

RECONCILIATION TOOLKIT

Deciding to Reconcile



MarriageHelper

Perhaps you and your spouse have already decided to reconcile. Maybe one or both of you want to, but are still on the fence. In this week's lesson, we will help you make that decision.

LESSON HIGHLIGHTS

VIDEO 1: Deciding to Reconcile

- Be sure to use good and wise counsel if you have doubts
- How to find good and wise counsel
- A wise couple that you trust
- A pastor or counselor that is PRO-MARRIAGE
- A Marriage Helper certified coach
- Answer the following questions:
- Is it safe? Physically? Emotionally?

VIDEO 2: Knowing if Reconciliation is Real

- Things to look for:
- Willingness and penitence
- Can't always know for sure
- Even if a person reconciles out of guilt, that doesn't mean it is a wrong motive for reconciliation
- Takes being willing to trust again
- In order to reconcile, destructive behaviors need to stop (more on this later)

VIDEO 3: Thinking 10-10-10

- Short term consequences
- Long term consequences
- How will I feel about this decision in 10 days? 10 months? 10 years?

LESSON HIGHLIGHTS

VIDEO 4: How to Tell the Kids

- Be a united front
- Let the children ask questions
- Don't tell the kids until you are sure of reconciliation

VIDEO 5: Action Steps

- Seek counsel for making it a safe place for reconciliation
- Be careful in the counsel you choose
- Go to your.marriagehelper.com/marriage-coaching to find a Marriage Helper coach
- Complete the exercise on the following page
- Write down your 10-10-10 reasons for reconciling
- Talk about what you are going to tell the kids, if applicable

THE 10-10-10 EXERCISE

What are the BENEFITS of reconciling:

In 10 days?

In 10 months?

In 10 years?

What would be the CONSEQUENCES of NOT reconciling:

In 10 days?

In 10 months?

In 10 years?

THE 10-10-10 EXERCISE

What are my strongest reasons for wanting to reconcile?

Is there anything that needs to happen before reconciliation can occur? If so, what?

AHA MOMENTS

Space for you to write down what you learned, big takeaways, or AHA moments from this lesson.