

Fuel the Fine

PROTECT YOUR MARRIAGE



Dr. Derrick L. Campbell

Fuel the Fire: Protect Your Marriage

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- *Promoting Positive Racial Teacher Student Classroom Relationships*
- *Promoting Positive Racial Teacher Student Classroom Relationships: Workbook*
- *Promoting Positive Racial Teacher Student Classroom Relationships: Leadership Principles*
- *Promoting Positive Racial Teacher Student Classroom Relationships: Leadership Principals Workbook*
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- *Teacher Qualities that Promote Positive Racial Classroom Relationships*
- *Transforming Afro-American Content into the School Curriculum*
- *Unions Can Benefit Organizational Change*
- *Classroom Management Strategies*

Fuel the Fire: Protect your Marriage

This fuel will change the romance level your marriage

Dr. Derrick L. Campbell, Ed.D.



DLC Consultant Group

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TABLE OF CONTENTS

	Page
ABOUT DR. DERRICK & MINISTER SHEILA	vii
LIST OF FIGURES	ix
LIST OF TABLES	x
Chapter	
I. INTRODUCTION	1
II. FUEL THE FIRE SYSTEM.....	7
a. Types of Non-Sexual Contact	10
III. STEP BY STEP	11
IV. ADDITIONAL RESOURCES	13
V. TAKE THE CHALLENGE.....	17

ABOUT DR. DERRICK & MINISTER SHEILA CAMPBELL

Dr. Derrick and Minister Sheila Campbell began their Advanced Marriage Training with the focus of helping couples to build healthy marriages based on the original design of marriage as outlined by the Holy Scriptures.

Dr. Campbell holds a doctorate degree in Educational Leadership from Rowan University. He has authored eight books that focus on enhancing marriages as well as other books that provide diversity training for schools.

Minster Shelia holds degrees in Human services and biblical studies. Sheila currently teaches in the Bible Training Center as well as serves in the Care Ministry. She has been involved in Christian Ministry for over 35 years. Saved as a teenage, she started serving in her local church; Deliverance Evangelistic Church (Philadelphia, PA) which was one of the first mega churches of that time. Sheila served in their music ministry, hospital and nursing home ministry as well as the prayer chain ministry praying for the sick and despondent who called in to the prayer hotline.

She took several courses at the Deliverance Bible Institute, Jamison Bible College and later received her certificate in Biblical Studies from her local church Living Faith Bible Training Center in Pennsauken, NJ. Sheila currently teaches in the Bible Training Center as well as serves in the Care Ministry.

Dr. Campbell and Minister Sheila Campbell have been involved in ministry for over 25 years. They have been married for 22 years and counting. They enjoy traveling to

beach resorts, dining out, and going to the movies in their spare time.

LIST OF FIGURES

Figure	Page
1 Luveuphoria Scale.....	9

LIST OF TABLES

Table	Page
1 Luveuphoria Numerical Scale	9



INTRODUCTION

With divorce so prevalent in society today, many married couples are left wondering how they can help their marriage survive, while others who are not yet married wonder if it is worth even getting married. Marriage is meant to be a lifelong experience in which a man and woman work together in partnership to accomplish their vision, mission, and goals. Marriage is not meant to end in divorce.

One of the greatest challenges in a marriage is to keep the fire burning. There are many things that married couples can do to strengthen and divorce-proof their marriage. Like anything else, what you put into something is often what you get out of it. When you take time and care with something and spend many of your precious hours trying to get things just right you are usually well rewarded, whether it be a project at work or school, planning an event or a wedding, starting a business or in any other area. Marriage is no different. It takes the investment of your time, your energy, your ideas, your creativity, and your love.

The work that goes into a keeping the fire burning in your marriage is constant and upkeep is necessary.

The idea for writing *Fuel the Fire: Protect Your Marriage* is result of the many marriage seminars and workshops conducted by me and my wife. As we continued to conduct these workshops and couples sought for advice, I noticed that when couples become angry with one another the first thing that they do is to stop touching each other. Couples who become angry with each other begin the process towards divorce by either refusing to give or refusing to receive non-sexual contact from their spouse.

For example, after an argument a wife will tell her husband “Don’t touch me’. Or a husband may decide to punish his wife by refusing to kiss her before they leave for work on the next day. These are the signs that most couples do not pay attention to until it is too late.

Even researchers appear to have missed the importance of non-sexual contact. Researchers have reported the following major reasons for divorce.

1. Lack of commitment

2. Infidelity or extramarital affairs
3. Too much conflict and arguing
4. Getting married too young
5. Financial problems
6. Substance abuse
7. Domestic violence
8. Health problems
9. Lack of support from family
10. Religious differences
11. Little or no premarital education and religious differences

If you noticed, non-sexual contact did not make the list. Non-sexual contact did not make the list because its importance continues to go unnoticed. Nonsexual contact creates the atmosphere for romance.

Romance impacts the body in several different ways. First, dopamine is the brain's pleasure chemical. It plays a role in gambling, drug use, and love. When we fall in love, dopamine is released, making

couples feel elated and energetic about each other. According to Helen Fisher, PhD, biological specialist, “That someone takes on special meaning to you and you focus on this individual because the dopamine system has been activated”. It is what triggers very goal-oriented behavior, where no one else matters but your spouse.

Romance has additional benefits too. In addition to dopamine, the body releases oxytocin. Oxytocin is a hormone that reduces stress related responses and is an important ingredient for any romantic marriage. Couples who engage in non-sexual contact such as touching each other’s neck, shoulders, and hands, have more oxytocin in their saliva than couples who do not engage in this type of non-sexual contact. Women who receive frequent hugs from their husband displayed higher levels of oxytocin in their blood than women who receive few hugs. oxytocin reduces the challenges that people experience from everyday stressors, such as family turmoil or conflict at work.

Due to the release of dopamine and oxytocin, feelings of trust, reward, and pleasure surface. In turn, the release of both chemicals induces lower blood pressure. In one study, researchers found people’s blood pressure was lower when they were with a romantic partner than when they were

interacting with anyone else. Scientists also suggest the human blood pressure lowers in these situations because romantic partners feel familiar and comfortable with each other.

Knowing this, the Lord helped me to develop a formula that will help husbands and wives to keep the fire burning in their marriage. In the next chapter, I will discuss how to use the formula.



Fuel The Fire System

The Fuel the Fire System involves using the Luveuphoria Formula. The Luveuphoria is a product of the Luveuphoria Phenomenon. The Luveuphoria Phenomenon has roots in Newton's Law of Cooling. Newton's Law of Cooling states that the rate of change of the temperature of an object is proportional to the difference between its own temperature and the ambient temperature (i.e. the temperature of its surroundings).

The Luveuphoria Phenomenon is consistent with Newton's Law of Cooling. It states that the rate of affection in a marriage is proportional to the number of non-sexual intimacy encounters and the number of days that a person is in the presence of their spouse.

One of the major signs of an unhealthy marriage is the lack of non-sexual intimacy. Non-sexual intimacy can lead to a sexless marriage. People who are involved in a sexless marriage are more likely to consider divorce and are more likely to exist in an unhappy marriage. Non-sexual intimacy is a significant contributor to long-term marital bliss. This warm, positive, skin-to-skin contact

releases the same bonding chemicals in your brain as sex.

The remedy to this marriage problem is easy. Use the Luveuphoria Formula and the Luveuphoria Scale to monitor the frequency of non-sexual intimacy in your marriage. Adding non-sexual intimacy to your marriage is a low-pressure way of maintaining a healthy marriage. Regular non-sexual intimacy can make you both more receptive to sensual experiences and it will make it easier to transition into more frequent sexual encounters.

Luveuphoria Formula

$$L_F = [(\text{Log}_{10} (\text{ns/nd})) \bullet 10] - 1$$

L_F = Luveuphoria Factor

ns = number of non-sexual touches

nd = number of days

Figure 1: Luveuphoria Scale

Luveuphoria Scale



Table 1: Luveuphoria Numerical Scale

Luveuphoria Numerical Scale	
L_F	Affection Range
0	Freezing
1 - 2	Cold
3 - 5	Warm
6 - 7	Hot
8 - 10	Extremely Hot
11 +	Explosive

In the next chapter, I will discuss the step-by-step process for Fueling the Fire in your marriage.

Types of Non-Sexual Contact

- Hugs
- Back Rubs
- Holding hands
- Walks (not speed walking)
- Foot massage
- Body massage
- Gentle touch to the face
- Arm around shoulder
- Hand on thigh or knee (Remember Non- sexual)
- Dancing together
- Napping in the same bed (or one sofa, close together on the floor, etc)
- Caressing and stroking the body, over clothing or under clothes/without clothes on
- Nuzzling
- Scratching
- Biting
- Spooning (non-sexual)
- Playing with hair
- Kissing the body (excluding the genital region and possibly breasts)
- Kissing the mouth (close-mouthed, no tongue)
- Kissing the mouth (open-mouthed, with or without tongue)
- Gentle touch on the shoulder
- Body caress (non-sexual and making sure it is wanted)
- Sitting close enough that bodies touch
- Arm around waist
- Playful (Wanted) tickling
- Scratching those hard to reach places
- Cuddling, with clothes on
- Cuddling, with clothes off (typically, with underwear still on)



STEP-BY-STEP

How to Use the Luveuphoria System

Equipment Needed:

- Luveuphoria Formula
- Luveuphoria Scale
- Luveuphoria Table
- Scientific Calculator (Easily found on most cell phones)

Step 1: Collect your data.

You will need to know the number of non-sexual intimacy contacts that you have initiated with your spouse. You can find examples of non-sexual intimate contacts on our website (www.advancedmarriagetraining.com).

Step 2: Count the total number of days that you have initiated your non-sexual intimacy contacts in step 1.

Step 3: Divide step 1 by step 2. For example, if you had 21 non-sexual contacts with your spouse over 7 days, you would divide 21 by 7 which equals 3.

Step 4: Locate the Log_{10} key on your scientific calculator.

Step 5: Determine the Log of the number that you found in step 3: In this example, the number in step 3 is 3. The log of 3 equals 0.477121254719662.

Step 6: Multiply step 5 by 10. Using the example in step 5 this number becomes 4.771212547196624.

Step 7: Subtract 1 from step 6. Using the example in step 6 this number becomes 3.7712112547196624.

Step 8: Round the number in step 7 up to 4 since there is a seven after the first number. If the number after three was less than 5, then we would round down to 3.

Step 9: Use the Luveuphoria Table and Luveuphoria Scale to determine your Luveuphoria Factor (L_F)

In this example, the spouses Luveuphoria Score (L_F) is 4 which corresponds to warm on the Luveuphoria Table.



ADDITIONAL RESOURCES

You can use the Luveuphoria App to monitor the frequency of non-sexual intimacy in your marriage. Adding non-sexual intimacy to your marriage is a low-pressure way of maintaining a healthy marriage. Regular non-sexual intimacy can make both the partners more receptive to sensual experiences.

The Luveuphoria App is available in the Apple App Store and on the Google Play Store.

Features

- Our Luveuphoria App is a measly \$2.99 for a one a year subscription
- Clean and awesome design that will give you an amazing experience.
- Luveuphoria app is very easy to use, so you don't have to watch any tutorial or any guide to be able to use it properly.
- Luveuphoria Phenomenon: The Advanced Marriage Trainers, leaders in promoting healthy marriages have unveiled that Luveuphoria Phenomenon can help eliminate one of the major causes of divorce.
- Luveuphoria Scale: It has a Luveuphoria Scale, which helps you to calculate the Luveuphoria

- value, which can have different meanings
- Luveuphoria Formula: Formula which helps to calculate the factor of Luveuphoria in your married life.
- Luveuphoria Theorem: Luveuphoria theorem basically derives from its formula, which helps you calculate the intimacy between the partners.

This app will help you in three different areas:

- The factor of Luveuphoria in your married life
- Help sustain happy married life
- And the most important, the major reason of divorce

Does Luveuphoria really work?

Yes, The Luveuphoria Phenomenon is consistent with Newton's Law of Cooling. It states that the rate of affection in a marriage is proportional to the number of non-sexual intimacy encounters and the number of days that a person is in the presence of their spouse.

Reasons of unhealthy marriage?

One of the major reasons of an unhealthy marriage is lack of non-sexual intimacy which can lead to a boring lifestyle. People who are involved in a sex-less marriage are more likely to consider divorce and more likely to exist in an unhealthy marriage. Non-sexual intimacy is a significant contributor to long term marital bliss. Hence, regular non-sexual intimacy can make both the partners more receptive to sensual experiences.

Couples are constantly trying to keep the heat going in their marriage life. Certain people may assume that they have made progress, but how would they really know their progress?

No reason to wait, Right? Download the app right now and monitor the frequency of non-sexual intimacy in your marriage.

