



THE STEEL'S STORY: FIXING A BAD MARRIAGE

In this episode, Nathan and Lacey share their story of how they restored their marriage. Nathan struggled with a deep-rooted bitterness toward his dad, an inability to share his feelings, and a 20-year addiction to pornography. Lacey struggled with a fear that fed her explosive anger producing a need to control her husband and circumstances.

INTRODUCTION (00:33)

For Nathan, a lot of his perceived personality traits came from unresolved issues — particularly, abuse in his early growing up years. Lacey's fear and need to control came out as being driven and passionate.

1. *What "personality traits" do you have (or people have said you have)?*
2. *Where or why do you believe you have this "personality trait"?*

THE FIRST YEARS (03:25)

Amidst stress, fear, and feeling out of control, both Nathan and Lacey responded differently. Their negative responses within their marriage were behaviors developed in their early growing up years.

3. *How do you generally respond amidst stressful circumstances or when you feel out of control?*
4. *Does this response de-escalate and bring peace to the situation? Why or why not?*

THE CROSSROADS (06:06)

Nathan and Lacey made the difficult choice to sacrifice their desires and hopes to pursue freedom in their marriage.

5. *What sacrifices have you made in pursuit of your maturity, wholeness, and healthy?*
6. *How have these sacrifices benefited those around you (friends, family members, or spouse)?*

THE TRANSFORMATION (08:14)

For Nathan and Lacey to have a healthy marriage, it has taken time, effort, and mindful decision-making. While many of their circumstances haven't changed, their outlook and perspective of those circumstances have become healthy and hope filled.

7. *What disappointing circumstances in your life haven't improved in the past three to five years (or longer)?*
8. *What has your mindset or outlook been about these circumstances over the past years?*
9. *Does this mindset produce hope and peace or despair and anxiety?*

THE JOURNEY FORWARD (10:42)

Freedom from unhealthy mindsets and behaviors does not mean we no longer have unhealthy desires or thoughts. It means we no longer give into them because we've developed healthy, life-giving mindsets and behaviors instead.

10. *What is the biggest mindset or behavioral change you've made in the past year?*
11. *How has this change enhanced your relationships (with your friends, family members, or spouse)?*