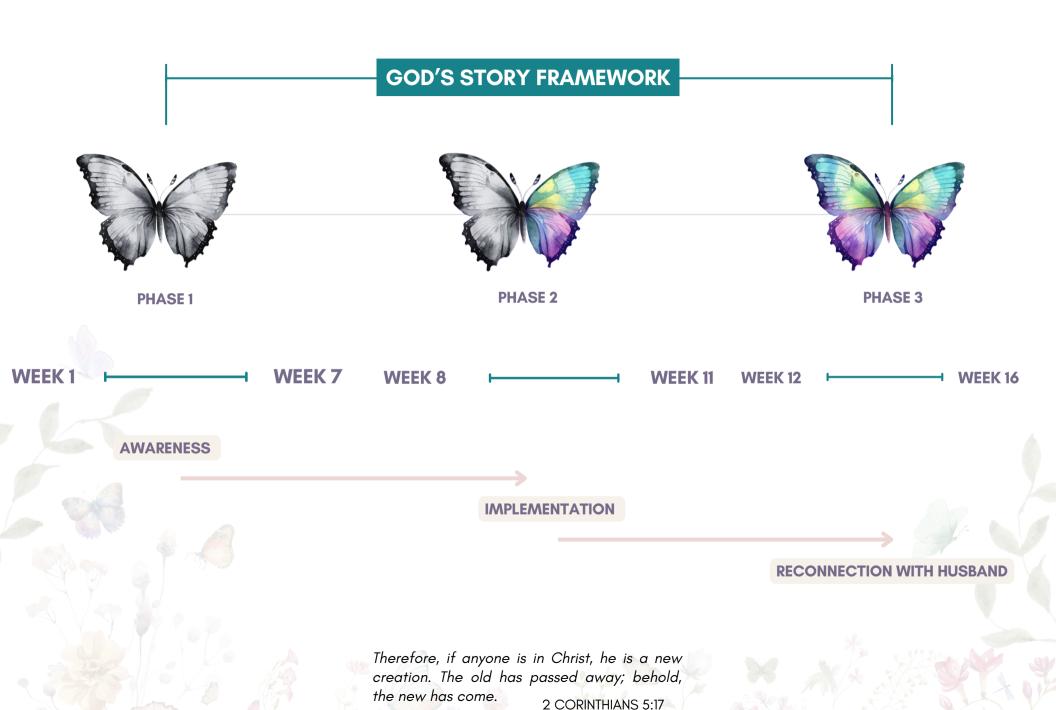
## FREE & TRANSFORMED WIFE METHOD TIMELINE





## 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. iOur 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.



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!