Acceptance

A Gentle Heart-Shift for Wives & Mothers

Choose two things about your husband and two things about your children that often trigger irritation, frustration, or disappointment. These are not moral issues or harmful behaviors—just normal human differences, quirks, or habits that challenge you emotionally.

For each one:

- Identify the trigger
- Explore why it affects you
- Shift from resistance to acceptance
- Choose a new response rooted in grace

Husband: 1st Trigger

1. Trigger / Behavior (What is something he does that irritates or frustrates you?)

2. Why does this bother me? What expectation, fear, or belief is underneath this irritation?

3. Do I accept this part of him?

4. My new calming response when this happens: What will I do instead of reacting emotionally?

Husband: 2nd Trigger

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Acceptance

Husband: 2nd Trigger

1. Trigger / Behavior (What is something he does that irritates or frustrates you?)

2. Why does this bother me? What expectation, fear, or belief is underneath this irritation?

3. Do I accept this part of him?

4. My new calming response when this happens: What will I do instead of reacting emotionally?

1st Child - 1st Trigger

1. Trigger / Behavior (What is something he/she does that irritates or frustrates you?)

2. Why does this bother me? What expectation, fear, or belief is underneath this irritation?

3. Do I accept this part of him/her?

4. My new calming response when this happens: What will I do instead of reacting emotionally?

Acceptance

1st Child: 2nd Trigger

1. Trigger / Behavior (What is something he/she does that irritates or frustrates you?)

2. Why does this bother me? What expectation, fear, or belief is underneath this irritation?

3. Do I accept this part of him/her?

4. My new calming response when this happens: What will I do instead of reacting emotionally?

2nd Child - 1st Trigger

1. Trigger / Behavior (What is something he/she does that irritates or frustrates you?)

2. Why does this bother me? What expectation, fear, or belief is underneath this irritation?

3. Do I accept this part of him/her?

4. My new calming response when this happens: What will I do instead of reacting emotionally?

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2nd Child: 2nd Trigger

1. Trigger / Behavior (What is something he/she does that irritates or frustrates you?)

2. Why does this bother me? What expectation, fear, or belief is underneath this irritation?

3. Do I accept this part of him/her?

4. My new calming response when this happens: What will I do instead of reacting emotionally?

Homemakers Meeting with God

1. Commit a time. (60 minutes)
2. Worship and Surrender.
3. Seek wisdom in scripture.
4. Take one core practical thing to do.
5. End with prayer and thanksgiving

What did you ask the Lord in your homemakers meeting?

What is the one core thing you took away from this meeting? What should you do?

Before you go...

Before you go, I'd love to ask you a few quick questions about this workshop. Your feedback helps me understand what you truly need so I can keep creating content, tools, and teachings that support you in your marriage and daily life. Your honesty really helps me serve you better.

- What part of the workshop helped you the most or gave you the biggest "aha" moment?

- Was there anything that felt unclear, confusing, or that you wished I had explained more?

- What topics or struggles would you love for me to create more content or teachings about?

Thank you so much!