

Marriage Makeover Guide

Helping Women Create
More Happiness
in Life and Marriage

With Certified Master Life Coach Tina Haisman



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Introduction

Hi there! If you have picked up this book it is likely that you are struggling in your marriage. Maybe things just feel a little disconnected. Maybe they are really rocky. Or maybe you are in a full-blown marriage crisis.

Regardless, this **Marriage Makeover** guide will get you on the path to a healthy, happy marriage again!

If you're anything like me, you want it all fixed now and happiness restored immediately.

Unfortunately, there is no magic switch to make that happen. We have to be intentional and do the work necessary.



The good news is that research proves one person working on the marriage can create real change. That means you can *give your marriage a makeover* without dragging your husband to marriage counseling! Woohoo!

Here's the other thing I think you should know. God created women to be the relational ones. So, it is in our nature to gently teach and guide our husbands how to be in a healthy relationship.

The way we do this is by taking a look at how we can handle ourselves differently – in a way that makes our best selves shine. In a way that makes us feel happier inside. And in a way that invites our husband into happier climate in our marriage. It's a win-win for both spouses!

I think we all learn best by story ... so on the next page, I am going to share Melissa's story with you. Then I will show you how to start making over your marriage.

Melissa's Story

My client Melissa was frustrated with her husband for many reasons. One of the biggest complaints was that he didn't help her enough. One of the easiest examples for her to point out was that he never helped her carry in the groceries. It made her feel angry (translate that as uncared for or unloved), so she would give him the silent treatment.

This went on for years. Melissa would come home with the groceries; carry them in by herself; get angry because her husband didn't help; give him the silent treatment; and then the whole rest of the evening would be ruined.

Melissa assumed that by giving her husband the silent treatment, he would read her mind and start helping carry in the groceries. But hubby never got this message. What he did get was angry, and he withdrew into his man cave. Melissa's tactic did not work, yet she kept repeating it over and over again because she didn't know any other way.

The reason her tactic did not work is because giving the silent treatment to a man is a surefire way to tell him he is being criticized; and when a man feels criticized, his defenses go up. Instead of thinking, "I should help my wife," he subconsciously thinks, "It's time for battle," and he puts on his armor to protect himself. No matter how much he loves you, this reaction is instinctual.

So, you see, trying to change our husbands by criticizing them does not work. It only invites battle. This is a very common problem in marriages.

Ladies, I know you don't mean to make your husband feel criticized, you'd just like to feel loved enough for someone to help you carry in the groceries. So, how do you get that help if the silent treatment or fighting over it doesn't work?

Let me show you! On the next page, I'll show you the steps that will start your makeover, then we will revisit Melissa's story to see how it ended.



Marriage Makeover Exercise

Grab a pen and paper and find a few minutes of quiet.

1. Say a prayer for God to be with you during this time. Set an intention that this time will help you honor your spouse and your marriage.
2. Write down all of the things in your marriage that are frustrating you right now. Just get it out.
3. Take a few deep breaths to center yourself. Look over your list and decide which are the top two or three areas that are bothering you the most. Circle them.
4. Again, take a few deep breaths. From those top areas, choose the one area of your marriage that is frustrating you more than any other. Now we've got something to work with.
5. Next, brainstorm 3-5 things you could do to improve this situation. These are not things for your spouse to do. They are things for YOU to do. See the example below for guidance.
6. Now that you have several solutions, evaluate your list. Decide which idea would be best to help the situation. Then try it out next time the situation arises!

Example. Let's go back to Melissa's issue with her husband and the groceries. Here is the list she came up with:

1. Kindly ask him for help the next time I come home with groceries.
2. Ask another family member for help.
3. Wait for a time he does something kind and thank him so he sees I appreciate his help.
4. Ask him to go shopping with me ... then he will naturally help unload the car. Thank him then.
5. Work to change my attitude and expectations and accept he may not help with this.
6. Practice gratitude for the things he does do.
7. Brag about him in front of other people so he can see I really appreciate his help.

The Makeover at Work

Do you see how many options there are? Melissa found seven different ways to handle her situation with her husband, but I'm sure you could come up with even more.

Sometimes when we are in the middle of a situation, we can't see our way out of it. But stepping back from it allows us to see other, healthier options.

The next step in this scenario and yours would be to decide which option is best and implement it.

This is how we make over our marriage, one situation at a time. Your husband will be amazed at the new you! At how much more calm and happy you seem!



I know this concept is simple, but it's not easy to implement.

If you think you might like some guidance, I have a nine-week one-on-one marriage coaching program designed to help you tune up your marriage without dragging your husband to counseling.

Visit my website to apply for a complimentary 30-minute consultation.
www.tinahaisman.com.

About Tina

Tina Haisman is a Certified Master Life Coach, specializing in marriage. She helps women tune-up their marriages without dragging their husbands to marriage counseling.

Her mission is to provide you with information, tools and inspiration to invite your husband into a more passionate, loving, fun relationship.

She believes the woman in the marriage holds immense power to impact the overall climate of the marriage. She teaches her clients how to use this power to make their marriages happier for both parties.

She also coaches from experience and what works, not text books or theory. Her clients take heart in the fact that she has been through a crisis in her own relationship and has brought it back to a healthy, happy state.

Additionally, there is much to know about the inner lives of men that women are not taught in school or by their parents. Tina teaches her clients these surprising secrets, which really help turn things around.

Tina's approach is different than others, because it does not focus on all of the negatives in the relationship. And it does not focus on everything the spouse is doing wrong. Tina teaches her clients that we can not control our spouse. We can only control ourselves. If we behave like the best version of ourselves, that will naturally invite our spouse into behaving like the best version of himself. It's a simple concept, but it's not easy!

Finally, Tina's spiritual approach also sets her apart from other marriage coaches. She believes that motherhood and marriage are two of the biggest tools God uses to guide us into growing us into our best selves. When we can step back from our problems and see that they are really opportunities to become a better version of us, they don't seem so bad.



My Story

I started my career in public relations working in corporate America. After having my first child, I began freelancing from home so I could have the best of both worlds.

One of my writing assignments was for a parenting magazine, and the title of the article was, "New Year, New You." The goal was to show moms how they could get everything done, but still have time and energy for themselves.



As a result of working on that article, I realized I needed a life coach to help me get a handle on my life. Although my life looked like I had the best of both worlds, I was unhappy deep inside, and I didn't know what was wrong. I felt like I was just trying to survive every day.

As a result of working with that coach, I learned how to go from barely surviving to majorly thriving. I learned that I was in charge of my own happiness. And I learned how to live with intention and make the most out of every day.

Things were going really great! But there was a problem brewing that I did not expect. My marriage was broken, and I wasn't aware. Fatefully, my coach was there for me through that, too. She helped keep me sane while my husband and I rescued and rebuilt our marriage.

This deeply profound experience forever changed me, and I knew I had to get certified as a coach so I could start helping other women. So that's what I did. And that's how I got to where I am today.

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Here's what my client Marie had to say after completing my program

Tina helped me in my marriage at just the right time, I swore her message was meant just for me.

After 24 years, I knew that I didn't want to leave, but I wasn't sure I wanted to stay.

With her coaching and guidance, I learned to look at my husband differently than I always had.

I learned how to take care of myself first and to "keep my eyes on my own paper," it was O.K. for us to have different answers.

We are a stronger team now, and the best part, he doesn't know why or how, just that it happened. Thank you Tina, for showing me how I could stay. *Marie*