

SESSION #2

RECOGNIZING THE DRIFT



Every strong marriage starts with awareness. You can't change what you don't recognize.



BOOK CHAPTERS 1 & 2
One Marriage, Many Drifts & Happiness is a Choice

SESSION OVERVIEW

In this session, you'll learn how drift happens in marriage and why it's so easy to miss. You'll discover the most common drifts couples face and how choosing happiness—every day—can change the direction of your marriage.

WHAT YOU'LL DISCOVER



What "drift" looks like and why it happens so slowly you barely notice.



The 6 most common marriage drifts and how they show up in everyday life.



Why happiness is a choice—and how choosing it fuels your marriage.



Practical steps to recognize drift early and turn back toward each other.

KEY TAKEAWAYS



DRIFT IS SLOW AND SILENT

It doesn't happen overnight—but small neglects add up over time.



SIX COMMON DRIFTS

Physical, Emotional, Spiritual, Intellectual, Relational, and Recreational drift can weaken even good marriages.



AWARENESS IS THE FIRST STEP

You can't fix what you refuse to face. Naming the drift creates the chance for change.



HAPPINESS IS A CHOICE

Joy in marriage isn't automatic. It's built by choosing to love, serve, and encourage—every day.



YOU CAN TURN IT AROUND

Small, intentional choices today can reconnect you and redirect your future.

“What you do in the first few years of your marriage, if you make wise decisions, will open the doorway to a successful marriage.”

— GARY CHAPMAN, PhD,
author of *The 5 Love Languages*



THE 6 COMMON DRIFTS



PHYSICAL DRIFT

Lack of intimacy and physically connecting with each other.



EMOTIONAL DRIFT

Shutting down or withdrawing from meaningful conversations and sharing feelings.



SPIRITUAL DRIFT

Growing apart in faith or failing to pursue God together.



INTELLECTUAL DRIFT

Losing interest in learning together or respecting each other's ideas and perspectives.



RELATIONAL DRIFT

Spending less time together and losing connection and closeness.



RECREATIONAL DRIFT

No longer having fun together or enjoying shared activities and adventures.



YOUR NEXT STEPS

- ✓ Take time this week to honestly assess your marriage.
- ✓ Identify which drifts are showing up.
- ✓ Choose happiness daily by focusing on what you can give, not what you're not getting.
- ✓ Make one small, intentional choice to reconnect.



Awareness today leads to a stronger, closer marriage tomorrow.



THE GOAL: ADULT-TO-ADULT RELATIONSHIP & ENJOYING DEEPER CONNECTION
A marriage built on friendship, respect, shared purpose, and a love that keeps growing.



“The best time to build a strong marriage is before you need one.”

