

# RECONCILIATION TOOLKIT

## *Deal with Setbacks*



**Marriage**Helper

Failures are inevitable. It doesn't mean that things haven't changed. If you continually looking for things to fail, you will miss all the progress that is happening.

In this lesson, we will teach you to retrain your mind to think positive!

## LESSON HIGHLIGHTS

### VIDEO 1: How to Concentrate on Progress

- Remembering the good things – we tend to only remember bad
- Choose to remember the good things
- A benefit of journaling/keeping track of how things are
- Normal to have failures, it doesn't mean that you are starting over or doomed to succeed

### VIDEO 2: Return to the Reach Method as Needed

- We are humans, and we will continue to hurt each other
- The REACH Method is something that you can continue to go back to when large hurts continue to happen
- You should not have to keep going back to the REACH method for the same specific circumstance
- Continuing to forgive, and making it a daily practice, helps build empathy and deepen love

### VIDEO 3: When Accountability Fails

- Implement boundaries and consequences
- For more in-depth explanation, listen to the Marriage Radio podcast on "The Definitive Guide to Boundaries"

### VIDEO 4: Action Steps

- Make a plan NOW for how you will react to setbacks. Use the guide in the following section to help.

# DEALING WITH SETBACKS

We should not expect for our spouse to fail or for the reconciliation process to stop.

However, it is inevitable that there will be hurdles, setbacks, and obstacles that come up along the way.

In Lesson 2, on Deciding to Reconcile, you wrote a list of reasons that you wanted to make this marriage work. Keep that list handy when setbacks arise.

Make a plan now of how you will deal with setbacks. Will you surround yourself with good, wise counsel and/or coaches that are FOR your marriage? Or will you go talk to your family and friends (and possibly poison the well...)

Will you choose to believe the worst in your spouse? Or will you choose to stand beside your spouse and get through this hurdle together?

Remember everything that you have been through.

Write what you will do when setbacks come.

# AHA MOMENTS

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