

Transform Your Marriage

The Model

Your relationship with your husband is just your thoughts about your husband. You can change your thoughts and then change your relationship with him.

Unintentional Model

Circumstance: Husband doesn't clean the kitchen.

Thought: I have to do everything.

Feeling: Bitter

Action: Snap at husband (or kids), withdraw, clean the kitchen with anger, buffer (wine, ice cream, scrolling, TV, etc.) Not praying or talking with husband.

Result: You don't communicate your needs and you continue to have to do everything.

Intentional Model

Circumstance: Husband doesn't clean the kitchen.

Thought: I love serving my family.

Feeling: Willingness

Action: Clean the kitchen, spend quality time with kids and husband, take a bath, read a book, pray

Result: You enjoy serving your family

Circumstance: Husband doesn't clean the kitchen

Thought: I communicate my wants and needs.

Feeling: Empowered

Action: Ask husband to clean the kitchen, spend time with the kids, take a bath, read a book, pray

Result: I'm a person who communicates my needs

The Model

You're going to learn The Model and it has the power to radically change your life. This is the exact tool our members use to improve relationships and find peace. Fill in an Unintentional model and an Intentional model below!

Unintentional Model

C _____

T _____

F _____

A _____

R _____

Intentional Model

C _____

T _____

F _____

A _____

R _____

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The Manual

A manual is a set of rules that you expect other people to live by. You believe that your husband has to do X in order for you to be happy. When we have manuals for others, we give away our power. We act like victims. We say that we cannot be happy unless they behave the way we wish. We have manuals for every relationship in our lives.

Manual Examples

Good husbands help watch the kids.

Good mother-in-laws call before coming over.

Good fathers don't speak to the kids in anger.

Good men are the spiritual leaders of their households.

Holy men can go weeks without having sex.

The Problem with Manuals

If we maintain the belief that other people have to act the way we want so we can feel the way we want to feel, we either have to give up the manual or we have to make them (controlling, manipulating, punishing, begging, complaining, withholding, etc.) to get them to behave the way we want them to behave.

We are constantly focused on them and making them behave the way we want instead of taking responsibility for our own actions.

We cannot make anyone else do anything. It's impossible to enforce because we cannot control what other people choose.

The Manual

Answer these questions on a blank sheet of paper.

Think of a person in your life that you wish would behave differently.

What do you want them to do to change?

For each item you listed, write down why you want them to change.

How do you think you would feel if they behaved like you wanted?

What would you be thinking if they behaved like this?

Do you want them to behave like this even if they don't want to? Why or why not?

What do you make it mean when they don't behave this way?

When someone wants you to behave in a certain way so they can feel good, what is that like for you?

How is the way they're behaving right for them right now?

How do you behave in a similar way?