

Week 3 - Opening Video Staying Yourself When It Gets Hard

Before we begin this week, I want to orient you to where we are and why this step matters.

In Week 1, you learned that confusion does not mean failure. It means you are touching something powerful without understanding how it works.

In Week 2, you began to see patterns. You saw that many of your reactions did not start in this marriage, but were shaped earlier by family systems and emotional roles.

This week builds directly on that understanding.

Week 3 is about differentiation.

That simply means learning how to stay yourself when anxiety rises, when closeness feels tense, or when distance appears.

Most people think the only options are: collapse and over-explain, or pull away and shut down.

Those are not the only options.

This week is about finding a third position: remaining present without losing yourself.

This is not about confrontation. It is not about boundaries. It is not about changing your partner.

It is about noticing what happens inside you and practicing steadiness in small, ordinary moments.

A quick expectation for this week.

Go slowly. Pay attention to your body. Notice urges to explain, fix, rescue, or withdraw.

The exercise that follows this lesson is essential. That is where differentiation begins to become lived, not just understood.

If you feel uncomfortable this week, that is not a problem. Discomfort often means growth is happening.

Stay with it. You are learning how to remain yourself under pressure.

That skill will carry everything that comes next.

Let's begin.