

I didn't just wake up in this place. It was a process to get here. It is a process to heal and rebuild our marriage.

Forgiveness is a conscious decision that I am not going to let another person's decisions to negatively impact me or my life.

When I start to feel any negative emotion, I need to remember to BREATHE. Practicing the art of breathing allows me to have power over my body.

I have the ability to make decisions that either build up my marriage or tear it down.

Both of us contribute to the environment in our marriage. It is not ALL me, nor is it ALL my spouse.

Being aware of the reasons why trust has been broken allows me to look at what I CAN change.

No more secrets in my marriage. No more little white lies. No more leaving things out.
COMPLETE
TRANSPARENCY

Anger is a legitimate emotion. What I do with my anger makes all of the difference.

Love is not about how much I say I love you. It's about how much my actions prove it's true.

Breaking my love's trust tells my spouse that they are not important. Changing my actions shows them that they are.

I don't have all the time in the world to repair the trust in my marriage. I start today.

I will choose to stop wishing the trust was stronger in my marriage and take action to make it so.

In every marriage more than a week old, there are grounds for divorce. The task is to find, and continue to find, grounds for marriage.

It took both of us to get here. It will take both of us to move forward.

If I want the trust dynamic to change in my marriage. I need to be a trustworthy person.

I am not the only person to have ever faced this situation. Other people have faced it and survived and I will too.

There is no switch to just "get over it". Expecting either of us to "get over it" is unrealistic. It's a journey and a process that we are both on.

Seeking help is a sign of strength, a sign that I am strong enough to realize when I cannot do it all by myself.

Hope is the idea that life can be better tomorrow than it is today. It is the idea that I have to be moving forward that I cannot be stuck in this place forever.

I cannot wait for my feelings to change to take action. By taking action, I can create a situation where my feelings will change.

I need to learn how to both GIVE and RECEIVE love.

Have I shared my needs with my spouse today? OR have I been expecting them to read my mind?

What can I do to increase the amount of trust in our marriage today? It is not solely my spouse's responsibility to change our marriage.

Am I living a life of integrity today? Am I choosing to engage in behaviors that show that my marriage and my spouse are a priority?