

HOW TO WORK WITH YOUR SPOUSE

9 STEPS



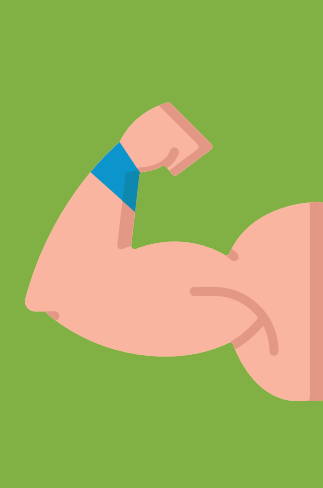
1 Supporting the mission




2 Personality Types
DYB Podcast #75




2.1
DISC




Dominance



Influence



Compliance



Steadiness



Aesthetic



Economic



Individualistic



Political



Altruist



Regulatory




Theoretical




2.2
Motivators




2.3
Language of Appreciation
DYB Podcast #76




Acts of Service




Quality Time




Gifts




Physical Touch



Words of Affirmation



2.4
Love and Respect
Book by Emerson Eggerichs



2.5
Freedom Compass
From Michael Hyatt's Book
Free To Focus




3
Expectations Vs. Agreements
Steve Chandler



4
Ownership Vs. Victim
Steve Chandler



5
Gratitude and List
of Appreciation




6
Forgiveness




7
Empty the Jug



8
Communication



8.1
Is now a
good time?



8.2
I have a problem
I need help with...




8.3
I have a request
for change...



8.4
How CAN we
• have a great marriage
• enjoy each other
• love and respect each other more



8.5
What am I afraid of?
(When finding myself
angry, frustrated, tense)



FEAR - Zig False
Evidence Appearing Real



9
Golden Question

On a scale of 1-10, how would
you rate our marriage?
What would make it a ____ (+1)?