

WIN/WIN Quick Start

Win/win is a decision making strategy that helps couples slow down and find a solution that honors God and one another.

MINDSET Choose a mindset of win/win. Set aside your desire to dig in your heels and convince your spouse that you are “right.” Commit to humble yourself by choosing to make a decision that honors the Lord above all else, a decision that honors your marriage above yourself and honors both you and your spouse.

HEART TALK Before your Heart Talk, prepare your own heart and mind through a Care Cycle to understand your own desires and wants that you want to be heard and understood and honored as you make a decision. Prepare to share your feelings and listen to your spouses feelings so you both understand what you will want to honor in you and one another as you reach a decision.

PRAY This is an opportunity to seek God’s wisdom and discernment together as a couple. You can ask God to also give you open hearts and minds to listen and consider one another's ideas. *God, we are stuck and at a loss as to how to move forward. We need your wisdom. Please open our hearts and minds to hear from you and to honor you above ourselves. Amen*

BRAINSTORM Use a pencil and paper to write a list of options. You’ll need to generate 8-12 ideas. You can get creative and add timelines or multiple step solutions. Think outside the box. Whatever idea is tossed out, goes on the paper...no discussion, eye rolling or heavy sighing.

EVALUATE Choose your posture before you start. Lean in. As you go through each idea, ask yourself, “how does this idea honor me?” You might add or omit something to the current idea as you ask yourself this question. This process generates more ideas! When couples lean in at this stage, they often come up with a win/win that wasn’t even on the brainstorm list. Sitting back, arms crossed waiting for your spouse to see your ideas are right will only keep you stuck.

CHOOSE ONE Decide together which idea to try.

ASSESS Pick a date to circle back and check in to see if the current decision is still a win/win. Put the date with a reminder on a device. This gives you both a reminder to stop and ask yourselves, “is this still a win/win?” If not, do not be discouraged. You can start the process again. Sometimes something is a win/win for a period of time, but no longer is a win/win.

HELPFUL TIPS If the topic is a bigger topic with several layers, try breaking it down into smaller win/win topics. For example, instead of trying to find a win/win in finances, break it down into smaller topics, such as tithing, savings, budget, credit card debt, etc.