

Week 1 – Opening Video Welcome and Orientation

Before we begin, I want to be very clear about what this course is — and what it is not.

If you found your way here, it's probably because something in your marriage stopped feeling stable or obvious. Not necessarily dramatic. Not necessarily explosive. Just unsettling.

You may be questioning things you never thought you would question. You may feel pressure to decide something — stay, fix, leave, change — without feeling confident that you understand what's actually happening.

This course exists for that exact moment.

Not to give you answers. Not to tell you what to do. But to help you stand somewhere solid before you choose anything at all.

Let me tell you a little about who I am, and why I created this.

I spent many years working professionally with people around anxiety, relationships, identity, and meaning. Over time, one thing became impossible to ignore.

Most people aren't suffering because they are weak, broken, or bad at relationships.

They are suffering because they are trying to make sense of something powerful without a map.

Marriage is one of the most emotionally intense environments humans ever enter — and almost no one is taught how it actually works.

Instead, people are given advice, techniques, reassurance, or scripts — all of which fail when a person is internally unsteady.

What actually helps people is not being told what to do.

It's understanding what they are standing in.

That understanding is what this course is designed to offer.

It's important to say this clearly.

This is not therapy. It is not counseling. It is not couples work.

You will not be asked to fix your marriage, confront your partner, communicate better, or make decisions quickly.

The unit of work here is you.

Your steadiness. Your clarity. Your ability to tolerate uncertainty without collapsing or rushing.

Everything else depends on that.

Here's how this course works.

Each week builds on the previous one. Not in a do more way — but in a see more way.

You will learn how marriage functions as a system. Why anxiety spreads the way it does. Why closeness eventually creates pressure. Why feeling distance does not automatically mean failure. Why disappointment shows up when it does. And why meaning matters more than reassurance.

Most importantly, you will learn how to stay yourself — internally — when things get confusing or hard.

That alone changes everything.

One more expectation I want to set upfront.

This course cannot be rushed.

It is not meant to be consumed. It is meant to be engaged with.

If you skim, skip the exercises, or move too quickly, you may come away saying, “This didn’t help.”

That won’t be because the material is wrong. It will be because it was not allowed to do its work.

You are responsible for pacing. You are responsible for engagement.

I will not force either.

So let’s begin.

This first week is about orientation.

Why confusion shows up when it does. Why marriage feels powerful and dangerous at the same time. And why not understanding what you're touching leads people to burn themselves again and again — without knowing why.

You are not here because you failed.

You are here because you reached a moment where understanding matters more than advice.

That's a good place to start.

Let's begin.