

## Chapter 6 | Lesson on Responsibility: You Need Relationships now More Than Ever



In a time of widespread lockdown, self-isolation, and physical distancing, it is more important than ever to manage marriage relationships well, which may be our most important source of support.

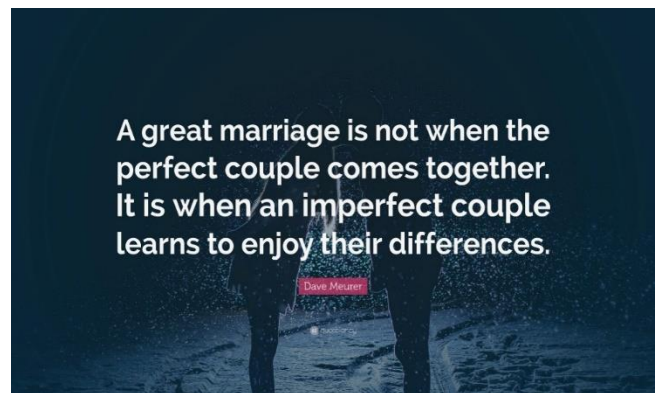
Don't let the 10% of disagreement or dissatisfaction in your relationship destroy the other 90%. That 10% may break your heart over and over again, but that is how the light shines through.

When stress hormones flood your body and shuts down the rational part of your brain, your response to questions may be harsh in tone and you may react to criticisms with anger. In times of this, only spiritual reflection can tame the animal instinct in us. Mindfulness and prayer may grant us the grace we badly need to appreciate and forgive each other.

Life is not a matter of black or white, but a mixture of both. A good life rests on your ability to embrace the inevitable dark side of relationships and transform it into something beautiful.

The government stay-home order to contain COVID-19 creates both a crisis and opportunity for couples. Being together 24 hours a day could create both conflicts and time for intimate conversations.

That is why we have the responsibility to learn how to stay together, rather than give up on each other in spite of all the pressures and conflicts.



No one is perfect; therefore, no marriage is perfect. That is why existential positive psychology or PP 2.0 teaches that we must take the good with the bad, embrace and enjoy each other—warts and all—by practicing the basic yin-yang principle of holding positives and negatives with two open hands simultaneously at all times.

In other words, we need to focus on each other's strengths and desirable aspects; but that does not make our weaknesses go away. The good news is that we all can repair our broken pieces and improve ourselves daily. We also need to encourage each other for such efforts of personal growth, even though we can never be perfect.

## Responsibility Scale

**Paul T. P. Wong & Gokmen Arslan**

Please reflect for a few minutes and respond to the following statements as truthfully and accurately as you can by circling the appropriate answer according to the following scale:

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Moderately Disagree	Neither Agree nor Disagree	Moderately Agree	Agree	Strongly Agree

- |  |               |
|--|---------------|
| 1. I always manage to get things done as promised rather than making excuses.  | 1 2 3 4 5 6 7 |
| 2. When I am responsible for something, I always find ways to get it done even without the necessary resources and help. | 1 2 3 4 5 6 7 |
| 3. I am responsible to do my part to make the world a better place.  | 1 2 3 4 5 6 7 |
| 4. I am conscientious in whatever I do, big or small.  | 1 2 3 4 5 6 7 |
| 5. I have responsibility for my family, society, the world, and planet earth to the extent of my ability and influence.  | 1 2 3 4 5 6 7 |
| 6. I discipline myself to make the best use of my time doing meaningful things.  | 1 2 3 4 5 6 7 |
| 7. I am morally accountable for how I treat others.  | 1 2 3 4 5 6 7 |
| 8. I am accountable for all my decisions and actions.  | 1 2 3 4 5 6 7 |

**For the scoring key, please refer to the "Measures and Scales Scoring Keys" section.**