

# Getting You to “Go”

MARRIAGE IN MOTION ▶ Module 1: Your Journey to *forBetter*

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MODULE 1, LESSON 1

## SUMMARY

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The first step toward getting somewhere is to decide that you are not going to stay where you are.

You are about to begin the work required to have an epic friendship and marriage. There will be some heavy lifting along the way. We are here to guide you through the process. Each partner will need their own activity sheet for each lesson. Feel free to follow along and take notes on the activity sheet as you watch. We have outlined the most important concepts for you and left some space for your own notes.

### STEP 1

The first step in getting you moving is to name all the things that are holding you back.

**Resistance** is anything that keeps YOU from making progress.

### STEP 2

The second step is understanding where you currently are in your relationship.

How is your friendship? How are you managing conflict? Are you cultivating a meaningful future together?

What is your reason for seeking relationship help?

What is the overall sentiment of your relationship (positive/negative)?

### STEP 3

The third step to getting moving is to understand the major turns in your relationship from months before you met to current day.

### STEP 4

The final step is to decide to believe in the relationship you have imagined and set your sights on reaching that destination.

*Getting unstuck begins with a commitment to moving.*

**The activities section should be completed after you have finished watching the corresponding lesson video.**

## ACTIVITIES

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### 1 THE ONE OUTCOME I MOST DESIRE FOR MY MARRIAGE

In this first video we asked, “How can we be of help to you?” What is the biggest challenge you are facing in your relationship?

**What is the ONE OUTCOME you most want to accomplish?**

### 2 RESISTANCE

Every marriage will experience resistance along the way. **List at least 3 personal areas of resistance that keep you from making progress.** Think about the things that keep you stuck. The key is to focus on the things that are areas of resistance for YOU (not your spouse!).

**EXAMPLE:**

Resistance #1: STUBBORNNESS.

I am stubborn, and sometimes I wait too long for my husband to make the first move toward bettering our relationship. I feel like, as a woman, I take most of the responsibility for our relationship, but I’m not sure this is fair. I need to realize that this relationship is *our* responsibility and my stubbornness is keeping us stuck. Maybe I rely on this because it makes me feel superior, and “right.”

Now... your turn:

**RESISTANCE 1:** What is it, and why do I rely on this?

**RESISTANCE 2:** What is it, and why do I rely on this?

**RESISTANCE 3:** What is it, and why do I rely on this?

### 3 YOUR RELATIONSHIP JOURNEY

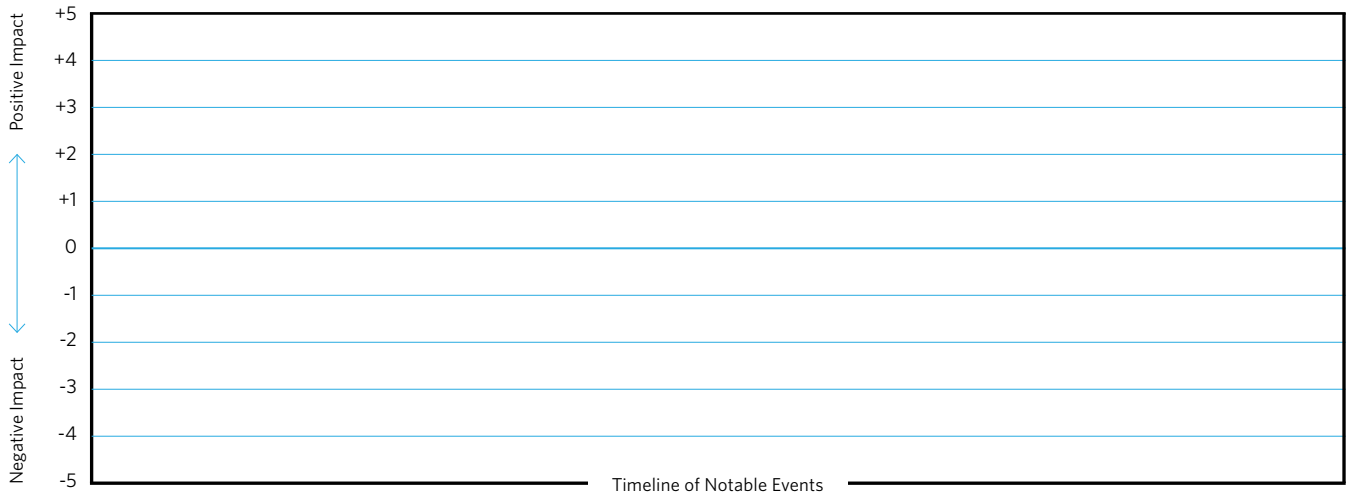
Every relationship is a journey, and in order to know where you are going I want you to recall where you have been. Think back on your relationship. From when you met, until today.

What are the most important events of your relationship? The day you met... your engagement... the birth of your first child... the death of a parent... the affair... the bankruptcy... that second honeymoon? (Of COURSE your list will be unique!)

**On the following page, make note of the significant events that have impacted your relationship. Give each event a name. Place the event on the grid in the appropriate place based on two criteria: 1) when it occurred, and 2) the impact it had on your relationship (i.e. whether the event had a positive (+) or negative (-) outcome).**

*IMPORTANT: Be thoughtful. A negative experience, like the loss of a parent, could actually have a positive impact on your relationship because of how your partner loved and supported you during that difficult time. See if you can chart any trends, patterns, or themes that may help you understand where you're going.*

## OUR RELATIONSHIP JOURNEY



### 4 DREAM

Now that you've thought about your journey... dream about where this relationship CAN GO.

#### What 10 adjectives describe the relationship you want?

Don't underestimate the power of adjectives. Most of us can quickly access the easy ones: happy, sad, angry, tired. But you need to deepen your vocabulary as much as possible...it's a great way to add texture and depth to your understanding of relationships. Example: trusting, playful, intentional, romantic...



**YOU:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**YOUR PARTNER:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## 5 COMPETENCIES



In the video, when we asked you to grade yourself on your three CORE competencies.

**WHAT GRADE WOULD YOU GIVE YOURSELF:**

Friendship \_\_\_\_\_      Managing Conflict \_\_\_\_\_      Creating Meaning \_\_\_\_\_

**What ONE THING** could you do to improve your friendship grade?

**What ONE THING** could you do to improve your conflict management grade?

**What ONE THING** could you do to improve your creating meaning grade?



*Relationship health is about constantly building trust with your partner. Share your answers and commit to doing them as a way to build trust and keep your MARRIAGE in MOTION.*



## TAKEAWAY

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**What was your #1 takeaway from this lesson? Describe any breakthrough(s):**