



A PRIVATE GUIDE FOR THE MARRIED WOMAN

CHOSEN AGAIN



*A Married Woman's Complete Private Protocol For Breaking
The Emotional Distance In Her Marriage And Rebuilding Her
Husband's Attention, Their Lost Friendship, And Her Sense Of
Being Truly Wanted Again.*

BY

Mrs. Grace Williams

MARRIAGE RESTORATION GUIDE

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To the woman reading this,

If you are here, I already know something about you.

You are not the kind of woman who gives up easily. You did not stop trying. You kept the home running. You kept showing up. You kept being his wife, even when being his wife started to feel like a role you were performing for everyone else to see.

You kept going. Because that is what you do.

But somewhere between the wedding day and today, something shifted. Not dramatically. Not in one big fight or one obvious moment. Quietly. The way a room cools down when someone leaves a window open. You do not notice it happening. You just notice one day that you are cold.

He is still there. Physically present. Providing, perhaps. Not doing anything obviously wrong. But the man who used to look at you like you were something is now looking through you. The conversations have become logistics. The nights have become routines. The marriage has become a function.

And you carry this alone. Because how do you explain it? How do you say you are lonely when you are not alone? How do you say you miss your husband when he is sitting three feet from you? Who would understand that?

"I would. Because I have sat exactly where you are sitting."

My name is Grace Williams. I spent six years inside a marriage that looked completely fine from the outside. My husband was a good man. He provided. He was faithful. He showed up for our children. By every standard our community had, we were doing well.

But I had started dreading Sunday evenings. Not because anything bad happened on Sundays. But because Sunday evening meant another week of sitting next to someone who no longer really saw me. Another week of conversations that went nowhere. Another week of reaching and finding nothing there.

I tried everything a woman in my position tries. I planned date nights that felt forced and ended in silence. I initiated conversations that went nowhere. I spoke to my pastor who told me to submit more and pray harder. I prayed. I fasted. I cried in the bathroom so my children would not hear.

Nothing moved.

Then I found the research. Not relationship advice. Not spiritual counsel. Scientific research on what actually happens inside marriages when couples drift. And what I found changed everything.

The distance in my marriage was not a love problem. It was not a faith problem. It was not a communication problem. It was a specific, measurable pattern that had collapsed without either of us noticing. Because I did not know what it was, I had been trying to fix the wrong thing for six years.

Once I understood the pattern, I learned how to reverse it. Not overnight. Not dramatically. The way it left, it came back. Quietly. One small moment at a time.

What I am going to teach you in Chosen Again is not generic marriage advice. I am not going to tell you to communicate more, plan more dates, or love harder. You have tried those things. They did not fix this because they were not designed to fix this.

I am going to show you exactly what the Silence Spiral is, how it formed inside your marriage, and how to reverse it using a specific three phase protocol that works even when your husband does not know you are using it. Even when he has no interest in working on anything. Even when you are the only one who sees the problem clearly.

BEFORE YOU CONTINUE

This guide requires actual reading and actual doing. Women who go through it and apply the tools see results. Women who download it and never open it do not. The protocol works. But it only works if you do.

If you are ready, everything you need is in these pages.

With warmth and complete confidence in what waits on the other side of this work,

Mrs. Grace Williams

SECTION ONE

01

What Actually Happened To Your Marriage

The truth about the Silence Spiral, and why everything you tried before was not wrong, it was simply aimed at the wrong thing.

Your Marriage Did Not Break. It Drifted.

The first thing I need to give you is the truth about what happened to your marriage. Not a version designed to make you feel better. The actual truth. Because the truth is what makes the solution possible.

There is a specific pattern that happens in almost every marriage that reaches the point yours is at right now. A pattern so quiet and so gradual that neither partner notices it forming until the distance has already become the new normal. I call it the Silence Spiral.

Here is how it works.

Every day, in every marriage, both partners send out small signals to each other. These signals are not always verbal. Sometimes it is a comment about something they noticed during the day. A hand placed briefly somewhere. A question asked without urgency. A joke offered into the air. A sigh at the end of something heavy. A glance that lingers just a little longer than a passing look.

Relationship researchers call these signals emotional bids. A bid is any attempt one partner makes to reach for the other and ask, without necessarily using words: are we still connected? Do you still see me? Am I still yours?

When one person sends a bid, the other person has three possible responses.

THE THREE RESPONSES TO EVERY BID

T

Turn Toward

They acknowledge the bid. They engage. They respond with warmth or interest, even briefly. The connection is confirmed. The bid was received.

A

Turn Away

They do not respond. Not out of cruelty, usually, but distraction, tiredness, stress, the demands of their own world pulling their attention somewhere else. The bid goes unanswered.



Turn Against

They respond with irritation, dismissal, or something that shuts the bid down entirely. The connection is not just missed. It is actively refused.

What The Research Found

Dr. John Gottman conducted a study following newlywed couples for six years. At the six year mark, he checked in on all of them. Some couples were still together and thriving. Others had separated. He looked at what actually separated the two groups.

It was not how much they loved each other. It was not how compatible they were. It was not how frequently they fought or how rarely they fought.

86%

*of bids answered by couples still together after six
years*

33%

of bids answered by couples who later separated

The difference between a marriage that survives and one that quietly dies is not love. It is the small, daily habit of turning toward each other when one person reaches out. Nearly nine times in ten, the connected couples were meeting each other's emotional needs. The separating couples were meeting each other's bids only one in three times.

"The marriage does not collapse in one day. It collapses one missed bid at a time, across months and years, until both people quietly stop reaching."

How The Silence Spiral Forms

Here is what happens in most marriages after three, four, five years together.

Life gets heavy. Children arrive. Financial pressure builds. Work becomes consuming. Extended family has opinions and demands. Both partners are tired in a way they were not tired before.

Bids start being missed not because anyone stopped loving, but because there is simply less space and less attention available.

The first time a bid is missed, nothing terrible happens. But the bid was not responded to. So the person who sent it makes a quiet internal note: I reached. Nothing came back.

If this happens consistently, something begins to shift. The person sending bids starts sending them less frequently. Not consciously. Gradually. The reaching becomes smaller, more cautious, less visible. They are not choosing to stop reaching. They are simply protecting themselves from the quiet ache of reaching and finding nothing.

Then their partner, who was not noticing the bids in the first place, also slowly stops sending their own. Because there is an unconscious reciprocity in bid behaviour. When one person stops reaching, the other stops reaching too.

This is the Silence Spiral. Not a fight. Not a betrayal. Not even a decision. Just two people slowly, quietly, invisibly stopping the daily behaviour that was keeping them connected. Until one day both of them look up and realize the space between them has become a different country.

Why Everything You Tried Was Not Enough

Now you understand the Silence Spiral, and now you can understand exactly why nothing you tried before was able to fix it. Not because you did not try hard enough. Because every approach you tried was aimed at the wrong target.

WHY THE DATE NIGHTS DID NOT WORK

You cannot force emotional bids at a scheduled event. A bid must be organic, daily, woven into the ordinary moments of life. A planned evening creates pressure, not the relaxed openness where genuine bids naturally happen. You sat across a restaurant table and both felt the awkwardness of performing connection for two hours. Then you came home and nothing had changed.

WHY INITIATING MORE CONVERSATIONS DID NOT WORK

If the bid-response channel has collapsed, sending more bids into it does not reopen it. It can actually feel to him like pressure, which triggers further withdrawal. You tried harder. He pulled back more. You tried harder still. He disappeared further. The cycle made things worse, not better.

WHY PRAYER AND FASTING WERE NOT ENOUGH

Prayer and fasting are real and they matter. But the Silence Spiral is a behavioural pattern, not a spiritual condition. It responds to behavioural intervention, not spiritual discipline alone. You can be deeply in the presence of God and still not know how to restart a bid-response cycle that has been dormant for three years. This is not an insult to your faith. It is the piece nobody showed you.

WHY THE PASTORAL ADVICE DID NOT WORK

Submit more. Communicate better. Love him as he is. These are not bad instructions. But they are not specific enough to address what is actually broken. The problem is not submission or communication. It is a specific relational skill, the ability to make and respond to emotional

bids, that has quietly eroded in your marriage. And nobody had ever taught either of you what that skill was.

The Silence Spiral is not your fault. It is not his fault. It is what happens when two people who love each other are not given the tools to maintain connection under the weight of real life. Chosen Again gives you those tools. And it gives you a protocol for using them, beginning with what you alone can do, today.

PHASE ONE

02

The Drift Point Diagnosis

Before you can reverse the Silence Spiral, you need to see exactly when and how it formed in your specific marriage. This phase gives you that clarity.

Finding Your Drift Point

Every marriage that reaches emotional distance has a Drift Point. A specific season or sequence of events where the bid-response cycle began to collapse. Identifying yours is not about assigning blame. It is about understanding the entry point so you can work backward from it.

Most women I work with cannot identify their Drift Point immediately. They know the distance is there. They know something shifted. But when they try to locate when, they find themselves saying it was gradual, it just happened, I cannot point to one thing.

That is true. The Silence Spiral is always gradual. But it always has a starting point. And when you find it, two things happen. The first is that you stop blaming yourself for the whole marriage when really only one season unravelled. The second is that you see clearly what the actual repair work involves.

The Most Common Drift Points In West African Marriages

Across all the women I have worked with, certain seasons appear again and again as the moment the spiral began. See which one, or which combination, matches your story.

DRIFT POINT TYPE 01

The Arrival of Children

The marriage was connected before children. Then the first child arrived and the attention of both partners, but especially the mother, shifted completely. He felt replaced. She felt unseen in a different way, doing everything while he stayed on the edges. The bid-response cycle did not collapse overnight. It slowly suffocated under nappy changes and school runs and financial pressure and exhaustion.

DRIFT POINT TYPE 02

The Financial Pressure Season

A specific financial difficulty landed on the marriage. He became consumed by the pressure to provide or by the shame of not providing. He withdrew into work or into silence. She reached

for him and found a wall. After enough rejections, she stopped reaching. He never noticed she had stopped because he was already gone into his own world. The money problem eventually passed. The silence it created did not.

DRIFT POINT TYPE 03

The Extended Family Season

His mother moved in. Or she had strong opinions about the marriage from the outside. Or her family created pressure he felt threatened by. The marriage stopped being a private world between two people and became a negotiation involving many people's expectations. He started choosing peace with his family over closeness with her. She started feeling like a guest in her own marriage. The bids they had been exchanging became impossible under the weight of all those watching eyes.

DRIFT POINT TYPE 04

The Unresolved Conflict Season

Something happened that was never fully resolved. Not necessarily infidelity or a dramatic event. Sometimes a single conversation that went badly and was never returned to. A decision that felt like a betrayal. A disappointment that was swallowed instead of spoken. Both partners moved forward as if it was fine. But the bid-response cycle quietly rerouted itself around the unresolved thing, and over time the detour became the permanent route.

DRIFT POINT TYPE 05

The Growth Gap

She grew in a direction he did not follow, or he grew in a direction she could not follow. One partner changed through education, career, spiritual development, or personal experience. The other remained where they were. The conversations that used to feel nourishing started feeling like they were happening on different floors of a building. The bids they used to make no longer fit who they had each become.

The Drift Point Audit

Complete this exercise honestly. There are no wrong answers. The goal is clarity, not judgment. Take as long as you need. You can write directly here or in a private notebook.

WRITTEN EXERCISE

The Drift Point Audit

Think back to when your marriage felt connected. When did your husband still look at you and you felt it? When did conversations happen naturally? Describe that season briefly.

Now think about when things started to shift. Not the moment you noticed the distance, but the season that preceded it. What was happening in your marriage, your home, your finances, or your family at that time?

Looking at the five Drift Point types above, which one or which combination most closely matches what happened in your marriage?

What was the last bid you sent him that he genuinely turned toward? What were you doing? What did he do in response? Describe the moment, even if it feels small.

What is the last bid he sent you that you genuinely turned toward? Or the last bid you remember him sending, whether you answered it or not?

Once you have completed the Drift Point Audit, you have something most women in your situation do not have: a precise understanding of the territory. You know which season created the collapse. You know which type of drift you are dealing with. This means everything in Phase Two and Three can be applied with precision, not guesswork.

PHASE TWO

03

The Bid Map

Learning to see the bids that are still being sent in your marriage, and the bids you are sending that are being missed. This is where the work begins to feel specific.

Learning To See What Is Already There

The most important thing I learned when I began studying the bid-response pattern is this: even in the most disconnected marriages, bids are still being made. They are just so small, so buried under habit and defensiveness, that neither partner is recognising them for what they are.

Your husband is still sending bids. They do not look like the bids he sent in year one of your marriage. They may look like irritability that is actually an invitation to ask what is wrong. They may look like him mentioning something he saw on his phone, not because he wants a conversation about it, but because he wants to know if you are still interested in what interests him. They may look like him staying up late when you are already in bed, not because he prefers to be alone, but because the transition to the bedroom has become too heavy with everything unsaid.

You are also still sending bids. Some of them are being received. Most of them are not. The goal of Phase Two is to build your Bid Map: a clear picture of what bids look like in your specific marriage right now, which ones are being missed, and what turning toward actually looks like for the two of you.

What Bids Look Like In A Married Home

This list is not exhaustive. Bids are deeply personal and they shift over time. But these are the most common ones in long-term marriages, especially in households carrying the weight of children, financial pressure, and the demands of West African family life.

BIDS THAT GET SENT AND MISSED MOST OFTEN

The Information Bid: He mentions something. A piece of news, something that happened at work, something he noticed. He is not necessarily inviting a deep conversation. He is inviting you to be interested in his world for a moment.

The Humour Bid: He makes a joke or says something dry or absurd. The bid is not the joke. The bid is the hope that you will laugh with him. That you still find him worth laughing with.

The Physical Proximity Bid: He sits near you. He does not touch you, does not say anything. But he placed himself close. That placement is a bid.

The Irritability Bid: He is snapping or being difficult about something small. Underneath the irritability is almost always an unmet need asking to be seen. This is a bid wrapped in thorns. It is the hardest one to receive. It is also one of the most important.

The Silence Bid: He goes quiet. Not cold-silent. Thoughtful-silent. And then he says nothing. The bid is the space he left open, hoping you would step into it.

The Reconnection Frequency

Every person has a specific emotional wavelength on which they are most reachable. For some men, it is through activity: doing something together, even something mundane, where conversation can happen sideways rather than face to face. For others it is through shared interest, a sport, a show, a subject. For others it is through physical closeness that requires nothing verbal at all.

Your husband's Reconnection Frequency is the channel on which he is most likely to receive your bids and most likely to send his own. Identifying it is not manipulation. It is understanding the person you married well enough to meet them where they actually are, not where you wish they were.

The Warmth Window

One of the most useful discoveries I made in my own marriage is that connection is not available equally at every moment of the day. There are windows of time when a husband is most emotionally open, most likely to turn toward a bid, most likely to actually see you. Trying to connect outside these windows is like knocking on a door that is structurally unable to open at that hour.

The Warmth Window is different for every man. But the most common ones in Nigerian and Ghanaian households follow a recognisable pattern.

WINDOW ONE

The First Twenty Minutes After He Returns Home

Not the moment he walks in. That moment is usually too charged with transition. The window opens approximately twenty minutes after he has settled. Before dinner, before the children have pulled him in every direction, before the television goes on. This is often the most accessible window of the entire day. Most women miss it by either demanding it before he is ready or abandoning it after the first minute of no response.

WINDOW TWO

Side by Side Without Pressure

Many men are far more emotionally available when they are doing something alongside you than when they are sitting across from you in a conversation. The car is one of the most productive spaces for real conversation in a marriage. A walk. A shared task. Sitting together watching something. The side-by-side position removes the feeling of being examined, which is what face-to-face conversation can trigger in men who have pulled away.

WINDOW THREE

After He Has Been Seen In Something He Cares About

When you have genuinely noticed something he did, something he is good at, something he takes pride in, and you name it without flattery, the emotional window opens. This is not about praising him to manipulate him. It is about recognising that every person, including your

husband, is more emotionally available when they feel genuinely seen in something that matters to them.

THE BID MAP EXERCISE

Mapping The Bids In Your Marriage

Spend three days observing before attempting anything in Phase Three. During these three days, make a private note of every bid you observe, sent by either of you, regardless of whether it was received.

What bids did you notice him sending in the last three days? List them, even the tiny ones.

Which of those bids did you turn toward? Which did you miss? Which felt impossible to turn toward because of the state you were in?

What time of day is your husband most likely to seem relaxed and accessible? Even briefly. What is usually happening around him at that time?

What does he seem most alive about right now? What does he notice, care about, or engage with when he is not in withdrawal mode?

PHASE THREE

04

The Return Protocol

This is where the doing begins. Five specific tools for restarting the bid-response cycle in your marriage, beginning with what you alone can put into motion tonight.

The Return Protocol

Everything in Phase One and Phase Two was preparation for this. You now know what the Silence Spiral is and how it formed in your specific marriage. You have mapped the bids that are still being sent and the windows where connection is most possible. Now comes the work of actually restarting the cycle.

The Return Protocol has five tools. Use them in sequence. Do not attempt Tool Three before Tool One has had at least a week to settle. The sequence matters because you are rebuilding something that collapsed over time. Rushing the rebuild creates pressure that causes the same withdrawal you are trying to undo.

"You are not chasing him. You are creating conditions where coming back becomes the natural thing for both of you to do."

Tool One: The First Bid Method

After a long silence in the bid-response cycle, sending a bid that is too large, too emotional, or too significant will almost always result in a turn away or a turn against. He is not ready for something that size. Neither are you. The First Bid Method is about reintroducing bids at a size the current state of your marriage can receive.

A First Bid is small, low-stakes, and requires no vulnerability from him in response. It is not a conversation opener. It is not an invitation to discuss the marriage. It is simply a moment of warmth that asks nothing of him except to receive it.

What a First Bid looks like in practice: You notice something he would find interesting and mention it without needing a response. You make a small observation about something in your shared environment. You acknowledge something he did without turning it into a longer exchange. You laugh at something genuinely funny without performing it for him. Small. Real. Undemanding.

The goal in the first week is not connection. It is simply the reintroduction of warmth into the space between you. One or two First Bids per day. That is enough.

Tool Two: The Warmth Window Practice

Using what you identified in the Bid Map exercise, begin placing yourself in your husband's Warmth Window consistently. Not every day needs to be a deep connection attempt. But every day should have at least one moment where you are present and warm in the space where he is most open.

Consistency here is more important than intensity. Being warmly present for five minutes in the right window is more powerful than a two-hour conversation attempted at the wrong time in the wrong emotional state.

During the Warmth Window, follow the First Bid Method. Small bids. No agenda. No conversation about the state of the marriage. Just warmth, consistently placed where it can actually be received.

Tool Three: The Reconnection Frequency Practice

You identified your husband's Reconnection Frequency in Phase Two. This is the channel, the activity, the context, on which he is most emotionally available. The Reconnection Frequency Practice is simply showing up on that channel with no expectation of what will happen.

If his frequency is shared activity, find one thing you can do alongside him that you find genuinely tolerable. If it is a shared interest, find one thing in that interest you can authentically engage with. If it is physical closeness without demands, create opportunities for that proximity without attaching expectations to it.

This tool requires patience. You are not trying to have a breakthrough conversation the first time you show up on his frequency. You are simply being present on the channel where he is most himself. The bids that matter will emerge from that presence naturally over time.

Tool Four: The Invisible Thread

The Invisible Thread is the practice of maintaining micro-moments of connection during the seasons that have historically killed the bid-response cycle in your marriage. The busy weeks. The financial stress periods. The school holiday chaos. The extended family visits.

The Invisible Thread does not require large gestures or significant time. It requires one small daily deposit into the emotional account between you. A message during the day that requires no response but communicates warmth. A moment of genuine eye contact. A brief physical acknowledgment that does not need to become anything larger. These micro-deposits keep the account from going to zero during the difficult seasons.

Most marriages that drift do so not because of one terrible season but because the difficult seasons depleted the emotional account completely and there was nothing left to build on when things eased. The Invisible Thread prevents that depletion.

Tool Five: The Patience Practice

This is the hardest tool in the entire protocol. Not because it requires skill, but because it requires the suspension of urgency.

The Patience Practice is the daily choice not to demand from the process more than the process can currently give. Not to measure each day against the feeling you want to have arrived at. Not to interpret his still-quietness as evidence that nothing is working. Not to escalate when the timeline feels too slow.

The Silence Spiral took months or years to form. The Return Protocol takes weeks, not days, to produce visible results. What you are doing in those weeks is invisible work: rebuilding the internal architecture of trust and warmth that makes genuine bids and genuine responses possible again.

During the Patience Practice, measure your progress by your own consistency, not by his response. Did you use the First Bid Method today? Did you show up in the Warmth Window? Did you maintain the Invisible Thread? If yes, the work is happening. The response will come.

WHEN IT FEELS LIKE NOTHING IS MOVING

There will be days when you apply every tool correctly and feel no different from when you started. These days are not evidence of failure. They are part of the process. The bid-response cycle does not restart with a visible announcement. It restarts quietly, the way it collapsed: one small moment at a time.

What you are building is not a series of individual moments. You are rebuilding a pattern. Patterns take repetition to form. Keep repeating. The pattern will form.

The 60 Day Commitment

The Return Protocol requires a minimum of 60 days to produce consistent, lasting results. Not because 60 days is a magical number, but because research on relational pattern change consistently shows that six to eight weeks of daily practice is what it takes to shift an established behaviour pattern in both directions: how you bid and how he receives.

During these 60 days, do not evaluate the marriage against how you want it to feel. Evaluate your practice against how consistently you are applying the tools. The feeling follows the practice. It does not precede it.

A note on his awareness: You do not need him to know you are using this protocol. The Return Protocol works entirely through behavioural change on your side. Because the bid-response cycle is mutual, when you change your bidding behaviour consistently, his response pattern will begin to shift too. He will not understand why the dynamic between you is changing. He will simply notice that something feels different. That is exactly how the protocol is designed to work.

A FINAL WORD

05

Before You Close This Guide

What I want you to carry with you from here.

Before you go,

You have just been given something most women in your situation never receive: a precise understanding of what is actually happening in your marriage and a specific protocol for changing it.

What you do with this knowledge is entirely up to you. I cannot apply the tools for you. I cannot choose, on the days when the marriage feels hopeless, to place one small warm bid into the space between you. That choice belongs to you alone.

But I want you to remember something, especially on the days when the tools feel slow and the results feel invisible.

The distance that exists in your marriage right now did not arrive in one day. It was built across months of missed bids, busy seasons, exhausted evenings, and the invisible accumulation of reaching and finding nothing. You have been living inside that accumulation. It has weight. It has texture. It feels like the permanent condition of your marriage.

It is not permanent. It is a pattern. And patterns can be changed.

"The woman who applies this protocol consistently does not just reconnect her marriage. She becomes someone her husband cannot quite imagine living without. That is not a small thing. That is everything."

What I know from every woman I have walked through this with is that the moment the cycle restarts, it restarts with a warmth that surprises both people. Because the love was never gone. It was just buried under years of bids that were sent and missed, until both people stopped sending. When the bids begin again, the love has somewhere to go.

Do not wait for him to start. Start. The protocol is designed for the person who can see the problem clearly. You can. So you go first.

Your three bonus guides are waiting for you. The 7 Day Connection Jumpstart begins tonight, not after you have read everything, not after you feel ready. Tonight. Pick up Bonus One and start with Day One.

I am rooting for you completely.

With warmth,

Mrs. Grace Williams

Mrs. Grace Williams

MARRIAGE RESTORATION GUIDE

Grace Williams spent six years in an emotionally disconnected marriage before discovering the research on emotional bids and the bid-response cycle. What she learned transformed her marriage. What she built from that learning has since helped hundreds of women across Nigeria, Ghana, and the diaspora reconnect with their husbands using the same protocol.

She is not a therapist. She is a woman who lived the problem, found the answer, and refused to keep it to herself.

Grace developed the Silence Spiral framework and the three phase Return Protocol over years of applied research and direct work with women in struggling marriages. Her approach is grounded in the work of Dr. John Gottman and the Gottman Institute, adapted with deep understanding of the specific cultural pressures facing West African married women.

She lives and works in West Africa and is available to a limited number of women each week through private WhatsApp access for those who receive it as part of their Chosen Again package.

YOUR NEXT STEPS

Begin with Bonus One: The 7 Day Connection Jumpstart. Start tonight. Day One requires less than five minutes and can be done without your husband knowing anything has changed.

Use Bonus Three: The Reconnection Type Finder before you begin Phase Two. It will tell you exactly which type of disconnection you are dealing with and which tools to prioritise first.

Keep Bonus Two: The Conversation Vault where you can reach it quickly. The right words at the right moment can change the entire direction of an evening.