



TODAY'S *Heartlift* WITH JANELL

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On this podcast, we gather together to talk about having a healthy sense of self, healthy behavior patterns, and healthy communication skills.

Join the conversation on Instagram:
[@janellrardon](https://www.instagram.com/janellrardon)

This Week's Conversation

Welcome to Dr. David Hawkins, author of "Why Marriage Counseling Fails: Is the Problem the Marriage or the Counselor?" Today, we open a very candid conversation about the work of love and marriage, why marriages fail and look at "the autopsy of a failed marriage." This is a hard conversation but a very important one, especially in this post-Covid world we are all trying to live in.



Meet Our Guest

Dr. David Hawkins, MBA, MSW, MA, PhD, is a clinical psychologist who has brought healing and restoration to thousands of marriages and individuals since he began his work in 1976. In addition to marriage counseling, Dr. Hawkins is a leader in the field of narcissism and emotional abuse in the context of marriage. He is the founder of the Marriage Recovery Center. Follow him on Instagram: [@marriagerecoverycenter](https://www.instagram.com/marriagerecoverycenter)

The Work of Marriage and Love

"A failed marriage is not an event but a process--often a long, slow process. Like metal left out in salty air by the ocean, disintegrating over time, a marriage disintegrates when not cared for properly. It is a slow, gradual, incessant disintegration."

Factors in a Failing Marriage:

- Fighting about anything.
- The process is the problem.
- Refusal to take responsibility.
- Lack of preparation.



If You Want More...



1. Download this week's "loosely edited" transcript and highlight your teaching moments.
2. Watch the YouTube Video...maybe with your partner or small group. Typically uploaded by Friday.
3. Ask questions or share thoughts over on our Instagram page: [@janellrardon](#)

“

The most common problems that arise after 10 years together.
Couples start: feeling more like roommates than romantic partners, becoming bored with their life together, start seeing their sex lives have failed, feeling dissatisfied because they think their marriage has prevented them from accomplishing certain life goals, having less tolerance for one another, stop celebrating milestones (small or big), forget how to be goofy and have fun, become stressed over being homeowners with adult responsibilities."

-Kelsey Borresen

WHY MARRIAGE COUNSELING FAILS

IS THE PROBLEM THE MARRIAGE—
OR THE COUNSELOR?



DR. DAVID HAWKINS

Licensed Clinical Psychologist with 40+ Years of Experience

Personal Reflection

1. What resonated with you as you listened to Dr. Hawkins and Janell talk about the work of love and marriage?
2. Have you tried marriage counseling and if so, was it successful, and why or was it unsuccessful and why?
3. Assess and consider: Were you and your husband the problem or was the counselor the problem?
4. Have you heard of Attachment Theory?
5. Have you heard of the Enneagram?

Attachment Style Test

Take Dr. Diane Poole Heller's Attachment Styles Test to help determine your attachment style.

[VIEW TEST »](#)

Love Style Quiz

Take the Love Style quiz from How We Love to help you determine your own love style.

[VIEW QUIZ »](#)

Enneagram Test

Here's a free Enneagram test you can take to help you determine your enneagram type. (A paid version is [available here](#).)

[VIEW TEST »](#)

Visit Janell's site,
scroll down, look for
the blue bar, and
take:

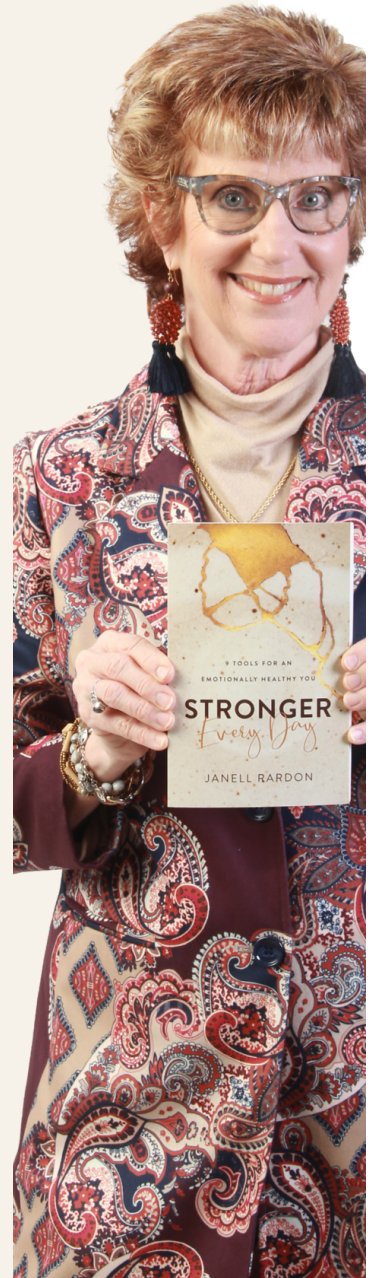
1. The Attachment Style Quiz
2. The Love Style Quiz
3. The Enneagram Test

**LET'S
TALK**

Ask questions or share thoughts
over on our Instagram page:
[@janellrardon](#)

Do Your Own Heart Work

1. Healthy relationships look like this:
a healthy me + a healthy you = a healthy we.
2. We can only do our own heart work.
We can't make or force or coerce or manipulate anyone to change. It is up to them.
3. Visit the mental gym every single day. In "Stronger Every Day: 9 Tools for an Emotionally Healthy You," find strength training for your SOUL.



“A heartlift is the process of vocalizing crushing pain (trauma) in a safe space, with a safe person, in a healthy manner that brings clearance and closure and emotional healing in a way that ultimately leads to true freedom.



Become Your Very Own Heart Coach



Created for you by
Janell Rardon, MA

Visit The Heartlift School and
Enroll in Your First Course!



tool one *Step Across the Thresh*

"He had the vague sense of standing on a threshc
the crossing of which would change everything."
-Kate Morton, "The Forgotten Garden"

HEARTLIFT 1

In Tool 1, we learn of **eudaimonia**, the pursuit of meaningfulness. V read, "The best moments in our lives are not the passive, receptiv relaxing times...The best moments usually occur if a person's body mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile." The heartlifting journey invite you to "accomplish something difficult and worthwhile." What mig the story on pp. 56-57 about the three women have to do with "eudaimonia" and your heartlifting journey towards future freedo

MY THOUGHTS:

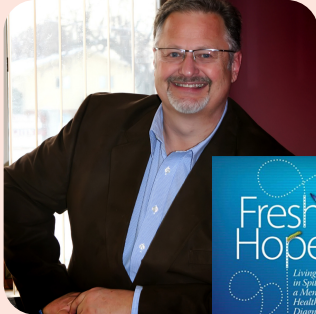
HEARTLIFT 2

At the onset of any heart work, it is absolutely essential to understand that it will require a great deal of grit, energy, and tim New contemplative practices, like stillness, silence, and solitude w be introduced to help you slow down the pace of your life in orde to do this heart work. On p. 57, an invitation is given to "saunter, si and see." Slowing the pace of life isn't easy, so take your time. Thi exercise will help you become more aware of what is happening i the present moment--also an essential practice for heart work.

MY THOUGHTS:

Join my online community,
www.facebook.com/groups/strongereverydayc

Catch Up On Past Episodes



Let's take this heartlifting journey, together. Healing happens in community and healing doesn't have to be complicated.



janell@janellrardon.com

www.janellrardon.com

Thank you!