



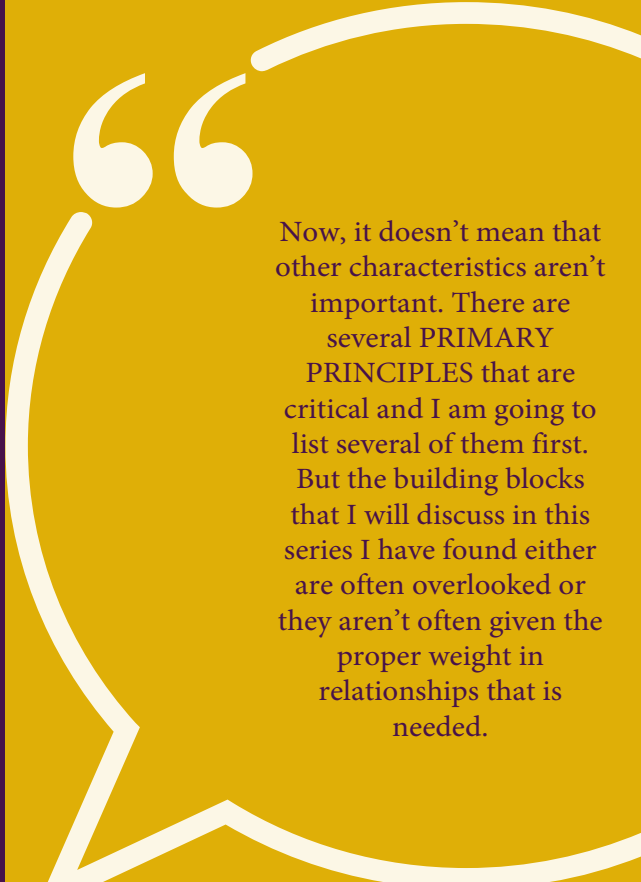
FIX YOUR FOUNDATION

“The Often Overlooked or Under Estimated Building Blocks of Marriage”



I am excited to share this information with you! I prepped this Worksheet as a guide to help you take notes as you dive into this series! This information is to be used in conjunction with the 4 videos explaining each principle in further detail. To access those videos you can follow us on our Facebook page (www.facebook.com/ibelieveinmarriage) or check out our “Building Blocks” series on YouTube (www.youtube.com/robinmayonline).

In my work counseling couples for over a decade, I have found that these principles, characteristics or values are game-changers when it comes to building the foundation of your relationship.



Now, it doesn't mean that other characteristics aren't important. There are several PRIMARY PRINCIPLES that are critical and I am going to list several of them first. But the building blocks that I will discuss in this series I have found either are often overlooked or they aren't often given the proper weight in relationships that is needed.

Before you dive-in, let me give you a few suggestions on how to get the most out of this series!

Watching with your spouse? Cool!

If you and your spouse are going through it together, I suggest that you watch each video together! Or what often works is that you both commit to watching the video and setting a time to talk about it (“Okay, let’s make sure we watch the video by Saturday and we will talk about it at noon!”.) The videos are intentionally short (less than 10 minutes each) but packed with nuggets! I would encourage you to watch ONE video per week! That way you and your spouse will have time to fully process (and apply) the information.

Once you've watched the video, take a moment to jot down a few things that stood out to you! Once you've done that, set a timer for a total of 15 minutes to discuss what you've both written down. Setting a time limit helps you to not go off track and to stay focused!

Once you've shared your raw thoughts, use the guided questions for further discussion if necessary. Again, set a timer for another 15 minutes for this discussion! If after that time you have more to discuss, talk away! If not, set your calendar for when you will watch the next video!

Watching alone? No worries!

If you are going through this by yourself, no worries! You can still get great results from this process! I encourage you to view the videos (once a week is a good pace) and ask yourself the questions listed to do an honest assessment of the areas YOU can improve. This is important. It's very easy to focus on what your spouse should be doing (like watching it with you! Lol!), but it's most beneficial to do your own self-work and trust God with your spouse.

I would also encourage you to start your own investigation. Over the next 2 weeks, I want you to pay attention to any complaints that your spouse may make or even pay attention to any disagreements the two of you may have. Listen to what your spouse is actually saying and see if what is being said is reflected in any of the principles listed below! You may be surprised at what you find out!

I am excited to dive in! Let's go!

Here's to a stronger marriage,

Robin

► PRIMARY PRINCIPLES

Before we get started with the “FIX YOUR FOUNDATION”, I want to quickly mention a few primary principles that are critical to a HAPPY and HEALTHY Marriage. This is not an exhaustive list of Primary Principles, but I believe it is extensive.

Here they are

1. Love and Affection
2. A Commitment to Fidelity
3. Respect and Consideration
4. Open, honest and effective Communication (*)
5. Sexual Satisfaction
6. Stick-to-it-ness (Endurance)
7. Trust and honesty
8. Forgiveness
9. A community of support
10. A mutually agreed upon Vision

These principles (values) are important to ensure that you are both are mutually satisfied in the relationship and without them there often follows a discontentment and disconnect in the relationship.

(*) Communication is a critical piece to a healthy relationship and the “I Believe in Marriage” Network has extensive resources to support in this area including the “Can You Hear Me Now” Communication Training. To learn more about this resource visit: www.ibelieveinmarriage.com/communication

“The Often Overlooked or Under Estimated Building Blocks of Marriage”

As indicated, following you will find principles / building blocks that are necessary to build a marriage that can last. This worksheet is used to help you (and your spouse) delve more into each area. In order to fully understand each principle, please watch the accompanying videos. Use the space below each principle to take notes or to jot down your thoughts.

It’s important that we understand that these principles aren’t a one-size fits all approach nor are they effective with a “one and done” mentality. These principles are important but must be fleshed out with the understanding of YOUR SPECIFIC relationship AND they must be done consistently in order to make a difference.

With that understanding let’s dive in:

BUILDING BLOCK 1: Discovering the ANCHOR for your marriage

For Further Discussion:

- 1. What is (or what has been) the primary anchor for your marriage?**
- 2. How successful have you and your spouse been in utilizing the anchor in your marriage?**
- 3. In what way could you support one another in improving in this area?**

BUILDING BLOCK 2: Consistently improving your Emotional Intelligence (self-awareness)

For Further Discussion:

- 1. On a scale of 1 to 10 how would you rate your own E.I.?**
- 2. How important is it to you for your spouse to own their contribution to challenges in the relationship? How well do you own your contribution to challenges in the relationship?**
- 3. In what way could you support one another in improving in this area?**

BUILDING BLOCK 3: Clearly Communicated Expectations

For Further Discussion:

- 1. There are three types of Expectations (Unspoken, Unrealistic and Unmet). Which of these would you say have been a challenge in your marriage?**
- 2. Do you believe that you are clear about your own expectations? Do you feel that your spouse is clear about their expectations?**
- 3. In what way could you support one another in improving in this area?**

BUILDING BLOCK 4: Accepting and Valuing Accountability

For Further Discussion:

- 1. How does accountability show up in other areas of your life? Is there an expectation of accountability for you and others at work? At church? Within other areas of your family? How does that compare to accountability in your marriage?**
- 2. Answering practically, what does accountability look like in your marriage? (Consider the following areas: 1. How/where you spend your time 2. How/where you spend your money 3. Your spouse having the freedom to point out areas of concern).**
- 3. In what way could you support one another in improving in this area?**

BUILDING BLOCK 5: Embracing the power of Humility

For Further Discussion:

- 1. Prior to this series, how would you have defined the characteristic of humility?**
- 2. Humility at times mean prioritizing your spouses needs over your own. Is this something that comes easy for you or do you find it difficult to do so?**
- 3. In what way could you support one another in improving in this area?**

BUILDING BLOCK 6: Avoiding Unintentional Neglect (The Importance of Prioritizing your Spouse)

For Further Discussion:

1. **Take a guess! Do you believe your spouse feels prioritized by you (A. Absolutely ; B. For the most part; C. Probably not). Now, if you are going through this process with your spouse, share your answer and discuss.**
2. **What does being prioritized mean to YOU and how important is to you when it comes to your marriage?**
3. **In what way could you support one another in improving in this area?**

BUILDING BLOCK 7: The Capacity to Expand Perspective

For Further Discussion:

1. **Your perspective is often shaped by your exposure and experiences. How has your history impacted how you view marriage?**
2. **Would you consider yourself as someone who can see things from another perspective? Based on your answer, how has that helped/hindered your marriage?**
3. **In what way could you support one another in improving in this area?**

BUILDING BLOCK 8: Creating and Nurturing a “Safe Space”

For Further Discussion:

- 1. Feeling “Safe” in marriage is rooted in respect, trust and personal responsibility. How well have you done in honoring those three areas in your marriage?**
- 2. Can you share a time when you felt really secure in your marriage? Can you share a time when you didn’t feel secure?**
- 3. In what way could you support one another in improving in this area?**

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