



**MARRIAGE**  
*Mastery*  
SCHOOL FOR  
**SUCCESS**

**Rabbi:** Thank you for joining us on this journey. You're probably energized by this new material and filled with hope. Run with it and do the best you can. If you find yourself back-sliding, remember sometimes you have to descend in order to ascend. But ultimately you're moving in the direction of creating the relationship you want. Consistency and awareness are important.

One way to help you with this is to repeatedly listen to the audios until the message is drilled in your brain. As you begin to live with the material, you will catch yourself to when you are about revert to old relationship patterns.

**Rivka:** Sometimes we also make mistakes and are comforted by the fact that every moment is an opportunity to begin again and apply what we've learned. We all have bad days and occasional sleepless nights. But now you know how to reset your relationship to one that is safe, comforting, supportive and loving. All it takes is applying the five steps over and over again. Fall in love with how simple they are. They're not esoteric or over your head.

**Rabbi:** Commit to staying together even when the going gets tough. Seal your exits and stop looking elsewhere in order to get your needs met or to avoid pain. Detox your marriage by removing negativity and watching your speech. Acknowledge the other by learning how to really listen because your spouse is a unique world of their own. Infuse your marriage with love by practicing appreciations, dating again and giving love in the way your partner feels loved. Sometimes laughter can be the best medicine.

**Rivka:** Make sure to practice the exercises in the workbook so that you can apply what you've learned in this program.

**Rabbi:** While this program will help you achieve phenomenal results in your relationship, if you need additional support, contact me at the [TheMarriageRestorationProject.com](http://TheMarriageRestorationProject.com) for information about the 2-day marriage restoration intensive program or private session. You may need the extra boost to get you moving forward.