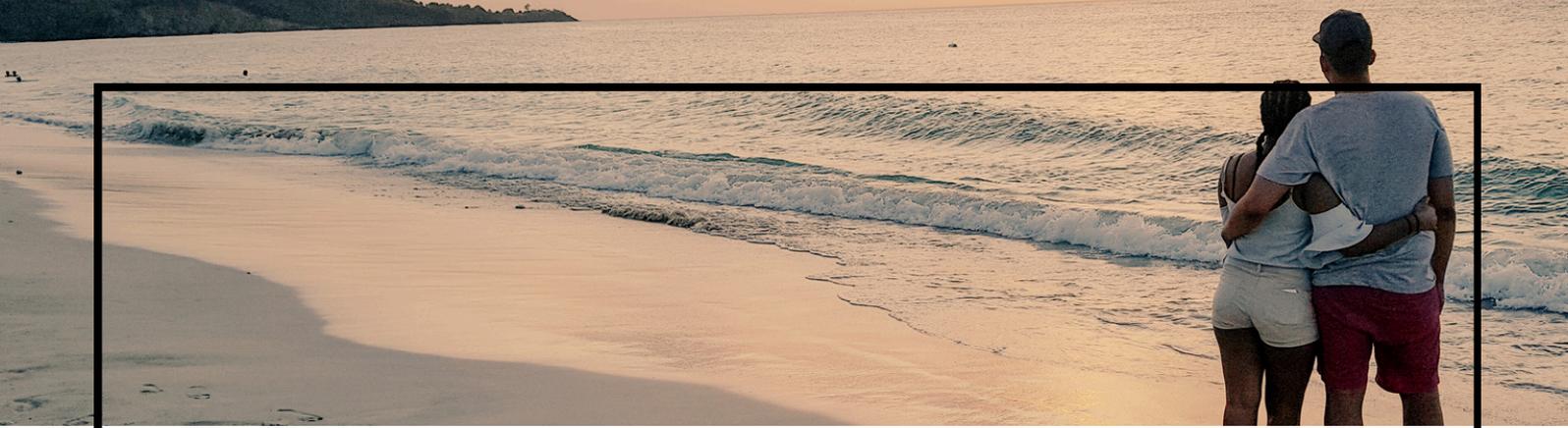


A romantic silhouette of a man and a woman embracing at sunset. The man is on the left, his arm around the woman's shoulder. The woman is on the right, her hair flowing. The background is a warm, golden sunset over a field. A white sunburst graphic is centered over the couple's heads, with a vertical line extending upwards from the center and a horizontal line extending outwards from the base of the sunburst.

WHEN YOU'RE READY  
BUT THEY'RE NOT

A reflection guide for  
uneven energy in marriage

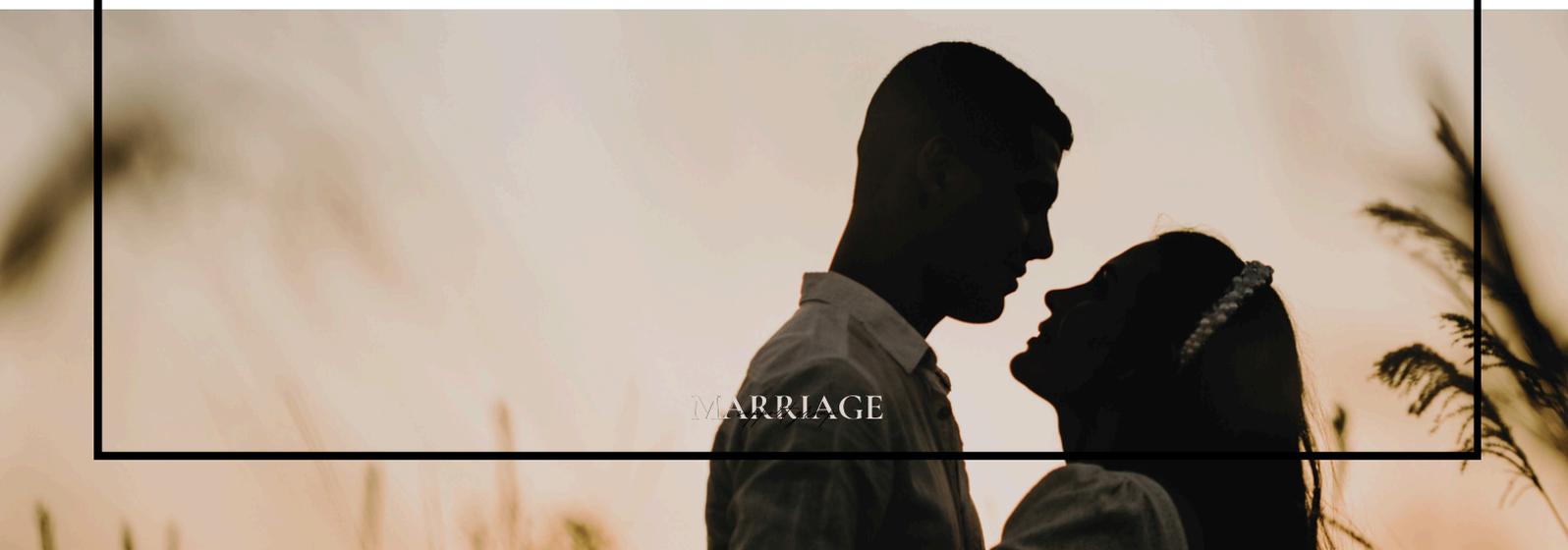
MARRIAGE



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MARRIAGE



# 01 Introduction

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You've made up your mind...this is the year things change. You're ready to grow, to heal, to finally address what's been broken in your relationship. But then reality hits: your spouse isn't on the same page.

Maybe they're avoiding the hard conversations. Maybe they don't see the urgency. Or maybe they're just... stuck. And suddenly, your hope feels heavy.

This guide is here for those moments when your momentum feels mismatched. It's not about fixing your spouse, it's about grounding yourself. Because just because they're not ready doesn't mean you have to lose your progress. Inside, you'll find space to process your frustration, reflect on your deeper "why," and discover practical ways to lead with calm strength instead of burning out from imbalance.

Let this be your reminder: even if you're the only one leaning in right now, your effort is not wasted. The path to change often starts with one brave step.

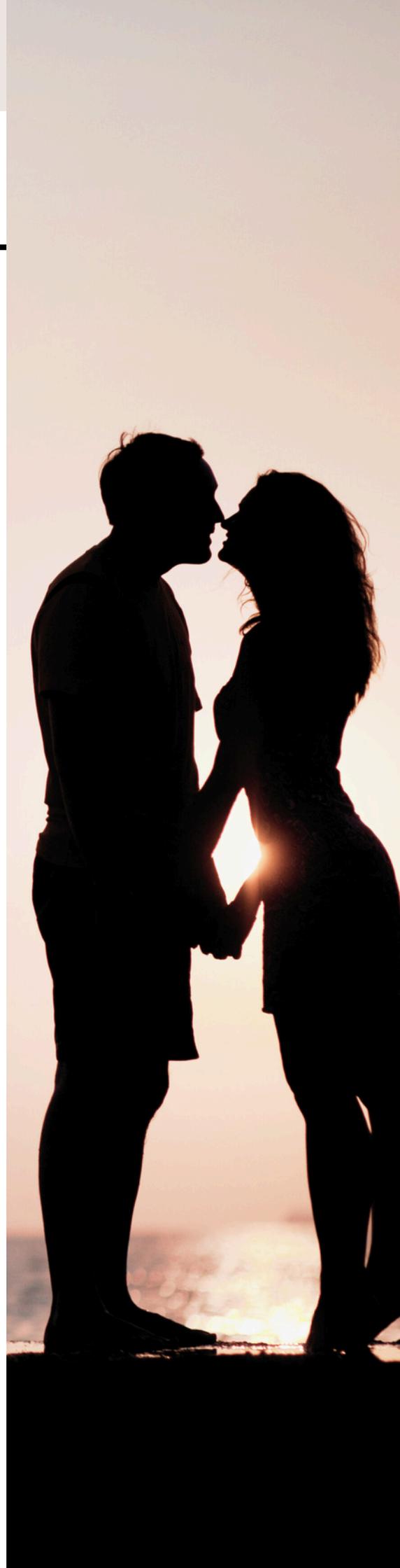
# 02 Expectations

## Check Your Expectations

Ask yourself: Am I expecting my spouse to change at the same pace, in the same way, on the same timeline as me?

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Growth in a marriage isn't always synchronized. And while it's hard to feel like you're the only one leaning in, be honest: are you pressuring them to grow your way? Let your journey speak for itself. Your example can be powerful—but not if it comes with judgment.



# 03

## Vision

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### **Ground Yourself in Vision, Not Emotion**

What kind of partner do you want to be, regardless of how they're showing up? Write that down.

When your emotions spike, and you feel anger, sadness, or frustration, don't make decisions from that place. Come back to your vision.

Even if your spouse seems indifferent or resistant, your consistency can shift the tone of your relationship over time.

Prayer: "God, help me respond from the heart I'm building, not the mood I'm in."





# 04

## Words Matter

### **Speak with Invitation, Not Ultimatums**

Instead of saying, “You never try,” try saying, “I miss us. I’d love to do something together again soon.”

Shift from demands to invitations.

Growth rarely comes from shame or pressure. It comes from safety and hope.

You don’t have to fake happiness, but you can choose words that leave the door open instead of slamming it shut.



05

Letting Go

### **Grieve What You Wished They Were**

You may need to grieve the dream of what your spouse was or what you hoped they'd be by now. That's not giving up, that's letting go of fantasy so you can love them where they are. This releases resentment and opens the door for grace.



06

## Powerful Reflection

Ask Yourself: What's In My Control?

- Your mindset
- Your habits
- Your responses
- Your healing journey
- Your hope

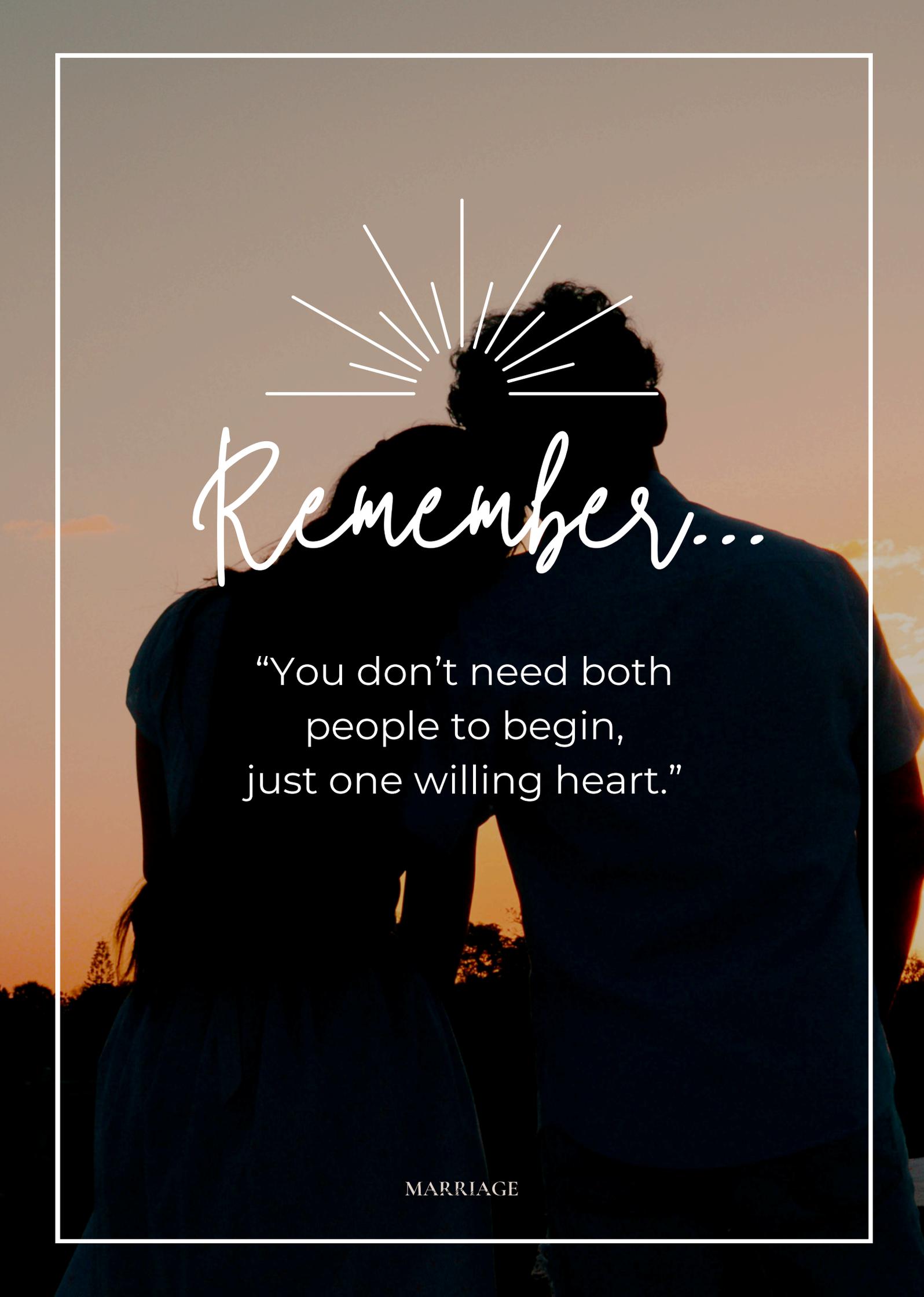
Let go of trying to manage what's not yours to carry. You can't force heart change—but you can guard your own.

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Visit our website:

[www.marriagesupportgroup.com](http://www.marriagesupportgroup.com)

[info@marriagesupportgroup.com](mailto:info@marriagesupportgroup.com)



Remember...

“You don’t need both  
people to begin,  
just one willing heart.”

MARRIAGE