



mindset shifts that will help you go from

PISSED TO PARTNERS

THE **THREE LIES**

We were taught that a fairytale relationship is the desired future dream from an early age. Things like “happily ever after” and “true love” were enough to overcome whatever came our way. We may even believe that these things would PREVENT us from ever having to face difficult in our own marriage.

But... these are lies.



LIE #1 : “HAPPILY EVER AFTER”

“Happily Ever After” focuses on the length of the marriage and leads us to believe that happy couples don’t have problems.

If we shift our focus from **length to meaning**, the length of the marriage will be the byproduct, and the result will be a lasting & and meaningful marriage.

MINDSET SHIFT:

From length → meaning

HOW?

Define Your Purpose

DEFINE YOUR PURPOSE: On a scale of 1-10....

How well do you feel you focus on the positive aspects of your relationship?

1 2 3 4 5 6 7 8 9 10

How would you rate the clarity of your future mission and vision for your relationship?

1 2 3 4 5 6 7 8 9 10

How aligned are you and your partner when it comes to worldviews and beliefs?

1 2 3 4 5 6 7 8 9 10

LIE #2 : “MY ONE TRUE LOVE”

“My One True Love” focuses on our ability to find the perfect person. If we believe that the stars have perfectly aligned, we will be very disappointed when we realize our perfect person is anything but. If we shift our focus from finding the perfect person to knowing more of who they are, it will foster more relationship growth.

MINDSET SHIFT:

From finding → knowing

HOW?

Facilitate Understanding

FACILITATE UNDERSTANDING: On a scale of 1-10....

How well do you feel you and your partner understand and adjust to each other’s differences?

1 2 3 4 5 6 7 8 9 10

How would you rate your ability to communicate on important or difficult topics?

1 2 3 4 5 6 7 8 9 10

How well do you understand each other’s upbringings affect your relationship?

1 2 3 4 5 6 7 8 9 10

LIE #3 : “I PROMISE”

Perfect wedding day = Perfect marriage right?

“I promise” is not enough. Marriage is not a one time decision. If we shift our focus to a journey full of daily choices rather than one choice that will last a lifetime, we will actively build trust.

MINDSET SHIFT:

From event → journey

HOW?

Facilitate Understanding

BUILD TRUST: On a scale of 1-10....

How well do you handle conflict and fight fair?

1 2 3 4 5 6 7 8 9 10

How aligned are you in your efforts to plan and manage your money?

1 2 3 4 5 6 7 8 9 10

How aligned are you and your partner when it comes to expectations or intimacy?

1 2 3 4 5 6 7 8 9 10

YOUR RESULTS:

Add up all of your scores from the previous pages and record your total here:

If your scores added up to a number between 80-90:

Congratulations! Your relationship is in good shape. You may have your differences of opinion now and then, but you share an understanding for one another's point of view, and you have a solid foundation for the future. Don't wait until things are bad to enjoy and invest in your marriage.

If your scores added up to a number between 65-79:

Many aspects of your relationship are in order, and you are probably happy with each other MOST of the time. However, there are some potential roadblocks that could continue to cause stress and problems down the line. Ensure that your relationship stays on the right track by investing now.

If your scores added up to 64 or less:

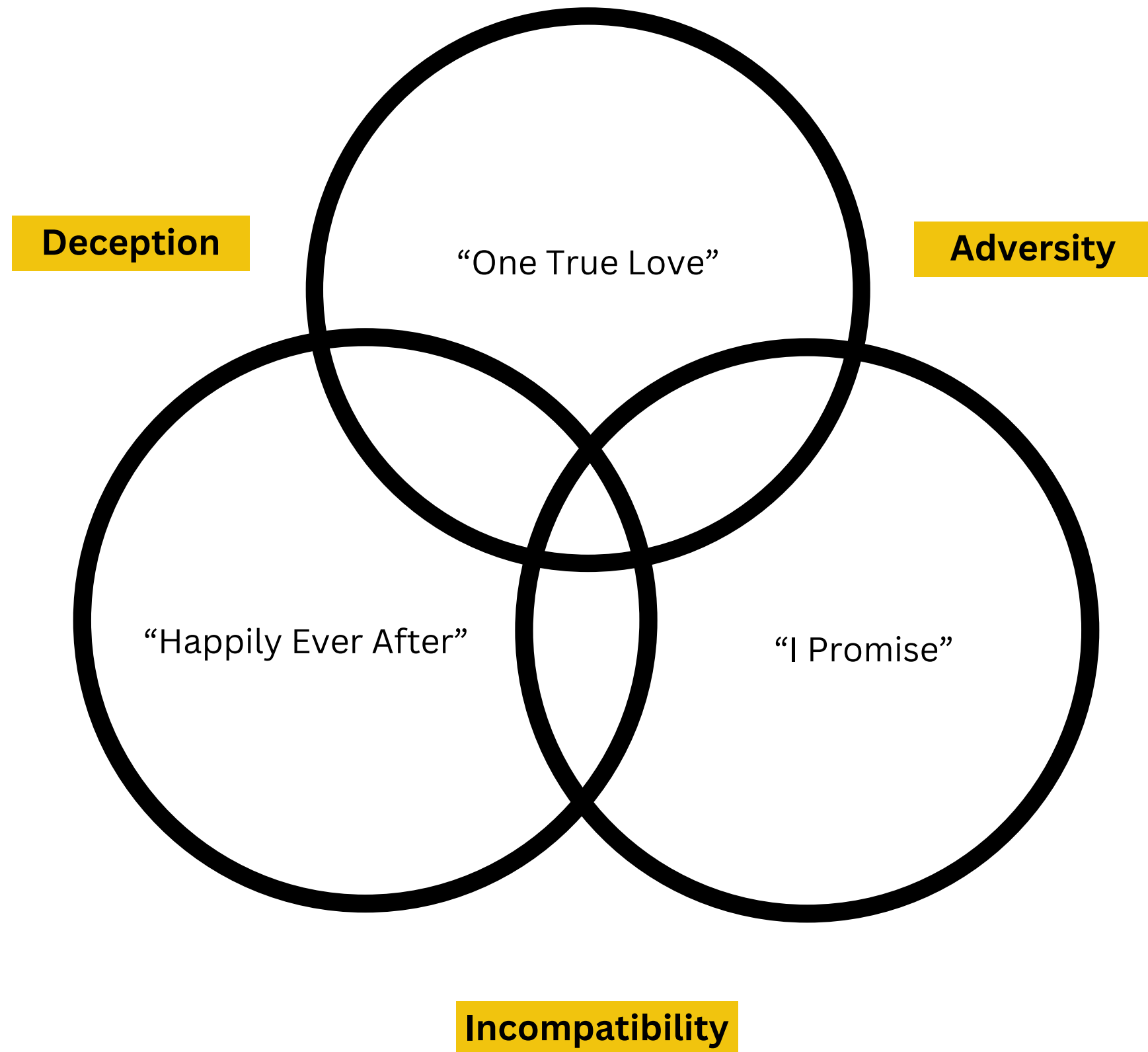
Don't panic... your relationship is in need of some improvements, but it's never too late. Communication and underlying issues cause stress and frustration in everyday life. You have likely experienced a loss of interest in one or more things that once brought you joy. There can still be plenty of hope for your future. Don't wait... invest now!

RELATIONSHIP KILLERS

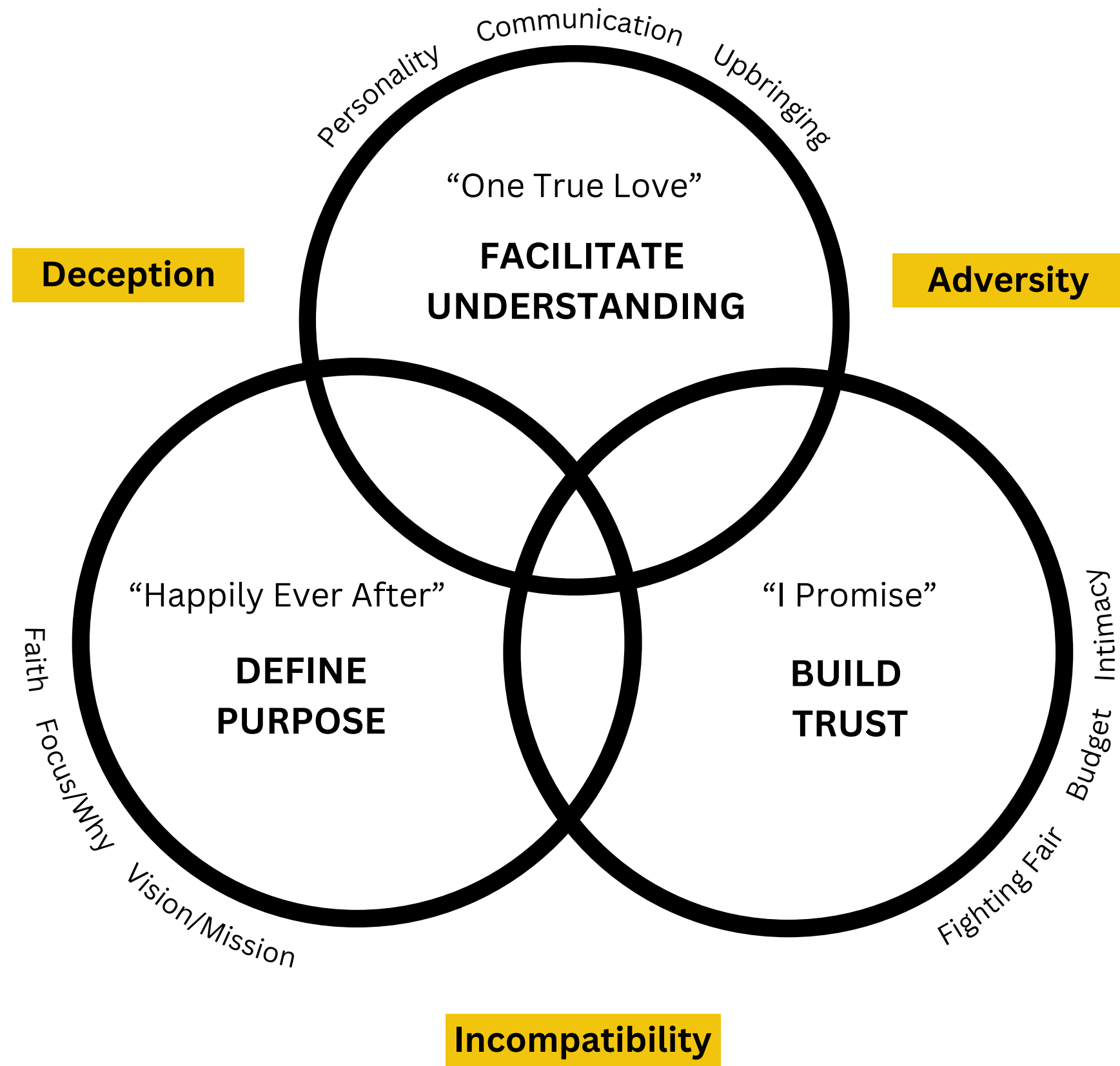
Research shows that regardless of the challenges in marriage, all of them can fall into one of 3 categories:

- Deception
- Adversity
- Incompatibility

We call these **The Relationship Killers**. The best relationships are not measured by the absence of these issues. Rather, how well couples can navigate through them.



ANTIDOTE



There are antidotes for every relationship killer. **And that's where we come in.**

MARK & ASHLEY

With over 15 years of experience working with couples and families, we have found common threads when it comes to fighting in marriage. That's why we've put together a course to teach people how to do it better.

A handwritten signature in black ink that reads "Mark". The signature is fluid and cursive, with the first letter 'M' being particularly large and stylized.

Mark holds multiple certifications, including Coachnet Global and Empowerment Coaching Network, SYMBIS Certified, DISC behavioral style certified, and EQ certified.

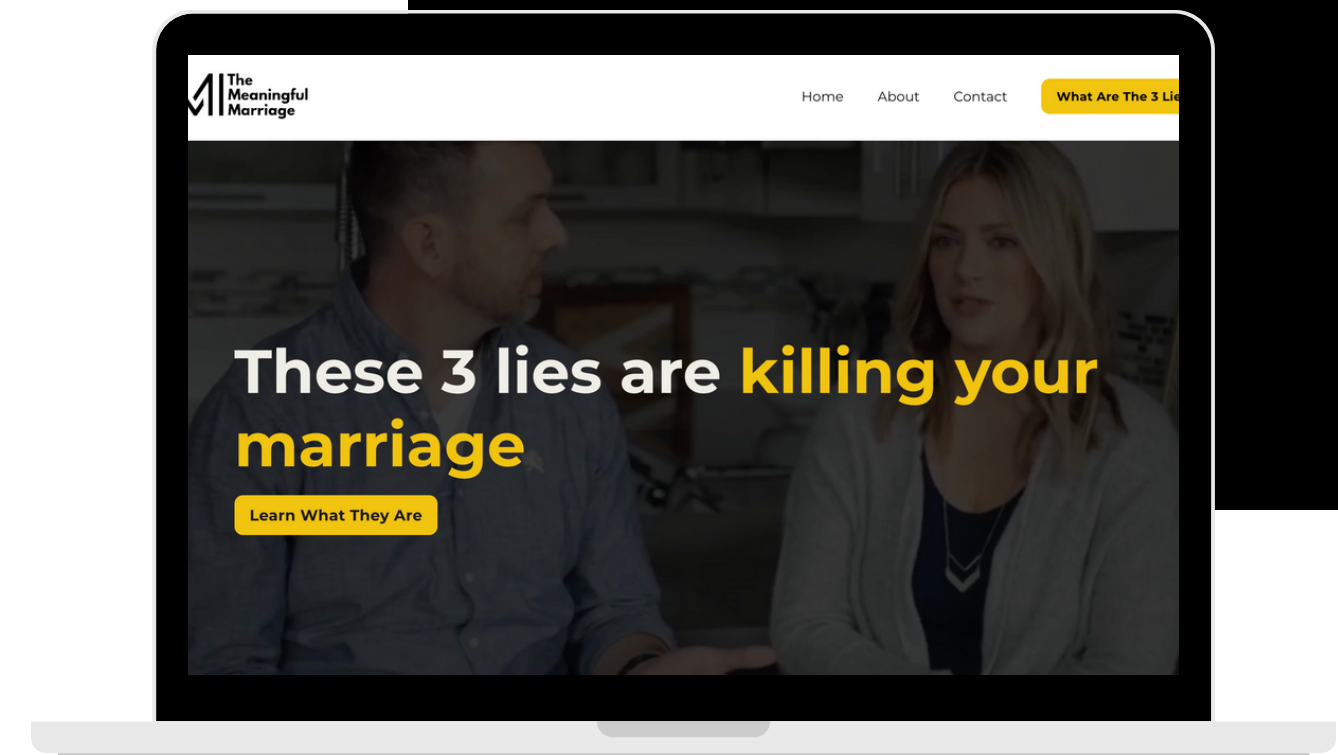


NEXT STEPS

Learn the antidotes to the 3 relationship killers and how to effectively work through them. Let's talk about how to **fight fair** and grow closer in your relationship.

Of course, there is much more to The Meaningful Marriage courses. You'll find out how to talk about your upbringing, create a vision for your marriage, what a budget might look like, and even how to look at your personality. **Fighting Fair** and these other courses can be found here. Ready to jump in?

[CLICK HERE TO START CREATING YOUR "RULES OF ENGAGEMENT"](#)





www.themeaningfulmarriage.us

