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Marriage Mind Mapping How habits create your world

By Roslyn Loxton

Is happy marriage your choice?

What is Marriage Mapping?

Mind Maps are habits and your habits create your world

Try this on your own first, then take the initiative to workshop this with a professional coach for more deeper, lasting benefits.

LOVE is a verb. If you feel like you don't love your partner anymore, take a look at what you are doing that says love. **When you do acts of love, love happens.** Sew the seeds that grow into the plants you want.

Look for things to love, act like you do love, tell yourself you do love and love happens as a result of doing loving things. We have a massive impact on what happens to us because what we expect to happen is often what does happen. **Expectation is the law of attraction.** What are you attracting into your

life and marriage. How attractive are you to the things you want to attract into your life and marriage?

Your life is also a result of the stories you tell yourself and for the most part these stories are unconscious ones, they have their own neural mapping. Maps get you from A to B. When you change the map, you change the destination. When you spend time realising the stories you are telling yourself you can then alter them to be more productive for you. Improving your relationships is just one positive result.

Answer these questions to get some **deeper insight into your own mind maps** and unconscious stories around your marriage or relationship.

Firstly, **what is the story you are telling yourself** about your marriage right now? Be succinct and narrow it down to 1 or 2 sentences removing all the gory detail.

Example: we don't get along at the moment or we are comfortable but maybe too comfortable, we are happy but the sparkle is not there, etc.

Q. How long can this current story or situation be sustained, how long can you live this way?

For the **dirty dozen** exercise, do your best to put aside any anger or negative feelings you may have toward your partner currently. Be Switzerland. In other words, just remove the blame at the moment. If it is really important to you, you can pick those feelings back up again after you take this quiz, but just for now, put them to the side (you can do this). If it seems impossible, write down the negative feelings you having in relation to your marriage or partnership. Describe the emotion and the feelings rather than the behaviour. Eg. Frustrated and angry as opposed to something they are doing or not doing.

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The Dirty Dozen

1. What turns you on, physically, mentally and spiritually?
2. What do you think turns your partner on physically, mentally and spiritually?
3. Write your list of 10 boxes that have to be ticked for a sustainable, rich, stimulating relationship
4. What were 3 things that you respected or loved about your partner when you first fell in love?
5. What are 2 of your partners core or driving values (integrity, fairness, pillar of society, generous, kind, ambitious etc)?
6. What are your 3 favourite physical attributes on your partner?
7. What are 3 things you think your partner fell in love with you for (don't ask them, reflect on what you think they loved about you when you first fell in love)?
8. What 3 character attributes of your partner would you most want your children to develop?
9. What activities recently or in the past made you feel the most connected to your partner?
10. What is it that you do for your partner that tells them you love them? Eg. Saying it, telling them, doing things for them, gifts, bringing them cups of tea, touch or massage etc...
11. What is it that your partner does for you that says that they love you? Try to list 3 things.
12. Get into your partners headspace for a moment, think with their brain and describe what they would say about you and how you affect their life?

Even if your marriage is inevitably going to become a divorce, it would be much better for all involved to have an amicable separation than a bitter one.

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People need to experience certain things to feel balanced and fulfilled. Some of these things in marriage can only be achieved from within the marriage namely sex and sexual stimulation, safety and certainty, trust and honesty. If these things are no longer accessible from within the relationship, people will feel unfulfilled, unbalance, unhappy. This often leads to a build up of unconscious & conscious resentment and blame. This may even cause a partner to go outside of the relationship to have these core human needs fulfilled.

Do you understand your partners and your own love language?

1. Acts of kindness (wash car for them, help them with things, build things, tidy yard)
2. Touch, cuddles, kisses, holding hands, stroking hair, massage etc
3. Gifts – flowers, chocolates, dinner, jewellery, small things, big things.
4. Words of love and encouragement –you look great, I love your hair like that, I am proud

Warning, if you don't get love right, you teach your children how to "not get love right". So, this is why it's worth making the effort, even if you feel like you're beyond it or your relationship is beyond it. Even if ending your relationship is the healthiest option, there is a positive way to do this or a negative way to do this.

Tip: Set a **daily intention** to have a great marriage, try not to only focus on what isn't working.

What's going to happen to you? If you take no new actions, what is your relationship going to look like in 3 to 5 years? How do you want it to look?

Make the moves and take some actions if your partnership has developed some bad habits.

Habits can be changed!

Life can be happy!

Marriage can be bliss!

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