

THE COUPLES CURE

Miraculous Recovery for Couples on the Brink

Review and Capture Worksheet

Go back through your notes and homework and answer these questions as thoroughly as you can. This may take more than one sitting. Take your time!

What tools and principles resonated most? And why? What did I learn about what I most desire?

What has given you the biggest payoff? Has it been mindset work? Has it been emotional regulation? What must you continue doing because it worked for you?

What do you most want to expand on? What is still unresolved that you want to improve?

What did you learn about your spouse, how did you see them differently?

Re-visioning Your Relationship **(do this individually.)**

Sit down with a blank slate and envision your ideal relationship again. Just brainstorm and answer the same three questions from lesson 1. Do NOT look at your original vision yet.

How does your spouse show up or behave?
(What qualities do they exhibit? What adjectives would you use to describe them?
What do they do that you love?)

What are your dynamics like?
(Connection, problem-solving, planning, co-parenting, distribution of labor, intimacy, communication, etc.)

How do YOU show up in this ideal relationship?
(If you already were in your ideal marriage, how would you feel, act, move, and be in your day-to-day life?)

Now have a look at the first one you did and place it next to your new one. Then answer the following questions.

What do you notice?

Is there anything I can celebrate?

What is different about your new vision?

Is there anything you would add now that you have compared the two?

What are you most excited about?

Where are the biggest gaps?

Of all the things you envisioned, which are most important to you?