

Nine Steps to Save Your Marriage

for Husbands

Step 2: Make a Fresh Start

W9-h2



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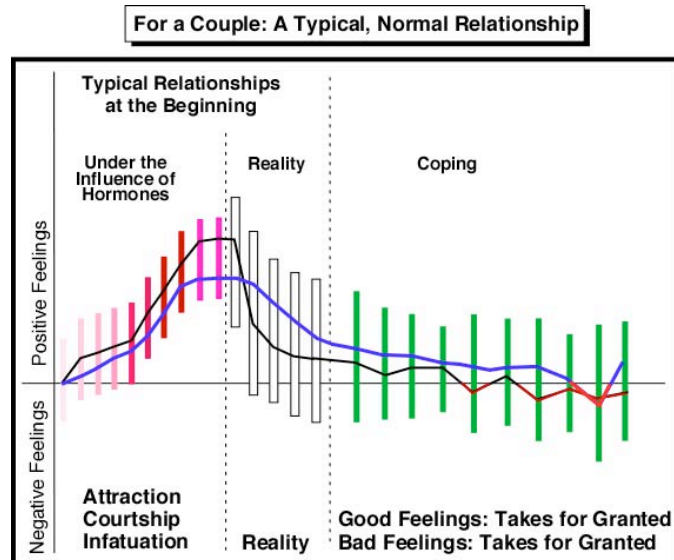
Step Two: Make a Fresh Start

Objective: At the end of this step you will have selected among three choices, for a decision of how you will go forward.

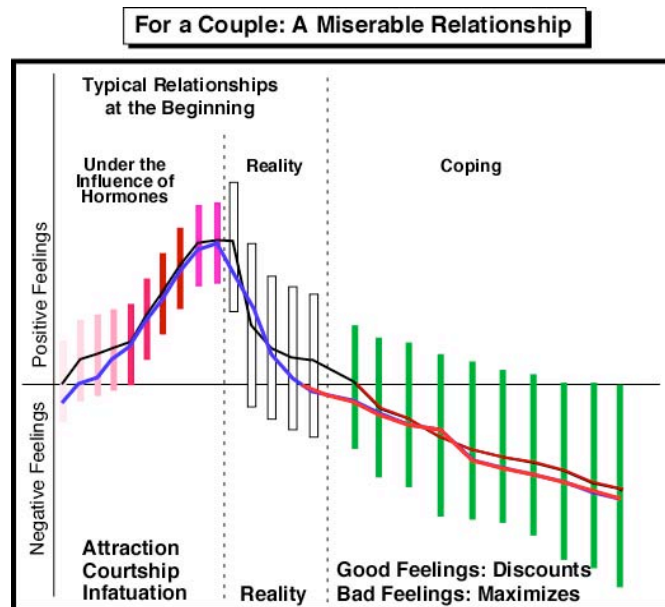
Exercise 1:

Please review the charts that were shown in the video presentation.

A.

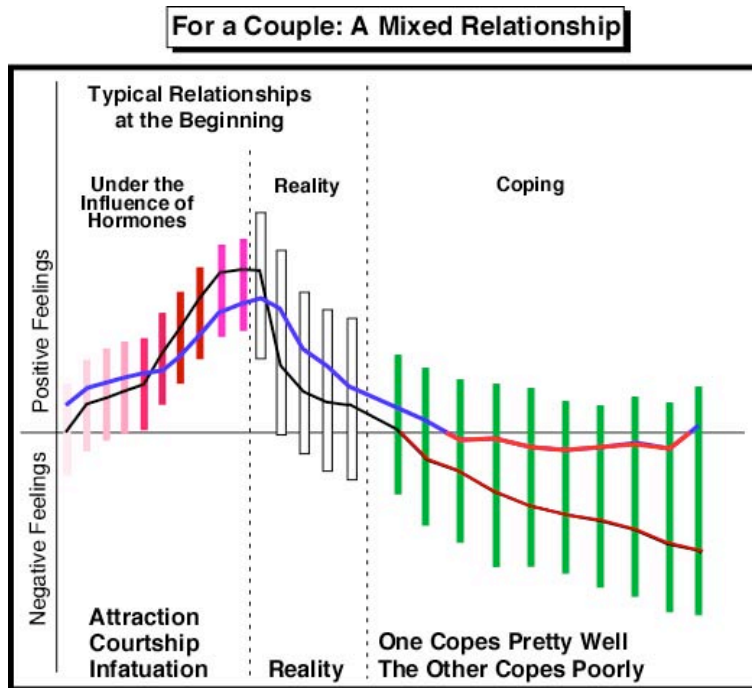


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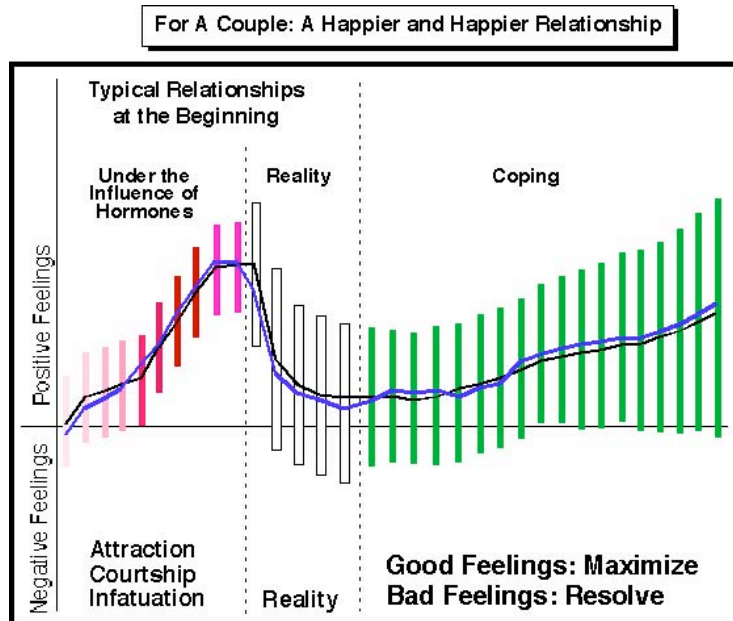


Step Two: Make a Fresh Start

C.



D.



Step Two: Make a Fresh Start

Exercise 2:

Look at each of the charts and select the one that comes closest to your present relationship. On that chart, draw the line that represents your situation.

Exercise 3:

How well you do cope? On a scale of 1-5, where 1 is almost always, 2 is often, 3 is sometimes, 4 is seldom and 5 is almost never, rate yourself on the four aspects of coping:

	almost always	often	some- times	seldom	never
I keep positive feelings strong	1	2	3	4	5
I have positive feelings often	1	2	3	4	5
I keep negative feelings mild	1	2	3	4	5
I don't have many negative feelings	1	2	3	4	5

If your score is 9-20, you can make great progress as you go through this program, concentrating on the positives, and shortening the amount of time you spend in the negative feelings.

If your score is 4-8 you're doing well. Concentrate on letting negative feelings go and maximize the positive feelings.

Exercise 4:

Read Book Six from the Metamating Series (it's short, only four chapters).

Exercise 5:

Consider the three options from the video. Read through these, and put a check mark next to those statements with which you agree. Then make your choice.

Some advice: even if you are tempted to choose #2, continue with the program, then come back to this at the end, and see if your feelings have changed.

Possibility #1: I want her back, and I can:

get past my damaged pride
put the baggage in the past
accept her as she is
forgive her and myself
be loving again
welcome a fresh start

Bottom Line: I really want her back, and a loving marriage.

Step Two: Make a Fresh Start

Possibility #2: I want her back, but

I can't forgive or forget.
I can't and won't overlook the past
She has to change
I'll never forget (some situation)

Bottom Line: I want her back, so I can make her life as miserable as she's made mine.

Possibility #3: I just don't know

I'm torn
I want her back
I want a loving marriage

Bottom Line: I don't know if I can forgive or forget; she has to change.

My Choice:

Please continue with Step 3: Say, "You were right."