



# 7 STEPS TO GET UNSTUCK IN YOUR MARRIAGE

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# I N T R O D U C T I O N

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Feeling stuck, confused, and overwhelmed in your marriage is tough.

It's hard to know if things can get better or if it's time to move on.

This workbook will help you spot unhealthy patterns in your marriage and give you a better idea of what's really going on.

# Step One: Spot the Signs of Unhealthy Patterns

**Does your spouse often ignore or not understand your feelings?**

- Yes  No  
 Sometimes

(If yes, this could mean your feelings aren't being respected.)

**Do you feel like you have to be careful about what you say to avoid an argument?**

- Yes  No  
 Sometimes

(This may show that communication isn't safe or healthy.)

**Do you feel like you're the only one trying to fix things?**

- Yes  No  
 Sometimes

(If you're always the one trying, this may mean your partner isn't trying as hard.)

**Do you apologize a lot, even when you don't think you're wrong?**

- Yes  No  
 Sometimes

(This could mean you're putting your own needs aside to keep the peace.)

# Step Two: Look for Repeated Patterns

Think about these situations. Have they happened again and again?

**Do you keep arguing about the same things without ever solving it?**

- Yes
- No



(If the same issues keep coming up, it could mean nothing is changing.)



**Does your partner promise to change but nothing ever improves?**

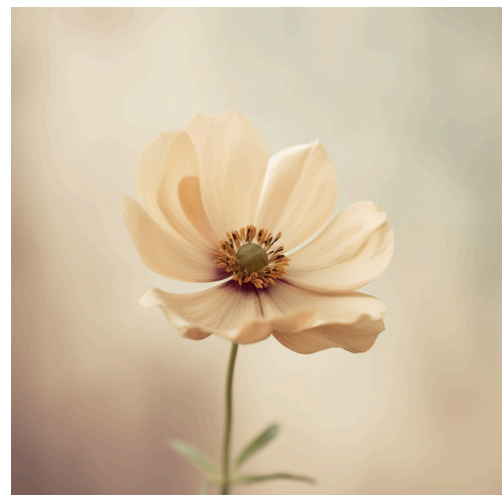
- Yes
- No

(If promises aren't kept, that's a sign that things might not change in the future either.)

**Do you feel emotionally distant from your partner, and nothing seems to help?**

- Yes
- No

(If you're feeling farther apart and it's not getting better, this is a red flag.)



# Step Three: Notice How These Patterns Are Affecting You



Think about how these patterns make you feel:

**Do you feel tired or drained because of your relationship?**

- Yes  No
- Sometimes

(If you're always feeling drained, it's a sign that something isn't right.)

**Have you stopped asking for what you need in the relationship?**

- Yes  No
- Sometimes

(When you stop asking for what you need, it can lead to frustration and sadness.)

# Step Four: Decide If Things Are Likely to Change

Take a moment to think about whether things are really changing:

**Are both you and your partner working to fix things in your marriage?**

- Yes  No
- Sometimes

(If only one of you is showing up to do the work, it's hard for things to improve.)

**Do you see the same problems happening over and over and you are the only one taking any responsibility?**

- Yes  No
- Sometimes

(If the problems keep happening without change, it may mean they won't go away.)



# Step Five: What Your Answers Mean

Now that you've answered the questions in this workbook, it's time to think about your responses. Take a moment to add up how many times you answered **Yes**, **No**, or **Sometimes** to the questions in Steps 1 through 4.

Here's what your answers might mean:



**Mostly Yes:** This suggests there are several unhealthy patterns in your marriage that could be keeping you stuck. It's important to take steps to protect your well-being and explore whether real change is possible.

**Mostly No:** This may mean your relationship is on healthier ground, but it's still worth reflecting on any "Sometimes" answers to see if there are areas where you feel stuck, overwhelmed, or confused.



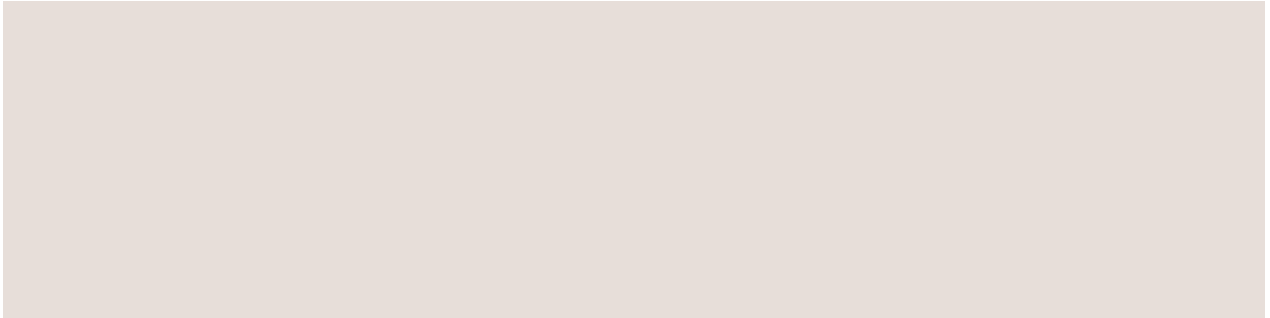
**Mostly Sometimes:** This shows some confusion or mixed feelings about your marriage. It could be time to dig deeper into these patterns and consider if things can improve or if changes are needed.



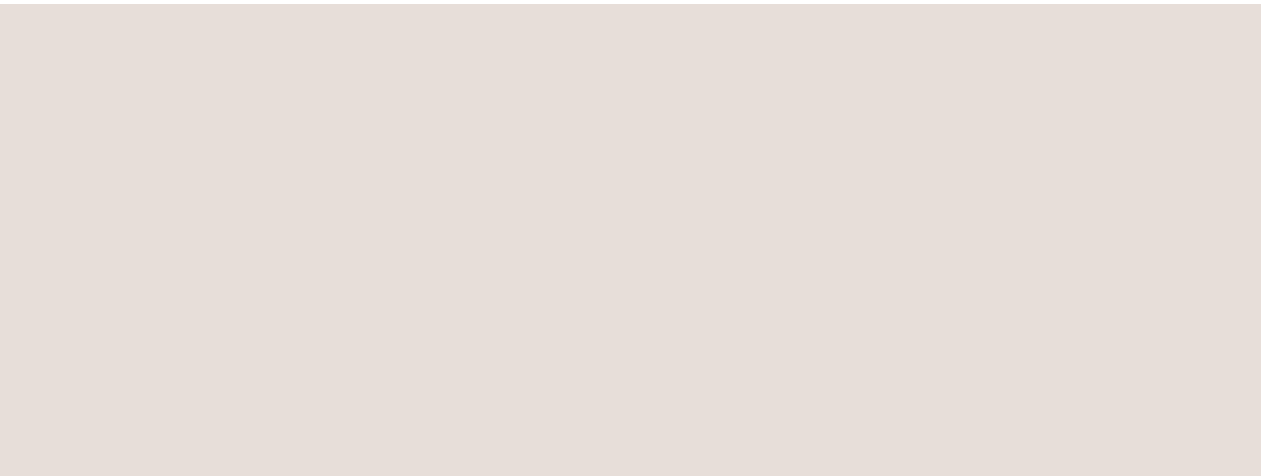


# Step Six: Questions for Reflection

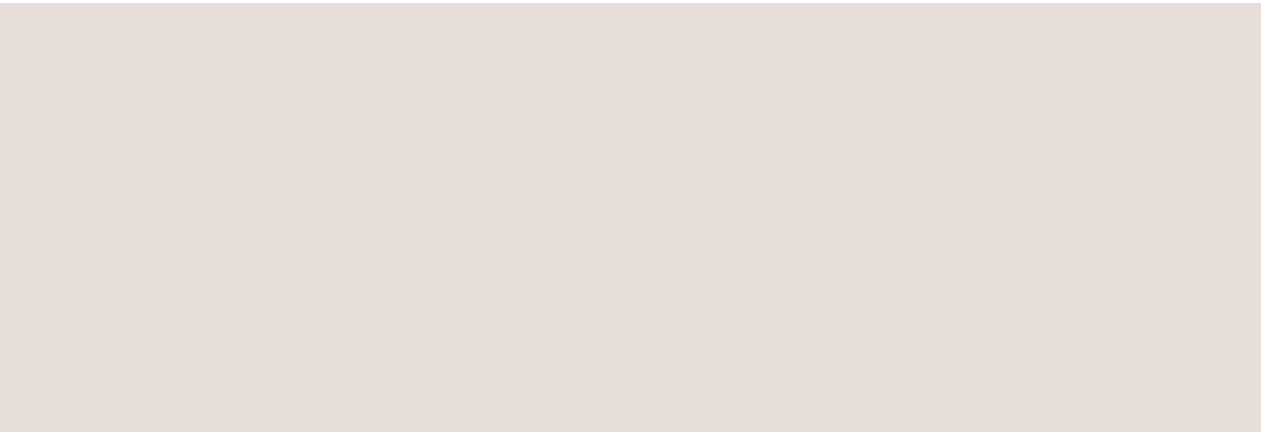
**What did I learn about my marriage from going through this workbook?**



**What patterns did I notice in my relationship that I hadn't seen before?**



**What would I tell a close friend if they were in my situation?**



# Step Seven: You Don't Have To Do This Alone.



Working through this workbook is a big step, but you don't have to figure everything out by yourself. If you're feeling unsure about what to do next, I'm here to help.

**Book a free coaching call with me, and we'll work together to:**

**Get clear on what's really happening in your marriage.** Sometimes, it helps to talk things through with someone who understands.

**Explore your options.** Whether it's healing your marriage or finding a new path, we'll figure out what feels right for you.

**Create a plan just for you.** I'll help you take small, doable, clear steps towards the life you want to live.

**You don't have to stay stuck. Let's figure this out together.**

**BOOK FREE  
SESSION NOW**

“You had the power all along my dear.  
You just had to learn it for yourself.”

- Glenda, The Good Witch

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I understand what you are going through.  
Here's my advice for you:

**R E M E M B E R :**

## **Awareness IS the First Step**

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**You've taken a big step by going through this workbook.**

**Understanding what's happening in your marriage is the first step toward making real changes.**

When we recognize unhealthy patterns, we can start making choices that protect our hearts and our well-being.

**Awareness gives us power.**

It helps us see what's working in our relationship—and what isn't. Long standing, unhealthy patterns in our relationships won't change on their own. Awareness also shows us where we may need support, boundaries, or a fresh start.



# Thank-you!

I'm so excited to continue working with you, please reach out to learn more.

My mission is to help people like you who have tried to do everything "right" in their marriage. You've worked hard to make it better, but you still feel stuck, confused, exhausted, and maybe even overwhelmed.

By taking small, simple steps, you can create changes in your life. Transformation is possible, and I'm here to help you every step of the way.



## Contact:

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