

Relationship Reset Guide

5 Steps to Remaking Your Love Connection

A Fabulous Guide

created for you with love by

RelateAble
the work of relating well

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Relationship Reset Guide

5 Steps to Finding the Time to Restart Your Love Connection

Hello there!

Wow.

Kudos to you for purchasing this product! You are about the business of making your marriage a priority and strengthening the connection with your husband. **Only good can come of that.**

You've taken a critical step to get and keep your marriage on track for a lifetime of love and happiness. It may sound cliché, but really, the sky is truly the limit on what you can create in your relationship.

I am absolutely honored that you have invited me along for the ride and I'm sooo excited for where we are headed.

Get ready to Reset your Relationship...it's gonna be on fi-ya!!! You recognize that in order to make your marriage a priority, you've got to make your marriage a priority. Simple as that.

And in order to be successful, you've got to come up with a plan that helps you consistently make the time for that most important relationship. This guide will help you do just that.

By using this [Relationship Reset Guide](#), you should expect to learn how to:

- get a clear picture of what's keeping you from making your marriage a priority
- uncover the top 3 habits that unnecessarily suck your time
- understand what's been leading to the disconnection between you and your husband
- pinpoint the exact actions that will work best in helping you to get close again
- create a new way of operating in your marriage that is realistic for you

I recommend that you set aside at least 30-45 minutes to complete the guide. I know that may sound like a lot right now, but remember, you are doing to walk away with a plan that will end up *saving* you time and helping to ensure you can spend more time creating a marriage you love. So, let's make the investment now to reap some major rewards down the road. Ready? Let's go!

To YOUR ah-mazing marriage,

Chavonne



Dr. Chavonne Perotte
Founder of RelateAble

Purpose:

The purpose of this guide is to support you in your desire to truly develop the habits and mindset that will help you to keep your marriage a priority. It will help you to create more time in your life to nurture the bond between you and your husband.

Ideally, you and your husband will both complete the questions and worksheets. That way you can both stand together in your commitment to put your marriage first. If that's not possible for whatever reason, not to worry, the exercises will still be great for you and accomplish the goals we've identified. So....let's get to it!!

Directions (only if completing by yourself)

1. Consider each question carefully and answer as honestly as possible.
2. If it would be helpful to chat with me directly, I offer a FREE 15-minute Relationship Reset Strategy Session. Email me at chavonne@berelateable.com to set something up!

Directions (only if completing with husband)

1. Each person spends a few minutes responding to the questions below, in private.
2. Set a specific date and time where you will come together to discuss your answers.
3. When you meet, one person goes first, answering the first question. While he/she is sharing, the other partner is listening fully, not interrupting, and not preparing to comment, downplay, or defend their own position on the question. This is a time to really hear each other without any judgement.
4. After the first person has answered the first question, the second person responds to that same question with their answers.
5. Each question should be answered by both people before moving on to the next question.
6. Some questions will ask you to set goals or make plans. As appropriate, keep discussing these questions until you come up with a goal or action that you both feel good about.

And now for the questions...

Step 1: Seeing Your Marriage Right Now...

1. How important is your marriage to you on a scale of 1 (not important) to 10 (extremely important)?

1 2 3 4 5 6 7 8 9 10

WHY did you give the rating that you did?

2. On a scale of 1 (not at all what I want) to 10 (exactly what I want), how does your marriage NOW compare to the marriage you would ideally like to have?

1 2 3 4 5 6 7 8 9 10

3. What 3 things would make your marriage better for you right now?

4. What are 3 actions you can commit to taking on a consistent basis to make your marriage better? These can be very small habits to more significant activities. See *handout, Healthy Relationship Habits/Activities list for ideas as necessary.*

What needs to happen in order for you to do the things listed above? (Consider changes in your mindset, changes in how you spend your time, etc.)

Step 2: Assessing Your Time and Priorities...

5. Below are a list of normal every day activities. Review the list and rank order the TOP 7 activities that take up the majority of your time on a typical day.

Activity	Rank Order
Sleeping	_____
Showering/getting ready for the day	_____
Preparing meals	_____
Taking care of children	_____
Cleaning/household chores	_____
Eating	_____
Commuting	_____
Working	_____
Watching TV	_____
Social Media	_____
Exercise	_____
Talking/spending time with friends	_____
Spending time with spouse	_____
Spiritual development/growth (reading Bible, praying, meditating, etc)	_____
Personal development/growth (reading books, reading blogs, etc.)	_____
Running errands	_____
Attending events for children	_____
Other:	_____
Other:	_____
Other:	_____
Other:	_____

6. From the list above, what are the things you'd like to spend LESS time doing?

From the list above, what are the things you'd like to spend MORE time doing?

As you think about the areas of your life, circle the top 3 in terms of importance.

- | | |
|---|--------------------------------|
| Health | Friends |
| Religion/Spirituality | Money/Finances |
| Work/Career | Personal development/interests |
| Marriage | Other: |
| Family (children) | |
| Extended family (parents, siblings, grandparents, etc.) | |

What's been getting in the way of you spending your time based on the things you value most?

What are 3 habits you've developed that take up your time unnecessarily?

You've developed these habits because they offer you some positive benefit or meet a need. And that's ok! As you think about the habits that unnecessarily take up your time, what benefits do they offer you? (Examples: entertainment, something to do when you are bored, outlet when you are upset, help you feel more organized, etc.)

How can you get the same positive benefit or meet your needs in a different way - one that is aligned with the areas of your life you value the most?

How motivated are you on a scale of 1 (not at all) to 10 (extremely) to break these habits? (Be honest!! Whatever your answer is, it's ok!)

1 2 3 4 5 6 7 8 9 10

If you are ready to break the habits, how will you change your behavior to make that happen? For how long can you commit to doing that?

Step 3: Creating the Time for Your Marriage...

7. Let's look at spending time with your spouse.

List the 3 habits/activities from Question 4 that you'd like to start and write them down below. Next, think about how much time you would need to spend doing each of the activities listed.

Activity/Habit time	Length of
1. _____	_____
2. _____	_____
3. _____	_____

Now, looking at how you spend your time on a given day. How can you incorporate into your schedule the activities you listed above? What areas, if any, can you begin to multi-task (Ex: talking to your husband on your commute, including him in some activities you normally do alone)

8. Making time for your marriage is something that must become just part of what you do. But it starts with small steps and setting a goal.

So, of the habits/activities you mentioned above in Question 7, what is a small step you can take in terms of making a commitment? For example, for how many days a week or month, can you commit to doing the 3 activities listed? Be realistic! Starting small is just fine!

I commit to doing: _____
_____ times a _____ for the next _____.

I commit to doing: _____
_____ times a _____ for the next _____.

I commit to doing: _____
_____ times a _____ for the next _____.

In order to be motivated, you need to understand WHY you are making that commitment. So, complete the following sentence:

Starting these healthy relationship habits/activities is important to me because...

Step 4: Understanding The Disconnect...

9. It's easy to stay on top of healthy relationship habits/activities when things are going well. It's soooo much harder when you are not getting along. Now, let's take a look at some of the factors that lead you to disconnect from your spouse and prevent you from following through on the activities/habits you've identified. Complete the following sentences:

I feel disconnected or distant from my spouse when...(describe the circumstances or what happens right before the disconnection)

When I feel disconnected/distant, I...(list your specific attitude, thoughts or behaviors)

What I really would like to happen is...(in an ideal situation, what do you want?)

To quickly move past these times of disconnection/distance, I will...

Step 5: Putting it all Together...

As you think about everything we've covered in this guide, what is really sticking with you?

What was helpful about completing this guide?

What was hard for you?

How confident are you that you'll be able to follow through on your commitment?
1 = not at all confident and 10 = extremely confident

1 2 3 4 5 6 7 8 9 10

What do you need to be at confidence level 10 and how can you make sure you get it?

Complete the following sentence:

I feel really great about completing this guide because...