

# 10-Week Christian Marital Treatment Plan Module

A step-by-step, home-implementation plan for restoring safety, order, trust, and covenant unity.

## How to Use This Module

This 10-week module is designed for a couple navigating separation or near-separation with the goal of restoration. Each week includes: (1) a clear outcome, (2) at-home steps, (3) measurable deliverables, and (4) a brief Scripture and prayer focus. Complete the at-home steps before the next session; bring written work to counseling/pastoral meetings.

**Non-negotiable rule:** No yelling, name-calling, threats of divorce, or 'case building.' When conflict escalates, use the Time-Out Protocol in Week 3.

## Key Metrics (Track Weekly)

Metric	Target by Week 4	Target by Week 10
Home order score (0–10) agreed by both	≥ 6 most days	≥ 7 most days
Number of respectful check-ins per week		5
Completion of weekly planning meeting	100%	100%
Conflict repair completed within 24 hours	50%	80%
Date night completed (no logistics)	1/week	1/week

## Week 1

**Focus:** Stabilize the process (safety + ground rules) and create a shared vision for a peaceful home.

### Session Agenda (30–60 minutes):

- 1) Opening prayer (2 min).
- 2) Review last week's deliverables (10–15 min).
- 3) Teach/practice the week's skill (15–25 min).
- 4) Assign at-home steps and schedule date night (10 min).

### At-Home Steps (Do These Exactly):

- **A. Create a 'Peace Plan':** Each spouse writes (1) what a peaceful home looks like, (2) what behaviors destroy peace, (3) what you will personally stop doing this week.
- **B. Set Ground Rules:** Sign a one-page agreement: respectful tone, no insults, no interrogations, no social media venting, no discussing issues in front of kids.
- **C. 15-minute daily reset:** Same time daily. Pick ONE shared area (kitchen table/counter). Clear trash, put items into a bin, wipe surfaces. Stop at 15 minutes.
- **D. Children safety script:** Together, tell children: 'Mom and Dad are working on being healthier. You are safe. We will not ask you to take sides.'

**Deliverables to Bring Next Week:** (1) Written work, (2) checklists, (3) one 'win' and one 'stuck point.'

**Scripture Focus:** James 1:19–20; Psalm 4:8

**Prayer Prompt:** ‘Lord, give us humility to own our part, courage to change, and grace to rebuild trust. Teach us to make our home a place of peace and order.’

# Week 2

**Focus:** Clarify roles, nonnegotiables, and measurable standards for home, parenting, and personal care.

## **Session Agenda (30–60 minutes):**

- 1) Opening prayer (2 min).
- 2) Review last week's deliverables (10–15 min).
- 3) Teach/practice the week's skill (15–25 min).
- 4) Assign at-home steps and schedule date night (10 min).

## **At-Home Steps (Do These Exactly):**

- **A. Define 'Minimum Livable Standards':** Agree on 5 standards (e.g., clear walkway, clean dishes nightly, one load laundry/day, bathrooms wiped 2x/week, kids outfits prepped). Write them in simple sentences.
- **B. Role Map:** Create a chart: Task → Owner → Backup → Deadline. Keep tasks small (≤30 minutes).
- **C. Medical/self-care scheduling:** Schedule needed appointments (dentist/PCP/ENT). Put dates on a calendar. Show confirmation to counselor (accountability).
- **D. Appreciation practice:** Each day, verbally name 1 specific thing you noticed ('Thank you for...'). No sarcasm.

**Deliverables to Bring Next Week:** (1) Written work, (2) checklists, (3) one 'win' and one 'stuck point.'

**Scripture Focus:** 1 Corinthians 14:40; Proverbs 24:3–4

**Prayer Prompt:** 'Lord, give us humility to own our part, courage to change, and grace to rebuild trust. Teach us to make our home a place of peace and order.'

# Week 3

**Focus:** Reduce criticism/defensiveness: learn validation, reflective listening, and time-outs.

## **Session Agenda (30–60 minutes):**

- 1) Opening prayer (2 min).
- 2) Review last week's deliverables (10–15 min).
- 3) Teach/practice the week's skill (15–25 min).
- 4) Assign at-home steps and schedule date night (10 min).

## **At-Home Steps (Do These Exactly):**

- **A. Reflective Listening Drill (3x this week):** Set timer 8 minutes. Speaker: describe one issue using 'I feel/I need.' Listener: reflect back without rebuttal. Switch roles.
- **B. Time-Out Protocol:** If either is flooded: say 'I'm flooded; I need a 30-minute time-out.' Separate. No texting. After 30 minutes, return and do 5 minutes of reflection each.
- **C. Trigger Map:** Each spouse lists top 5 triggers and what helps (e.g., 'criticized about house → I need specific request + calm tone'). Exchange lists.
- **D. Household conflict rule:** No 'drive-by' complaints. Complaints must be raised only during the Weekly Planning Meeting (Week 4).

**Deliverables to Bring Next Week:** (1) Written work, (2) checklists, (3) one 'win' and one 'stuck point.'

**Scripture Focus:** Ephesians 4:29–32

**Prayer Prompt:** 'Lord, give us humility to own our part, courage to change, and grace to rebuild trust. Teach us to make our home a place of peace and order.'

# Week 4

**Focus:** Household operating system: weekly planning meeting + task boards + child routines.

## **Session Agenda (30–60 minutes):**

- 1) Opening prayer (2 min).
- 2) Review last week's deliverables (10–15 min).
- 3) Teach/practice the week's skill (15–25 min).
- 4) Assign at-home steps and schedule date night (10 min).

## **At-Home Steps (Do These Exactly):**

- **A. Weekly Planning Meeting (30 minutes):** Same day/time. Agenda: meals, kids schedules, top 3 home priorities, who does what, when.
- **B. Meal system:** Choose 5 dinners (repeat allowed). Create grocery list and order pickup/delivery.
- **C. Chore 'Zones':** Divide house into 4 zones. This week: Zone 1 only. 2 sessions of 30 minutes.
- **D. Child routines:** Create a simple bedtime routine chart: snack, wash up, clothes for tomorrow, reading/prayer, lights out.

**Deliverables to Bring Next Week:** (1) Written work, (2) checklists, (3) one 'win' and one 'stuck point.'

**Scripture Focus:** Proverbs 31:27

**Prayer Prompt:** 'Lord, give us humility to own our part, courage to change, and grace to rebuild trust. Teach us to make our home a place of peace and order.'

# Week 5

**Focus:** Repair core wounds: neglect, loneliness, feeling unseen; begin attachment repair questions.

## **Session Agenda (30–60 minutes):**

- 1) Opening prayer (2 min).
- 2) Review last week's deliverables (10–15 min).
- 3) Teach/practice the week's skill (15–25 min).
- 4) Assign at-home steps and schedule date night (10 min).

## **At-Home Steps (Do These Exactly):**

- **A. Attachment Questions (written):** Each answers: (1) 'When do you feel most alone with me?' (2) 'What do you fear I assume about you?' (3) 'What would help you feel cared for this week?' Read aloud; no rebuttal.
- **B. Daily '2-minute connection':** Stand face-to-face; share one feeling and one need. End with a short prayer.
- **C. Repair a small hurt:** Choose one recent incident and do the Repair Script: 'I'm sorry for \_\_\_\_\_. I understand it caused \_\_\_\_\_. Next time I will \_\_\_\_\_. Will you forgive me?'
- **D. Kids support:** Schedule 1:1 time with each child (10 minutes each) this week.

**Deliverables to Bring Next Week:** (1) Written work, (2) checklists, (3) one 'win' and one 'stuck point.'

**Scripture Focus:** Colossians 3:12–14

**Prayer Prompt:** 'Lord, give us humility to own our part, courage to change, and grace to rebuild trust. Teach us to make our home a place of peace and order.'

# Week 6

**Focus:** Rebuild trust: transparency agreements, boundaries, and consistency; address 'other person' fears.

## **Session Agenda (30–60 minutes):**

- 1) Opening prayer (2 min).
- 2) Review last week's deliverables (10–15 min).
- 3) Teach/practice the week's skill (15–25 min).
- 4) Assign at-home steps and schedule date night (10 min).

## **At-Home Steps (Do These Exactly):**

- **A. Transparency agreement (bounded):** Agree on what transparency looks like for this season (e.g., openness about time away, shared calendar, financial clarity) without turning into surveillance.
- **B. Boundaries:** Write 3 boundaries for outsiders (friends/coaches/coworkers): no private emotional intimacy that belongs to the marriage; no secret communications; no disparaging spouse.
- **C. Trust deposits:** Each spouse chooses 2 'trust deposits' to do daily (on-time arrival, follow-through, respectful tone). Track on a checklist.
- **D. Pastor/mentor support:** Identify a same-gender mentor for each spouse; schedule one check-in.

**Deliverables to Bring Next Week:** (1) Written work, (2) checklists, (3) one 'win' and one 'stuck point.'

**Scripture Focus:** Proverbs 4:23; 1 Peter 3:7

**Prayer Prompt:** 'Lord, give us humility to own our part, courage to change, and grace to rebuild trust. Teach us to make our home a place of peace and order.'

# Week 7

**Focus:** Affection and attraction pathway: dignity, self-care, appreciation, and nonsexual closeness.

## **Session Agenda (30–60 minutes):**

- 1) Opening prayer (2 min).
- 2) Review last week's deliverables (10–15 min).
- 3) Teach/practice the week's skill (15–25 min).
- 4) Assign at-home steps and schedule date night (10 min).

## **At-Home Steps (Do These Exactly):**

- **A. Dignity routine (self-care):** Each spouse creates a 10-minute daily routine that communicates self-respect. Keep it realistic. Track completion 5/7 days.
- **B. Affection ladder:** Start with nonsexual touch (hand, hug, shoulder). Agree on what is comfortable. Do 1 intentional touch daily.
- **C. 'Speak Life' exercise:** Write 10 strengths you see in your spouse (even if small). Read 3 aloud on date night.
- **D. Home welcome ritual:** When one enters home, greet within 2 minutes: eye contact + 'I'm glad you're here.'

**Deliverables to Bring Next Week:** (1) Written work, (2) checklists, (3) one 'win' and one 'stuck point.'

**Scripture Focus:** Song of Songs 4:7; Philippians 2:3–4

**Prayer Prompt:** 'Lord, give us humility to own our part, courage to change, and grace to rebuild trust. Teach us to make our home a place of peace and order.'



# Week 8

**Focus:** Conflict repair: apology skills, repentance, forgiveness process, and repair rituals.

**Session Agenda (30–60 minutes):**

- 1) Opening prayer (2 min).
- 2) Review last week's deliverables (10–15 min).
- 3) Teach/practice the week's skill (15–25 min).
- 4) Assign at-home steps and schedule date night (10 min).

**At-Home Steps (Do These Exactly):**

- **A. Apology training:** Practice 3-part apology: Acknowledge harm → Take ownership → Plan change. No 'but.'
- **B. Forgiveness plan:** Each lists: what I'm forgiving; what I'm asking for going forward. Discuss with counselor.
- **C. Repair ritual after conflict:** Within 24 hours: 10-minute walk or tea; each says (1) one thing I regret, (2) one thing I appreciate, (3) one request.
- **D. Scripture + prayer:** Read Matthew 18:21–22 together; pray for softened hearts.

**Deliverables to Bring Next Week:** (1) Written work, (2) checklists, (3) one 'win' and one 'stuck point.'

**Scripture Focus:** Matthew 18:21–22; Romans 12:18

**Prayer Prompt:** 'Lord, give us humility to own our part, courage to change, and grace to rebuild trust. Teach us to make our home a place of peace and order.'

# Week 9

**Focus:** Reentry readiness review: evaluate systems + emotional safety; plan partial reintegration.

## **Session Agenda (30–60 minutes):**

- 1) Opening prayer (2 min).
- 2) Review last week's deliverables (10–15 min).
- 3) Teach/practice the week's skill (15–25 min).
- 4) Assign at-home steps and schedule date night (10 min).

## **At-Home Steps (Do These Exactly):**

- **A. Readiness checklist:** Rate (0–10): home functionality, emotional safety, respect, follow-through. Identify top 2 gaps and plan fixes.
- **B. Trial reintegration schedule:** Decide 1–2 overnights with clear expectations: no bedroom sharing unless mutually desired; maintain routines; keep counseling.
- **C. Household audit:** Walk through home together for 15 minutes; note what is working; pick one improvement for next week.
- **D. Children reassurance:** Repeat the safety script; invite questions; no adult details.

**Deliverables to Bring Next Week:** (1) Written work, (2) checklists, (3) one 'win' and one 'stuck point.'

**Scripture Focus:** Ecclesiastes 4:9–12

**Prayer Prompt:** 'Lord, give us humility to own our part, courage to change, and grace to rebuild trust. Teach us to make our home a place of peace and order.'

# Week 10

**Focus:** Covenant renewal + long-term maintenance plan (monthly reviews, relapse plan, supports).

**Session Agenda (30–60 minutes):**

- 1) Opening prayer (2 min).
- 2) Review last week's deliverables (10–15 min).
- 3) Teach/practice the week's skill (15–25 min).
- 4) Assign at-home steps and schedule date night (10 min).

## At-Home Steps (Do These Exactly):

- **A. Covenant renewal draft:** Write 5 vows each (behavioral and measurable). Exchange and revise.
- **B. Maintenance plan:** Schedule: weekly planning meeting, weekly date night, monthly 'State of the Marriage' review, quarterly retreat/devotional day.
- **C. Relapse plan:** Identify early warning signs (chaos, contempt, secrecy). Write what you will do within 48 hours if signs appear.
- **D. Celebration:** Plan a simple renewal moment with pastor/therapist: prayer, vows, and commitment to continued work.

**Deliverables to Bring Next Week:** (1) Written work, (2) checklists, (3) one 'win' and one 'stuck point.'

**Scripture Focus:** Lamentations 3:22–23; Malachi 2:15

**Prayer Prompt:** 'Lord, give us humility to own our part, courage to change, and grace to rebuild trust. Teach us to make our home a place of peace and order.'