

## **MINNESOTA COUPLES ON THE BRINK**

### **Principles for Hopeful Spouse Coaching**

- 1. You have to bring your best self, your “A” game, to this crisis. You got married for better or worse—and right now is worse.**
- 2. No guarantees of success, but if you bring your worst self (as many do), failure is all but guaranteed.**
- 3. Anger, resentment and self-pity are normal emotions you can’t afford to indulge right now.**
- 4. Be prepared to make an immediate shift in your attitude and actions towards your spouse—a big change that you spouse can’t help but notice.**
- 5. Be prepared to not ask your spouse to rethink or change in any way, for now.**
- 6. It won’t seem fair that you have to do all of the work for the marriage right now. Get over it.**
- 7. If you have personal problems (such as alcohol abuse, untreated mental health problems, anger issues, or lack of assertiveness), commit to a plan for fixing them no matter what happens to the marriage—and let your spouse know that.**
- 8. Get a life instead of focusing only on your failing marriage. Let your spouse be curious about why you seem happier.**
- 9. You will need stories of hope and friends of your marriage to support you. Avoid people who encourage your anger or self-pity, or who tell you to give up right now.**
- 10. In the uncertain months ahead, it will help if you believe in something more than yourself—such as marriage, family, commitment, a Higher Power. Saving your marriage can’t be all about you or what your spouse owes you.**