

Preface

Facebook has forever changed how we do things on the web.

It has a worldwide membership that well exceeds the total population of the United States. Those members access Facebook multiple times every day on their computers, laptops and mobile phones. Facebook has broken through the barriers of who we have access to and how we interact with them.

The evidence that Facebook is the most popular social gathering place on the planet is that the term “Facebook” no longer just refers to a social network site. The word is used in a variety of ways to describe a form of communication (“Why don’t you facebook me later.”), an activity (“We’re just facebooking with our friends.”), and an identity (“Hello, my fellow Facebookers.”)

It seems that most of what Facebook offers is positive. Athletes, musicians and celebrities use Facebook to interact with fans and grow their fan support. Non-profits use Facebook to raise money and build awareness of their causes. Businesses use Facebook to reach new customers and maintain customer loyalty with old ones. Churches use Facebook for outreach and building community with their congregation.



Everyone seems to be benefiting by leveraging Facebook in a good and purposeful way. Except for one large demographic group...married people.

Think about it. The only real negative stories about Facebook highlight the affect it is having on marriages. There was the “first Facebook divorce” story, countless accounts of emotional affairs, infidelity, and broken marriages due to a spouse finding an old flame on Facebook, and now, the largely overstated “1 in 5 divorces caused by Facebook” articles.

We made this observation in late 2008...almost every negative story about Facebook had to do with infidelity, divorce and broken families.

So we wrote a couple of blog articles to provide married Facebookers with tips on how to protect their marriage while on Facebook, and improve their relationship using Facebook. The articles were posted on MarriageJunkie.com (Jason’s blog) and the response was overwhelmingly positive. (To this day, they are still the most popular posts on the blog.)

Through comments on the blog, direct emails, messages on Facebook and face-to-face conversations, married people expressed they wanted and needed more information on this topic. Wives and husbands have shared with us heart-breaking stories of betrayal and pain. Most innocently jumped into Facebook with the greatest of intentions, and found themselves with a broken heart and a broken marriage.

As we discussed the reactions and responses to the articles, we discovered that many people were blindsided by how easy



it was to connect with people from the past, and they were unprepared to handle those reconnections.

We observed that most of the couples hadn't set guardrails on their time and relationships on Facebook. Combined with a lack of some common sense (by one or both partners), trouble ensued. And once a boundary was crossed, many were at a loss of what to do about it.

Somehow, couples need to be better informed about what can happen on Facebook and how to proactively protect their marriage. Something needs to guide spouses on how to use Facebook to build a stronger marriage, how to handle tough situations from time spent on Facebook, how to identify where the "old" feelings sparked by Facebook are coming from, and how to effectively work through any relationship issues related to Facebook. Someone needs to put this information into a book.

That someone is us. That something is *Facebook and Your Marriage*. That somehow is you reading this book.

With *Facebook and Your Marriage*, it is our hope to bring common sense and healthy boundaries back into marriages in this social media age.

—K. Jason & Kelli Krafsky



HEY! READ THIS BEFORE STARTING!

Do not treat this book like a regular book!

Facebook and Your Marriage meets you where you are and directs you to the answers you're looking for...and more! Whether you've just created your profile or you're a veteran user, *Facebook and Your Marriage*, in an easy to use format, will help you quickly find answers to more than 120 common questions people have about Facebook.

Do not think of this book like a regular cover-to-cover read!

Facebook and Your Marriage's layout resembles a thread one would see on an online blog or discussion board. A thread is an online discussion on a central topic between two or more people. We have taken the layout and approach of threads and put them into book form. The threads are based on real questions from married (and in some cases, unmarried) Facebookers.

Do not start with the first page of the first section!

Your issues and needs are different from someone else's. Are you a novice or an advanced Facebook user? The needs of users are different. Is yours, or your spouse's Facebook experience having no real affect on your marriage, a huge impact on the marriage, or somewhere in between? Because the issues are



different, the answers are different. Your starting point is going to be different than someone else's.

While most books have a table of contents, this book has Discussion Thread Topics. These pages list ten primary sections with over 120 threads. Find the topics that most interest you and start there.

Do not just read one thread and stop!

A single thread is intended to be a sum part of the whole answer you need. It answers one question. At the end of each thread is a list of five Related Threads that will help you unpack more of the issue and get a deeper answer to your questions. Just like on a website, you are in total control of finding the answers that will satisfy your unique needs and wants. Sometimes you will know where you need to go. Other times, the book will take you on a journey to discover answers to issues you didn't even know you had.

Do not presume that all your questions on Facebook are answered in this book!

By no means is this book intended to be an exhaustive manual on everything a person can do on Facebook. Those books have been written. With the title, *Facebook and Your Marriage*, there should be no mystery on the types of topics this book addresses. Because Facebook regularly undergoes changes to its layouts and features, the specific Facebook how-to's are found on FacebookAndYourMarriage.com. They range from short articles to visual instructions to help you get the most out of Facebook.



Do not assume that the authors are counselors or marriage therapists!

Facebook and Your Marriage is not a book by professional counselors. It's written by a married couple who actually use Facebook every day. We have learned through trial-and-error how to protect our marriage, enhance our marriage, and even use Facebook to grow closer as a couple.

We are active on Facebook and even more active to make our marriage as strong and healthy as it can be. For almost our entire married life (which started in 1994), we have been premarital and marriage educators and involved in a national movement to foster healthy couple relationships...before and after the wedding day. And now, online and offline.

