

# CHOOSE YOUR BATTLES, CHOOSE YOUR TIME

## *Cheat Sheet*

### 1. ***Have a State of Our Marriage Conversation***

Identify the issue/topic that the two of you are going to address right now in your marriage. Some possible areas may include, physical/sexual time, setting up guardrails around your marriage, over scheduled in all areas of life, etc.

### 2. ***Be Laser Focused***

During this time you want to stay on topic. This is a time to focus in on the one area that needs to be discussed. Write down your thoughts if necessary to stay focused. Also, write down other topics that may come up for another State of Our Marriage conversation.

### 3. ***Choose Your Time***

Pick a date, time and length of time that the both of you are going to be intentional about getting your communication on the same path. Pull out your calendars now and set the date. Nothing, other than an emergency, should trump this time together.

### 4. ***Pick a Distraction Free Zone***

Make sure that when you are having your State of Our Marriage conversation that your phones, TV, computers and other distractions are off. You want this to be a time when your full attention is on each other.

### 5. ***Go to a Place Where You Will Have Success***

There are rooms in your house that can carry certain expectations. For instance, the bedroom and sex. Have your conversation away from these areas so that you can speak freely.

### 6. ***Get Out and Be Physical***

Get out and move your bodies. Go for a walk around the block, along a path, the lake, local beach, or in a park. Step out into nature as you are grounded by what's around.

## NOTES

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