



The Mindful Habit[®]

TMH COUPLE'S GROWTH & HEALING PROGRAM

USING CONFLICT TO GROW

Learn To Use Conflict To Bring You And Your Partner Closer Together. Use This Crisis To Create A Great Relationship And Move From Betrayal To Love, Intimacy, and Connection.

THEMINDFULHABIT.COM

USE CONFLICT TO GROW CLOSER TOGETHER

It's ridiculously hard for couples to recover from the betrayal of sex &/or porn addiction. Yet growth is mandatory if your relationship is going to survive and thrive. And you need a path. You need tools to move forward from a place of strength, and you need to learn how to use the tools together ... tools that will empower you to grow closer.

The truth is that conflict is a great teacher. Conflict is the catalyst to create much needed change. This crisis forces couples to look at challenges from a new perspective, a perspective rooted in emotional safety, vulnerability, and intimacy.

My new Couples Group Coaching Program is designed to fundamentally change the way you respond to conflict in your relationship, in a way that moves you towards each other, instead of away. Since conflict is inevitable, learn to use it to grow in powerful ways.



POWERFUL 6 WEEK PROGRAM

The Mindful Habit® Couple's Group Coaching Program is a 6 week powerful course to help you learn to use conflict to grow closer together. Each week Coach Craig will teach a live lesson online, answer your questions, and then he will give the couple an assignment to complete throughout the week. The next week Coach Craig will review your experiences with the lesson and



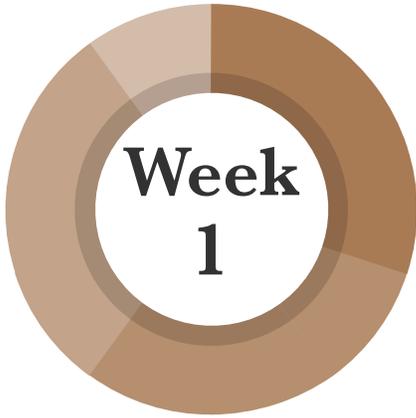
LESSONS & EXERCISES TO CREATE SUCCESS

assignment and give feedback. He will then teach another powerful lesson built on the previous one. Each lesson will be recorded. The goal of this program is to fundamentally shift the foundation of your relationship. This program is going to teach you how to prioritize your relationship and open your mind to the amazing ways this crisis can make your relationship better than before.

WHAT IS THE PROGRAM SCHEDULE?

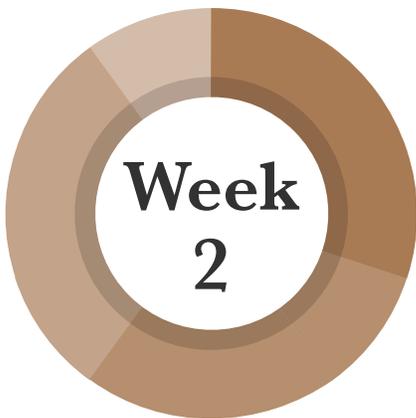
It is important to understand what the program consists of and what the process is that Coach Craig will walk you through. That way you can figure out if it's right for you. Together with your partner you will go through a 6 week group coaching program that will consist of lessons taught by Coach Craig and exercises to help you implement the lesson and incorporate it into your lives.

LESSON NAME	LEARNING OBJECTIVE OF LESSON
INTRODUCTION: HOW THE HABIT CYCLE IMPACTS YOUR RELATIONSHIP	You will learn about the underlying philosophy of the program. Conflict is inevitable and <u>always</u> touches a wound. You need to understand why this wound is so deep and the roles that habits play in your relationship.
THE "PARTS" GETTING IN THE WAY	Take a deep dive into the source of your conflict wounds and learn how to use this vulnerability to heal and grow closer to your partner. Learn the "Z" pattern of conflict.
EMOTIONAL SAFETY	When betrayal happens, her Emotional Safety is rocked and his Emotional Safety is poorly developed. Learn how to create Emotional Safety in your relationship. Safety is the foundation for a deep connected love.
HOW CONFLICT CAN HELP YOUR RELATIONSHIPS	Conflict is inevitable in relationships. Instead of conflict tearing you apart, learn how to use it to minimize the frequency and severity of the conflict and to grow closer to your partner <i>because</i> of the conflict.
RELATIONSHIP INFRASTRUCTURE	A relationship needs structure, care and maintenance. Create your own "Relationship Infrastructure" to ensure long term love and success.



RELATIONSHIP GOALS AND HOW HABITS IMPACT RELATIONSHIPS

- Create specific relationship goals to build “Relationship Infrastructure”.
 - Learn how conflict in relationships is one big repeating pattern.
 - Understand how conflict is inevitable & how it always touches a wound
 - Learn the importance of The Habit Cycle & how it affects all of our interactions with each other.
 - **DELIVERABLE:**
 - **Relationship Goals Exercise**
 - **The Habit Cycle** - Habit Tracking re: Your Relationship
-



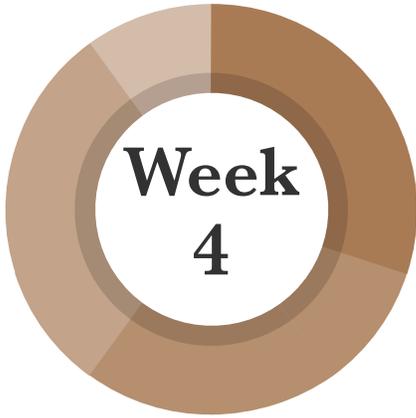
THE “PARTS” GETTING IN THE WAY

- Introduction to Sub-Personalities and how these parts drive conflict.
 - Learn how to “talk” to those parts of yourself to gain a better understanding of their needs in your relationship and role in conflict.
 - Understand how these “parts” impact your relationship with your partner and perpetuate a cycle of disconnect and resentment.
 - Learn the “Z” conflict pattern to help you grow from conflict.
 - **DELIVERABLE:**
 - **Advanced Conflict “Parts” Exercise** - dialogue with the “conflict-prone” parts of yourself in your relationship to learn how these “parts” are driving conflict because of the wounds being touched.
-



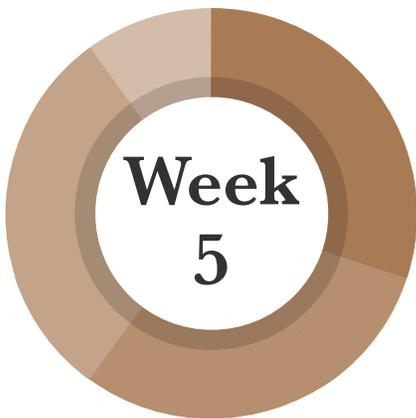
EMOTIONAL SAFETY

- Learn the concept of emotional safety within a relationship and how crucial this is to moving forward.
- Create a framework for discussion around Emotional Safety so you both can better respect your partner’s needs.
- **DELIVERABLE:**
 - **The Safety Agreement Exercise** - create an agreement with each other that will help you communicate and lay down ground rules that foster emotional safety, growth and connection for both of you.



HOW CONFLICT CAN HELP YOUR RELATIONSHIP

- Conflict is a great teacher so learn to use it to understand the projections of your past onto current conflicts.
 - Learn how to recognize the conflict for what it is and use what we have learned in the previous lessons to help us.
 - Create a specific plan to measure the most impactful aspects of conflict in your relationship.
 - **DELIVERABLE:**
 - **Create “Use Conflict To Grow” Action Plan**
-



RELATIONSHIP INFRASTRUCTURE

- Learn precisely how to prioritize your relationship in the chaos.
 - Create a Relationship Plan to enhance intimacy and connection.
 - Create Relationship Metrics to ensure you are measuring the critical actions that drive connection.
 - **DELIVERABLE:**
 - **Relationship Dashboard** - Learn a powerful tool that will ensure you and your partner are always moving towards love, even when there's conflict.
 - **Relationship Routine Exercise** - Create routines and habits that help you stay connected even when life is hard.
-



BUILD FOR THE FUTURE

- Learn how to put your plan in motion to create a great relationship.
- Create a framework for discussion around key concepts so you both can better respect your partner's needs.
- Review key learnings in order to reinforce the foundational shifts created by the previous weeks' exercises.
- **DELIVERABLE:**
 - **Implementation Plan:** Learn exactly what you need to do to keep your relationship from falling by the wayside and losing priority, especially when life gets hard.

WHEN IS IT TIME TO START A COUPLE'S PROGRAM?

Timing is everything. This is a program for the couple that has decided to start moving towards each other. Each person in the relationship must be in place where they can receive the work that needs to be done. Some of the work is intense and triggering ... and it forces each person look at the energy that they bring. You will work together to build a new and improved relationship dynamic. One that fosters honesty, love & respect.

This work isn't about blame it's about working together to grow from a place of mutual love and respect.

Each person should be part of The Mindful Habit Program and The Partner Empowerment Group so they have proactively worked on themselves before focusing on the work together.



Each partner has made progress in their personal growth and development. Specifically, the couple may have crisis moments, but are not actively in crisis.



The couple has chosen to move forward together. Both partners have chosen a path forward together. You realize that if you are going to be happy, you must use this crisis to grow closer together than ever before.



This is not a program for couples early in recovery. Each person needs to have done their own work in our men's program and partner program. Each person should have a basic understanding of the Habit Cycle and Subpersonalities.



This is not a program to throw blame around. Each person needs to be at a place where they can see perspectives from both sides.

SIGN UP NOW FOR THIS POWERFUL PROGRAM

Use the energy from this crisis to create change and growth in your relationship today. You have the opportunity now to create the relationship that you have wanted for a long time. Sign up today!

The program is going to start the week of Aug. 19.

We will find a weekly day & time that works for everyone.

2 PAYMENTS

PAY IN FULL

2 PAYMENTS OF

\$249

Pay over a 2 month period

PAY IN FULL

\$399

Pay in full and save \$50

I can't wait to embark on this journey with you and help you create the relationship that you have wanted for so long.

After you sign up we will pick a time for our call for the next 6 weeks. If you can't attend the scheduled time and don't want to listen to the recordings you can ask for a refund within 7 days of when we start. Our weekly session will occur weekly at the same day and time. Each call will be recorded so you'll never miss a lesson.

Welcome to The Mindful Habit's Couple's Program!