

OPEN UP AND BE VULNERABLE

Cheat Sheet

1. ***What Masks Are You Wearing***

Knowing the masks that you wear around your spouse will liberate you to be loved for who you are. Some of the masks that you may wear are perfectionist, hard worker, have it all together, organized, not easily bothered, slow to anger, I never lie, I'd never hurt you, etc.

2. ***Fear is Holding You Back***

Living your life with these masks can be easier than taking them off. You've had them on for so long that this is you. The voice in your head that is saying keep the masks on is the one that is afraid of what will happen when they come off.

3. ***True Connection with Your Spouse***

These masks that are being worn are robbing you of the ability to be loved for who you are. As both of you take off your masks you are loved more, not less.

4. ***Hiding the Truth***

It is better for you and your marriage if your spouse learns the truth about what you are hiding from them if it comes directly from you.

5. ***Daily Affirmation***

Repeat an affirmation that will keep you focused on making a change each and every day. As you write your affirmation it needs to be in the first person, in the present tense and must be positive.

AN EXAMPLE IS:

"I choose to be open and honest with my spouse. I take responsibility for my actions and my words. I have the ability to build my marriage, and I choose to do so with how I live my life."

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