

SESSION #4

TWO ORIGINALS



You didn't marry a copy—you married an original. Your differences can be your greatest strength.



BOOK CHAPTERS 5 & 6
Love What's Different
& Choose Positive

SESSION OVERVIEW

In this session, you'll learn how to embrace your spouse's uniqueness and use a positive mindset to strengthen your marriage. Appreciating differences and choosing positivity every day can turn challenges into opportunities for deeper love and connection.

WHAT YOU'LL DISCOVER



Why your spouse's differences are a gift, not a problem.



How to move from frustration to curiosity and appreciation.



The power of choosing a positive attitude in your marriage.



Practical steps to focus on what's right—and build on it.

KEY TAKEAWAYS



YOU MARRIED AN ORIGINAL

Your spouse is uniquely wired by God for a reason. Differences can complement and enrich your relationship.



SEE DIFFERENCES AS STRENGTHS

What annoys you today might be exactly what balances and blesses you tomorrow.



CHOOSE POSITIVE ON PURPOSE

You have the power to choose your attitude. Positivity fuels love, while negativity drains it.



LOOK FOR THE GOOD

Train your eyes to notice what's right, not just what's wrong.



BUILD AN UPWARD SPIRAL

Positivity creates more connection, more grace, and a stronger marriage.

“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*



EMBRACE DIFFERENCES, CHOOSE POSITIVE



1. CELEBRATE UNIQUE

Acknowledge and celebrate what makes your spouse different—and thank God for those differences.



2. GET CURIOUS

Instead of judging, ask questions and seek to understand your spouse's perspective.



3. FOCUS ON STRENGTHS

Make a list of your spouse's strengths and thank them for one of them every single day.



4. CHOOSE YOUR ATTITUDE

You can't always control what happens, but you can always control how you respond.



5. BUILD TOGETHER

Use your differences to problem-solve, dream big, and create a life that thrives together.



YOUR NEXT STEPS

- ✓ Identify one difference you tend to struggle with and choose to appreciate it this week.
- ✓ Practice one act of intentional positivity with your spouse every day.
- ✓ Keep a “gratitude list” of your spouse—add to it regularly.
- ✓ Encourage each other and build each other up.

Two originals. One incredible story.
Choose love. Choose positive.



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.”

