

From Me to You

The last thing I want to say before you close this guide.

I'm So Proud of You

You made it. Seriously. You just read a lot. A lot about him, a lot about you, the waves, the wounds, the triggers, the patches, your boundaries, your expectations, staying, leaving, and everything in between. I know your head may feel completely full right now. You may feel hopeful, overwhelmed, relieved, exhausted, or all of it at the same time. That is okay. You do not need to master all of this tonight.

Maybe you opened this guide hoping I would give you something easier. One sentence that fixes him. One trick that suddenly makes the relationship feel normal. I am sorry I cannot give you that. I genuinely wish I could. What I can give you is everything I learned from getting painfully close to divorce, trying things that absolutely did not work, and finally finding a way of living inside my marriage that made me feel happy again.



*You know so much more now.
Give yourself a minute to let that sink in.*



Now It's Time to Use What You Learned

Reading this guide is the first part. The part that actually changes your life is what happens afterward, when real life starts again and you recognize something in the moment. You catch the Wave earlier. You stop chasing the Cover Up. You see the wound. You choose a different response. Or maybe you simply notice that this time you came back to yourself faster. That is where all of this starts becoming yours.



And please do not expect yourself to suddenly do everything perfectly. There will still be hard days. A calmer relationship is not a relationship with zero conflict. Progress may look much less dramatic than that. The Waves get lower. They happen less often. You recover faster. A fight that used to destroy an entire weekend takes twenty minutes instead. You notice what is happening sooner. You lose less of yourself inside it. That counts. A lot.



One Last Thing From Me

I am writing these last words to you on my birthday. Literally today. And this morning I woke up and thought about how different my life feels from the point where I almost got divorced. I am genuinely happy. Truly happy. And one of the best birthday gifts I could ask for is being able to say that I am happy in my marriage with my husband.

I told him that too. I think that matters. When things are good, say it. Let him know when you are happy. Let him know when something is working. We can spend so much time talking about what hurts and what needs to change that sometimes we forget to say, “Hey. This feels good. I am happy with us.”

None of this means my marriage became perfect. Of course it did not. Some weeks I use what I learned more. Some weeks I barely think about it because life is calm. Then life gets stressful and I use it more again. But this system has become such a normal part of how I understand my relationship that I do not have to fight my way through every situation from zero anymore.



I was close to divorce. Today, on my birthday, I can honestly say I am genuinely happy in my marriage.



That is why I want to leave you with hope

That is why I want to leave you with hope, but not fake hope and not the kind where I tell you everything will magically become perfect if you just try hard enough. I mean real hope. Things can get calmer. You can feel lighter. You can get more of yourself back. And yes, it is possible for a relationship that once felt completely exhausting to feel genuinely happy again.

I do not know exactly what your story will look like. Maybe your version of happiness will look different from mine. But I really, really hope that one day you wake up, look at your life, and feel what I felt this morning: I am happy. I am still me. And I am glad I did the work to get here.



*I am happy. I am still me.
And I am glad I did the work to get here.*



I am so proud of you for making it all the way to the end. Take it step by step. Be patient with yourself.

And please do not give up on your happiness.

I'm sending you the biggest hug.

*You
deserve
this.*

