

STOP THE DISRESPECT

Complete Course Package Overview

COURSE STRUCTURE

This comprehensive course is designed to guide couples from identifying disrespect in their marriage to building permanent transformation. Each module includes video teaching, written content, and a practical tool for immediate application.

MODULE 1: RECOGNIZING DISRESPECT

Understanding the Patterns, Triggers, and Root Causes

Video: Learn to identify contempt patterns, understand the wounds behind disrespectful behavior, and recognize when disrespect is becoming a marriage-destroying force.

Included Tool: Pattern Clarity Practice

Master the Disrespect Pattern Map to identify behavior, trigger, and root cause. Shift from victim to observer. Gain strategic clarity instead of personal hurt.

MODULE 2: SETTING BOUNDARIES

Learning to Establish and Enforce Non-Negotiable Standards

Video: Discover how boundaries protect your marriage, the difference between empty threats and real boundaries, and how to deliver them with calm authority.

Included Tool: Boundary Clarity Statement

Learn the three-component formula: When you [BEHAVIOR], I feel [IMPACT]. I will [CONSEQUENCE]. Practice with real examples. Master enforcement strategies.

MODULE 3: COMMUNICATION UNDER STRESS

Mastering What to Say and What Never to Say When Emotions Run High

Video: Understand nervous system flooding, learn to recognize your physical warning signs, and master the three-step protocol: Pause → Regulate → Speak.

Included Tool: Calm Response Protocol

Learn when to take a break, how to regulate your nervous system, and how to return to

Speak from your core needs. Use four key phrases that de-escalate conflict.

MODULE 4: REBUILDING RESPECT & TRUST

Moving from Hurt and Resentment Toward Genuine Restoration and Affirmation

Video: Discover why apologies alone never rebuild trust, what changed behavior actually looks like, and how to affirm progress in ways that reinforce new patterns.

Included Tool: Affirmation & Accountability Practice

Master the daily Mirror & Affirm ritual. Learn the trust rebuilding timeline. Understand what rebuilds vs. destroys trust. Practice specific affirmation language.

MODULE 5: SUSTAINING CHANGE

Creating Habits and Accountability Systems That Prevent Regression and Maintain Progress Long-Term

Video: Learn the 90-day framework, the three pillars of sustained change, and how to know if transformation is actually happening or if you need a different path.

Included Tool: 90-Day Lock-In System

Implement the weekly rhythm, track progress through accountability, practice the daily non-negotiables, and know what to do at the 90-day decision point.

2 SUPPLEMENTAL COMMUNICATION TOOLS

(Ready to Use Immediately)

THE SPEAKER-LISTENER TECHNIQUE

A Powerful Tool for Respectful Communication

Use this structured technique for any conversation where disrespect might emerge. The speaker token creates non-negotiable respect. Follow the five-step process. Watch conflicts transform into connection.

Perfect for: One-time conflicts, rebuilding trust through vulnerable conversation, practicing respectful dialogue.

THE DAILY TEMPERATURE READING

A Preventive Tool for Lasting Connection

Transform your communication from reactive to proactive. The five categories keep you connected daily: Appreciations, New Information, Puzzles, Complaints with Requests, Wishes/Hopes/Dreams.

Perfect for: Daily maintenance, preventing resentment from building, building consistent appreciation and understanding.

HOW TO USE THIS COURSE

FOR COUPLES WORKING TOGETHER

Work through one module per week for five weeks. Watch the video, read the module content, practice the tool, and discuss your insights. By week five, you will have completed a comprehensive transformation framework.

FOR INDIVIDUALS WORKING ALONE

You can apply these tools solo. One person applying them consistently will shift the marriage dynamic. Begin with Module 2 (Boundaries) or Module 3 (Communication) if disrespect is active. Then work through the remaining modules.

ONGOING REFERENCE

These tools are meant to outlast the curriculum. Return to them. Practice them consistently. Use the supplemental tools (Speaker-Listener, Daily Temperature Reading) as ongoing maintenance practices.

THE 90-DAY COMMITMENT

This course is structured for 90 days of intensive work:

DAYS 1-30: Awareness & Commitment

You understand the problem. Boundaries are set. Tools are being practiced. External accountability is in place.

DAYS 31-60: Consistency & Reinforcement

New behaviors are becoming automatic. Small wins are being celebrated. Affirmation is happening daily. You are seeing early progress.

DAYS 61-90: Integration & Habit Formation

New patterns feel more natural. Brain pathways are being rewired. You can feel the shift happening. By day 90, you know if transformation is possible.

WHAT YOU WILL ACCOMPLISH

By completing this course, you will:

- ✓ Identify and name disrespect patterns instead of personalizing them
- ✓ Set unshakeable boundaries that actually change behavior
- ✓ Communicate during conflict from wisdom instead of pain
- ✓ Rebuild trust through specific affirmation and changed behavior
- ✓ Create systems that make transformation permanent
- ✓ Know whether your marriage can be healed or whether you need a different path

WHEN TO SEEK ADDITIONAL HELP

This course is comprehensive for healing disrespect. Seek professional help immediately if:

- Physical violence or threats are present
- Severe emotional abuse is happening
- Infidelity or major betrayal has occurred
- Addiction without treatment is involved
- One person refuses to acknowledge the problem exists

YOUR TRANSFORMATION BEGINS NOW

Disrespect is destroying your marriage, but it does not have to. This course gives you five proven tools to heal from contempt, rebuild respect, and move from powerlessness to clarity.

You are not alone. Thousands of couples have used these same techniques to move from broken to thriving.

Start today. Your marriage is worth the effort.

For ongoing support and additional resources, visit MrMarriage.com