The Inside-Out Intimacy Reset:

7 Questions to Change Your Marriage Without Trying to Control Your Spouse

Companion to GYMO Episode 336: *Monogamy Without Monopoly: The Power of Inside-Out Intimacy*

It's easy to believe that if your spouse would just change, your marriage would get better. But when both spouses think this way, they can get stuck in a cycle of frustration and disconnection.

Inside-out intimacy **starts with you**. Instead of trying to control your spouse's feelings, desires, or choices, you focus on what you can control: yourself.

These seven relflection questions will help you recognize unhelpful patterns, take responsibility for your part, and choose how you want to show up in your marriage.

This isn't about being a perfect spouse.
It's about becoming a more intentional one.

1 What am I currently waiting for my spouse to change?

2 How am I reacting when I don't get what I want?

3 When I'm hurt or disappointed, do I use guilt, withdrawal, pressure, or defensiveness to get a response from my spouse?

4 What feelings am I avoiding by focusing on my spouse's behavior?

5 What is genuinely within my control?

6 What would it look like to communicate honestly while respecting both people's autonomy?

7 What is one action I can take this week because it reflects the spouse I want to be—not because I expect something in return?

My Inside-Out Commitment:

This week, I will practice

_____

instead of

_____

because I want to be a spouse who

_____.

GET YOUR Marriage ON!