

# Coaching: Marriage Matters



Week 15

## It's All About You!

Wouldn't it be great and so much easier if marriage was centered only around you and your needs? Well, believe it or not, marriage really is all about you ! However, it's not exactly what you may be thinking or hoping for!

The truth is, marriage is all about you coming face-to-face with who you really are and learning how to make the necessary adjustments to become the best life partner you can be.

Coming face-to-face with who we really are and taking responsibility for all of our behavior (positive and negative) is not easy. It takes time to come to terms with who we really are because looking in the mirror isn't always pretty, especially if we operate through life and marriage from a self-focused perspective.

Fortunately, marriage is intended to be a long-lasting relationship that provides plenty of time for coming to terms with who you are—and time for making any necessary adjustments. Given the proximity of living with another person on a day-to-day basis, the accountability that marriage requires, and the familiarity that marriage breeds—this sacred relationship was created to reveal and challenge the truest parts of ourselves.

Coming face-to-face with ourselves is scary and risky and challenging. And once a person reaches adulthood, it can be more difficult to change, to finish growing up . But, that's what marriage is all about! It's about maturing, but in a different (and more fulfilling) way. It's about learning, listening, adapting and changing in an effort to become the best version of you. It's about transforming in front of your partner's eyes and being okay with revealing all the best and worst parts of yourself.

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