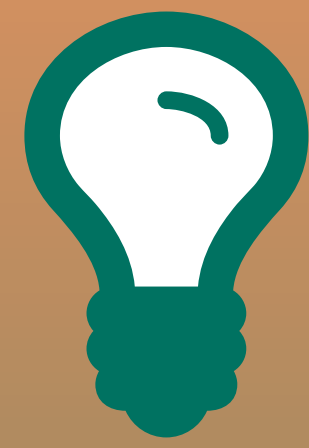




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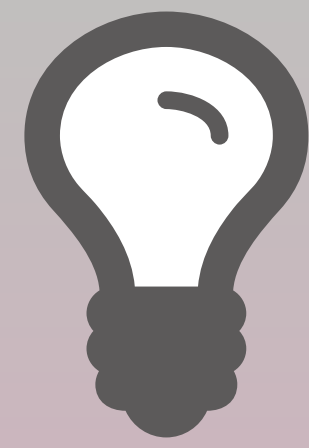
Coach Chuck Futel



Coach Dan Ray

HOW DO YOU FIND YOUR REAL MATCH?

By Charles E. Winburn, M.Ed.



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FIND YOUR REAL FRIENDSHIP MATCH!

By Charles E. Winburn, M.Ed.



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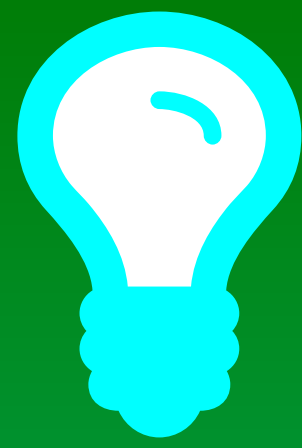


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FIND YOUR REAL FELLOWSHIP MATCH!

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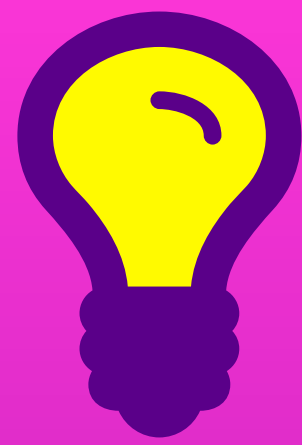


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FIND YOUR REAL ENGAGEMENT MATCH!

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FIND YOUR REAL MARRIAGE MATCH!

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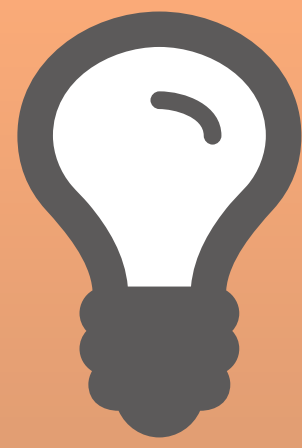


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STOP MARRYING SOMEONE THAT YOU NEED TO RAISE! **FIND YOUR REAL MATCH!**

By Charles E. Winburn, M.Ed.





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Charlie Winburn



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SHOULD YOU MARRY SOMEONE WITH A HIGH BODY COUNT? CAN THESE MARRIAGES LAST?

By Charles E. Winburn, M.Ed.

Disclaimer: This teaching is for religious and educational purposes only and is not designed to diagnose or give medical or psychological advice whatsoever. Please seek the advice of your medical doctor, psychologist, or counselor.

Resources

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Clifton Natural Foods

336 Ludlow Avenue

Cincinnati, OH 45220

513-961-6111

Ohio Domestic Violence Network (ODVN) Helpline

1-800-934-9840

www.odvn.org

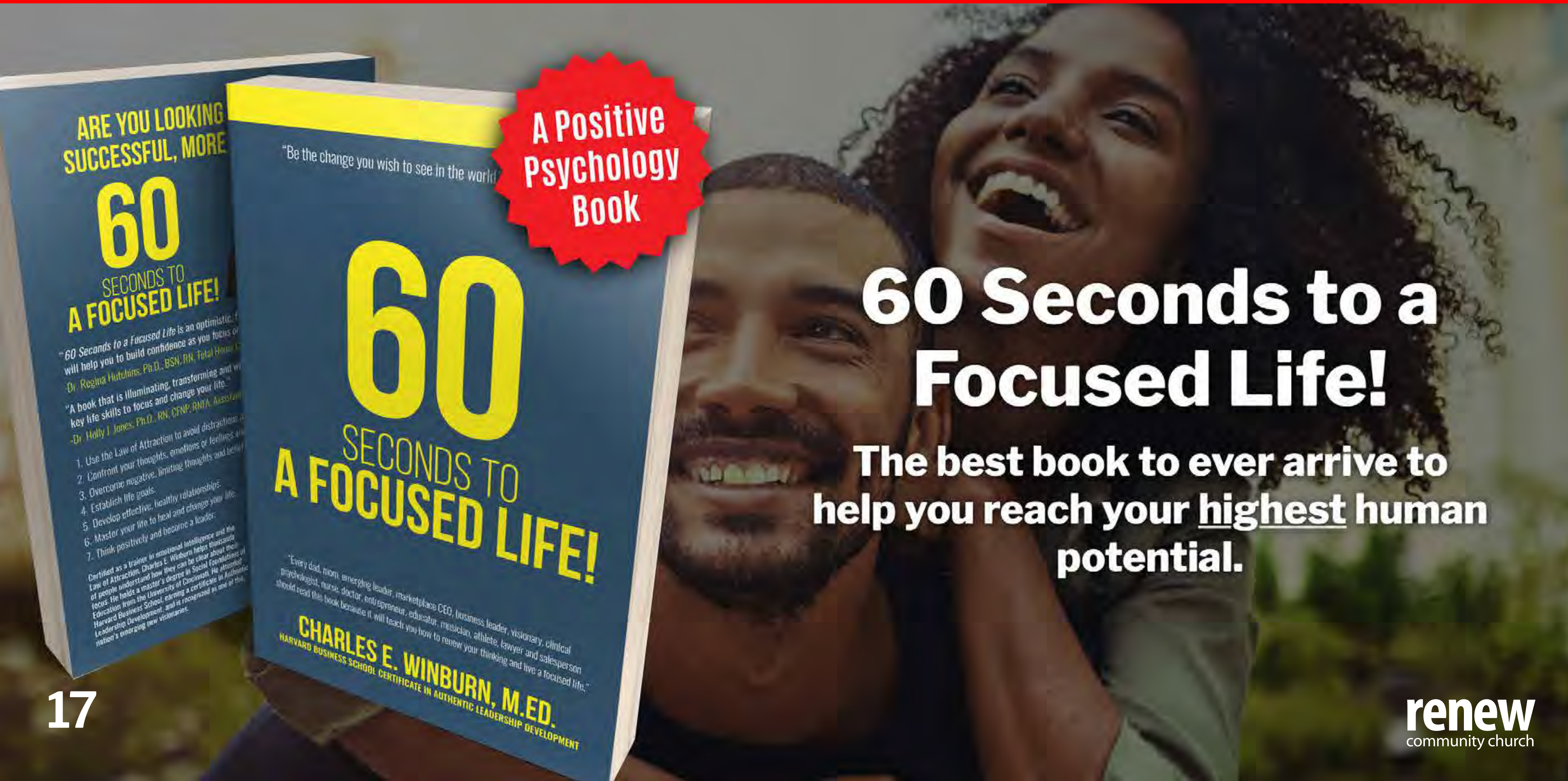
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

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"A book that is illuminating, transforming and will help you master key life skills to focus and change your life."
-Dr. Holly J. Jones, Ph.D., RN, CFNP, RNTA, Assistant Professor

1. Use the Law of Attraction to avoid distractions and achieve your goals.
2. Confront your thoughts, emotions or feelings and believe in yourself.
3. Overcome negative, limiting thoughts and beliefs.
4. Establish life goals.
5. Develop effective, healthy relationships.
6. Master your life to heal and change your life.
7. Think positively and become a leader.

Certified as a trainer in emotional intelligence and the Law of Attraction, Charles E. Winburn helps thousands of people understand how they can be clear about their focus. He holds a master's degree in Social Foundations of Education from the University of Cincinnati. He attended Harvard Business School, earning a certificate in Authentic Leadership Development, and is recognized as one of the nation's emerging new visionaries.

60

SECONDS TO
A FOCUSED LIFE!

CHARLES E. WINBURN, M.ED.
HARVARD BUSINESS SCHOOL CERTIFICATE IN AUTHENTIC LEADERSHIP DEVELOPMENT

**Therefore shall a man leave his
father and his mother, and shall
cleave unto his wife: and they shall
be one flesh.**

Genesis 2:24

**Wives, submit yourselves unto your
own husbands, as unto the Lord...
For the husband is the head of the
wife, even as Christ is the head of
the church...**

Ephesians 5:22-23

**Husbands, love your wives, even as
Christ also loved the church, and
gave himself for it.**

Ephesians 5:25

**So ought men to love their wives
as their own bodies... For no man
ever yet hated his own flesh; but
nourisheth and cherisheth it...**

Ephesians 5:28-29

**Let every one of you in particular
so love his wife even as himself; and
the wife see that she reverence her
husband.**

Ephesians 5:33

**Let the husband render unto the
wife due benevolence: and likewise
also the wife unto the husband...**

1 Corinthians 7:3-5

Wives, submit yourselves unto your husbands... Husbands, love your wives, and be not bitter against them.

Colossians 3:18-19

**Likewise, ye husbands, dwell with
them according to knowledge,
giving honour unto the wife, as
unto the weaker vessel...**

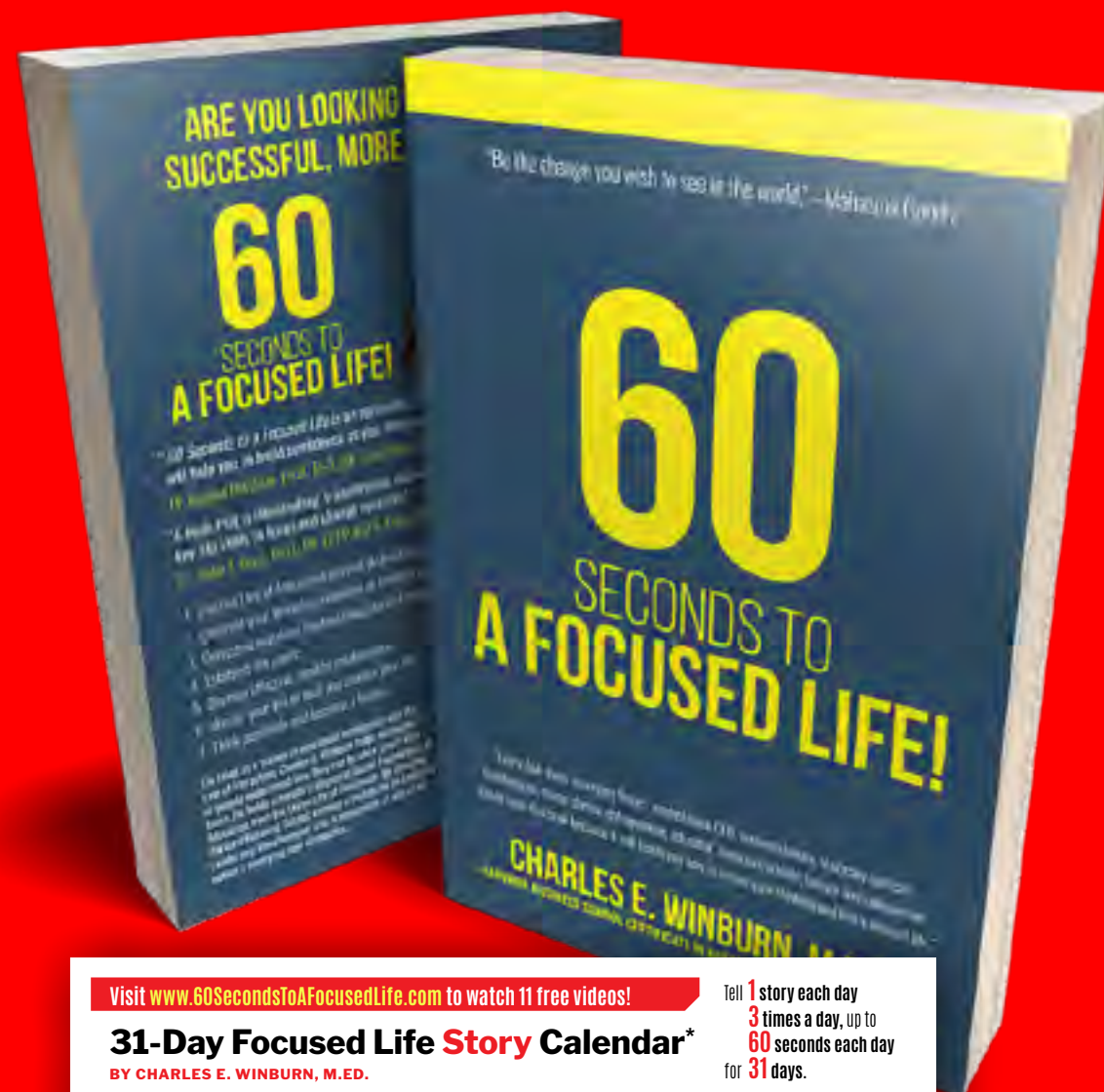
1 Peter 3:7

**Yet ye say, Wherefore? Because
the LORD hath been witness
between thee and the wife of thy
youth...**

Malachi 2:14-15

**Whoso findeth a wife findeth a
good thing, and obtaineth favour of
the LORD.**

Proverbs 18:22



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DAY 15 It is my divine and human right to walk in courage today.	DAY 16 It is my divine and human right to be confident, self and others and always and always today.	DAY 17 It is my divine and human right to be free and speak the freedom today.	DAY 18 It is my divine and human right to live in the presence of God today.	DAY 19 It is my divine and human right to live, move and have my being in God today.	DAY 20 It is my divine and human right to renew my mind today.	DAY 21 It is my divine and human right to be more than a consumer over my spiritual, health and mental life today.
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15 medically and psychologically ways past sexual behavior and high body counts correlate with health, attachment, or trust patterns

AI Research

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1. Higher lifetime risk of STIs (medical)

- **More prior partners can increase statistical exposure risk to sexually transmitted infections.**
- **Even with low symptoms, some infections can persist and affect reproductive and overall health.**

2. Potential for untreated or recurrent infections (medical)

- If screening and treatment weren't consistent, there's a possibility of ongoing infection or reinfection.**
- This can create chronic stress and repeated medical follow-ups.**

3. Disclosure and testing disagreements (medical/reproductive)

- If one partner expects specific testing norms and the other doesn't, conflict can escalate.**
- Long-term marriage often requires aligned expectations around sexual health maintenance.**

4. Trust strain around honesty (psychological)

- If past history is hidden, minimized, or inconsistently disclosed, partners may feel betrayal.**
- Trust issues tend to affect communication and conflict resolution over time.**

5. Jealousy and insecurity dynamics (psychological)

- Some partners experience intrusive comparisons or “replacement” fears when sexual history is salient.**
- Over time, this can fuel monitoring, reassurance-seeking, and conflict.**

6. Pornographic/novelty conditioning and reduced novelty tolerance (psychological/behavioral)

- Heavy reliance on frequent novelty can make routine bonding feel less exciting to some people.**

- **This doesn't mean they can't commit—it means the couple may need extra effort to sustain satisfaction.**

7. Higher likelihood of avoidant coping in intimacy (psychological)

- If early sexual experiences functioned as a way to avoid vulnerability, that pattern can carry into adulthood.**
- Marriage can be difficult when intimacy requires emotional exposure and repair.**

8. Commitment inconsistency risk (psychological/behavioral)

- High partner turnover can correlate with weaker commitment skills or less tolerance for long-term “boring” phases.**
- Long-term stability typically depends on consistent follow-through, not just attraction.**

- 9. Different values around monogamy (psychological/values mismatch)**
- **Some people have an enduring preference for variety, even if they can delay it.**
 - **Incompatibility around monogamy expectations can predict recurring resentment.**

10. Higher probability of relationship-role confusion (psychological)

- When sexuality frequently coexisted with inconsistent emotional investment, a person may have unclear boundaries between sex and attachment.**

- **Marriage requires clear roles (partner, spouse, caregiver), not shifting contexts.**

11. Increased exposure to boundary violations (psychological/social)

- A person with many partners may have encountered unstable or manipulative dynamics (in themselves or others).**

- **Past normalization of boundary-crossing can make safer relationship habits harder.**

12. Emotional fatigue and burnout from past relationship patterns (psychological)

- Repeated transitions and conflict across many relationships can leave residual stress responses.**
- In marriage, this can show up as irritability, withdrawal, or reduced patience.**

13. Higher risk of using sex as regulation (psychological)

- Some individuals use sexual contact to regulate loneliness, anxiety, boredom, or self-esteem.**
- If so, sex may become less responsive to mutual connection and more tied to mood management.**

14. Greater difficulty with long-term sexual satisfaction goals (psychosexual)

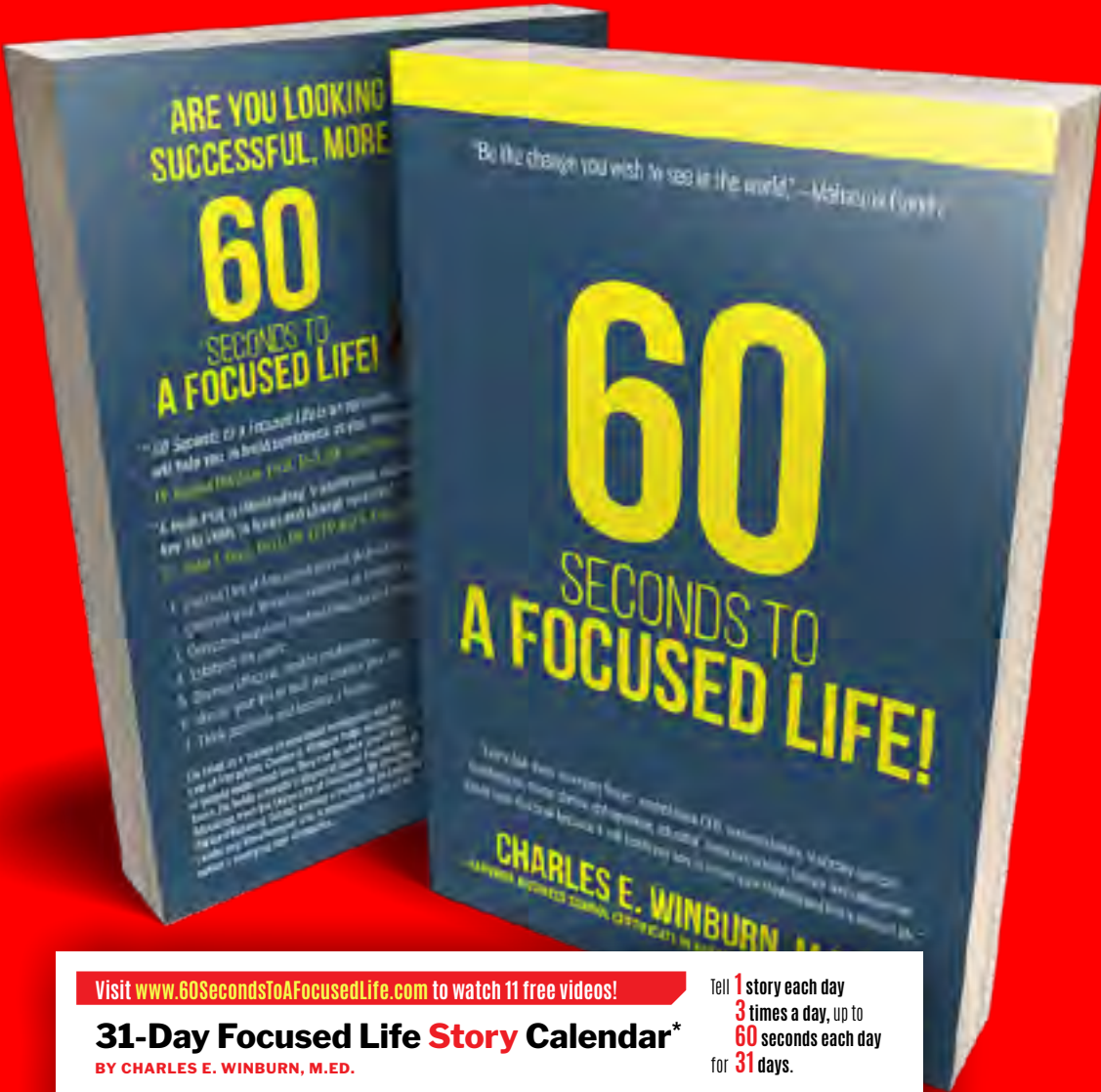
- If someone is accustomed to frequent “reset” with new partners, they may not fully develop skills for negotiating long-term desire.**

- **Marriage often requires sustained communication, pacing, and repair after sexual mismatches.**

15. External life instability correlations (psychological/ social)

- **Many partners can correlate—though not always—with factors like frequent moving, inconsistent schedules, substance use, or chaotic social environments.**

- **Instability can reduce the capacity to build reliable routines and shared future planning.**



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20 reasons why raising someone in a marriage is unhealthy

AI Research

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- 1. Unequal emotional labor:** If your spouse expects you to “raise” a child, you may end up doing far more day-to-day emotional work than is fair in a marriage, which breeds resentment.

2. Role confusion: A spouse may still be a spouse in name, but you can get pulled into parenting duties (discipline, routines, advocacy), making it hard to maintain an adult-to-adult partnership.

- 3. Blended-identity stress:**
You may feel like you're simultaneously a partner and a parent, which can blur boundaries and reduce the sense of intimacy and teamwork that healthy couples rely on.

- 4. Different parenting philosophies:** Even if you love the child, disagreements about discipline, values, screen time, homework, or boundaries can spill into marriage conflict.

- 5. Power struggles over authority:**
If you're expected to parent but you lack consistent authority, it can create constant tension: you try to guide, and someone undermines or reverses decisions later.

- 6. Inconsistent consequences:**
A child often tests limits; if you and your spouse aren't aligned, consequences become inconsistent, which increases stress for everyone—especially you.

- 7. Reduced time for the marriage:**
Parenting demands time and energy; raising a child as part of a marriage leaves less room for date nights, shared recovery time, and adult connection.

8. Financial strain: If the marriage has to carry a child's costs without adequate planning (or if support is unclear), money stress can become chronic and damaging.

- 9. Chronic fatigue and irritability:**
Long-term caregiving can lead to sleep deprivation and burnout; people in survival mode often have less patience for conflict resolution and closeness.

10. Lack of autonomy: Your schedule can become dominated by child needs, leaving you with little choice or spontaneity—an autonomy loss that often erodes relationship satisfaction.

11. Grief and loss of your own plans:
Being pulled into parenting responsibilities can feel like giving up personal goals, career development, or lifestyle choices, which can create bitterness if unaddressed.

12. Boundary violations and intrusive caretaking: Some dynamics blur too much (e.g., you're expected to "handle everything," attend to all emotions, or be the primary comforter), leaving you unable to step back.

13. Attachment pressure: If you're expected to bond quickly or "care deeply" in a way that feels forced, it can create emotional strain and guilt if the relationship develops more slowly.

14. Jurisdiction conflicts: If the child has another caregiver with rights or influence (e.g., family members, biological parent), disagreements can become frequent and emotionally exhausting.

15. Different standards for discipline and safety: If you're responsible for protecting and guiding the child but standards aren't shared, you may feel responsible for outcomes you can't control.

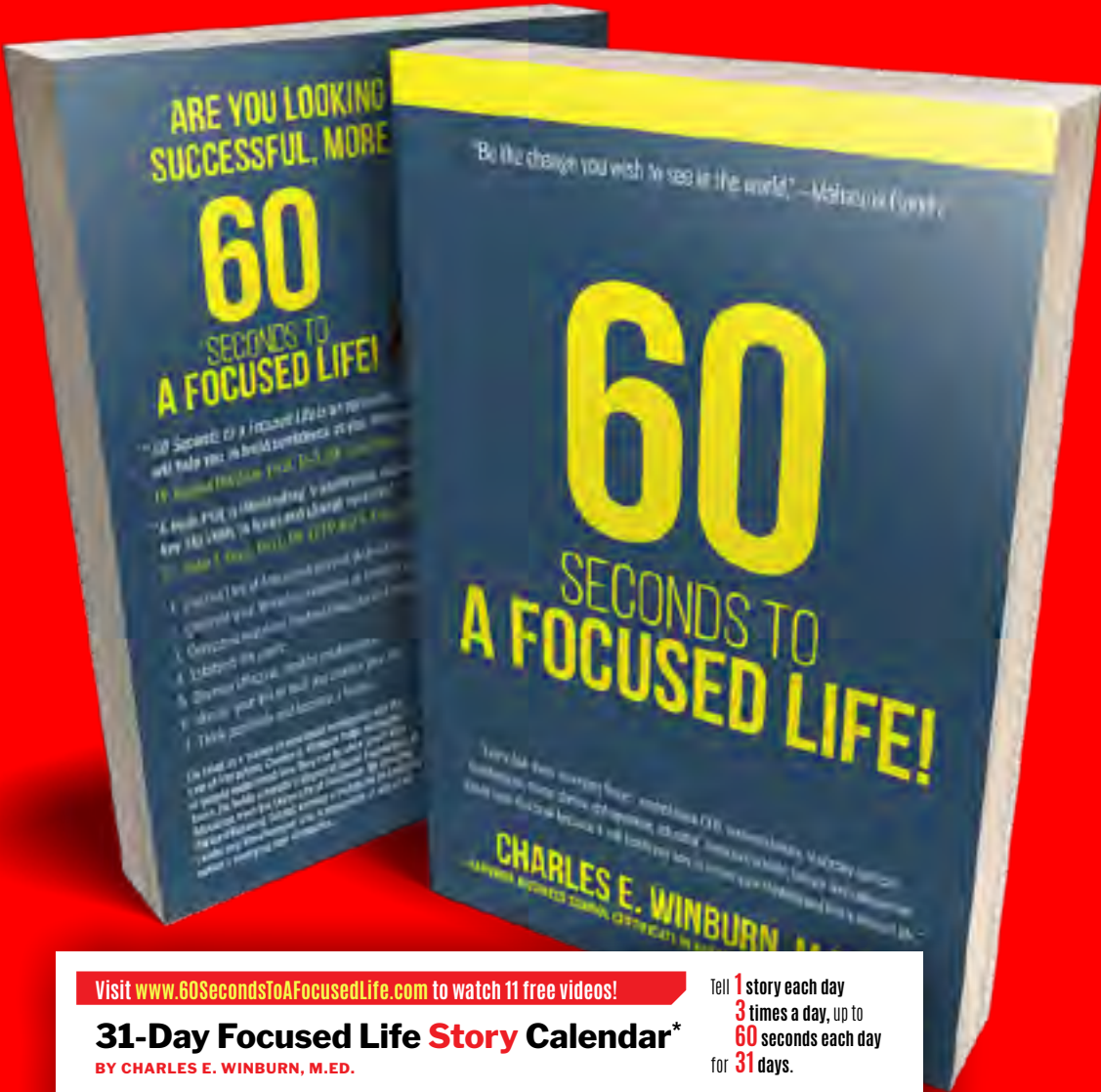
16. Therapeutic or trauma burdens: Children who have experienced instability may require extra support. Carrying that burden without adequate resources can lead to secondary trauma and overwhelm.

17. Marital intimacy declines:
Stress, resentment, exhaustion, and boundary confusion can reduce sexual desire and emotional intimacy, especially if the relationship becomes primarily “caregiving.”

18. Resentment toward the spouse:
Even if your spouse has good intentions, the expectation that you should raise a child can make you feel the marriage is “not equal”—and that resentment can intensify over time.

19. High conflict when mistakes happen: Parenting involves trial and error. If every misstep triggers blame (“you’re the parent too”), you can feel trapped in a permanent accountability loop.

20. Stunted adult partnership:
Healthy marriages require ongoing adult companionship and joint decision-making. When one partner must function like a primary caregiver, the marriage can shift away from partnership toward management.



10 characteristics of the right man to marry

AI Research

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- 1. Emotional maturity:**
**He understands his emotions
and manages conflict without
blame or manipulation.**

2. Character and integrity:
He does what's right
consistently—not only when
it's convenient or watched.

3. Kindness and respect:
He treats you (and others)
with genuine consideration,
not conditional politeness.

- 4. Good communication:**
He listens well, expresses himself clearly, and can discuss hard topics calmly.

5. Accountability:
**He takes responsibility for
his actions and makes repairs
when he's wrong.**

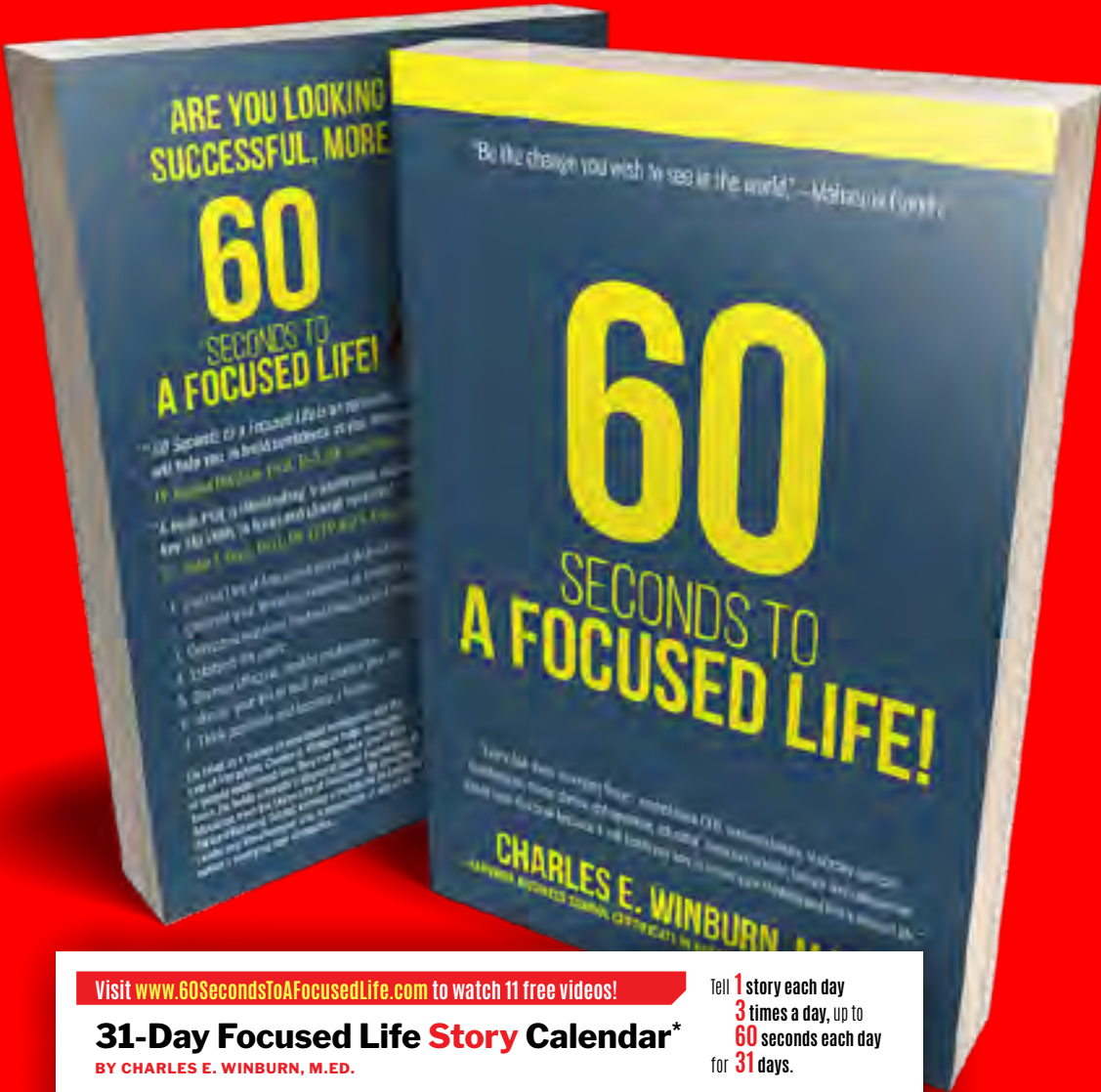
6. Healthy boundaries:
He respects limits (yours and his) and doesn't cross lines or pressure you.

7. Stability and reliability:
His words and actions match,
and you can trust him in
everyday life.

8. Shared values and faith (if applicable): Your core priorities align—especially around family, money, and lifestyle.

9. Supportive of your growth:
He encourages your goals
and helps you become more
yourself, not smaller.

10. Long-term commitment mindset: He's ready for partnership and works toward building a future, not just enjoying the present.



10 characteristics of the right woman to marry

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- 1. Emotional maturity:**
She handles conflict calmly, owns her mistakes, and communicates with self-control.

2. Kindness and compassion:
She's considerate, has empathy for others, and treats people well consistently.

3. Strong character and integrity:
Her values match her behavior,
and she's honest even when it's
inconvenient.

4. Good communication:
**She can talk openly, listen well,
and express needs without
manipulation.**

5. Respect and partnership mindset: She sees marriage as “we,” supports your goals, and expects mutual respect.

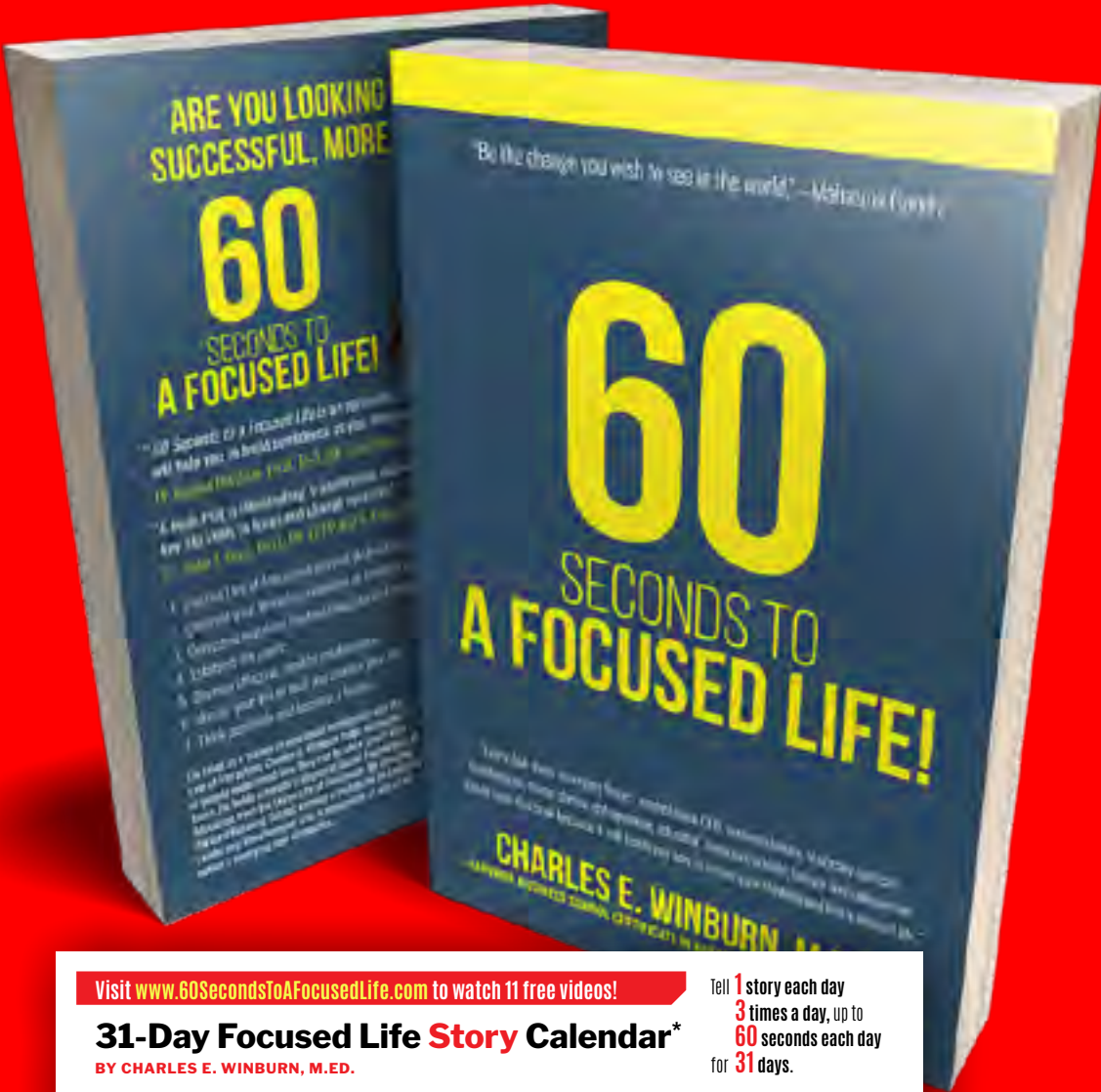
6. Emotional stability:
She's not constantly reactive;
her mood and decisions are
steady and reliable.

7. Healthy boundaries:
She respects personal boundaries and expects the same, avoiding over-dependence.

8. Shared values and life direction:
You align on big things (family, faith, money philosophy, priorities).

9. Accountability and growth:
She's willing to improve, learn from feedback, and work on herself.

10. Love expressed through actions: Affection shows up in consistency: effort, care, loyalty, and follow-through.



9 reasons marrying someone with untreated childhood trauma and ongoing drama is unhealthy

AI Research

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- 1. Untreated childhood trauma can shape how they relate in adulthood**
 - Trauma can become “default settings.” If someone learned love/safety was conditional, unpredictable, or painful, they may repeat those expectations unconsciously.**

- **Triggers become relationship problems. Normal conflict, criticism, or even busy periods can feel like danger, rejection, or abandonment—leading to strong emotional reactions.**
- **Unhealed coping styles show up in marriage. Examples:**
 - » **withdrawing or going cold**

- » **becoming controlling**
- » **snapping/defensiveness**
- » **people-pleasing until they resent you**
- » **avoidance of conflict until it erupts later**

2. It can put you in the role of “therapist” or emotional rescuer

- If their trauma is driving their needs, they may unconsciously look to you to stabilize them.**
- That can become exhausting because you’re not responsible for healing them—you’re**

responsible for building a shared life.

- **Over time, you can feel:**
 - » **powerless (“I can’t fix this”)**
 - » **resentful (“I’m always managing things”)**
 - » **emotionally unsafe (“anything I do might trigger them”)**

- 3. There's higher risk of dysfunctional conflict cycles**
 - **Many untreated-trauma patterns create predictable loops, like:**
 - » **one person feels threatened**
 - >> **reacts**
 - » **the other person tries to calm/prove love**

- » **the first person still feels unsafe >> escalates or shuts down**
- **This can make healthy resolution harder because the issue isn't just the current disagreement—it's the emotional alarm underneath it.**

4. Shame, fear, and attachment wounds can drive mistrust

- **Childhood trauma often includes experiences that teach:**
 - » **“people leave”**
 - » **“I’m not enough”**
 - » **“love is dangerous”**

- **In marriage this can show up as:**
 - » **jealousy that isn't proportionate**
 - » **suspicion of your motives**
 - » **difficulty believing reassurance**
 - » **testing your loyalty or patience**

5. Ongoing drama reduces stability—the relationship needs calm to grow

- “Drama” can mean constant crisis, conflict with others, legal/financial emergencies, volatile family dynamics, repeated breakups, affairs, substance issues, etc.**

- **In a marriage, repeated chaos makes it hard to build:**
 - » **trust over time**
 - » **routines and predictability**
 - » **emotional safety**
 - » **teamwork and long-term planning**

- 6. Drama often recruits the partner into managing chaos**
- **If their life is unstable, you may become the person who:**
 - » **smooths over conflicts with family/friends**
 - » **provides financial or emotional rescue**

- » **absorbs stress when crises hit**
- » **covers for them when consequences occur**
- **Eventually, you may feel like your life is secondary to their ongoing emergencies.**

7. It can normalize high stress as “how love works”

- When someone is used to volatility, intensity can feel like connection.**
- So instead of building intimacy through calm care, the relationship becomes powered by emergencies, makeup-after-fighting, and adrenaline.**

- **That can create a cycle where peace feels boring or suspicious, and conflict feels familiar.**

8. It can delay accountability and growth

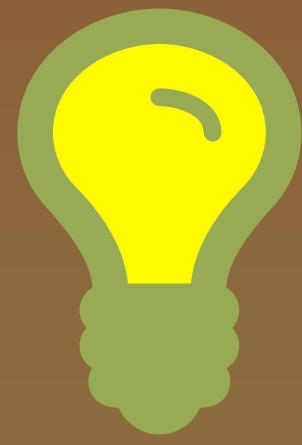
- **People with untreated trauma may not have the insight to separate:**
 - » **“I feel hurt/threatened” from “you caused it on purpose”**

- **And ongoing drama can reinforce avoidance: if everything is always a crisis, it's easier to delay healing, therapy, or consistent behavior change.**
- **Without accountability, you can repeatedly experience the same pain in new forms.**

9. Your boundaries can be tested—and if you don't hold them, you'll be pulled in

- **Trauma + drama can lead to boundary pushing:**
 - » **disrespect of your time/feelings**
 - » **guilt-tripping**

- » **emotional manipulation during conflict**
- » **expecting you to tolerate things you'd normally refuse**
- **If you don't have strong boundaries, your role can shift from partner to caretaker or enabler.**



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112



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