

# FREE & TRANSFORMED WIFE METHOD TIMELINE

## GOD'S STORY FRAMEWORK



PHASE 1



PHASE 2



PHASE 3

WEEK 1

WEEK 7

WEEK 8

WEEK 11

WEEK 12

WEEK 16

AWARENESS

IMPLEMENTATION

RECONNECTION WITH HUSBAND

*Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.*

2 CORINTHIANS 5:17



## PHASE 1: AWARENESS PHASE

**PROBLEM:** You have NO clue what issues are *keeping you stuck* in YOUR Marriage cycle. You think it's **ALL your husband's fault** and have NO real connection with him.

**SOLUTION:** In the AWARENESS phase the blinders come off through my ***Wired for God's Story Framework*** as you discover (in a short amount of time) what the problem is at the ROOT in your marriage. No more sleep walking through your marriage and in your life.

**PROBLEM:** You keep listening and believing the lies more than the truth. Our life moves in the *direction of our strongest thoughts* and yours have been hijacked by the enemy.

**SOLUTION:** Uncover the false mindsets and beliefs keeping you stuck through my God Centered ***Story Workshop Experience*** and ***Truth Shift Formula*** so you can win the battle in your mind.



## PHASE 2: IMPLEMENTATION PHASE

**PROBLEM:** You're keep getting **triggered**. Whatever you've tried before hasn't worked. You **don't understand why you are so reactive** in your body or know how to calm down.

**SOLUTION:** Discover my ***Nervous System Reprogramming Techniques*** and learn why you react the way you do and how your brain/body/mind connect and how God made our bodies to heal and help us.

**PROBLEM:** You have been holding on to so much hurt and pain from the past...it's weighed you down for a long time and blocked you from the connection you want with your husband.

**SOLUTION:** Let go of resentments and the past hurt holding you back through my ***Unfinished Business Release Experience*** and release the baggage blocking you from the connection you crave and live your life unburdened.



## PHASE 3: RECONNECTION PHASE

**PROBLEM:** You and your husband **don't connect and avoid each other** so you don't fight. You have **NO safe way to communicate** and this has just become a habit causing you to feel hopeless, stuck and shutdown.

**SOLUTION:** My tools are unlike any other tools you have learned because they are infused with the Holy Spirit and empower you to walk in the freedom and strength of the Lord's power and wisdom!

I teach you my **Empathy Communication Builders** which give you a God centered perspective on who your husband truly is and helps to rebuild trust in your ability to communicate together. You will also have clarity for the necessity of boundaries through my **Boundary Hula Hoop Technique** which makes boundaries simple to grasp and increases your empowerment as a Daughter of the King.

Finally in phase 3...practice makes permanent as I teach you my **Repair Reconnection Tools** and give you a step by step plan that works AND helps you feel confident in knowing how to handle conflict when it comes up because it will!