

# Shift In Thinking #1

There's No Such Thing as "Working on Your Relationship (Marriage)."

You Can Only Work on *Yourself* While You are "in a Relationship", i.e. As You "Relate" to Others.

*"We're Here to Work on Our Relationship."*

# Make a Simple Shift in Thinking

Instead of Confronting your Spouse to Improve Your Relationship, Confront / Challenge Yourself First.

Instead of “Working on Your Relationship,” Work on Yourself First!

Search me, O God, and know my heart;  
Try me and know my anxious thoughts;

And see if there be any hurtful way in me,  
And lead me in the everlasting way.

# Shift in Thinking #2

Imperfections, Differences and Conflict do not Kill Love  
in Any Marriage.

Lack of Self-Awareness, Lack of Ownership and Lack of  
Humility Kills Love

# Shift in Thinking #3

Don't Focus on Negatives to get a Positive!

# Methods of Influence

- **Assume a Position of Protest**

Attempt to Influence by Being Negative, Using Negative Emotions, Focusing on Faults and Deficiencies, Demanding to be “Right.”

- **Assume a Position of Invitation**

Attempt to Influence through Connection, Using Positive Emotions, Validation and Affirmation. “Honey, Would you Please Consider . . .”

# Three Simple Shifts

1. Work on yourself, rather than the Relationship.
2. Increased Self-Awareness, Increased Ownership and Humility Results in an Increase in Love
3. Focus on Positives and a Positive Relationship Connection to Influence Your Spouse.