

How to Get Your Spouse to Say Yes to Getting Marriage Help

with Kimberly Holmes



MarriageHelper

The Easy Method (5 Finger Model)

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EXPLAIN

ENGAGE

EXPLORE

EXCEL

EASE



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The Easy Method

- Listen to this a few times before doing it
- If you can, use a pad to write things down when having the conversation with your spouse
- Ask open-ended questions, not pointed “yes or no” questions
- Never go to the next step until the current step is accomplished





EASE



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First E - EASE

- Environment Matters
- At ease with yourself
 - Feel confident, not anxious, at ease
- At ease in the relationship
 - Has there recently been a fight?
- At ease in the environment
 - In a place that doesn't have bad memories or associations
- Help facilitate ease by being a calm, safe place





EXPLORE



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Second E - EXPLORE

- What is important to your spouse?
- NOT what is important to you
- Start with a general question to figure it out
- If spouse wants out, ask: I know you want out of the marriage. What are some things that you think we need to start thinking about?
- If spouse thinks you're the problem, ask: I understand you're unhappy with me. I know you have told me why, but now I am asking because I really want to understand for the sake of our kids and a better future.
- Think of yourself as a counselor seeking to understand their point of view
- Motivation = reason for action
 - Find out the reason that will prompt your spouse to action



Second E - EXPLORE

- Truly ask for opinion
- Watch how you pose the questions:
 - Not: “Don’t you care about the kids?”
 - Instead: “I’m worried about the kids. What do you think?”
- Watch your reaction
 - Tone
 - Words
 - Eyes
 - Body language
 - Do not react negatively in any way - it will lead to your spouse getting defensive



Second E - EXPLORE

Ways your spouse might respond:

- Reticent and/or angry - back off, not a good time.
- “I’ve already thought it all through” or “I don’t know”
 - Respond - “Would you mind helping me think it through?”
- Kids: “I don’t want the kids to hate me.”
- Finances: “I don’t want to lose all of my money.”
- Independence: “I’m sick of being around you.”
- Affair Partner: “How are you going to treat the other woman?”
- Reputation: “I don’t want you spreading our dirty laundry.”
- Acceptance: “I don’t want people to think less of me.”
- Forgiveness: “I can’t ever forgive you.”
- Moving Forward with Divorce: “I want you to sign the papers.”



Second E - EXPLORE

Two Main Things You are Looking For

- What is important to you?
- What scares you?

Ask enough questions to know that you have a good understanding of these things before moving on to the third E - EXPLAIN.



Second E - EXPLORE

If your spouse has no motivation to do anything about the marriage, you may choose to create motivation. Some people will never do anything about their marriage until the other person does something.

“I know that you and I have not been happy for some time now. I really want to do something to make our marriage better, because I love you and want this to work. Right now, I am miserable, and I have to do something.”

You can choose what that “something” is.

This is a last resort and could backfire.



A close-up photograph of a human hand, palm facing forward, with fingers spread. A thin black line originates from the tip of the index finger and points diagonally down and to the left towards the word 'EXPLAIN'.

EXPLAIN



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Third E - EXPLAIN

How to Respond Back to Your Spouse

- **Never** defend yourself (or appear to defend yourself)
- It may hurt to hear some of these things, but don't act negatively
- Remember you are seeking to understand

Kids: I understand. I want the kids to have a great relationship with you.

Finances: I understand. I don't want you to have to suffer financially.

Independence: I understand your anger toward me. I want you to be able to have peace going forward for you.

Affair Partner: I understand how you feel about the OW/OM. I do not want to our future to be full of fighting, especially for the sake of the kids.

Reputation: I do not want to do anything that will hurt you.

Acceptance: I understand, and I do not want people to think less of you either.

Forgiveness: I understand that I have hurt you, and I am sorry that I have done that. I want you to be able to have a better future and move on no matter what happens.

Divorce: I understand you want to expedite the divorce process.



Third E - EXPLAIN

Connect What is Most Important to Your Spouse with the Action that You Want Your Spouse to Take

Not in a manipulative way. This is the basic psychology behind human interaction.

Find the angle of what is important to your spouse and how it connects with going to the Marriage Helper 911 Workshop.

- Kids: Co-parenting
- Finances: Compromise and communication
- Affair Partner: Co-parenting or communication
- Independence: Peace going forward for you
- Acceptance: Good future, compromise, and communication
- Reputation: Communication, Finding Peace
- Forgiveness: Peace going forward for you
- Divorce: I will agree to sign the papers



Third E - EXPLAIN

- If what you say during the EXPLAIN phase does not connect with your spouse, back up one step.
- Don't talk about something that your spouse didn't mention
- Don't offer to do something you aren't willing to do
- Don't offer everything up front (negotiating)



Third E - EXPLAIN

If explaining about the workshop

- It is a workshop that works with marriages
- They hope to help marriages work things out, but it is also a workshop to understand how to co-parent and interact with each other no matter what happens
- Talk about how to compromise so both of you will get what you want, how to forgive, and how to have better relationships in the future
- Respect everyone, won't try to twist anyone's arm to stay married

(Also can show them the reluctant spouse video and the Wall video - a section from the workshop - so they can see what it is like)





ENGAGE



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Fourth E - ENGAGE

- Gauge the reaction of your spouse from the EXPLAIN section.
- If spouse seemed to be engaged in the explanation and agreeable, move on the ENGAGE.
- If not, back up to EXPLORE and make sure you understood everything right.
- If at any time your spouse (or you) gets defensive, stop the conversation and come back later.



Fourth E - ENGAGE

- Be strong, be gentle, be calm
- If spouse seems to have the least bit of buy in for attending the workshop, this is where you ask your spouse to attend with you
- Don't pose the question like, "Will you go with me?"
 - Gives them the option to say no
- Instead say, "There are workshop dates in January and in February. Which one would be better for you to go with me?"
 - They may still say, "I don't want to go." But it increases the chance that they will pick a date instead.



Fourth E - ENGAGE

How to Handle Objections

- After you ask, your spouse may have some objections.
- Typically, the first objection IS NOT the real objection.
- “I can’t get off work.”
 - Response: I understand. If we had a way around that, is there something else that might prevent us from going?
- Second response is usually the REAL objection.



Fourth E - ENGAGE

How to Handle Objections

- Work: I know work is important. I think your boss would understand that this is for family, and it will actually make you more productive at work when there isn't so much family stress going on. Is there anything I could do to help?
- Cost: I understand. I have already planned for how I am going to pay for it, so it won't be any cost to you.
- Travel: I understand that it is a bit of a drive. But Nashville is a great town with some great entertainment, restaurants, etc. It might be nice to get away for just a few days.
- The Affair Partner: I understand she is important to you and you don't want to hurt that relationship. Do you think she would understand that this isn't about leaving her, but it's about _____ (kids, moving on, etc)?
- "I just don't want to."
 - Probably didn't explore or explain well enough. Go back to step 1.





EXCEL



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Fifth E - EXCEL

- After your spouse has said yes, stop the conversation.
- Do not do anything between the spouse saying yes and the workshop that will cause your spouse to back out:
 - Avoid talking about your relationship
 - Even if your spouse does something that makes you mad, don't confront him/her about it if at all possible
 - Be a safe place to your spouse if he/she does bring anything else up.
- Be aware that your spouse may call back and do things later that change the plan some...don't let this throw you off track!



Don't Give Up

- May take more than one time asking before your spouse says yes
- Thank your spouse for answering the questions, and do not talk about it any more.
- Say that you may have some more questions later
 - Don't ask if that is okay, just state it
- Don't let this discourage you
- Even if your spouse always says no, know that you have done the best you can and it is not on your shoulders anymore
- Continue working on YOU
- Your spouse can't stop you from focusing on and bettering yourself
- Importance of the Save My Marriage course
 - Plus 100% credit towards the workshop

