



## 12 Ways to Convince Your Spouse to Attend the Marriage Helper 911 Workshop

1. Ask your spouse to do it out of respect for your marriage.

You and your spouse have had a lot of history together. While he or she may be strain from the marriage or distant, they may still have a sense of respect for your relationship.

2. Ask your spouse to attend as an alternative to counseling.

Not only is the workshop more effective than counseling alone, it also takes a shorter amount of time than counseling. Instead of going to counseling over the next few weeks or months, it will only take three days to go to the workshop.

3. If your spouse is not aware that there is a marriage problem, don't reveal any large secrets beforehand. Ask your spouse to come with you because it is something very important to you.

It is not unusual for people to come to the workshop who have been involved in an affair, but have not yet revealed the affair to their spouse. If this is your situation, you are more aware of the dire situation than your spouse. However, do not tell your spouse about the affair in order to get him or her to agree to come to the workshop. While we do not advocate keeping secrets from your spouse, we also know volatile situation that can occur when admitting an affair. Let us help you create that safe environment and understanding so we can best help you save your marriage.

4. Make all the plans and work out all of the logistics so that your spouse won't have to worry about it.

One of the hindering factors may be your spouse thinking, "How are we going to get there?" or "What are we going to do with the kids?" Try and figure out arrangements for all of the aspects of the weekend that you possibly can so that your spouse will be more willing to attend.

5. Have a neutral but respected third party ask your spouse to go with you if your spouse initially says no.

Consider a close mutual friend (the same gender as your spouse), a pastor that your spouse listens to and respects, or a family member that your spouse is on good terms with. If your children are old enough (usually teenagers and older) and have realized the marriage problems occurring (make sure you are not the one to reveal the marriage problems to the children), then older children are a great motivating factor to convince your spouse to attend the workshop.

6. Be persistent, but don't nag.

Your spouse may decline the invitation to the workshop at first, and that is okay. Do not consider this a defeat. Be persistent in your willingness and desire to attend the workshop. Bring it up in appropriate situations. Mention how important it is to you often. However, do not nag your spouse about it. If your spouse sees you as pressuring, complaining, or nagging about it, he or she will be turned away from the idea of attending.

7. Ask your spouse to attend the workshop in a neutral area.

Do not ask your spouse to attend the workshop while in your bedroom, or in front of the children, or at a relative's house. These are not neutral areas, and your spouse may feel conflicted and cornered. You also do not want to ask your spouse in a location where most of your fighting is done: maybe that's in the car or at the dinner table. Avoid any scenarios that could bring back negative feelings. Go to a neutral location, such as on a walk around a neighborhood, to a restaurant, or in a counselor or pastor's office.

8. Present all the information about the workshop that is relevant to getting your spouse to come.

If you overwhelm your spouse with information, it may turn him or her away. For example, if your spouse wants out of the marriage, your spouse will not care about the 77% success rate of the workshop. Instead, your spouse will care about how the workshop will be beneficial no matter what happens, and it can help with both of your relationships with your children and co-parenting or knowing that you can say you tried everything to save your marriage.

9. Let your spouse know that the staff at the workshop is respectful of every person and every situation.

We have 4 main rules at Marriage Helper 9II. 1. Everything is confidential. 2. There is no spouse-bashing. 3. There is no judgement. 4. We will honor and respect every person, no matter what the situation is.

10. Have your spouse talk to our Marriage Helper representative.

We have a lot of experience with spouse's who are hesitant or unwilling to attend the workshop. We can answer any questions, calm their hesitations, and reassure your spouse that we really care about each person.

11. Have your spouse watch the Marriage Helper video for reluctant spouses.

If your spouse prefers, have them watch our short video directed specifically towards reluctant spouses.

12. Agree to give your spouse something that he or she is wanting in order to come.

If you can get your spouse to agree to come to the workshop before getting to this step, then please use one of the previous recommendations. However, we do know that some situations are so desperate that it may be best to offer your spouse something he or she is wanting in order to get them to attend the workshop. Most of the time, this means either signing divorce papers or giving your spouse something he or she is wanting in a divorce. This is a last resort, but is very effective. **Be sure that you are willing to do or give up whatever you tell your spouse you will do. Do not agree to do something that you are unwilling to follow through with.**

*We hope that these 12 ideas will help you convince your spouse to attend Marriage Helper 911.*

*If you have any questions along the way, please call the Marriage Helper staff. We will be happy to walk you through any of the steps.*