

Marriage Growth & Attachment Repair Workbook

4-Week Structured Marriage Growth Program

Expanded into an 8-Week Advanced Attachment Repair Protocol

PART I: 4-Week Structured Marriage Growth Program

Week 1: Awareness & Emotional Clarity

- Identify emotional suppression and complacency patterns.
- Complete daily CBT thought records.
- Share one honest feeling daily using structured communication.
- Reflect on Ephesians 4:15 and 2 Timothy 1:7.

Week 2: Vulnerability & Intentional Engagement

- Schedule two intentional connection blocks.
- Initiate daily emotional check-ins.
- Discuss: "When do you feel most connected to me?"
- Reflect on Ephesians 5:25 and Psalm 34:18.

Week 3: Repairing Conflict Patterns

- Practice nervous system regulation before conflict.
- Use reflective listening scripts.
- Identify triggers and defensive patterns.
- Reflect on Proverbs 18:1 and Colossians 3:19.

Week 4: Building Shared Vision

- Create a 6-month relational vision.
- Develop weekly connection rituals.
- Discuss legacy and marital covenant.
- Reflect on Ecclesiastes 4:9–12.

PART II: 8-Week Advanced Attachment Repair Protocol

Weeks 1–2: Attachment History Exploration

- Identify childhood attachment patterns.
- Journal formative relational memories.
- Share early relational influences with spouse.

Weeks 3–4: Emotional Safety & Regulation

- Track fight/flight/freeze responses.
- Practice co-regulation exercises.
- Reflect on Isaiah 41:10.

Week 5: Shame & Defensiveness Work

- Identify shame triggers.
- Replace defensive narratives with balanced cognitions.
- Journal fears of vulnerability.

Week 6: Rewriting Relationship Scripts

- Identify recurring marital narratives.
- Develop faith-grounded alternative narratives.
- Reflect on Romans 12:2.

Week 7: Deep Emotional Bonding

- Conduct a 45-minute emotional sharing session.
- Practice validation and empathy skills.
- Discuss emotional needs openly.

Week 8: Secure Attachment Maintenance

- Create monthly bonding rituals.
- Commit to weekly check-ins.
- Write a shared marital covenant statement.