

Sizzling HOT MARRIAGE **MAP**

What's Missing in Your Marriage?

**HERE'S HOW YOU CAN KEEP
THOSE IN LOVE FEELINGS**



Table of contents

	Pages
My Story.....	3
The Sizzling Hot Marriage Map.....	4
CREDIBILITY.....	5
CONFIRMATION.....	8
COMPASSION.....	10
CREDIBILITY.....	12
CREDIBILITY.....	15
SMART Goals for your marriage.....	16

My Story

Joseph is the owner of Lifestyle Therapy and Coaching and author of the “Sizzle Mindset: Seven Secrets to Keep the Passion Alive in Your Marriage” and “Don’t Give Up on Love: The Ultimate Guide to Brining Happiness into Your Marriage.” Joe is an ordained minister and a Licensed Marriage and Family Therapist with many years’ experience adept in helping individuals, couples, and families with relationship and personal issues.

Prior to becoming a therapist, Joe served as a Seventh-day Adventist church pastor. Joe is a positive upbeat individual with a warm and friendly personality. He is non-judgmental and easy to talk to. He enjoys laughter and loves to see the spark of romance return to his clients. He specializes in helping couples return to love and achieve Sizzling Hot Marriages especially after experiencing a rough patch in their relationship.

Joe earned a Master of Divinity degree from Andrews University, a Master’s Degree in Marriage & Family Therapy from the University of Southern Mississippi, and is currently studying toward his Ph.D. He is an Alabama Licensed Marriage & Family Therapist and supervisor. He is a Certified Prepare/Enrich Facilitator and Prepare/Enrich Trainer.



THE SIZZLING HOT MARRIAGE MAP

BUILD A STRONG FOUNDATION WITH THE RIGHT MINDSET FOR YOUR MARRIAGE

CREDIBILITY

- BE HOPEFUL
- BE COMMITTED

DIPS

Dry Seasons

COMMUNITY

- BE TALKATIVE
- BE SEXY
- BE HEALTHY

CONSISTENCY

- BE MINDFUL
- BE GOD-CENTERED

Sizzling
HOT MARRIAGE

COMPASSION

BE CALM

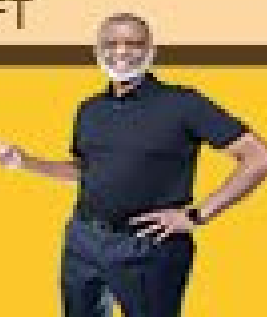
CONFIRMATION

- BE FLEXIBLE
- BE AVAILABLE

© COPYRIGHT 2022 JOSEPH L. FOLLETTE, JR., M.DIV. LMFT

WARM UP YOUR MARRIAGE AT THE NEXT SIZZLING HOT MARRIAGE RETREAT
RECONNECT, RECHARGE, AND REBUILD YOUR MARRIAGE

HOW HOT IS YOUR MARRIAGE?
QUIZ.SIZZLINGHOTMARRIAGE.COM





The Foundation of a Sizzling Hot Marriage

Pillar 1

REBUILD CREDIBILITY

The conflict you are experiencing in your marriage essentially is a conflict of needs. Both of you have needs the other refuses to give you because their needs are not being met. Figuring out what those needs are and how to coordinate the transition to getting those needs met is a complicated and complex process. You can make this transition yourselves. However, most couples need professional intervention to successfully navigate the many pitfalls in the process and to achieve a positive outcome in a shortest amount of time. Getting professional help as soon as thoughts of separation or divorce arise reduces the chance of even more damage occurring during this stage of marital disconnection.

The 5 Pillars of a **Sizzling Hot Marriage**

Pillar 1

CREDIBILITY cont'd

For many couples, trust has been so damaged that there is little confidence their partner can change to ever meet their needs. There is a question, especially in the case of abuse or infidelity, whether there is any love there at all. To rebuild trust, it is important for both of you to put energy toward rebuilding your marriage. When both of you are giving your marriage the positive attention it needs it increases your confidence in your marriage. Couples who shift to refocus on their marriage, neutralize defeated perceptions and position themselves for success. Couples who are determined to turn things around seek professional help, investing the time, energy and financial resources necessary to achieve the personal and interpersonal transformation they desire.





Credibility

Building Mindsets

Be Hopeful

Each of you need to feel desired by each other. When a spouse perceives the other doesn't like them, is frustrated with them, or is looked down upon, discouragement sets in. Discouragement is a loss of hope that this marriage will ever meet one's needs. This is when divorce gets tossed around. Hope is triggered when one partner sees the other partner positioning themselves to reinvest in making them happy. Hope is triggered when couples remember what brought them together in the first place.

Be Committed

Hope is triggered when both parties commit to getting help for their marriage. You have probably had many experiences that display a reduction of commitment to the marriage by the time they reach out for help. Both must give evidence of commitment to working on the marriage. Commitment is measured by how much time and money you are willing to spend on your marriage. Willingness to invest in treatment demonstrates openness to change and a true desire to make the marriage work.

Pillar 2

RESUME CONFIRMATION

Over time as couples experience unresolved conflict, they pull away from each other. They stop confirming their love for each other with displays of love, affection, and respect. Hope is triggered when couples begin to show each other love again. Once couples commit to working on their marriage, they begin to reconsider what they fell in love with and do those things that drew them to each other initially. Couples must rediscover their original dream for this relationship and begin again confirming their love for each other by restoring the affection, time together, and activities they used to do together. Confirmation is built through flexibility and availability.





Confirmation

Building Mindsets

Be Flexible

Flexibility is making your spouse's needs your priority. Up to this point, decisions have been made regardless of the spouse. Justifications for bad behavior are given blaming the other. In order to restore the marriage, couples must make adjustments in their time and priorities. They must learn how to listen to each other to understand and stop judging each other negatively. This mindset shift requires identifying the unresolved emotional issues from each partner's childhood that often present as irrational thoughts and disruptive behaviors

Be Available

When conflict arises in marriage couples explode and withdraw. These explosions can be loud or silent. Explosions and withdrawals eat away at the marital bond. Once an opinion is formed there is nothing the other can say to change it. Couples argue about any and everything. Couples find themselves on separate sides of every issue and of the house. They begin to live life independently and are just roommates. They are just going through the motions acting married but they are separated emotionally, spiritually, and physically. In order to turn things around there must be a mindset shift to open back up to each other and see each other as a person again. Not the enemy. Couples must be open to spending more time together, hearing what each other has to say and responding positively to what each other has to say.

Pillar 3

REINSTITUTE COMPASSION

Conflict breeds contempt. Contempt is a state where couples unashamedly display their disregard for one another. Couples show contempt through sarcasm, interruption, avoidance, silent treatment, passive, passive-aggressive, and aggressive behaviors. Compassion occurs when the couple humanizes each other again. Couples must calm down and create a safe space for intimate conversations. They can do this by attaching more considerate meanings to the behaviors they have tagged as attacking, unloving, and undesirable in each other. They can do this by acknowledging their wrongs to each other. They can do this by forgiving each other.





Compassion

Building Mindset

Be Calm

The mindset shift required to be calm is no longer trying to control the narrative. Each partner must learn to press the easy button instead of the panic button. It requires self-confidence, self-esteem, and self-efficacy. This step often requires some deep inner work resolving unresolved issues from childhood, learning to take responsibility for oneself, learning how to be more aware of one's impact on others' emotions and behaviors, learning how to allow others to be responsible for themselves, and learning how to set up and enforce effective boundaries. Learning how to make yourself happy contributes to your spouse's happiness. You must shift your mindset to become more aware of yourself and your spouse to become a Sizzling Hot Marriage.

Pillar 4

RE-ESTABLISH COMMUNITY

We all need to feel like we belong. Like we are a part of something bigger than ourselves. We all need comradery, celebration, encouragement, and accountability. We need acceptance, affirmation, and affection. We can't provide for our own social needs. We can only act like they don't exist. Marriage is a social institution. As such, a failed marriage is an indication that one or both partners lack some social skills. That is probably why so many second marriages fail. To build a Sizzling Hot Marriage couples must have confidence in each other's unconditional love and commitment, establish that meeting their spouses' needs is the top priority, and establish that we are "one" to the rest of the world. Start doing things together again. Have fun! Smile again. Give each other complements. This is how you re-establish community.



Community

Building Mindsets

Be Talkative

Community is built with conversation. This is how most couples began their relationship. Conflict is a result of poor conversation skills. In order for conversations to be effective, they must be a dialogue. Too often couples have monologues rather than dialogs. Conversations where they are both speaking what is on their mind and rather than taking the time to really listen to and understand each other. Their conversations become very juvenile and petty rather than deep and satisfying. Couples must learn how to talk to each other like respectful and intelligent adults. They must learn how to start conversations and keep the conversation flowing. They must learn how to negotiate, compromise, and solve problems. They must learn how to discuss familiar and unfamiliar topics. There must be openness and honesty in the conversation.

Community

Building Mindsets

Be Sexy

Sex is a continuation of the conversation. Men are usually stimulated by what they see. Women are usually stimulated by what they feel emotionally. For women, these emotional feelings are usually stirred by enjoyable conversations that signify companionship, security, and love. Couples who fail to spend at least 5 hours of undivided attention weekly are going to find it difficult to find their sexual groove. If sex is intermittent the couple is not giving their marriage enough undivided attention - focus time to talk, resolve problems, and build their intimate connection.

Be Healthy

In order to enjoy a long mutually satisfying sex life couples must remain healthy. Illnesses inevitably put a drain on your sex life. Staying healthy should remain a priority for couples. Staying active doing things together like walking, gardening, and cooking, fulfills many objectives: the couple is spending time together, conversating, and burning calories. Couples should agree on a healthy meal plan, an equitably shared chore list to keep the home in order, and house rules for reduced stress at home.





Pillar 5

CONSISTENCY

It is so easy to apologize for your bad behavior, start to do better, and then eventually fall back into your old habits. It takes about two months to establish a new habit. My programs are built on six-month modules to help couples stay in an accountability cycle long enough to experience second-order change - the transformation they are seeking in their marriage. When transformation comes so does consistency. Because transformation means you now see things differently. When you see things differently your motivation changes. The reason why it is so hard to stick to that diet plan or that exercise schedule is that you see more value in other activities and pursuits. Building this pillar often requires deep personal work as well.

Consistency

Building Mindsets

Be Mindful

Your ability to be aware of yourself, your spouse, and your surroundings are amazingly impaired by unresolved emotions and unmet needs. It is difficult to be mindful of your spouse's needs when you are not mindful of your own. When you are overwhelmed by your own needs you will be unable to be aware of your spouse's needs. If you are to become a sizzling hot marriage, you must shift your mindset to become more aware.



Consistency

Building Mindsets

Be God-centered

What happens when a child disobeys a wise parent's instruction? Chaos and negative consequences. Rules establish authority. Without authority there is chaos. There is some history of matriarchal societies, but men traditionally have assumed the leadership role in families. This is the biblical standard. Without respect for leadership, there is chaos. When a leader fails to take care of the needs of his family, there is chaos. If there is chaos in your marriage or in your inner world, it is likely that you have not submitted to a set of rules that govern orderly behavior. Too many reject the idea of an all-powerful, all-knowing, always present God for fear of judgment, control, or unobtainable expectations. But all of nature operates on the basis of rules and hierarchy. Your failure to submit to a supreme authority means you fail to recognize your limitations and responsibilities. You are out of order. You are rejecting guidance and accountability. You will have difficulty enjoying a harmonious and mutually satisfying Sizzling Hot Marriage without seeking divine direction in your marriage. The closer a couple grows to God the closer they grow together.

Set SMART Goals for Your Marriage

	Specific Objective	Measurement of Success	How will you attain It?	Why is it Relevant?	What is Your Timetable?
CREDIBILITY					
-Be Hopeful					
-Be Committed					
CONFIRMATION					
-Be Flexible					
-Be Available					

Set SMART Goals for Your Marriage

	Specific Objective	Measurement of Success	How will you attain It?	Why is it Relevant?	What is Your Timetable?
COMPASSION					
-Be Calm					
COMMUNITY					
-Be Talkative					
-Be Sexy					
-Be Healthy					

Set SMART Goals for Your Marriage

	Specific Objective	Measurement of Success	How will you attain It?	Why is it Relevant?	What is Your Timetable?
CONSISTENCY					
-Be Mindful					
-Be God-centered					

A Message from YOUR THERAPIST

Hi,

Thanks for downloading my Sizzling Hot Marriage Map. I hope you have set some SMART goals for your marriage. I would love to help you achieve those goals. Take my Hot or Not Quiz to learn what you need to focus on to heat up your marriage. Reach out to me for a free consultation if you are interested in therapy.

Give your marriage the attention it needs and get your marriage sizzling hot.

~Joe

Take the quiz at - quiz.SizzlingHotMarriage.com

Contact me at GetStarted.SizzlingHotMarriage.com



GET YOUR SIZZLE BACK AT



SEE YOU SOON!

THANK YOU!