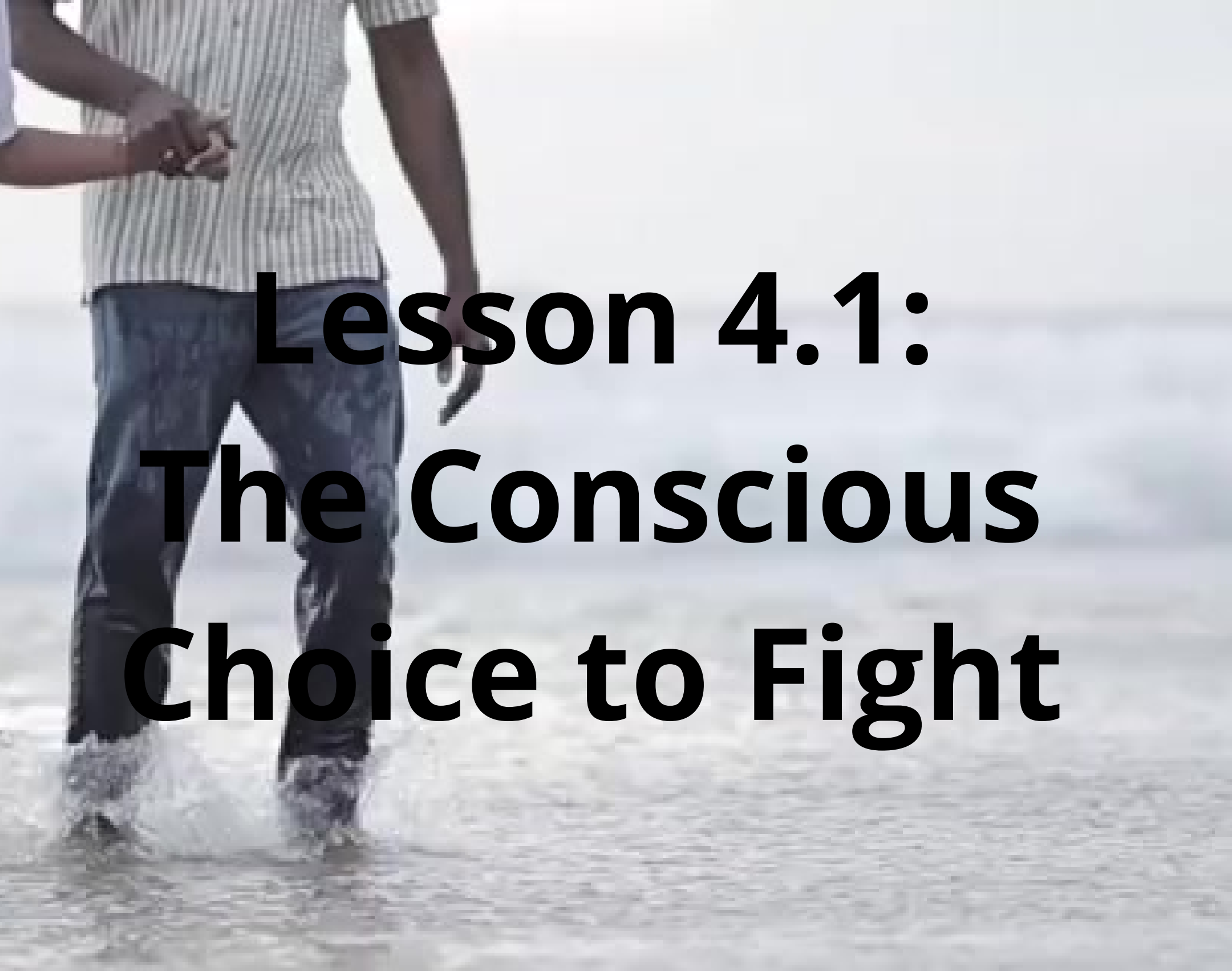
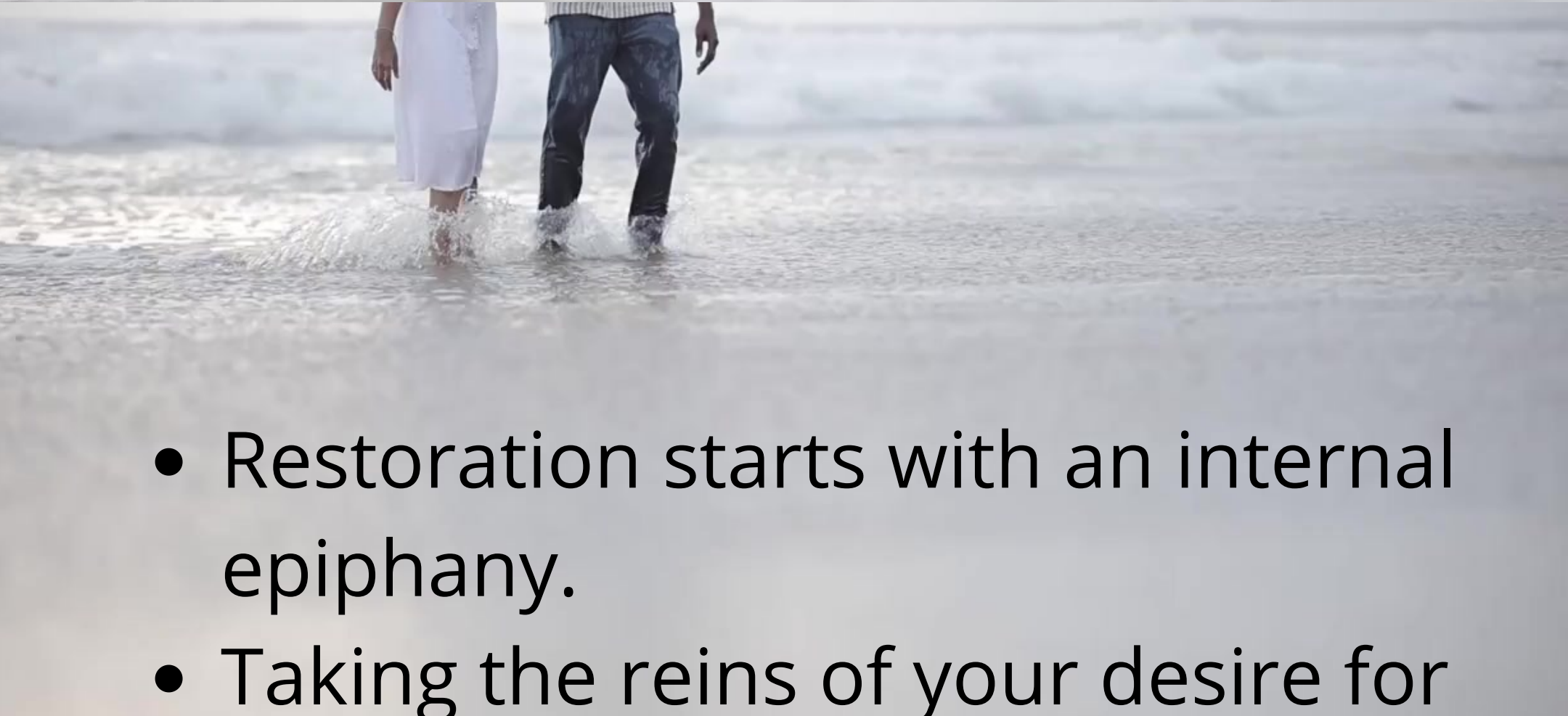




Lesson 4.1: The Conscious Choice to Fight



- Restoration starts with an internal epiphany.
- Taking the reins of your desire for change.
- Turning on the light in a dark

Welcome to Module 4, Lesson 1.

Music

- A single choice can start a positive cycle.

Lesson 4.2: Vulnerability as Your Greatest Weapon

Welcome to Module 4, Lesson 1.

Music

Lesson 4.3:

The Language

of Non-Verbal

♥ Gestures

- Communication goes far beyond spoken words.
- Authentic expressions of a desire for change.
- Sticky notes, breakfast surprises, and tight hugs.
- The essential glue holding a relationship together

Welcome to Module 4, Lesson 1.

Music

Module 4 Action: The Sticky Notes Surprise

- Write down a few simple, loving notes by hand.
- Hide them in places like the mirror, fridge, or car.

Use short phrases like "You matter to me" or "Thank you". Surprise your partner to shift the energy of the home.

