

5 Hidden Ways You're Hurting Your Marriage

How to Stop and What to Do Instead

What's 1 issue in my marriage right now, that if I could solve, would mean a world of difference to me:

#1: Expecting your husband to _____

Other notes:

Action Steps:

1. Stop keeping _____
2. Find the good in your _____
3. Be really clear about your _____

#2: Withholding _____

When you are mad, upset or hurt by something your husband does, how do you react?

Example of when my husband loved me, even when I'm unlovable

Action Steps: 3 instances that usually frustrate me, that I am deciding ahead of time to just let go of:

1. _____
2. _____
3. _____

#3: Not _____ the relationship.

List your top 3 priorities on a daily basis (where most of your time, attention, and energy go)

What 1 thing will you “trade” this week for spending more quality time with your husband?

#4: _____ about your husband.

Subtle, less obvious ways I “talk bad” about my husband:

Action Step:

When I’m tempted to talk bad about my husband, instead I will

#5: Playing the _____ game.

Top 3 things I blame my husband for

How I sometimes contribute to the issue

When I’m tempted to blame my husband for some issue we are having, I will get in the habit of asking myself this question:

Other Notes: