



Down-N-Dirty Guide to Winning Your Spouse Back!

By Lee H. Baucom, Ph.D.

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By now you're probably swimming in information on how to save your marriage. You're probably confused by all the conflicting information you're hearing. You're probably exhausted thinking about it so let me give you some guidelines for how to get through the confusion.

First, take a look at who's giving you the information. Are they an expert? Or are they marketers trying to give you information they want to sell you? You have probably already found both.

Here's a clue: if they suggest that you manipulate your spouse or try to make your spouse jealous, close the information and run. That information will quickly destroy your marriage. That information will also make it next to impossible to work on your marriage.

I'm not saying that you might not find some good information from other sources. I just want you to be clear about where that source is coming from. If they're actually experts, listen. If they are purely marketers, avoid it.

Eventually, you have to decide which information you listen to. Sometimes, you find very conflicting opinions on how to save your marriage and you can't go down three roads at the same time. You have to choose one direction.

Since you're reading this, you've already decided to give my information a try so let's get started with some information to help you quickly begin to rebuild your relationship.

Here's how we do this: we will be using a question-and-answer format to get you the information you need in order to make a plan on how to save your marriage.

Question: my spouse is angry, and I found myself getting caught up in my spouse's emotions. What can I do to keep this from happening?

First you need to realize that your spouse is probably feeling hurt, not anger. You see, anger is a secondary emotion that comes out when we are hurt. So, you see the anger, but you miss the hurt. You need to make it almost a meditation that your spouse is hurt not angry. In fact, I often recommend that people make a note card saying, "my spouse is hurt, not angry."

Now, you may want to justify that you are just as hurt as your spouse. You may want to say that your spouse has no reason to be angry. You may want to say that your spouse has no reason to be hurt. But at this point, that's irrelevant.

I don't mean that it is unimportant. I just mean that if you want to save your marriage, then it's irrelevant.

The fact is that he or she is hurt and that comes out as anger. Forget that and you will get yourself caught up in their anger. Neither of you will benefit.

You'll also remember from my main text *Save The Marriage*, that much of our anger is based on misperceptions. When the misperceptions are cleared up, the anger goes away. That is true for you, too.

Question: so, how shall I act? What do I do?

The background piece for this is what I call the C's. Let's take a look at the three C's, one at a time.

Calm. Without being calm, you will be constantly reacting to your spouse's emotions. In fact, you will get so caught up in reacting to the emotions that you will not be able to put your plan into play.

I often hear people tell me they don't want to be reactive to their spouse but they just can't help it. This is what I mean by not being calm. Panic is the enemy. Unfortunately, this is the typical response at this point. So you have to make a decision to stay calm, even if your spouse does not.

Sometimes, people tell me that they had no choice but to react. They tell me it's just the way it is. They have no control over their emotions. But that's no justification. We all control our emotions at certain times.

Would you stomp into your boss' office and yell at them and scream at them in a panic? Probably not, and yet we do that with our spouses all the time. If you need more proof than that that you can control your emotions, I don't know what to tell you.

I just want you to understand that we all choose how we respond, even if we don't recognize that we are choosing.

Consistent. This is the second C. One of the problems with working on a marriage is that we often find ourselves heading one way, then another, then another, then another. We never pause long enough to see if there is any effectiveness to what we're doing. When we have another good idea, we try that too.

Or we try something, and instead of waiting to see if it works, we throw our hands up and march off. Sometimes, this serves to prove our spouse right. They realize that what they most feared, that we cannot change, is obviously true. Is that what you want your spouse to see?

In the midst of a crisis, your spouse does not need to see indecision. You may not think that you are being indecisive when you keep trying new techniques, but that's what it will look like to your spouse. Be consistent about your approach. Choose your direction, and stick with it.

To reiterate, be consistent, pick your path, then continue going down that path. You can count on the fact that things will get worse before they get better. Your spouse will be testing you to see if you have really changed.

Your spouse will be questioning your motives, wondering about what you're up to, and thinking you're trying to fool them. Don't prove them right. Be consistent.

Constant. This is the third C. Keep moving forward even if it seems that you're making no progress. Don't worry about the battle, think about the war. You are trying to save a marriage. That requires you to keep your ultimate goal clearly in mind, and not worry about all the little things along the way.

Being *constant* means that you keep it up, as long as you have to, until you prove the marriage is worth saving. This can be very frustrating, so you need somebody to talk to. You need to have a close friend, someone who can listen to your frustrations and keep you on track.

This does not mean that you tell the world. In fact, in the section on what not to do in the midst of a crisis, I warned against telling more than one or two people. I want to reiterate that here. Choose only one or two trusted people to tell.

If you have support, then it is easier for you to stay constant in your process to save the marriage.

Question: my spouse is tired of me saying how I'm going to change. How can I prove that I am changing?

Tough question. This indicates that the marriage has gotten to the point where your spouse does not think that you are capable of making the changes that you have long been promising. Now I don't know you, so I can't be attacking you directly. I can only tell you that most marriages fall apart after years and years of spouses wanting the other person to change.

You probably have a list of the ways that you want your spouse to change too. However, if you have chosen to save your marriage, you have to set that list aside and look at how YOU need to change in order to keep the marriage on track. I'm not saying this is fair, only that this is the way it is.

So for now, set aside the list that you have for your spouse, and focus on how you need to change.

The place to start is by looking in the mirror. You need to start changing yourself. I say that without knowing you, knowing that all of us need to make changes. In fact, if you follow this plan, the worst that happens is you come out of this crisis having changed yourself for the better. That's not a bad place to be.

Exercise: so let's get started with this process.

Step one: I want you to take out a pad of paper and number from 1 to 10. Now, beside the numbers I want you to write down one thing that you've heard over and over from your spouse that he or she wants you to change. Right now, you just want to brainstorm about what you've heard. You don't have to worry about how your spouse phrased it. You don't have to worry about being accurate. All you want to do here is simply get down the ideas of how you need to change that your spouse has given to you over the years.

So right now take a moment and write down the Top 10 Things Your Spouse Wants You to Change.

Okay, now a little editing work. Take each of the phrases that you've written down and rewrite them in a way that is less negative and angry than you may have heard from your spouse. But make sure it is something that you can agree with; be honest with yourself. Be honest with what you've heard from your spouse. Is there a kernel of truth in what your spouse has said? This takes some brutal honesty, but if most of us are honest, what we keep hearing from our spouse has some truth to it.

Now take another look at that list. If there really are some items on there that you just cannot accept as something you need to change, cross them out. But just make sure you're being honest with yourself.

Step two: below each of the phrases that you agree with and see some need to change, write down five ways you can make the change. Don't put just one. In fact, if you can come up with 10 ways, put 10. Here's why: the first couple of changes will be obvious. The next few will be a little bit better. The next few will probably be excellent ideas. The last few will be struggles, desperation attempts to fill in the blanks. You want the full range of possibilities.

Step three: choose 2 to 3 of the ways you can make the changes and begin to implement them. Don't be haphazard about this, make a journal. Write down what you are going to do each day to follow your plan.

Step four: don't allow yourself to be derailed. Don't allow your spouse's anger, frustration or resentment prevent you from carrying out your action plan. Don't allow your spouse to keep you from changing in ways that you need to change. The irony is, your spouse may want you to change and still be so upset that in reaction to your spouse's upset, you refuse to change, even when you know it's a good idea. Don't allow that to happen. My hope is that at the end of the day, you can look in the mirror and see that you're a better person than you were at the beginning,

Let's be honest here. None of us have the power to change our spouse. All of us have the power to change ourselves. It may be that we have to change actions. It may be that we have to change attitudes. In fact, in the end, the biggest choice we have is to change our attitude.

Question: why should I have to make the changes?

The answer is very simple. You are the one who wants to do the work to save this marriage. And you have the power only to change yourself.

One of the things that is of interest to me is how we tell ourselves stories to reinforce what we believe. In fact, one of the things I often wonder is “who would I be if I didn't keep telling myself the same story?” “Who would I be if I didn't keep telling myself the same messages about my spouse, about our relationship and about problems in our lives?”

We all have a script running in our head. We are all excellent scriptwriters. Unfortunately, most of the scripts don't play out the way we want them to. Sometimes we have angry dialogs with our spouse where we imagine how they respond in angry ways and how we respond in angry ways. Sometimes, we have conversations where we make our point, our spouse suddenly sees the logic of our view, and everything gets better. Unfortunately, both scripts are fiction.

So who would you be without your story? Who would you be if you saw yourself the way you actually were? Would you want to change?

Why should you make changes? Because you'll be better for having done it and you may save your marriage in the process.

You may find yourself in a "lose-lose" situation. Your spouse may say that he or she wants you to change, but when you change, he or she may say that they don't believe that you've really changed. That's a common situation. What it shows is that it may take a while of being changed before your spouse believes it. Don't let this situation cause you to give up. Keep moving forward with your plan. Remember, you are changing, because you will be better. The hope is that this will also help your marriage.

Question: you said there are some dangerous ways to try to save your marriage. What are they?

The Internet is full of information. Some of the information is useful and some of it is useless.

First let's take a look at some of the more obvious useless advice. Anything that tells you that you can hypnotize or cast a spell on a spouse is bad advice. That seems obvious, but many people in desperate situations grasp at straws. Hypnosis is excellent if you want to stop smoking, lose weight or many other applications, but you can't hypnotize the spouse very easily; hypnosis only works when somebody wants to be hypnotized. And at least from my perspective, spells are worthless.

So let's look at some of the more commonly prescribed manipulations. The first is reverse psychology. There are several Internet resources that will tell you that you need to just go with what your spouse says. If your spouse says "I want a divorce," say "that's fine." In essence, you are to do a reverse psychology. Likely, if you have been arguing, a sudden change in perspective will stop your spouse for an instant. However, it will be very short-lived.

Reverse psychology is the old manipulation of telling someone the exact opposite of what you want them to do. If you're familiar with the stories of B'r'er Rabbit, then you know what reverse psychology is. When the bear and the fox are about to cook the rabbit, the rabbit begs for them not to throw him into the briar patch. In fact, he begs so well to not be thrown into the briar patch, that is exactly what they do. And off the rabbit runs through the briar patch and away from his former captors.

The problem is, reverse psychology is manipulation. It may work for an instant. But it won't stop the process. Now don't get me wrong. Reverse psychology can work. If you want your child to eat vegetables, all you have to say is "don't eat any of those vegetables." But that is a very short-term solution, and it doesn't include a determined spouse.

You may have already run across this advice on the Internet. There is a big book on how to stop your divorce. The whole premise is reverse psychology. The author will tell you it will cost you \$500 to get a personal consultation with him. You find that out after you buy the book. And you are warned that if you don't get his advice, you may mess things up. What you will learn in this process is pure manipulation. Be very careful when you use those techniques, they often backfire.

Another method that you might hear about on the Internet is making your spouse jealous. In fact another book is dedicated to trying to create the magic of making up. This is a major premise of this book. If your spouse seems to indicate that he or she wants to leave the relationship, you actively set out to make that person jealous. The plan is that if they become jealous enough, they will want to come back to the relationship. The truth is, it shows how little you value the relationship. In fact, what often happens is you completely destroy the trust of the other person. Not a good way to restart the relationship.

The final way that I would want you to avoid trying to save the relationship is by using force or threats or coercion. Now, you're not likely to find this in any book, but we often resort to it when we're desperate. We try to force our spouse into wanting to stay, or we make a threat about finances or children or the future. And sometimes, we even threaten the physical safety of our spouse. Sometimes we even try to coerce them. This may be with finances or leveraging such things as housing, employment or other items of concern.

Avoid this at all costs. It is not a marriage if you have to force the person to be there. They become a prisoner. In fact, I would contend that this creates an abusive relationship.

Question: what about a separation? Do you think that would help us sort things out?

Almost always, a separation is a dress rehearsal for divorce. Simply put, statistically speaking, separations do not save marriages. Think about it this way: if you want to work on the marriage and you do it by living apart, how can you really be working on the marriage? Sure, you are getting a little bit of peace and space to think about the relationship, but you won't be working on the relationship.

More than that, if there is another person, a separation only creates the opportunities for that affair to deepen. This quickly makes a reparable situation become irreparable.

In fact, I have rarely seen a separation do any good. I have seen it do lots of harm. So my recommendation is not to separate. The only exception to this rule is if your spouse refuses to work on the marriage without being separated. In other words, it's a last resort. If your spouse makes an ultimatum that the only way he or she will even consider working on the relationship is by being separated, then you may be backed into a corner and have no choice. That is my only exception.

One thing I do want to mention here: separations that happen within the house are much more acceptable in my mind. In other words, if you choose to be in separate rooms, that's different than being out of the house. Sometimes there's so much frustration that it takes being separated that far in order to get things going again. There's nothing harder than sleeping beside someone you are furious with. My hope would be that that would be a short-term solution until the emotions began to turn the corner and come back to a good place.

Question: so how should I treat my spouse? What emotions should I show my spouse?

This is a tough question. The reason it's so tough is because there are so many emotions that run around within us that it's hard to choose which ones to show and which ones to hide. I can give some general guidelines.

First, no negative emotions. No drama, no explosions, no physical outbursts, etc. But don't be detached. Don't be devoid of emotion. Act in

loving and caring ways, but without too much emotion. Don't seek physical attention. Basically, be pleasant, upbeat, and positive.

That's a tall order for some people. You may be so overwhelmed with emotion that it's hard to keep a cap on the negativity. But do your best; your spouse is looking for a reason to stay detached. Don't offer it up on a silver platter.

So let's talk for a minute about what your spouse wants from you. I believe there are two primary feelings that need to be present for a spouse to want to stay in the relationship. The first is **acceptance**. People need to feel accepted in order to stay in a relationship. In fact, this is probably the biggest driving force in an affair. People usually feel accepted completely by the person they are involved with. That is quite an aphrodisiac.

So whether there is an affair going on or not, you need to take advantage of that need. Show acceptance to your spouse. The opposite of acceptance is trying to change your spouse. Acceptance is not the same as thinking that they are perfect. Acceptance is about accepting them for who they are, shortcomings and all.

The second feeling that people want is to feel **wanted**. There are two opposites of feeling wanted. One is the feeling of being needed. The other is the feeling of being unwanted. Both of these opposites are very destructive. People want to be wanted in a multitude of ways: physically, emotionally, and sexually. But neediness is quite a turnoff. That's the problem with the sense of desperation that comes about in the midst of a crisis. It sends out the needy message rather than the "I want you" message.

This can be a tricky one to show, given that your spouse probably does not appear to want to feel wanted. At least obviously. But what if you could make it look like you want them, without them feeling pressured? That becomes very seductive.

In fact, if you can make the other person feel both accepted and wanted, you may see a huge shift in perspective. As I said earlier, this is quite an aphrodisiac.

Question: so what is my plan? What can I do to win my spouse back?

This is the heart of the question, isn't it? I am assuming that you have already read my main manual *Save The Marriage*. This is important because it gives you the backbone theory of why you're doing this. You are trying to get to **WE**. If you don't know what that's about, go read the manual first. Otherwise, you don't know what we're heading for and the information will backfire.

Okay, as we get into this, there are a couple of elements to process. First, we are seeking a slow reconnection. Nothing drastic, nothing earthshaking. Instead, it is a slow process of reconnecting, then coming back together. Second, we are trying to nurture a friendship. Friendship is one of the core components required for a marriage to work. In fact, if I can get friendship, paired with passion, I have a marriage that will last a long time.

Let's start with some ground rules. First, no more talking about the relationship. No more checking in on how things are going. No more suggestions of books to read, articles to read, videos to watch, websites to check out. Whenever we get into trying to get our spouse to read something that made sense to us, we show that we are trying to get them to change. And whenever we try to get someone else to change, they resist. That's the nature of humans. We like to defend what we believe. Even when we know it's not true.

Let me say this even more clearly: what people believe, they reinforce with more and more strength, when they are faced with somebody who is trying to give them a different view. In other words, if they are not open to listening to you, and you try to tell them something that contradicts what they believe, they will find proof that they are right and you are wrong.

So for now, no relationship talks. And for now, no romantic situations. Instead, we want to set up situations where you can go somewhere neutral, have a good time, and with little pressure.

So imagine walking in (or calling, if separated), and saying "I'm going to grab some coffee, would you like to go with me?" Do you see the setup of that? Your spouse can say yes or no. Either way, there's no pressure. If your spouse says "yes," great. If your spouse says "no," go grab a cup of

coffee. This helps for next time. It shows that you are just trying to get them to go with you to get a cup of coffee. It shows them that you are headed out and you just happen to invite them along. Kind of like friends do.

So let's assume they say no. Then go have your cup of coffee, wait for a few days, and try again. Remember, we're not out to win the battle at this point. We're out to win the war. That takes a longer-term vision. Don't worry about a rejection here or an angry word there. Keep moving forward.

Don't drink coffee? Do the same thing with a trip to the bookstore, or going to get ice cream, or somewhere else that is low-key, nonromantic, and feels safe.

But let's say your spouse says yes. Out for coffee you go. No talks about the relationship, no moping, no drama, just light conversation... like friends would have. See where we are headed? We're starting to build a connection. Slowly and surely.

If, while on this trip, you bring up the relationship, or ask where "things are," you lose big points. I mean MAJOR points. You will make your spouse gun shy. You don't want that. So stay light, and focus on how things are going for both of you, with life in general, not your relationship.

Just to be clear, the next step is to keep doing more of the same. It sounds simple, but this is not an easy process for most people. The reason for this is because most people are under extreme stress at this point, and they want to find a resolution. In fact, this is what gets them into trouble. It's the desperation that comes along with the crisis that causes the problem.

In fact, in my estimation, at least 70% of the problem in a relationship is our reaction to our spouse's reaction. In other words, a small crisis becomes a big crisis because of our reaction.

Keep a long-term perspective in mind. Stay focused and clear about what we are trying to get to, and don't allow your anxiety to sabotage your process. To recap: no relationship talks, light conversation, non-romantic places, and showing your pleasant self.

Question: why is my reaction so important?

Because, couples over the years learn to respond each other, or more accurately, react to each other. In other words, there is a ping-pong effect. One spouse's reaction creates a reaction within the other spouse, which triggers a reaction with the first spouse, which triggers a reaction with the other spouse... and so on. So if you're trying to save the marriage, it's time to take control of that reaction and keep it from continuing to destroy the relationship.

Why do you have to do this? **Because you're the one trying to save the marriage.** I don't know if your spouse is also trying to save the marriage, but I know that you are because you're reading this. What would be great is if both people decided to stop reacting to the other. However, this is rarely the case. Somebody has to take the lead. Right now, that person is you.

Question: what now?

Okay, so you've had some success in going to get coffee with your spouse. By "coffee", I mean whatever you chose to do with your spouse. As I said, the next step is doing more of the same. So, let's assume that you've had some success with this, you've managed to avoid talking about the relationship, you've avoided assessing where you are in the legal process, and you had a good time.

I would suggest that for the next month or so, you continue just doing the same thing. But, make it a little bigger. For instance, go take a walk, go to the park, have a picnic; in other words, do something that is a little more involved. You are basically trying to rebuild a friendship—no romantic actions or discussions.

However, you might add in a hug at the end, as long as it's not a long hug. What we are trying to do is fly below the radar. In other words we're trying to cozy up to the other person without them realizing that that's what we're doing.

Does that sound familiar? It will work, because that's the pattern most people do, when they start a relationship and are dating. What we are saying is that we are trying to have a natural approach to rebuilding the relationship. Over time, you will notice that your spouse begins to join you

in that process. When that happens, you know that you're making progress.

That would be the time to add a little more affection: handholding, light kisses, etc. Don't jump too quickly into this, as this will send up red flags.

A little metaphor: During the early wars, whole troops would stand face-to-face with each other and slug it out. That's what most people try to do with the trying to win a spouse back. In other words, they try the most direct and forceful approach. It's based on fear, and it's based on bad advice.

In later wars, troops realized that sneaking around, and making small ambushes led to bigger successes. That's what we're trying to do. We're trying to win small battles along the way until we've won the war. That war is between losing a marriage and saving a marriage.

Question: what if my spouse won't do anything with me?

That would indicate that your spouse really is hurt by your "actions." I put actions in quotes because you may disagree that there have been any actions for which they should feel hurt. That doesn't mean they don't feel hurt. You have to deal with their perceptions, the reality that your spouse believes. Again, see my main manual *Save The Marriage*. People's perceptions are much more powerful than reality.

So, if your spouse is feeling that hurt, we need to do a little first aid. If this is the case, it is **extremely** important for you to read the manual. Here's why: you need to write a letter and that letter needs to describe the relationship that you want to have. It has to be different than the one you have had in the past, or it won't be appealing to your spouse. Likely, it won't be appealing to you either unless it's different. The manual will help because you need to know what a marriage should be about, as opposed to what it's been about.

I'm assuming at this point that you have now read the manual. So write your letter, based on what you read in the manual about what a marriage should be. Talk about being a WE. Paint a picture of what your marriage could be. Track where you would like to go with your marriage.

Also, you need to make some apologies for whatever past actions that have caused the hurt. Apologize without giving explanations of why your actions happened. Explanations will sound like excuses and stop the healing process.

Just to be clear, write a letter in longhand. No e-mail, and no oral presentation of the content. Write it, put it in an envelope, and either mail it or leave it where your spouse will find it. Do not hand it to them.

Here's why you're doing it this way: first, e-mails are impersonal. Second, speaking the letter gives room for argument. You don't even want a response. You want your spouse to read the information and absorb it.

Why in a sealed envelope? Have you ever not read a letter that was in a sealed envelope? We are playing off natural human curiosity.

Also, a letter can be read several times to get the full meaning. That's important when you're trying to give a picture of where you want to go, and what's kept you from getting there in the past. This is a powerful exercise. Don't underestimate the power of doing this. I've seen this done enough times to know that any deviation may backfire.

Question: now what?

Give the letter a few days to take effect, then go back to the exercise of inviting your spouse to coffee, or the bookstore, or for ice cream. See if you get a warmer reception. But don't ask if they received a letter, don't ask if they read the letter, don't even mention it. Doing so only shows your anxiety. You have to act as if you know where you are headed.

Question: coffee worked. Now what?

Good. Obviously, you kept your anxiety in check and have managed to move the process forward.

I am assuming you have taken multiple opportunities to go somewhere together. Once is not enough. Remember from the exercise: keep going out until you both are comfortable with each other, and the mood stays light.

So now I have a new exercise for you. This is my **Life List Exercise**. This exercise is designed to get the two of you dreaming about the future again.

Do you have a Life List? Do you know what a Life List is? If so, skip to the rest of the directions. The next paragraph will tell you what a life list is.

A Life List is a list of all the things you want to do before you die. It's a list of experiences you want to have. It's not a "to-do" list. Instead, it is a "want-to-do" list. Want to go skydiving? Put it on the list. Want to go on a safari? Put it on the list. In other words, put down all the experiences you want to have, big or small. Write it out. Don't just keep it in your head. This is important for you to do both for the exercise and for yourself. As you complete the items on the list, if they are written down, you can date them and mark them off. I keep mine in a leather bound journal. You can keep yours in a big journal or on a sheet of paper. That's up to you.

Here is the exercise: invite your spouse to make a Life List, too. Once each of you have created your life list, go to coffee or to dinner and exchange the lists. You will find that there are three different types of experiences on your lists:

1. Items that you share in common.
2. Items that you didn't think about, but that your spouse brought to mind. (Add them to your list).
3. Items you have no interest in, but that you can support your spouse in.

Notice that there are no items that you cannot support or share.

Choose one of the items that you share in common and talk about how you might do that. Plan, dream, and think about what it would be like to do that experience. Is it possible to make it come true? What's your timeframe?

Then choose an item each of you would like to do and have the other person support. Decide how to get these done. Plan, dream, and think about what it would be like to have this experience.

Why both types? The first one, doing something you share in common, is obvious. The one that requires support from the other may be less obvious. So let me give you an example. One of the items on my list was to learn to do scuba diving. I had wanted to do it my entire life. But I had never taken the time to do it. My wife, who hates the water, realized that it

was important to me, so she bought me lessons for my birthday. That was seven years ago. Today, I'm a scuba instructor.

This is a subtle exercise. But it is very powerful. The reason it is so powerful is because it put you back into thinking about the future, not caught in thinking about the past. In fact, it gets you back to how people talk when they fall in love. We dream. We think about the future. We share our desires. We share our hopes. This exercise can get you back to that.

Planning for what you want to do may carry you through some tough days. It also gives you a common goal. But not one that is so heavy that it discourages you. It creates an enjoyable and fun future together.

Question: I just don't think all this will work!

That's fair... but have you tried it yet? Clearly, what you have been doing hasn't gotten you where you want. So maybe trying something different will actually work.

Of what I have suggested, what damage will be done by your actions? First, you are working to improve yourself. That is always a good thing. Second, you are trying to reconnect and be friends. Not much threat there. In other words, you are not being asked to do anything that will do damage, and can only do good.

Finally, you are thinking about what you want life to be about: what you want to do and experience. When we all get too caught up into what is right in front of us—crisis management—this is a good shift to make.

Doesn't sound like any of the plan gets you into a worse spot, and it might get your marriage on track. At the very least it helps you to improve your life.

Give it a try. I've used this material with countless couples, and with excellent success! I hope to add you to that list!