



Next Right Actions

The key is just to **keep taking steps**. Outline the next right thing, talk about something you are hoping for, and **watch God move mountains** and do more than you could dream.

1

MOVE FORWARD WITH OPENNESS AND HONESTY:

Start by outlining the actions needed by one another to rebuild trust. Even if your list starts off short, dedicate yourselves to the simplest form of love. Seek healing from God before you seek it from each other.

2

SCHEDULE DIFFICULT CONVERSATIONS:

Compartmentalize your pain and heaviness and do not lose hope. Have these conversations alone or with a mentor couple. Do not let it turn into a fight. Scheduling these difficult conversations and commit to being fully engaged in them.

3

PRIORITIZE PHYSICAL INTIMACY:

Sex is the one thing that distinguishes you as a married couple from being roommates. Your sexual intimacy is a God-given gift designed to bring unity in your marriage. During the act, you are joining together physically, mentally, emotionally, and spiritually. Make time for this weekly.

4

TURN BREAKTHROUGHS INTO HEALTHY HABITS:

Determine what first steps you need to take every day and then go all in on those. Commit to calling and texting each other first before others. When you think of a great story, send it to your spouse. Watch shows and go outside together. Building these habits are what a beautiful life are built on.

5

MOVE FROM ONE RIGHT ACTION TO THE NEXT:

Have a trigger for the daily habit. Example: I want to speak words of life over my husband. Trigger: When he finishes getting dressed in the morning. Habit: Speak life over him before he leaves. "You look so good!" "I am praying for you today." Reward: Give yourself a small and healthy reward so it's a win-win!