

# MODULE 5 — SUSTAINING CHANGE

## The 90-Day Lock-In System

### THE CORE TRUTH

Change is fragile in the first 90 days. Without deliberate systems, you slip back into old patterns. The goal is to make new behaviors automatic before dropping the systems.

### THE 90-DAY FRAMEWORK

<b>Days 1-30 AWARENESS &amp; COMMITMENT</b>	<ul style="list-style-type: none"><li>✓ Both committed to change</li><li>✓ Boundaries stated and understood</li><li>✓ Tools being practiced daily</li><li>✓ Weekly check-ins scheduled</li><li>✓ External accountability in place</li></ul>
<b>Days 31-60 CONSISTENCY &amp; REINFORCEMENT</b>	<ul style="list-style-type: none"><li>✓ New behaviors becoming more automatic</li><li>✓ Small wins celebrated immediately</li><li>✓ Slips addressed the same day</li><li>✓ Weekly check-ins continue</li><li>✓ Affirmation happening daily</li></ul>
<b>Days 61-90 INTEGRATION &amp; HABIT FORMATION</b>	<ul style="list-style-type: none"><li>✓ New patterns feel more natural</li><li>✓ Brain pathways being rewired</li><li>✓ Less conscious effort required</li><li>✓ Weekly check-ins + monthly deeper review</li><li>✓ Planning for life after 90 days</li></ul>

### THREE PILLARS OF SUSTAINED CHANGE

#### 1. ACCOUNTABILITY (External)

Weekly check-in questions:

- What went well this week?
- Where did we slip?
- What did we learn?
- What do we commit to next week?

Report to: Counselor, coach, or trusted mentor

Why: Internal motivation fades. External accountability keeps you honest.

## 2. CONSISTENT PRACTICE (Daily)

Daily non-negotiables:

- ✓ Heart Behind the Hurt Dialogue (when needed)
- ✓ Calm Response Protocol (when stressed)
- ✓ Boundary enforcement (every single time)
- ✓ Mirror & Affirm practice (every evening)
- ✓ 5-minute check-in (how are we feeling?)

Practice creates new neural pathways. Consistency matters more than perfection.

## 3. VISION PROTECTION (Why you are doing this)

Write down:

- Why is this marriage worth saving?
- What will be different in 90 days?
- What do we want to experience together?
- What legacy do we want for our family?

Review this weekly. It becomes your north star when motivation fades.

## THE WEEKLY RHYTHM (Non-negotiable)

<b>SUNDAY EVENING (15 minutes)</b>	<b>1. What went well this week? 2. Where did we struggle? 3. What will we focus on next week? 4. Rate the week 1-10 for respect and safety</b>
<b>WEDNESDAY CHECK-IN (5 minutes)</b>	<b>Quick touch-point: How are we doing? Anything coming up?</b>
<b>DAILY EVENING (5 minutes)</b>	<b>Mirror &amp; Affirm practice: I noticed when you... That matters to me.</b>

# HOW TO HANDLE SLIPS

Slip = minor breakdown in the new behavior

## When it happens:

1. Pause. Do NOT make it a huge deal.
2. Same day: One person says, I noticed we slipped here.
3. Quick conversation: What happened? What do we need?
4. Course correct: Return to the practice immediately.
5. Move on. Do NOT spiral into shame.

One slip does not erase progress. But repeated slips without course correction do create regression.

# RED FLAGS (Get help immediately if you see these)

- X You are not talking about the hard things anymore
- X Boundaries are being ignored without consequence
- X One person has given up trying
- X You are keeping score / bringing up old stuff
- X Affirmation has stopped
- X Weekly check-ins are being skipped
- X One person is withdrawing emotionally
- X Contempt is returning

If any of these appear → contact your counselor/coach ASAP

# THE 90-DAY DECISION POINT

## 1. TRANSFORMATION IS HAPPENING

- Continue the practices, gradually reduce external accountability
- Schedule monthly check-ins instead of weekly
- Maintain the vision work

## 2. PROGRESS BUT NOT THERE YET

- Extend accountability another 60 days
- Identify specific obstacles

→ Intensify one or two practices

### **3. NO REAL CHANGE**

→ This is your answer about the marriage

→ You now know what you need to do

→ Pursue counseling for separation or next steps