

LEADER'S GUIDE

BEFORE YOU BEGIN

Us In



Mind

by Ted Lowe

HOW CHANGING YOUR THOUGHTS
CAN CHANGE YOUR MARRIAGE

Overview

THERE'S NO SHORTAGE OF MARRIAGE ADVICE OUT THERE—and a lot of it is *good* advice. But chances are, we all know couples who, even though they knew all the right things to do, still found their marriage struggling. Maybe that's even been true of your own marriage. How it started couldn't be further from how it's currently going. It isn't that we want an unhappy, unhealthy, or just plain stuck marriage—it's that we want something better and something different but haven't been able to crack the code on how to make that vision of a healthier marriage a reality.

A lot of us have been there. And while there is no such thing as a miracle cure for any kind of relationship,

what you'll discover in the next few weeks digging into *Us In Mind*, is that changing your marriage, improving your marriage, and bettering your marriage may not be as complicated as you think. In fact, it's possible that the only thing you do need to do it is...you.

Because in most cases, changing your marriage begins with changing YOUR thoughts. And no one has more control over your thoughts than you.

Over the next few weeks, we'll unpack five key thoughts that literally have the power to transform your marriage and the marriages of those in your group. It's a big promise. But when we begin to think and live with *us in mind*, it can become a reality.

Leading Your Group

A GROUP CENTERED AROUND THE TOPIC OF MARRIAGE can feel especially vulnerable. It may take some time for everyone in your group to feel safe enough to share their experience. That's okay! There's no timeline. Each time you meet, but especially in the beginning, remind the group that it is the collective responsibility of everyone there to create a space for everyone to share as much or as little as

they feel comfortable doing. The goal is for couples to feel seen, heard, and less alone in their marriage journey. For that to happen and real growth to take place, everyone in the group needs to know that their stories, experiences, and sharing stay in the group.

Finally, some general tips as you start out.

General Tips

1. As the leader, you set the pace for the group. Vulnerability breeds vulnerability. Your willingness to share openly and honestly sets the tone, so set an example in this.
2. On the other hand, respect is important for the group to be a safe place for every person in the group. You may need to remind members to not disrespect their partner or their partner's boundaries for the sake of vulnerability.
3. Silence is not the enemy. Just because no one is jumping to answer a question right away, doesn't mean you need to fill in the gaps. Give the group space to process before rushing in.
4. And, remember, the goal is not to get through all of the questions. The questions are a guide, a suggestion. You may spend the whole time on one. Or you may not get to any! That's okay. The objective is to facilitate connection between couples themselves and other couples in the group. However that happens—with the help of questions or not—is a win.
5. Finally, you are the leader, but you don't have to be the hero. You may need to encourage members to seek professional counseling or therapy if they are struggling extensively.

