

HOW TO WORK WITH YOUR SPOUSE

9 STEPS



1 Supporting the mission



2 Personality Types
DYB Podcast #75



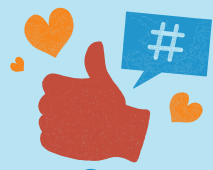
2.1
DISC

Dominance	Influence
Compliance	Steadiness

Aesthetic	Economic	Individualistic	Political
Altruist	Regulatory	Theoretical	



2.2
Motivators



2.3
Language of Appreciation
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Acts of Service	Quality Time	Gifts
Physical Touch	Words of Affirmation	



3 Expectations Vs. Agreements



4 Ownership Vs. Victim



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)?*