
Marriage Helper 911 Guidebook Workbook

Joe Beam & Kimberly Holmes

Section One: Introduction

Now that you have had a couple of days to process the workshop, what was your biggest takeaway from the weekend?

What changes have you already made in your behavior from what you learned at the workshop?

What is something you need to continue to work on in your relationship?

What commitment did you make during the workshop? How will you keep this commitment?

Section Two: What is the Next Step?

Write down the names of at least three couples that would be good, wise mentors for you and your spouse.

What are the things that we admire about their relationship?

How do we think that they will be able to help us in keeping our relationship strong moving forward?

Section Three: What Do We Tell Family?

Sit down with your spouse and decide what you will tell your family and friends about what occurred in the workshop and in your marriage. Write it down here.

Create a plan for moving forward. How will you handle discussing issues that come up in the future without “poisoning the well”?

If needed, create a plan for telling family and friends that you have decided to save your marriage and that you wish for their support. Emphasize that any discouragement will lead to boundaries being put up with that friendship.

Section Four: What Motivates You?

After the Marriage Helper 911 weekend, what are some reasons that you have to stay in your marriage that you didn't see before?

With this knowledge, how can you act with your spouse to show him/her that you are motivated to have a strong marriage?

There will always be bad days in marriage. Write here something to remind you on the hard days why it is important to keep striving towards creating a strong and healthy marriage.

Section Five: How Do We Communicate?

Go back and read through the Four Horsemen in your Gottman book. Write here what you were reminded of in regards to the way should communicate differently with your spouse.

Make a plan for how you will handle future conflict in the marriage. Write down your rules for fighting here.

Don't forget to make a plan for handling timeouts and flooding! Write down anything additional here.

Section Six: How to Get Feelings Back

What changes do you need to implement in order to be the most attractive version of yourself that you can be? Physically, Intellectually, Emotionally, and Spiritually?

How can you be more accepting of your spouse (even when they do something that hurts you)?

As your marriage gets stronger, how can you use the Love Path to deepen the intimacy you have with your spouse?

Section 7: How to Value Differences

Go back to your DISC profiles. What are the biggest differences in you and your spouse's personality styles?

How can you bridge the gap between these differences? Specifically, how can you better communicate with your spouse?

How can you help your spouse better communicate with you?

Section 8: How Quickly Should We Move Forward?

Remember: Don't give up hope if you still aren't seeing a change in your marriage. While the 3 day workshop is intense, it does not fix every issue. You may need to give your spouse time to process what happened.

What are some things you can do to stay encouraged about your marriage?

How do you want your marriage relationship to look going forward? If a contract is needed, be sure to do this with a neutral third party.

Section Nine: What if My Spouse Will Not Change?

What are some things that you need to accept about yourself and your situation?

How can you stay encouraged and content with your situation going forward?

How can you accept your spouse, even when if your spouse continues to do things you do not approve of?