RECONCILIATION TOOLKIT

Reverse the Negative

MarriageHelper

The only way to make your relationship better and stronger than before is by changing the way that you interact with each other...FOR GOOD!
Otherwise, you leave your relationship open to go through the pain again.

LESSON HIGHLIGHTS

VIDEO 1: Moving from Negative to Positive

- What are the negative interactions?
    1. Unloved, disliked, disrespected
    2. Throwing bricks
    3. 4 horsemen
    4. Controlling behaviors
    5. Ask your spouse what the negative interactions are
- What are the positive interactions?
    1. Show you love, like, and respect
    2. Cherish bricks
    3. Ask for input/thoughts
    4. Positive conflict behaviors (repair attempts, working things out)
    5. Ask your spouse what positive interactions they would like

VIDEO 2: Remember the Good

- Write down the strengths in your spouse
- Write down the things you love about your spouse and love about your marriage
- Remember your blessings

LESSON HIGHLIGHTS

VIDEO 3: Action Steps

- With the questions provided, talk about the positive interactions that you would like in your marriage
- Talk about the negative interactions (that the other probably doesn't mean to do) that you would no longer like to have in your marriage
- Write down your spouse's strengths, the things you love about your spouse, and your marriage.
- Keep this someplace that you can look back on when times get hard

THE QUESTIONS

Remember to be a safe place for each other when answering these questions.

1. I feel liked, loved, and respected when you...

2. I really enjoy when we....

3. I wish that we would do more....

4. I would appreciate if this happened less....(and why)

AHA MOMENTS

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