

Episode 7

How to Save Your Marriage When Your Spouse Doesn't Want To

What NOT To Do

- 1) Don't suggest you try counseling together
- 2) Don't beg them to stay
- 3) Don't try to make them feel guilty about leaving
- 4) Don't threaten them
- 5) Don't become distant or cold

What TO Do

- 1) Make a commitment that you are GOING to save your marriage
- 2) Work on YOURSELF
 - i. Get clear on what makes you happy and start to do those things
 - ii. Work on developing the Ideal You
 - iii. Uncover your fears – and move past them
- 3) Work TOWARDS a happy marriage, not AWAY from an unhappy one
- 4) Stop Letting Your Happiness Depend on Your Marriage
- 5) Work on being attractive (physical/emotional/mental)
- 6) Create opportunities to connect positively with your spouse
 - i. Humor
 - ii. Recalling past good times
- 7) Don't give up

The Save Your Marriage Mindset

- 1) I am going to save our marriage (I love my spouse and I will do whatever it takes for us to stay together)
- 2) I am a great person, worthy of love and of having a happy and fulfilling life
- 3) I create my own happiness
- 4) I am not dependent on my marriage to be happy
- 5) I am attractive – physically, mentally, emotionally and sexually
- 6) I focus on the positive aspects of our marriage
- 7) Our marriage is only going to get better and better

Keys to Success

- 1) Stay positive
- 2) Love your spouse unconditionally
- 3) Focus on your own worth
- 4) Keep the goal in your mind (saving and strengthening your marriage)

Download the Free Report: “The Five Keys to Saving Your Marriage Right Now”

Available at

www.growinginloveforlife.com