

Did You Know?

What every Facebooking couple should do:

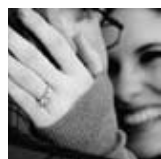
Create boundaries

Set Relationship Status to "Married"

Update each other on FB Friends

Share username and password

Make spouse a post topic weekly



I'm reading in the news about horror stories of spouses leaving their marriage for a lost love they've rediscovered on Facebook. Is it a mistake to be married and on Facebook?



Jason & Kelli:

We've read the stories too. A wife leaves her husband for a man she met on Facebook. A husband gets caught up in an emotional affair. A husband issues the "first Facebook divorce notice" to his wife when she reads his update, "Neil Brady has ended his marriage to Emma Brady."

It is true that some people have made some really bad decisions and poor choices during their Facebook experience.



Kelli:

And some have made some really poor choices as a result of what they did through Facebook.



Jason & Kelli:

While the bulk of Facebookers aren't losing their marriages or having emotional affairs on Facebook, situations will arise that all couples need to be prepared for: Friend Requests by old boyfriends/girlfriends, Chats that turn weird,



messages in the FB Inbox from an opposite sex friend.

With agreed upon boundaries, open and honest dialogue, and frequent communication, couples can avoid these kinds of scenarios.



Jason:

And even if their marriage is heading down the pathway of being a potential sensationalized infidelity news story, couples can overcome most any form of betrayal.



Jason & Kelli:

This is the main reason we wrote *Facebook and Your Marriage!* Sections 2 and 3 address more Facebook basics.

Section 4 helps you set up some simple safeguards for your marriage, your spouse, and yourself.

Section 5 prepares you to expect the unexpected and Facebook surprises.

Section 6 feeds you all kinds of ideas to spice up your marriage using Facebook.

Section 7 provides guidance and input to spouses who feel like Facebook is becoming a threat to their marriage.



Making a Difference



Smart Marriages is dedicated to making Marriage and Relationship Education widely available – to getting the information couples need out of the research labs and to the public through user-friendly, affordable, marriage and relationship education programs and resources.



Section 8 is directed toward those spouses who are intentionally or unintentionally allowing their Facebook experience to jeopardize their marriage.

Section 9 provides couples with the insights and skills to talk offline about online issues. Finally,

Section 10 points readers to more resources and help for their Facebook experience and their marriage relationship.



Related Threads:

- ▶ **K.I.S.S. — Simple Ways to Safeguard Your Marriage, Your Spouse, and Yourself** 140
- ▶ **Surprise! How to Expect the Unexpected and Not Sweat It** 172
- ▶ **Let's Get It On! Have a Facebook Affair... With Your Spouse!** 202
- ▶ **SOS! My Marriage Is Suffering Because of Facebook!** 230
- ▶ **Seriously? Let's Think This Through a Bit More . .** 278
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C'mon! I'm not that interesting of a person. Do people really care what I'm thinking or doing?



Jason:

More than you know!



Jason & Kelli:

Facebook was designed to help people stay connected with one another. When people accept you as a FB Friend, that is their way of saying "I care!" If you don't know what to write for your posting, read what others are writing to discover what kind of updates you like and what kind you don't like.

When you finally dare to write something, be prepared for a variety of different responses from your FB Friends. In fact, we've found five types of common responders on Facebook.

1. **The Over Doer**

The Over Doer seems to be on Facebook 24/7 and responds and comments on virtually everything.

Our Book Club Picks

Facebook Me! by Dave Awl helps you find out what you can do on Facebook, and what it can do for you. Reconnect with old friends and make new ones, let your friends know what you're up to, send greetings, share photos or video, or just goof around with applications.

