

## Week 5 - Opening Video What Marriage Was Never Meant to Carry

Before we begin this week, I want to acknowledge where you are.

You have done important work. You have slowed down. You have stopped panicking. You have begun to see patterns and stay yourself inside them.

This week asks a different kind of honesty.

Week 5 is about meaning.

Specifically, about the quiet expectations many people carry into marriage without realizing it.

Expectations about safety. About fulfillment. About being rescued from loneliness or fear.

When those expectations go unmet, people often experience disappointment and assume something has gone wrong.

This week helps you place that disappointment correctly.

Not as failure. Not as proof you chose wrong.

But as a moment of waking up.

A quick expectation for this week.

Do not rush to judge what you discover. Do not turn insight into blame.

Stay curious. Let the material show you what marriage was never designed to carry.

The exercise that follows will help you notice where fantasy has been confused with responsibility.

That clarity is freeing.

Let's begin.