

DISCOVERY GUIDE:

Overcoming the LIES we believe
about marriage.

ABOUT US

Did you know that over 50% of marriages end in divorce? This number is way too high, and that is why it's our mission to provide every marriage with the best fighting chance for success.

The Meaningful Marriage is the result of countless conversations within our own marriage and with hundreds of other couples to not only better understand why over 50% of marriages end in divorce but what we could do about it. Tips, tricks, hacks, and tools alone are typically short-term solutions to a way bigger problem: our beliefs about marriage.

We often inherit beliefs and notions about how marriage is "supposed" to happen. Whether it be what we were taught or somehow inadvertently absorbed, these beliefs can have detrimental impact on our marriage without us ever realizing why.

Ashley and I had been happily married for 7 years, when all of a sudden our reality didn't match our expectations as a result of misguided beliefs about marriage. When I say "all of a sudden," that is only how it felt. The reality is we experienced a slow decline and distance based on the lies we believed about having found the perfect match and a love that would last a lifetime.

We focus on developing deep, lasting relationships that not only stand the test of time but also thrive on meaning so that your marriage can be a Meaningful Marriage!



IMPORTANT

This guide is intentionally designed to be an introduction (overview) of the key elements of discovering & designing the marriage of your dreams. Whether you are preparing for marriage or looking for a tune up, this guide will help you identify key areas of focus and provide an assessment for more meaningful conversation in your relationship.

This is NOT intended to be a replacement for hard work and having intentional conversations. Instead, it is designed to introduce you to some new information and reveal some common issues that may be lurking in your relationship. If you want to dive deeper, we've included some suggested next steps on the final page.

This guide is designed to be completed alone or side by side as a couple and only takes a few minutes to work through. It is a simple visual guide; easy to digest and apply. But don't let that fool you...these concepts represent years of work helping couples identify the problem areas in their relationship and take action!

The reality is if you continue to apply the wrong thinking to your marriage, it will be at risk of falling prey to relationship killers...no matter how hard you work, how many books you read, or how many counselors you hire.

Ignore these concepts, and you're left to hope/guess/pray that your relationship will somehow magically survive...like the fairytales.

Understand and APPLY the information here, and you'll have a roadmap for not only a lasting marriage but a MEANINGFUL MARRIAGE.

INTRODUCTION

After 1000s of conversations with 100s of couples we have identified that nearly all issues marriages face fall into 3 categories...**Adversity, Incompatibility, and Deception**. These are what we affectionately call **RELATIONSHIP KILLERS**.

The other reality we have come to learn is that it's not ultimately the relationship killers that cause marriages to fall apart. Although all marriages face these relationship killers in some way or another, they don't kill all relationships. WHY? Different beliefs!

The hard truth is...and we hate to say it...**FAIRYTALES ARE THE WORST**. Fairytales have set us up for failure because they have taught us **3 LIES** that we continue to believe that make us ill-equipped to face and overcome adversity, incompatibility, and deception.

There is **GOOD NEWS**. We have also identified the **3 MINDSET SHIFTS** that help us overcome the lies we believe. Unfortunately, these shifts don't just happen. But if you invest the time and effort in the right areas, you can experience deep meaning in your relationship.

In this guide, we will show you **3 LIES** many of us believe about marriage and the **MINDSET SHIFTS** that are essential to successfully navigating the difficulties that come your way. It is designed to help you determine how equipped you are to overcome the **3 RELATIONSHIP KILLERS**.



What do you think is the **biggest challenge** facing your marriage?

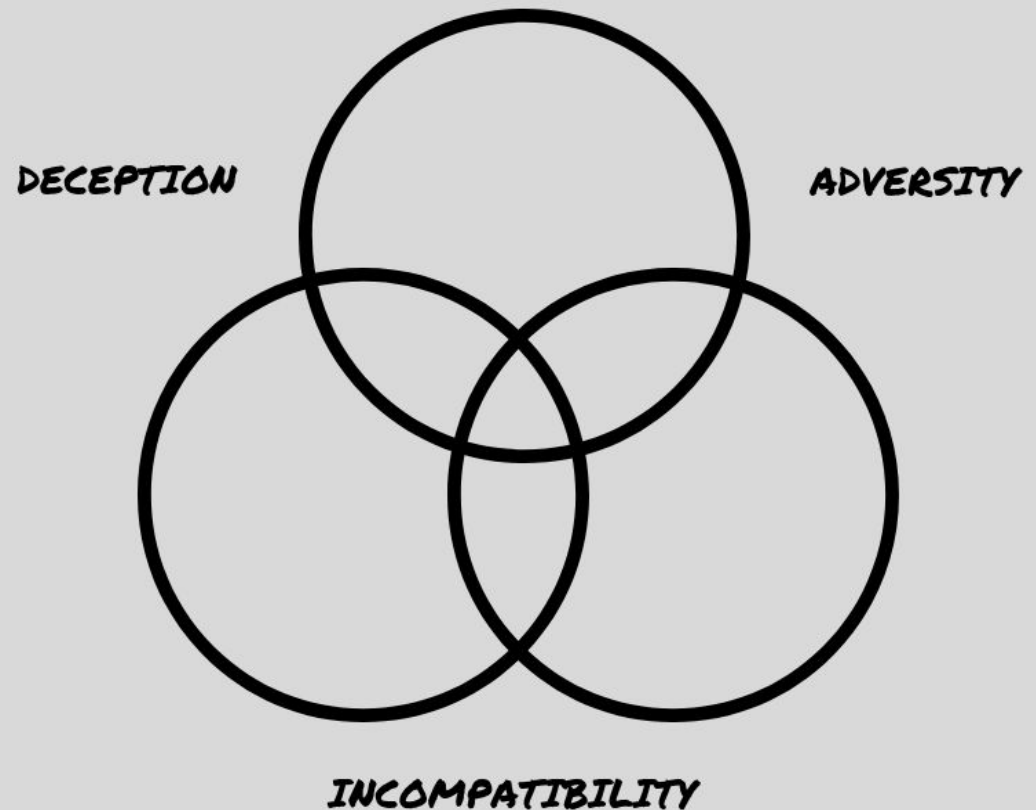
The 3 RELATIONSHIP KILLERS...

Deception. Incompatibility. Adversity.

Regardless of the biggest challenge facing your marriage, our research shows that almost all challenges can fall into one of 3 categories we call RELATIONSHIP KILLERS...Adversity, Incompatibility, and Deception. However, the killers are not what actually kills a relationship.

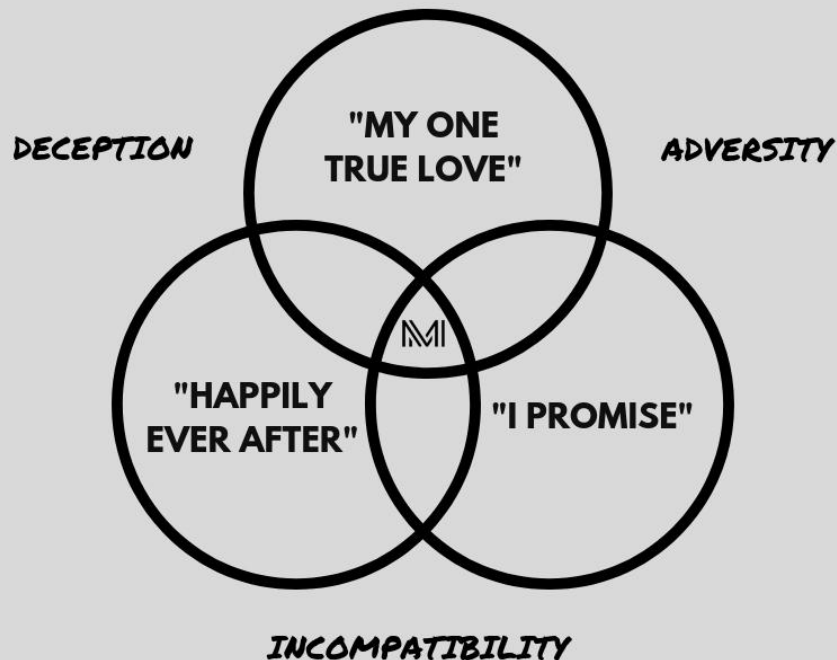
The best relationships are not measured by the absence of these issues. The best relationships are measured by how well they navigate them.

That's where we come in...



The 3 LIES...

Happily Ever After. My One True Love. I Promise.

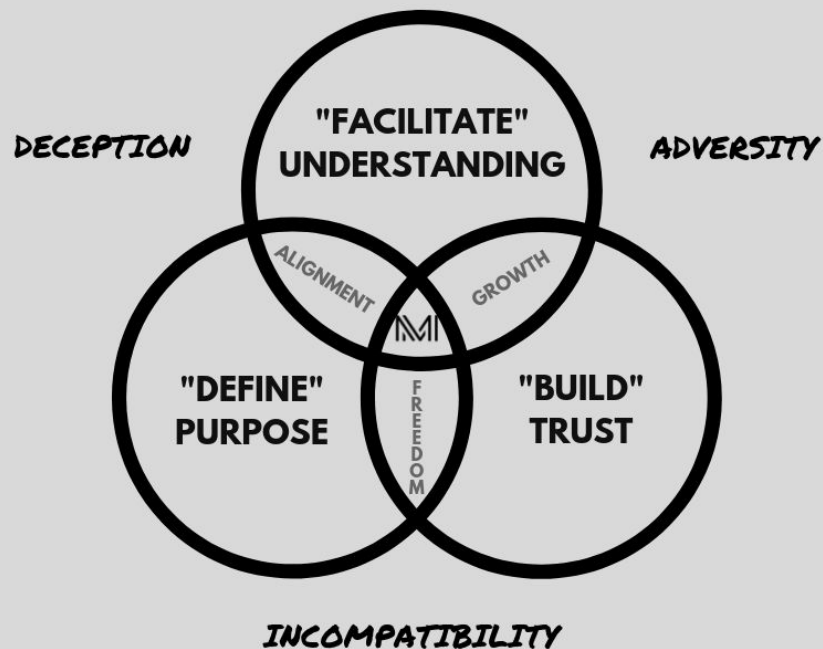


From a very early age we have been taught that a fairytale relationship is the desired future dream. We were taught that things like “happily ever after” and “true love” were enough to overcome whatever comes our way, or even worse, that these things would prevent us from ever having to face difficulty in our own marriage.

The problem is...THESE ARE LIES. They are well intentioned lies, but lies nonetheless.

The 3 MINDSET SHIFTS...

Define Purpose. Facilitate Understanding. Build Trust.



MM Meaningful Marriage Model

The antidote to adversity is taking time to DEFINE PURPOSE. We should know why we chose each other and we should revisit where we are going regularly.

The antidote to incompatibility is to FACILITATE UNDERSTANDING. "Facilitate" implies that the process of knowing and understanding each other is ongoing.

The antidote to deception is working to BUILD TRUST. Building trust takes continual honesty and transparency, as well as, grace when we get it wrong.

The following pages are designed to help you determine how prepared you are to navigate the relationship killers in your relationship.



LIE #1 | Happily Ever After

Mindset Shift - From Length to Meaning = DEFINE PURPOSE

What good is a long marriage if it's terrible?

"Happily Ever After" focuses on length of marriage and leads us to believing the myth that happy couples don't have problems. If we shift our focus from length to experiencing meaning in our marriage, the length will be a byproduct and the result will be a lasting & meaningful marriage. The key to developing a meaningful marriage is to first define your purpose.

DEFINE PURPOSE

On a scale of 1 to 10...

- *How well do you feel you focus on the positive aspects of your relationship?*

1 2 3 4 5 6 7 8 9 10

- *How would you rate the clarity of your future mission and vision for your relationship?*

1 2 3 4 5 6 7 8 9 10

- *How aligned are you and your partner when it comes to worldview and beliefs?*

1 2 3 4 5 6 7 8 9 10



LIE #2 | My One True Love

Mindset Shift - From Finding to Knowing = FACILITATE UNDERSTANDING

Are you that good or just that lucky?

“My One True Love” focuses on our ability to find the “perfect person.” If we believe the myth that we are somehow that good or that the stars have somehow perfectly aligned, we will at some point be very disappointed when we realize our perfect person is anything but. If we shift our focus from finding the perfect person to focusing on really knowing our partner, we allow for giving and receiving understanding as our relationship grows.

FACILITATE UNDERSTANDING

On a scale of 1 to 10...

- *How well do you feel you and your partner understand and adjust to each other's differences?*

1 2 3 4 5 6 7 8 9 10

- *How would you rate your ability to communicate on important or difficult topics?*

1 2 3 4 5 6 7 8 9 10

- *How well do you understand how each other's upbringings affect your relationship?*

1 2 3 4 5 6 7 8 9 10



LIE #3 | I Promise

Mindset Shift - From an Event to a Journey = BUILD TRUST

Perfect Wedding Day = Perfect Marriage, Right?

“I Promise” is not enough. Unfortunately, focusing so much on “I do” tends to trick us into believing the myth that marriage as a one time decision is enough. If we shift our focus to a journey full of daily choices rather than one choice that will last a lifetime, we not only actively build trust, we leave room for extending grace and restoring trust when things don’t go perfectly.

BUILD TRUST

On a scale of 1 to 10...

- *How well do you handle conflict and fight fair?*

1 2 3 4 5 6 7 8 9 10

- *How would you rate your ability to plan and manage your money together?*

1 2 3 4 5 6 7 8 9 10

- *How aligned are you and your partner when it comes to expectations for intimacy?*

1 2 3 4 5 6 7 8 9 10

YOUR RESULTS

Add up all of your scores from the previous pages and record your total here:

If your scores added up to a number between 80-90:

Congratulations! Your relationship is in good shape. You may have your differences of opinion now and then, but you share an understanding for one another's point of view, and you have a solid foundation for the future. However, don't wait until things are bad to invest in your marriage.

If your scores added up to a number between 65-79:

Some aspects of your relationship are in order, and you are probably happy with each other MOST of the time. However, there are some potential roadblocks that could continue to cause stress and problems that may erode your relationship over time. Ensure that your relationship stays on the right track by investing now.

If your scores added up to 64 or less:

Don't panic! While your relationship is in need of some improvements, it's never too late. Communication and underlying issues cause stress and frustration in everyday life. You have likely experienced a loss of interest in one or more things that once brought you joy. There can still be plenty of hope for your future, and we can help. Don't wait... invest now!

So what can you do to help improve your relationship?

NEXT STEPS

It's our sincere hope that you both see hope for your relationship's FUTURE and the absolute importance of investing in your relationship NOW.

Your marriage is the most important relationship in your life! We can help you process your relationship mindset and beliefs to get on the same page and develop skills in managing the expectations that lead to a HEALTHY relationship. It is our goal to help more couples avoid divorce and experience a MEANINGFUL MARRIAGE.

SCHEDULE A CALL: Click here to schedule a quick, free, and confidential phone conversation with a relationship coach.

<https://calendly.com/meaningfulmarriage/30min>

FREE VIDEO TRAINING: Learn more about overcoming the 3 LIES and get a little more info to share with your partner.

<https://www.meaningfulmarriagecoaching.com/video-training>

CAVEAT: Of course there is a whole lot more to The Meaningful Marriage...nuances that we have learned from 100s of couples and resources that have taken us years to assemble. Please don't take this as a 'complete' guide, but rather an 'assessment' to help you evaluate where you currently sit, as well as, some ideas and concepts to help you and your partner determine where to invest some additional effort.

Like any coaching process...you get to be the star players, and we can show you not only what to focus on for improvement but how to be sure your efforts add up to something way better than you could have ever dreamed.

What couples are saying...



*If I am honest, I did not want anything to do with marriage coaching, but the approach Meaningful Marriage takes not only got me to a place where I didn't mind showing up...I looked forward to it. We learned so much and actually enjoyed it. | **Branden***

*The Meaningful Marriage actually makes Marriage Prep (pre-marital counseling) fun and enjoyable. My fiancé originally tried to get out of pre-marital but was reminding me to schedule the appointments and excited by the end. Mark has a way of making you feel comfortable and not judged ever. Forever our go to when we're seeking help in our relationship. | **Amelia***

*I think The Meaningful Marriage is great. If I didn't, we wouldn't have come back. I was not excited about this at all at first, but found it very helpful. It was worth my time—and I don't say that often. | **Nate***

*I hope this provides the same value for other couples that it did for us. | **Jono***