

Your Response-Ability

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

1.2

MODULE 1, LESSON 2

SUMMARY

Changing direction, requires a change in perspective. You should have a mindset of being **FOR** something rather than **AGAINST** something.

Module 1 is all about your mindset and your ability to take responsibility for your part of the relationship.

Response-ability is your ability to respond to your situation. Real change will not happen in your relationship until you are able to own your part of the equation.

Half of all marriages in the U.S. end in divorce before the 8th wedding anniversary. The peak rate occurs in year 4. Nearly 70% of these couples call it quits without getting professional help. These statistics are roughly the same in developed countries around the globe.


PREDICTORS OF DIVORCE:

Predictor #1 — The clearest signs that you're heading toward relationship demise is the presence of what Dr. John Gottman calls the **Four Horsemen of the Apocalypse: Contempt, Criticism, Defensiveness and Stonewalling.**

Predictor #2 — Inability to recover or repair conflict.

Predictor #3 — A lack of body awareness.

Predictor #4 — How you tell the story of your relationship.

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PROFESSIONAL HELP

The most important part of this lesson is about changing the narrative of your story. Consider rewriting a new story of your relationship with a new ending.

*"When you react, you are giving away your power,
when you respond you are staying in control of yourself."*

— BOB PROCTOR

ACTIVITIES

1 A LETTER TO MYSELF

In this exercise you will be writing a letter to yourself. This letter is a self-reflection of your own actions and contributions to your relationship. Use the notes in the sidebar to guide you.

Thank yourself for working on creating a better relationship.

Describe where you want this relationship to be. Consider the ONE OUTCOME you wrote down in the first Activity Sheet. Be optimistic about what a relationship that is for Better can look like.

Acknowledge your destructive behaviors in the relationship. Which of the four horsemen have you used in this relationship: Contempt, Criticism, Stonewalling and Defensiveness?

Discuss any other destructive behaviors you've contributed to this relationship. Have you been emotionally disengaged? Distracted? Distant? Suffering from depression or anxiety?

Express your commitment to your spouse, and the work that it will take to transform this relationship into an epic friendship and marriage. Name the positive things you can do to support and grow with your spouse.

2 HAVE A CONVERSATION



After watching the first two videos, here are a few conversations for you and your spouse to ponder together. Perhaps this is a date-night conversation... or over coffee... or pillow-talk. The key is to be intentional.

- How would you define your current mindset? Are you looking for better or are you looking for worse?
- What do you think of the phrase, "It may not be my fault, but it is my responsibility?"
- How would you define the phase you're currently in? Put specific time criteria on it... as in, when did it begin? Can you see how this phase might end? Think of it through the lens of the mountain climbing metaphor that Zach shared.
- What insights and ideas have come up after watching the first two videos?
- What has to happen for the two of you to write a really cool ending to this current phase, and to begin a new one? Brainstorm. Ideate. Dream.



TAKEAWAY

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