



# 3 ISSUES WE OVERCAME (IN 20 YEARS OF MARRIAGE) TO STOP DIVORCE TWICE

## WE SEEM TO HAVE THE SAME FIGHTS OVER AND OVER

Repeating the same fights over and over is a sign that your communication needs new strategies.

We know that as partners, we NEED to communicate... the problem is no one ever taught us easy and practical ways to do so.

If it's feel like you're on the battlefield against each other instead of with each other, it's a sign your communication needs work.

*Next time conversation get's tough and things feel heated, try this:*

- When bickering has escalated, say "**Palms Up.**" Right then and there, both partners stop talking and make this simple movement. Open your hands and place them palms up.
- When this happens, it breaks the tension in the room, changes your body language and helps you drop your defenses a bit.
- We then look at at our hands, knowing we've went a little overboard, look each in the eyes and say "**I Love You.**"

*Using "Palms Up" defuses the situation, opens both partners up, and subtly alters the conversation.*

This will give you a chance to gather your thoughts, let the tension cool of and most importantly focus on what's important -- EACHOTHER.

Try this simple technique in the heat of the moment to shift your conversations in mere minutes.

# WE'VE TRIED FIXING THINGS ON OUR OWN AND IT HASN'T WORKED

You are not alone! There can be many reasons why “doing on it your own” hasn’t worked.

**Some of those reasons may include....**

- You may be focused only on what *your* spouse needs to change (hint: an extraordinary marriage must start with YOU)
- You know you need help but aren’t sure of *practical* ways to make improvement in your marriage every day
- Without *accountability* to keep moving forward on improving your marriage (even if one strategy doesn’t seem to work)... you get discouraged or overwhelmed and fall back into old patterns.

If your marriage is struggling you may need a neutral third party who can see your blind spots. You don’t know what you don’t know.

Why do you think even the most accomplished athletes, actors, singers, CEOs, and entrepreneurs *still* need the guidance of an experienced coach?

Because we can’t do it alone. None of us can.

(Keep reading if you feel this may be the kind of support your marriage is missing...)

# OUR BEDROOM FEELS LIKE A GHOST TOWN (AKA: WE HARDLY EVER HAVE SEX)

Touch is critical to maintaining connection and the bonds in your marriage.

Physical connection (or the lack of it) is like a throwing a stone in a pond -- the effects ripple outward to bring a sense of closeness in all other areas of your marriage.

A lack of sex is not a cause of marital dissatisfaction but often a symptom of other problems.

Some of those challenges include:

- Jam-packed schedules (so you're too exhausted at the end of the day)
- Addiction (specifically pornography)
- Kids
- Rejection (one spouse often initiates while another often rejects)

If your sheets have tumbleweeds blowing through them, you need to put your marriage and intimacy first again.

One of our favorite ways to kickstart intimacy again is to issue ourselves a [7 Days Of Sex Challenge](#).

If you hear yourself saying any of these three things, you need to take action IMMEDIATELY.

You can't keep doing the same thing in your marriage and expecting new results. You need new tools and strategies right away to save your marriage.

What to do next...

If you checked MORE THAN ONE of these boxes, your marriage may need some heavy lifting done. We recommend you hire a coach. A coach will give you SPECIFIC and PRACTICAL actions you can take right away.



# SCHEDULE A COACHING SESSION WITH ALISA TODAY

If you just marked ONE of these elements, coaching may still be a great fit for you if you are serious about making progress in your marriage right away.

*Other options to consider include:*

**If you have the same fights over and over:** get your communication back on the same page with our flagship program [He Zigs, She Zags.](#)

**If you've tried fixing things on your own and it hasn't worked:** call in backup. A coach is crucial for your marriage right now. [Schedule a session with Alisa right away.](#)

**If you don't know how to talk to each other anymore:** consider kickstarting your communication with our PROVEN 101 Questions in [Connect Like You Did When You First Met.](#)

**If your bedroom feels like a ghost town:** you need to take the guesswork out of when you're going to "get some." Follow our step-by-step guide and do your own [7 Days of Sex Challenge.](#)

**If one or both partners have mentioned the "D" word:** we suggest moving fast and hiring a coach (this one decision could save your marriage). If that's not an option, the worst case scenario is to consider a [Contract of Reconciliation.](#)

Regardless of which option feels like the best fit for you, we hope you'll take action TODAY to save your marriage.

Divorces cost more than money. You can't put a price on the pain that "split holidays" with kids causes, how it feels to move out of your home, or watching your spouse date new people. There are many "silent" costs of divorce that you'll have to pay if you resolve your marriage. Please consider these, and recognize that love is one of the most challenging things to fight for but ALWAYS worth it.

Here's to getting back to an extraordinary marriage and a marriage that feels happy, connected, and secure.

Love you guys,

**Tony and Alisa**

Best selling authors and hosts of the world's #1 Marriage Podcast [ONE Extraordinary Marriage Show](#)

