The 3 Phases of Saving Your Marriage What You Need:		
2. 3.	A Plan The RIGHT Plan To IMPLEMENT the Plan Persistence	
Phas	se #1: Removing ALL Negativity	
1.	Learn some negativity removal techniques: I will look at the following (list)	
2.	Promise yourself not be negative - no matter what happens	
3.	Don't react, STOP and ask yourself: "What should I do or not do right now to make sure I don't add negativity to this situation?"	
4.	Remove yourself from the situation	

Phase #2: Creating Respect

What is Respect?		
Definition A: "A feeling of deep admiration for someone or something, elicited by their abilities, qualities or achievements"		
Questions: 1. "What abilities, qualities and achievements of my spouse do I deeply admire?"		
2. "What abilities, qualities and achievements of <u>myself</u> do I deeply admire?"		
Definition B: "Due regard for the feelings, wishes or rights of others"		
Question: "Do I TRULY respect ALL of the feelings , wishes and rights of my spouse, irrespective of how I feel about them?"		

Phase #3: Creating Positive Feelings and Emotions

1.	"What tools and strategies can I learn that will improve our relationship in the areas of communication, intimacy, alignment and love?" (These are all covered in detail in Liam Naden's 30-Day Save Your Marriage Relationship Transformation program. Details at: http://liamnaden.com/saveyourmarriage/
2.	"How can I make my spouse (and myself) feel good in this moment?"
3.	"What can we both do to create an even better life in the future?"
	ADDITIONAL NOTES