

# NAVIGATING DIFFICULT CONVERSATIONS IN YOUR MARRIAGE

## COMPLETE COURSE OVERVIEW

*Six Modules • Six Tools • One Transformed Marriage*

This comprehensive course guides couples from understanding the invisible forces sabotaging their conversations to building permanent transformation. Each module includes video teaching, written content, and a practical tool for immediate application.

### COURSE STRUCTURE — THE SIX MODULES

#### **M1** MODULE 1: THE FOUNDATION

##### *Understanding Why Conversations Fail*

Video: Learn to identify your attachment style, recognize your nervous system states, name your destructive pattern, and understand the relationship story controlling your conversations.

Included Tool: Your Pattern Inventory — Identify attachment style, nervous system triggers, destructive patterns, and relationship stories. Shift from blame to understanding.

#### **M2** MODULE 2: CREATING SAFETY

##### *Emotional Safety & Deep Listening as Prerequisites*

Video: Discover why safety is the foundation for all difficult conversations, learn three daily practices that build safety, and understand how validation rewires the nervous system.

Included Tool: Safety Building Daily Practice — Learn microaffirmations, deep listening, and validation language. Master the daily practices that accumulate into deep safety.

#### **M3** MODULE 3: THE FRAMEWORKS

##### *Starting, Navigating & Repairing Conversations*

Video: Master the GRACE Framework for starting conversations, the BRIDGE Method for redirecting derailed conversations, and the Pause Protocol for nervous system regulation.

Included Tool: Conversation Roadmap — Learn the five-step GRACE Framework and six-step BRIDGE Method. Use the template during real conversations.

#### **M4** MODULE 4: SPECIFIC CONVERSATIONS

##### *Real Topics, Proven Scripts, Authentic Vulnerability*

Video: Learn specific opening statements for five critical conversations: money, sex, parenting, family-of-origin, and dreams. Understand the wound beneath each topic.

Included Tool: Topic-Specific Scripts — Master conversation starters for financial discussions, intimacy conversations, parenting alignment, family boundaries, and future planning.

#### **M5** MODULE 5: SUSTAINING CHANGE

##### *Building Rhythm & Long-term Practice*

Video: Learn the weekly check-in, daily practices, and monthly deeper dive. Understand how consistency rewires the brain and transforms marriage over time.

Included Tool: Weekly Rhythm Guide — Implement the 20-minute weekly check-in, 5-minute daily practices, and 30-minute monthly deeper dive. Build accountability systems.

#### **M6** MODULE 6: THE REALITY

##### *When to Persist, When to Get Help, Building Lasting Culture*

Video: Honestly assess your marriage, understand red flags that require professional help, and know your three options: persist with tools, seek professional help, or protect yourself.

Included Tool: Honest Marriage Assessment — Identify red flags, assess spouse willingness, understand your options, and make clear decisions about your path forward.

# NAVIGATING DIFFICULT CONVERSATIONS — COMPLETE COURSE OVERVIEW

Supplemental Tools • How to Use • What You Will Accomplish

## 3 SUPPLEMENTAL COMMUNICATION TOOLS

### THE DAILY CONNECTION PRACTICE

*A Preventive Tool for Building Safety Daily*

Transform your communication from transactional to intentional. Morning affirmations and evening connection rituals create safety. Five minutes per day changes everything.

### THE WEEKLY CHECK-IN TEMPLATE

*A Structured Conversation for Ongoing Connection*

Keep disconnection from becoming resentment. Four simple questions maintain connection: What went well? Where did we struggle? What's next? How safe do you feel?

### THE MONTHLY DEEPER DIVE GUIDE

*A Reflection Practice for Growth & Adjustment*

Review patterns, celebrate wins, acknowledge struggles, and adjust your approach. Thirty minutes per month transforms your understanding of progress.

*Perfect for: Daily maintenance, building*

*Perfect for: Weekly maintenance*

*Perfect for: Monthly assessment*

## HOW TO USE THIS COURSE

### FOR COUPLES WORKING TOGETHER

Work through one module per week for six weeks. Watch the video, read the module content, complete the tool together, and discuss your insights. By week six you will have completed a comprehensive transformation framework.

### FOR INDIVIDUALS WORKING ALONE

One person applying frameworks and practices consistently will shift the marriage dynamic. Begin with

### THE 6-WEEK COMMITMENT

#### Weeks 1–2: Awareness & Understanding

You understand the patterns sabotaging your conversations. You can name attachment styles and triggers.

#### Weeks 3–4: Frameworks & Application

Frameworks are becoming natural. You are using GRACE and BRIDGE in real conversations.

#### Weeks 5–6: Sustainability & Culture

## WHAT YOU WILL ACCOMPLISH

the remaining modules in sequence.

- ✓ Identify and name the invisible forces sabotaging your conversations
- ✓ Build emotional safety through daily practices and validation language
- ✓ Master frameworks that navigate any difficult conversation with confidence
- ✓ Open critical conversations with vulnerability instead of accusation
- ✓ Create rhythms and systems that make transformation permanent
- ✓ Know whether your marriage can heal with tools alone or needs professional help

## WHEN TO SEEK HELP

### Seek professional help immediately if:

- ✗ Physical violence or threats are present
- ✗ Severe emotional abuse is happening
- ✗ Infidelity or major betrayal has occurred
- ✗ Addiction without treatment is involved
- ✗ One person refuses to acknowledge problems
- ✗ You feel unsafe or unsure about staying

Therapist: [psychologytoday.com](http://psychologytoday.com)

Christian: [aacc.net](http://aacc.net)

Crisis: 1-800-799-7233