

Rescue My Marriage Today

Quick Tips

Week 0 - Laying the Foundation

1. COMMIT yourself to the 8 week journey. Commit to being a participant instead of a spectator. Those who take action see change. Those who don't stay stuck. Husband Wife
2. [Take divorce off the table](#) for this 8 week journey. Give yourself the gift of being 100% "in" during this process. When you have a way out, an exit strategy, one foot out the door, it's easy to be half hearted. Remember at one point in time the person you are married to was your everything. You CAN recapture that. Husband Wife
3. Be HONEST with yourself. Both of you have worn masks for such a long time. You have been hiding your true feelings or not expressing them fully. Being honest with yourself means that you have to truly look at this situation for what it is...a chapter in your marriage story, not the end of the book. Husband Wife
4. When you are trying to figure things out or you are confused with what is going on, take the time to WRITE or journal. The body processes information in a different way when you take the time to get your thoughts out of your head, through the written word. You will be amazed at the insights that you have when you see your own words in your own handwriting. Husband Wife
5. Get involved in the [Rescue My Marriage Today Facebook Group](#), finding a community that you can be honest and transparent with is a gift that you give yourself. Don't isolate yourself, reach out and find support. Husband Wife

Thoughts for the week...

A journey of a thousand miles begins with one step.

-Lao Tzu

What you get by achieving your goals is not as important as what you become by achieving your goals.

- Henry David Thoreau

What counts in making a happy marriage is not so much how compatible you are, but how you deal with incompatibility.

-Leo Tolstoy

Where there is no vision, the people perish

-Proverbs 29:18 KJV

When the day is over, let it go. Don't dwell on what you could've or should've done. Tomorrow is another day and another chance.

-Mandy Hale

Where you have been is important, where you are going is even more important. One you cannot change, the other you CAN.

-Alisa DiLorenzo

*Let your fountain be blessed,
And rejoice with the wife of your youth.*

Proverbs 5:18

Rejection doesn't mean that you aren't good enough. It means that the other person has failed to notice what you have to offer.

-Mark Amend

He who has a why to live can bear almost any how.

-Friedrich Nietzsche

Intimacy is not purely physical. It's the act of connecting with someone so deeply, you feel like you can see into their soul.

-Unknown