



How I See Marriage Differently After 15 Years Helping Men

Full episode → husbandhelphaven.com/episode-37



Scan for the episode

15 years after starting Husband Help Haven, the mission hasn't changed... But some key areas in how I understand marriage and relational conflict have been refined.

THE FIVE SHIFTS

1

People are less malicious, more blinded.

She's hurt, not cruel. You're burnt out, not negligent. You've both absorbed bad information about each other and the marriage, and BOTH of you have probably internalized false stories about your life together that are more self-centered than you realize.

2

Attachment is the best lens for what's happening under the hood.

Once you see people as blinded, not malicious, you need a way to understand why we all act the way we do. Attachment became my favorite lens: name what you do with your own insecurity, and what she does with hers. You don't need the deep science, just enough to see your own blind spots.

3

Connection is the needle-mover from trust to desire.

Trust, then connection, then desire. And underneath it all, the bare minimum belief you're trying to demonstrate is that change is possible. You can do that even as the marriage moves towards divorce, which is part of what brings us to the next point.

4

Fighting alone for your marriage has fewer forks than you think.

One posture, two dials, not a decision tree. If you still wear the name husband, "love well. Keep going." The two dials you adjust are proactivity and protection... How much you lean in vs. how much you hold your own space... But the overall hope remains for restoration.

5

Communication is further downstream than I thought.

Communication holds more power than I thought, but that's in part because it has more prerequisites than I thought. Without awareness of emotionality and insecurity, communication still can't heal your marriage.

"If you still wear the name husband, keep going. When in doubt, that's what you do. Love well, keep going."

Join Husband Help Group → husbandhelphaven.com/group

Listen on [YouTube](#) · [Apple](#) · [Spotify](#)

Husband Help Haven · husbandhelphaven.com · Episode 37: How I See Marriage Differently After 15 Years Helping Men