

“Draw the Circle around Yourself”

This phrase is one that has changed hundreds of marriages. But it's counter-intuitive when we first hear it. It is the key to building a great marriage. And it starts with you.

Drawing the circle means:

1. I recognize that I can only change myself. Not my spouse or any other person.
2. If my marriage is going to change, I must be willing to own my part in it.
3. I have choices to how I respond to my marriage situation. I am not a puppet.
4. My spouse's problems do not control me, but my issues are my greatest enemy.
5. Waiting on others to change never works. I must choose to take some steps.
6. I want to be a responsible adult who doesn't not blame others for everything.
7. Working on my issues will make me a better friend, parent, relative and spouse.
8. My situation is not unique. Others have been here before. They have found solutions.
9. Focusing on my spouse's issues distracts me from being honest about mine.
10. Dreaming of a new relationship is unrealistic. Investing in the one I have is my best decision.



When you are ready to begin “drawing your circle”, try these ideas:

1. Stop complaining about your spouse. It doesn't solve anything.
2. Stop getting advice from those who don't have great marriages. Friends shouldn't be your marriage advisors.
3. Ask God to show you what is the best thing to do.
4. Consider attending a **re|engage** evening at a nearby church. It's informational and you don't have to make a commitment. Go alone if your spouse will not go with you (it happens a lot). Visit www.reengage.org for locations.
5. Contact us using the contact form at our website. We can help!

Visit www.realus.org!