

Speaker 1 ([00:00](#)):

So exactly how many books have you read, trying to solve the problem in your marriage? How many YouTube videos have you watched? How many articles have you read? How many podcasts have you listened to? I, I love information and learning, but when you are in the middle of a marriage crisis, it is so easy to go into information overload. Everyone has an opinion. Everyone has an answer, and everyone wants to tell you exactly what you should do. So what you typically end up doing is you start implementing every little thing you can. And you're eager to find that magic pill that is going to work to get your spouse back. And some of the things that you have learned may have promised just that, but here you are still frustrated and alone. How can you get your spouse to give your marriage a second chance?

Speaker 1 ([00:57](#)):

How can you get them to care about wanting to try and initiate a conversation on their own? You may be thinking I have done all of this work. How can I just get my spouse to want to try and give our marriage a second chance? Here is a key secret that I want to let you in on. And I said it already earlier in this course, you can't make your spouse do anything. You can't make them feel any certain way. You can't make them act any certain way and you can't make them believe any certain way. The only person you can control is you. I want to help you realize something. Your marriage did not fall apart overnight. It was more than likely a steady decline over a series of months or even years. I am not saying that it is your fault or your spouse's fault because blame doesn't matter.

Speaker 1 ([01:59](#)):

What matters is it has happened. And probably slowly until one day, it felt like you woke up and everything was broken, but it started with the missed connections, stopping the dates, less sex, too busy with work, tied up with the kids, no longer asking about each other's days, beginning to fight more, not learning to compromise, living two different lives and wanting to different things. Then you began to resent your spouse for unmet expectations. And perhaps your spouse began to resent you over time as well, whatever it is it happened. And it happened over time. And that means that your marriage will take time to fix and rebuild. But before you can fix and rebuild your marriage, you have to fix and rebuild yourself. We want to jump in to fixing our marriage right away, because we typically see our spouse as the problem. If they would just change, then everything would be fine.

Speaker 1 ([03:00](#)):

If they would just open up to me, if they would just come home, if they would just stop disconnecting, if they would end the affair, if they would stop gambling, whatever it is, we tend to see their action is being the thing that is hurting our marriage. And we believe that if they would just stop what they're doing, everything would be fine, but here's what actually ends up happening. Even if they stop what they're doing, you're still gonna have the core issues that got you to where you are now. And that is what you have to deal with. And here's the great news. That's what you can begin dealing with right now. Even if you have a spouse that's completely disengaged. And I know you're wanting to send your spouse, all of these videos and podcasts and books, because you think if they will just watch this or read this, then their eyes will open up and they will stop doing the behavior that they've had friends.

Speaker 1 ([03:57](#)):

I know you want your spouse and your marriage to change. And I want that for you as well, but you cannot change your spouse. You can only change yourself and please for the love of God, do not send

them this free mini course. They don't want to see it. They're not there right now. Stop sending them the podcast. Stop sending them the videos about hope for your marriage, unless they have indicated that they are ready to work on it. And they want to see hope for the marriage. And they're willing to accept those videos and podcasts and books that you might want to shower them with. So desperately don't send them to them. It will not work. You can only change and work on your self. And while you were spending so much time and energy, thinking of all the things that your spouse needs to change, you would be missing out on an amazing opportunity to create yourself into the most attractive person that you can be.

Speaker 1 ([05:00](#)):

You see, falling in love is a process and it marriage helper. We have found the process of falling in love and it starts with attraction. We call it the pies. It's the four types of attraction that comprise the word of what makes attraction. It stands for physical, intellectual, emotional, and spiritual. You see, typically when we think of the word attraction, we think of how beautiful or handsome a person is. We think of the physical aspects of attraction, but in reality, that all of these areas of attraction matter so much physical tends to be what we see first. It's what we typically in a normal relationship. When we meet someone, we typically see them first and that's what attracts us to them with our eyes. But as we begin to get to know them more and talk to them, we become attracted to their minds, intellectual attraction.

Speaker 1 ([05:59](#)):

And then the more we get to know this person, we get to know their core of who they are and their story, what they grew up as what their feelings are, what their hopes and dreams are. And we begin to like the way that they treat us, the way that we feel when we're around them. And that is the emotional part of attraction. And then the more we're with the person. And we like how we feel when we're around them. We open up to them even more than we really get to know the core of the person, their soul, what their beliefs and values are, what makes them angry? What makes them passionate, what change they want to make in the world. And that is the spiritual attraction. All four of these areas are important in attraction. And they're important for you to understand, because these are the four areas in which your spouse was originally attracted to you.

Speaker 1 ([06:51](#)):

And these are the four areas that you can begin focusing on to work on, to become the most attractive you can be in each area so that your spouse can become attracted to you. Again, the process of falling in love, we call the love path. And if you follow this process beginning with attraction, then you can fall in love. If you vacate or violate this process, then you can fall out of love whether you mean to or not. But there's one thing we know to be true, that people won't leave what they have. They won't leave the love path. So to say, unless they believe that what they are going to is better, whether that's another lifestyle and other person, whatever it might be, we don't leave what we have unless we believe what we are going to is better. Think of it in terms of a job.

Speaker 1 ([07:36](#)):

You're not going to leave a job unless you have another job that you want to go do. That's better. That is the reason people leave things like jobs, same things with things like relationships. So you need to be the better. I'm not saying that you need to compete with another person or another thing because you don't, you simply need to become the best that you can be. That is you being the better. So focus on becoming the best that you can be, because that is what is going to attract your spouse back. It's called

the pies. Remember that? So take a deep breath. Stop trying to make your spouse, talk to you and work on yourself. Some of the best ways that you can begin working on your pies is you could just take what I have already said and begin making a list of ways that you could become more physically, intellectually, emotionally, and spiritually attractive, or you could go and listen to the podcast that I have called.

Speaker 1 ([08:33](#)):

It starts with attraction. You can find anywhere you listen to podcasts and you can listen to, especially the first episode where I go into depth about each area of the pies and ways that you can begin working on it yourself. But we also have a pies boot camp, which is an ebook that will lead you through what the pies are. We'll give you questions that you can answer to help assess where you are in your pies and give you a playbook that you can begin working through of how to become the most attractive you can be. Yeah. I have that through marriage helper that you can get as well. But the core of what you need to realize is that working on yourself is one of the best things that you can do to prepare your relationship, to be saved man, better than before and stronger than before, but it starts with you and it starts with attraction.