

5 Ways to Solve the Love Dilemma Worksheet

Here is a quick worksheet to help YOU solve your love dilemma.

Take this list and save it to your device or print it out.
Review it over the next few days and prepare your heart.

Stop waiting for something to change and take action today!

1) Decide if these are new feelings or old feelings.

I know, let's not talk about feelings. But this is an important point. In either case, there is a way towards resolution.

2) Write down what situations happened that caused you to feel this way.

In most cases, your wife has disrespected you. This feeling of disrespect is causing you to not fully love her. And in a sense, you can't or won't find those loving things to say to her; verbally or in a simple card. A great resource for this is the book "Love and Respect."

3) Do a thorough review of yourself.

There's no question that she probably did something or multiple things to cause your feelings, but you must honestly assess your attitude and actions. Did you provoke her? Did you embarrass her? What part of the issue is your responsibility and what can you do about it? This is tough, so man up and do it!

4) Start praying for her.

There are so many great things about praying for your spouse. The main thing is that it takes the focus off of you and your issues and places the focus on your wife and God. God will reveal some tough things to you about how you need to start leading better in your marriage. Buckle up!

5) It's time to talk to her.

Remember the list above, you don't need to show her it but have the things you wrote down in mind. Ask her to schedule a time to talk. She'll know that you mean business and will want to know what's going on. Especially pray about this conversation. Let her know how you feel and why. Speak with love and be honest. Let her know how much you love her and that you want to resolve these issues. You can do it!

**At the end of the talk, pray with her and for the situation. Do it!
Plan to have a follow up discussion each month moving forward. Do it!**