

# Happy Marriage Blueprint

## 5 Keys to Creating a Marriage You Love

What I am trying to create in my marriage right now:

### Key #1: Recreate Your \_\_\_\_\_

1 negative thought I have about my husband:

1. Find one example where the opposite is true.
2. Pick 1 other explanation for his behavior that gives him the benefit of the doubt.
3. Decide to be curious instead of confrontational about his action/lack of action.

### Key #2: Re-think Your \_\_\_\_\_

1. Listen to \_\_\_\_\_
2. Listen with your \_\_\_\_\_
3. Check for \_\_\_\_\_

1 way I can do this is by saying:

### Key #3: Revise Your \_\_\_\_\_

1. You respect the possibility that \_\_\_\_\_
2. It's being open to accepting that everyone doesn't think the way you do, and \_\_\_\_\_
3. It's asking yourself, " \_\_\_\_\_?"

## Key #4: Rebuild Your \_\_\_\_\_

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5 Things You Have Done/Used to Do:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Key #5: Release \_\_\_\_\_

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1. Why am I still holding on to this?
2. Is he aware of this issue and how you feel? If so, what has he said about it? If not, why not?
3. How would you like to feel about this issue?
4. How has holding on to this issue negatively affected your life?

When I think about this situation, what upsets me the most about myself is...

**Other Notes:**