your spouse and family

# FOR HUSBANDS AND WIVES

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HOW TO SURVIVE  
THE CIRCUIT  
BREAKER WITHOUT  
ANTAGONISING  
EACH OTHER

## 5 - Create a Safe Environment at Home

- When people feel safe, they Open Up and Connect
- Practise Kindness and Respect towards each other
- Appreciate one another in the family & Demonstrate gratitude



## 6 - Construct Routines

- We are wired to desire structure and the familiar
- Routines enable us to go through this difficult period
- Plan for mealtimes, work time, study time, chill-out time & stick to it

# FOR HUSBANDS AND WIVES

HOW TO SURVIVE  
THE CIRCUIT  
BREAKER WITHOUT  
ANTAGONISING  
EACH OTHER

## 7 - Carry out Short-Term Plans

- Getting a handle on the day-to-day stuff can help quell anxieties
- Take one day at a time and find ways to take care of essentials
- For example, planning for meals, household chores, grocery shopping

## 8 - Capitalise on Teaching Moments

- This is a great time to learn and grow together
- Affirm and Encourage each other
- Model for your children love, honour, patience, joy and faith etc
- Share with your family as the Holy Spirit teaches you life lessons



# WORK FROM HOME (WFH Folks)

Psychology Today  
provides some tips

## 1 - Follow your Routine as much as possible

- Waking up at the same time
- Getting “dressed” for work & having that first cuppa

## 2 - Guard against Overworking

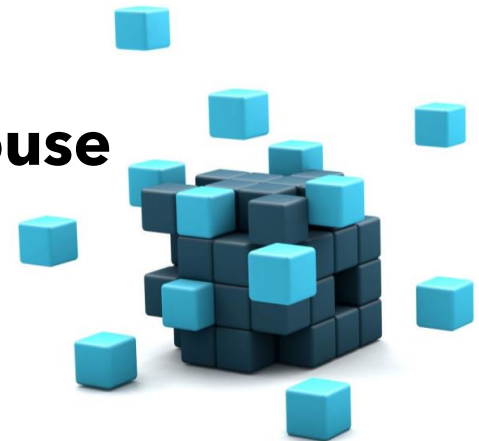
- We tend to work long hours - to show bosses we are not slacking off
- Do not let this guilt get to you
- Learn to create time boundaries - work & home

## 3 - Breaks are essential for Mental Wellbeing

- Be sure to schedule such time-off for yourself as in the office
- Remember to move and stretch

## 4 - Re-arrange Things around the house

- Create a conducive space for you to work



# CHILDREN IN THE HOUSE

Focus On The  
Family Singapore  
Practical Tips

## 1 - Routines are Critical for children

- Routines prevent children from perceiving Circuit Breaker as time-off
- Plan your workday according their routines - Study or Nap time

## 2 - Set up Spaces at home for work and children's learning

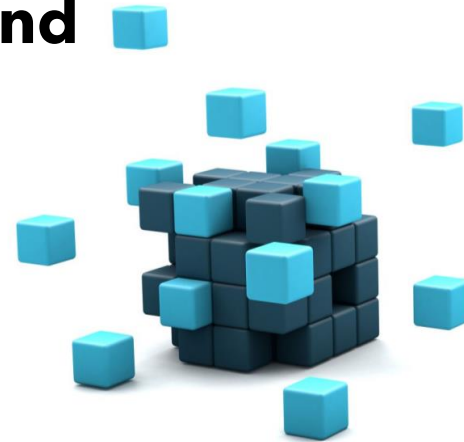
- Ensure they understand the space is for online classes and homework

## 3 - Establish rules.

- Explain to your kids rules of your 'Workspace' & 'Do Not-Disturb' Time (you cannot be interrupted)

## 4 - Be intentional in affirming your children

- Reward them appropriately and reinforce their positive behaviour





# APPENDIX

## Personal Stress Profile Exercise - Managing Roles & Expectation

Source:  
Prepare-Enrich "Building  
Strong Marriages"

1. Each of you to **LIST FOUR Issues** that are the most stressful for you while WFH.
2. Review each issue and **Put it into one of the four cells below.**
3. Select one issue from Box 1
  - **Work together as a couple to achieve your goals.**
  - **Communicate** about the issue.
  - **Use good conflict resolution skills, and exercise flexibility** with each other.

	ABLE TO CHANGE	DIFFICULT TO CHANGE
HIGH PRIORITY	<p><u>Box 1: Most Critical Issues</u></p> <p><i>What changes can you each make?</i></p>	<p><u>Box 2</u></p> <p><i>How do you plan to cope?</i></p>
LOW PRIORITY	<p><u>Box 3</u></p> <p><i>Are you spending too much time on low priority issues?</i></p>	<p><u>Box 4</u></p> <p><i>Can you accept or forget about these issues?</i></p>

# APPENDIX

## I-MESSAGE

### Exercise

Source: Adapted from  
"Journey to Intimacy"  
by Dr Wei-Jen Huang)

Describe the event (be specific)

**WHEN I SAW** \_\_\_\_\_

Describe your feelings

**I FELT** \_\_\_\_\_

Describe your thoughts/views

**BECAUSE** \_\_\_\_\_

State your needs or hope (behaviour you would prefer)

**I NEED (OR HOPE THAT)** \_\_\_\_\_

### Here is an example:

Describe the event (be specific)

When I saw you seated there last night not helping me to change Jay's diaper.

Describe your feelings

I felt very upset and frustrated.

Describe your thoughts/views

Because I was already busy minding the other two children.

State your needs or hope (behaviour you would prefer)

I hope you will take the initiative to help in future as a way to support me in caring for the children.

# APPENDIX

## I-MESSAGE Exercise

Here is a **list of feeling words** to help you get started in expressing the emotions inside you.

*Source: Cited in Beverly Hazte, "Pastoral Care & Chaplaincy" class notes, Fall 2000. Talbot Theological Seminary.*

Feeling Words								
	Mad	Sad	Glad	Afraid	Confused	Ashamed	Lonely	
A Little ↓	Bothered	Down	At ease	Uneasy	Curious	Uncomfortable	Out of place	A Little ↓
	Ruffled	Blue	Secure	Apprehensive	Uncertain	Awkward	Left out	
	Irritated	Somber	Comfortable	Careful	Ambivalent	Clumsy	Unheeded	
	Displeased	Low	Relaxed	Cautious	Doubtful	Self-conscious	Lonesome	
	Annoyed	Glum	Contented	Hesitant	Unsettled	Disconcerted	Disconnected	
	Steamed	Lonely	Optimistic	Tense	Hesitant	Chagrined	Remote	
	Irked	Disappointed	Satisfied	Anxious	Perplexed	Abashed	Invisible	
	Perturbed	Worn out	Refreshed	Nervous	Puzzled	Embarrassed	Unwelcome	
	Frustrated	Melancholy	Stimulated	Edgy	Muddled	Flustered	Cut off	
	Angry	Downhearted	Pleased	Distressed	Distracted	Sorry	Excluded	
	Fed up	Unhappy	Warm	Scared	Flustered	Apologetic	Insignificant	
	Disgusted	Dissatisfied	Snug	Frightened	Jumbled	Ashamed	Ignored	
	Indignant	Gloomy	Happy	Repulsed	Unfocused	Regretful	Neglected	
	Ticked off	Mournful	Encouraged	Agitated	Fragmented	Remorseful	Separated	
	Bristling	Grieved	Tickled	Afraid	Dismayed	Guilty	Removed	
	Fuming	Depressed	Proud	Shocked	Insecure	Disgusted	Detached	
	Explosive	Lousy	Cheerful	Alarmed	Dazed	Belittled	Isolated	
	Enraged	Crushed	Thrilled	Overwhelmed	Bewildered	Humiliated	Unwanted	
	Irate	Defeated	Delighted	Frantic	Lost	Violated	Rejected	
	Incensed	Dejected	Joyful	Panic Stricken	Stunned	Dirty	Deserted	
Burned	Empty	Elated	Horrified	Chaotic	Mortified	Outcast		
Burned up	Wretched	Exhilarated	Petrified	Torn	Defiled	Abandoned		
A Lot	Outraged	Despairing	Overjoyed	Terrified	Baffled	Devastated	Desolate	A Lot
	Furious	Devastated	Ecstatic	Numb	Dumbfounded	Degraded	Forsaken	

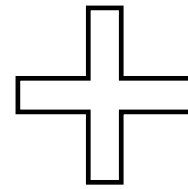
# APPENDIX

## Love Bank Deposit : Building Intimacy

Love Bank Deposit  
Exercise

Source: Adapted from  
"Journey to Intimacy"  
by Dr Wei-Jen Huang)

To build intimacy for a Life Time, we need to deposit into our **LOVE BANK**.

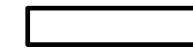


### **DEPOSITS**

- Good feelings  
(love, respect,  
affirmation)



### **WITHDRAWALS**



- bad feelings  
(criticisms,  
shame, hurts)

**TOP-UP (Deposit)** your partner's love bank regularly

### Love Bank Deposit Exercise

- Underline one positive attribute that describes your partner and which you want to appreciate him/her for
- Share one task that your partner did for you recently that you want to thank your partner
- Do not use words such as "but", "however", "although"

# Love Bank Deposit : Building Intimacy

## Words with Positive Attributes

Source: Adapted from  
"Journey to Intimacy"  
by Dr Wei-Jen Huang)

Accountable	Credible	Enthusiastic	Helpful	Motivated	Practical	Teachable
Adventurous	Decisive	Exciting	Honest	Open-minded	Realistic	Thoughtful
Authentic	Devoted	Flexible	Humble	Organised	Respectful	Transparent
Balanced	Dependable	Focused	Independent	Outgoing	Reasonable	Truthful
Caring	Determined	Forgiving	Industrious	Passionate	Selfless	Trustworthy
Cheerful	Diligent	Generous	Insightful	Patient	Sensible	Understanding
Compassionate	Disciplined	Genuine	Logical	Perceptive	Sensitive	Upright
Cooperative	Easy-going	Good Listener	Loyal	Personable	Sincere	Warm
Courageous	Engaging	Non-judgmental	Mature	Pleasant	Strong	Wise
Cordial	Empathetic	Objective	Modest	Positive	Supportive	Others...

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