

# WORKBOOK



## *5 Day* **RELATIONSHIP RESET**

Marriage Support Group



# Marriage Support Team

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The Marriage Support Team created the 5-Day Relationship Reset Challenge to offer couples a practical, actionable roadmap to reignite their connection and rebuild trust.

By working together, these five trusted mentors bring their unique expertise to the challenge, offering daily videos, expert insights, and actionable steps to help couples reconnect, improve communication, and reignite intimacy.

This challenge is designed to give couples the tools they need to transform their relationship, break old habits, and start fresh, setting them on the path toward a stronger, more fulfilling partnership.

# HOW TO USE THE WORKBOOK

Over the next five days, this workbook will be your safe space, place where you can slow down, think deeply, and take small but powerful steps toward connection.

This isn't just about filling in blanks. It's about creating moments that matter—moments where you and your spouse (or partner) can pause, reflect, and really see each other again.

Here's How to Make the Most of It:

**Set Aside Time Each Day**

Aim for 20–30 minutes without distractions.

Turn off notifications, grab a pen, and let this be “your time.”

**Watch or Listen First**

Each day begins with a video from one of our mentors.

Watch with an open heart, and jot down anything that stands out.

**Work Through the Prompts Honestly**

There are no “right” answers.

Be honest with yourself—clarity is the first step to connection.

**Do the Action Step**

Every day includes one small, practical action to help you connect in real life. These steps may feel simple, but when done consistently, they create real change.

**Reflect in the Evening**

Use the reflection section to note what went well, what felt hard, and how you felt during the process.

This is where you'll start to notice patterns and breakthroughs.

**Celebrate Progress, Not Perfection**

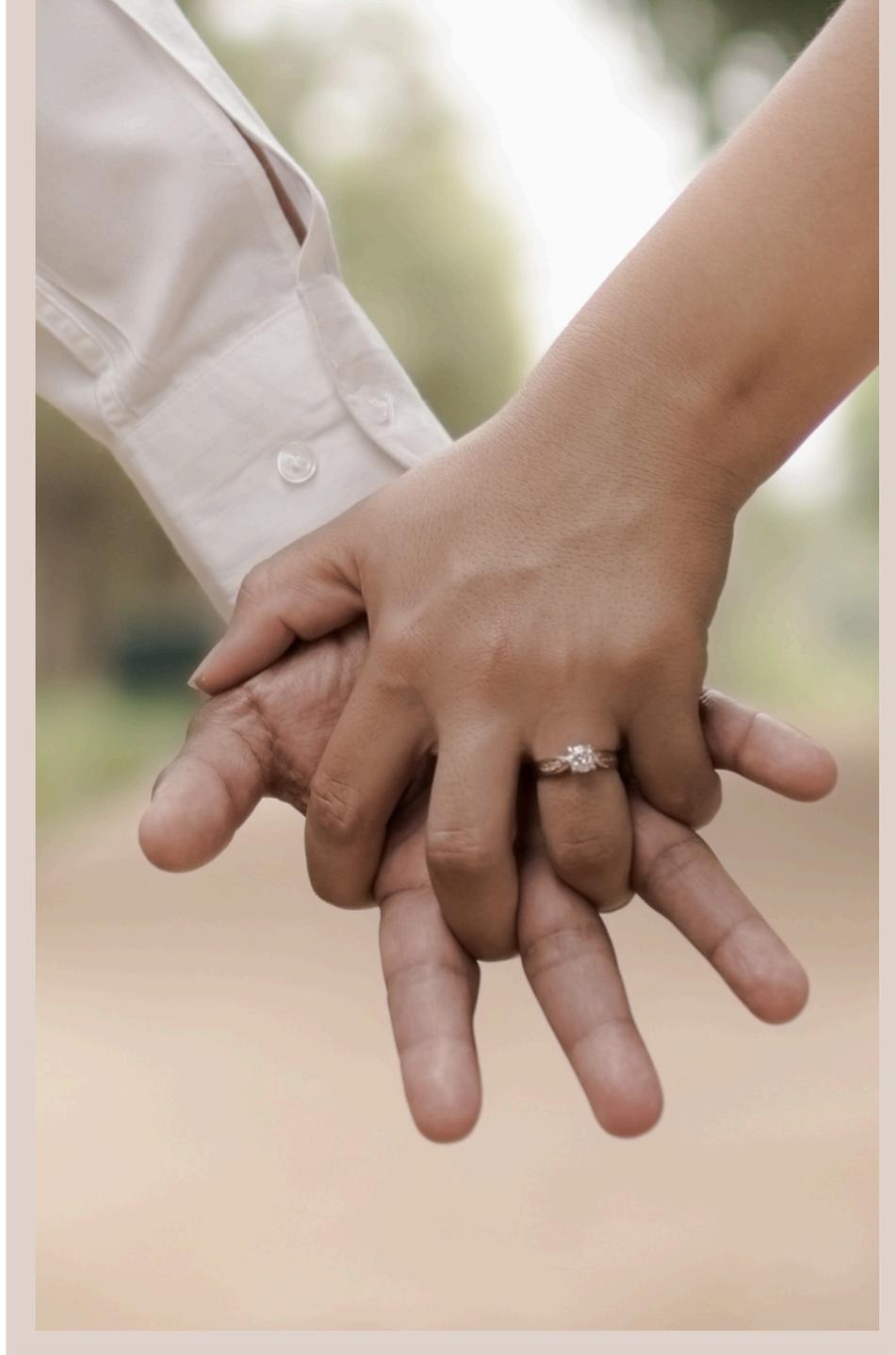
This isn't about “fixing everything” in 5 days.

It's about moving one step closer to each other every day.

Connection is built one moment at a time, and this week is your chance to create more of those moments.

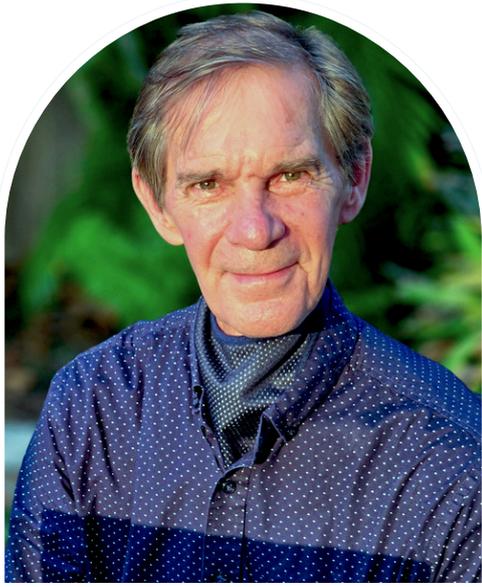
DAY ONE

# BREAK OLD PATTERNS



Breaking the Old Patterns and Creating Space for Gratitude  
with Johnny Lascha

If you're struggling with negative feelings or taking each other for granted, start by focusing on what you love about your partner. Today we kick things off by learning how to stop the cycle of misunderstanding by opening your mind and heart to possibility, and start meaningful conversations that bring you closer.



# MEET JOHNNY LASCHA

Johnny is a relationship coach who discovered his calling after cancer took his professional singing voice, and with it, his sense of identity, self-worth, and connection.

What began as a devastating loss became a doorway to learning the relational, mindset, and communication skills he now teaches to others.

He holds certifications in relationship coaching, Positive Intelligence, habit change, health coaching, and is a trained facilitator of the Gottman Institute's Seven Principles for Making Marriage Work. With over 37 years of marriage experience himself, Johnny blends personal insight with evidence-based tools to help clients break unhealthy patterns, rewire their mindset, and create the kind of relationships worth protecting.

While he works with all genders, the vast majority of Johnny's clients are women who have lost their voice in relationships—who feel silenced, dismissed, or afraid that speaking up will only make things worse. He helps them reclaim the confidence to express themselves without escalating conflict, shifting from fear and doubt into clarity, respect, and renewed intimacy. His clients often say they not only feel heard for the first time in years, but also feel stronger, more resilient, and more hopeful about what is possible.

*Johnny Lascha*



# YOUR COMPASS BEGINS HERE

## *Find Your Voice by Building a Vision Worth Protecting*

BY JOHNNY LASCHA - RELATIONSHIP COACH AND MODERATOR  
IN THE MARRIAGE SUPPORT GROUP

Let's begin gently. You do not need to have it all figured out today. All you need is a willingness to pause, breathe, and hear what your heart has been quietly trying to tell you.

### **Part 1: The Relationship Wheel – Your Starting Point**

Before planting new seeds, you test the soil. The Relationship Wheel offers a compassionate snapshot of your inner and relational landscape, showing what is thriving, what feels depleted, and what needs care. It is a chance to step out of judgment and into clarity, so you can focus on what truly matters.

### **Part 2: The Desire Exercise – Reclaiming What You Long For**

It is easy to name what you do not want. Imagining what you do want, especially after stress or shutdown, takes calm and curiosity. In this three-part exercise, you will quiet judgment, reconnect to deeper desires, and begin sketching the outline of a relationship that feels safe, supportive, and alive.

### **Part 3: The Vision Questions – A Future Worth Protecting**

This step invites you to feel your future. When your vision is vivid, it awakens purpose and courage. Like a well-tended path, it guides you forward, helps you say no to what erodes it, and yes to what makes it real.

*“You don't have to see the whole staircase, just take the first step.”*

*– Martin Luther King Jr.*

# FINDING YOUR COMPASS: PART 1

THE DEEP MEANINGFUL RELATIONSHIP WHEEL – A GENTLE WALKTHROUGH  
PROVIDED COURTESY OF THE HEALTH COACH INSTITUTE



This exercise is like taking a quiet, compassionate walkthrough of your emotional home—a gentle wellness scan for your relationship.

Some rooms may feel peaceful and well cared for. Others might feel cluttered, dim, or neglected. This isn't about judgment, but awareness. The Relationship Wheel helps you notice what's thriving, what's running low, and what's quietly asking for your attention.

And while some areas may need nourishment, others may already be blooming. It's just as important to recognize and appreciate what's going well. Gratitude softens the process and strengthens your capacity to care for what needs healing.

By mapping out the areas of connection, communication, trust, appreciation, and more, you begin to see clearly where to invest your care and energy, without overwhelm. This clarity becomes your foundation. It's your starting point for creating the relationship and life you truly want.

# INSTRUCTIONS

(Estimated Time Needed is 10-15 minutes)

The Relationship Wheel offers a gentle way to assess how you're truly doing in key areas of your life and relationship. Think of it as a snapshot of your emotional well-being—a chance to check in with yourself, without judgment.

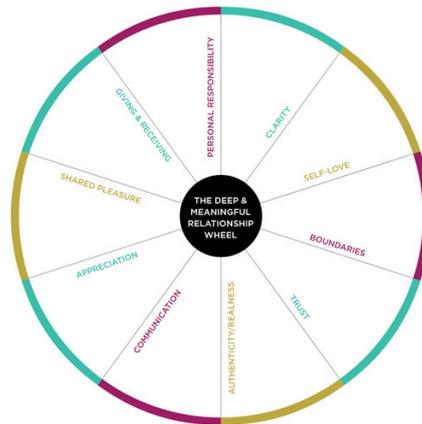


**The Lifeguard Analogy:** Imagine you're a lifeguard and a rogue wave knocks ten swimmers underwater. You can't save everyone at once, so you scan the water. Some are treading, some resurfacing, but one is sinking fast. You act. You choose the one who needs you most right now, trusting the others are good.

That's how this journey begins. You're not fixing your whole life today. You're tuning into the one place that needs your strength, your voice, and your compassion. Because healing in one area creates a ripple that reaches every part of you. Clarity builds confidence. Confidence fuels boundaries. Boundaries make space for truth.

These 10 categories represent essential elements of a fulfilling relationship and empowered life:

1. \_\_\_\_ Clarity
2. \_\_\_\_ Self-Love
3. \_\_\_\_ Boundaries
4. \_\_\_\_ Trust
5. \_\_\_\_ Authenticity/Realness
6. \_\_\_\_ Communication
7. \_\_\_\_ Appreciation
8. \_\_\_\_ Shared Pleasure
9. \_\_\_\_ Giving & Receiving
10. \_\_\_\_ Personal Responsibility



## Step 1: Rate Each Area

Ask Yourself

*“How satisfied am I in this area of my relationship or personal well-being?”*

Using a scale from 1 to 5, write your rating next to each item:

- 1 means low satisfaction or a strong need for change
- 5 means high satisfaction, ease, or fulfillment
- Example: 2 Communication

*“The quality of your life ultimately depends on the quality of your relationships.”*

*– Esther Perel*

# REFLECTION QUESTIONS FOR THE RELATIONSHIP WHEEL

## GAINING CLARITY WITH COMPASSION

- 1** What surprised you most when you saw your answers laid out like this?  
(Was anything stronger or more tender than you expected?)

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- 2** Which area, even if just one, made you feel a quiet sense of peace, ease, or pride?  
(Let that part remind you: not everything is broken.)

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- 3** Which area left you feeling tense, tender, or quietly aching for something more?  
(These are your heart's gentle signals, asking for care.)

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- 4** When you look at the full picture, what patterns are beginning to take shape?  
(Are you giving too much in some places? Withholding in others? Is there a story here?)

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- 5** If you could nourish just one area right now, which one feels like the strongest pull and why?  
(Start there. Trust that healing in one place creates ripples in the rest.)

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# THE DESIRE EXERCISE

(Estimated Time Needed is 10-15 minutes)

Everyone I've ever worked with can easily name what they don't want. But when asked what they want instead, things often get fuzzy. This exercise helps you clarify your vision by first naming what is no longer acceptable. Next, you'll do a little breath work to relax your left, judgmental brain, to allow access to your right hemisphere where curiosity, empathy and innovation reside. This is an intentional shift away from judgment to curious. The you'll take each item you don't want in your relationship and write something we want instead. This will begin the process of creating a roadmap toward what you deeply desire in your relationship.

**Step 1:** Write down 3 things you no longer want in your relationship or within yourself. These might include emotional patterns, communication breakdowns, or unmet needs.

## **EXAMPLE OF WHAT YOU DON'T WANT:**

Mary Jane sits beside her husband on the sofa, feeling invisible as he text and scrolls endlessly on his phone. The silence between them speaks louder than words.

## **WHAT I DON'T WANT**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## **STEP 2: Breathe to Reset: Your 60-Second Superpower**

Your breathwork, your self-check-ins, your sensory resets, they all need a landing place in your day. When the stress builds and the inner, judgmental voices take over, the first thing that usually goes is our breath. It becomes shallow, rushed, or disappears entirely. But your breath is one of the fastest, most powerful tools you have to reset your nervous system and restore your center.

The 5/5/7 Breath is a quick and powerful way to tell your body it's safe to relax. It shifts you out of stress by activating your parasympathetic nervous system, quieting the overactive, judgmental left brain and re-engaging the creative, calm right brain. This opens the door to clarity, problem-solving, and emotional insight.

Rate your stress level on a scale from 1-10 before and after this exercise.

Stress Level Before Breath Work: \_\_\_\_\_

Stress Level After Breath Work: \_\_\_\_\_

**Tips to enhance the experience:**

- If it's safe to do so, close your eyes while performing this exercise
- Place a hand on your chest or belly and feel the rise and fall
- Tune into the sound of your breath as it enters and leaves your body

**The 5/5/7 Breath** (Take 1-2 minutes to complete this exercise)

- Inhale slowly for 5 counts
- Hold your breath for 5 counts
- Exhale gently for 7 counts

**STEP 3:** Example of What I Want Instead: What does Mary Jane want instead is to feel seen, heard, and safe enough to say, "Can we put our phones away and just be together?" She craves connection and the emotional security of knowing she matters more than everyone on the internet.

## WHAT I WANT INSTEAD

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

Read each item you desire instead, pausing for five seconds between each, noticing how your body and heart respond to each desire. Then write down which feels the most emotionally charged? \_\_\_\_\_  
\_\_\_\_\_

## **ACTION STEP**

For the next 7 days, gently bring your attention back to that one desire. Let it guide your thoughts, your small choices, and even your imagination. Picture yourself saying or doing one thing differently that moves you closer to what you want.

You don't have to act on it yet. But even pondering it—especially with a coach, therapist, or trusted confidant—can spark insight and open doors you didn't know were there.

# CREATING YOUR VISION

Before answering each prompt, take at least one 5/5/7 breath to allow your mind to let go of the stress, fear or guilt that might hold you back, and imagine the future your heart truly desires. See it, feel it and experience it vividly and viscerally.

Estimate time: 15 - 20 minutes.

**1** If you could wave a magic wand and feel just one thing more often, what would that feeling be?

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**2** What would you see, hear, and feel when that vision becomes your reality? if you felt that way more often?

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**3** How would that change your life and the lives of those who matter most?

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**4** What would having that shift do for you personally, emotionally, spiritually, or physically?

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**5** Why is this important to you now?

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**6** What would it feel like to live this way?

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**7** If you had that, what could unfold for you, in your relationships, work, finances, or health that is not happening now?

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**8** What would be the best part of it?

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**9** What's stopping or slowing you down from having this right now?

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**10** What's the biggest challenge with that or what's slowing you down?

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**11** How has it impacted your work, relationships, or sense of self?

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**12** On a scale of 1 to 10, how important is it for you to change this now?

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*“The future belongs to those who believe in the beauty of their dreams.”*

*– Eleanor Roosevelt*

## **Congratulations!**

If you've made it this far, you've done more than complete the first day of the 5-day challenge. You've paused, reflected, and faced some hard questions. That alone is something to be proud of. I hope this experience brought you a little more clarity and calm.

If you'd like to go one step further, I offer a free, 90-minute private session to help you bring your vision to life. It's a safe, confidential and supportive space to talk things through and start turning insights into action.

You don't have to do this alone. Let's keep going, if you're ready.

**Need More Support?**

**BOOK A FREE SESSION**

**90-MINUTE PRIVATE  
COMMUNICATION BREAKTHROUGH**



**BOOK A FREE SESSION**