



Rick and Jane Learn to Be Married

Couple Testimonials

The following testimonials are from couples who have gone through the coaching process depicted in the *Rick and Jane Learn to Be Married* series.

These are their stories.

1. Rick and Jane Learn to Listen and Talk

It definitely felt like I was mostly seen as an enemy. I now hear my husband reminding himself, "If it doesn't work for the team, it doesn't work!" The agreements give us a common ground to hold each other accountable and promote good communication. The listening for understanding process has really helped us stay on track during conflicts. I used an "I feel" statement with my 13 year old son today, and he apologized without prompting, rather than making excuses. The kids seem more relaxed. – Wife, OR

My marriage was in a very difficult place. My wife and I had very big challenges with communication, in resolving conflicts, working as a team, and with many forms of intimacy. We have a solid set of tools to help us in each of these areas, meaning we can hit the reset button when things feel difficult. – Stirling, NJ

We were argumentative, unloving, and unkind before coaching. We now view each other as teammates instead of enemies. Our daily lives have improved so much from the agreements to cue each other into communicating and listening, It has made our lives filled with more love, peace, joy, and appreciation. – Lauren, FL

Our coaching experience was good. It's been wonderful having our coaches facilitate communication and conflict with us. We definitely struggled with communication especially during disagreements. – Uilani, OR

Our relationship was toxic before coaching. We were not communicating well and were verbally combative. We are now better at listening. We have tools that work to convey thoughts and feelings. Other family members notice a change. – Richard, WA

I felt frustrated talking about issues because any attempt ended up escalating and becoming an issue. The communication skills, conflict resolution, conquering anger and forgiveness sessions were deeply practical and relevant for us. The coaches and the exercises gave us the tools to apply those critical skills to our marriage to strengthen it. The most eye-opening part for me is that I am more aware of my communication and how it comes across to my husband. I am developing the language that will make it more likely for my husband to listen to me. We have better communication skills. – Amaka, CA

Our coaching experience was AMAZING! We had been struggling and at the point of divorce. We could not communicate. Our coaches were beyond helpful. We have grown so much. We communicate so much. We have decided not to divorce as a result of coaching. Thank you for designing a program that saved our marriage! – Matthew and Ashleigh, OR

Our relationship had been very mean-spirited. Communication was poor, almost as if we didn't have Christ in our lives. I am now able to extend grace better and communication is better. – Vida, OR

Coaching was exceptional! I consider this a true gift. Our relationship was really turbulent. It is now mending. We have better communication, better outlook and better listening. The entire family has experienced improvement on a wholesale level. Justin, MT

2. Rick and Jane Learn to Conquer Anger

We were literally going to divorce if coaching didn't work. Our coaches truly made us feel comfortable with the "hard" stuff and gave us so much encouragement. We are living back together and really working on our relationship. Coaching was life changing and has made me see that there is a way if God is in the center. Roberta, WY

Our coaches were knowledgeable, professional, caring and patient. It was an excellent interface at the right time as I worked with my personal psychologist. We used to have poor communication, anger, frustration and revisiting the past instead of moving forward. I learned many skills to make the communication and problem solving work. We are a team with working team skills. Virginia, WA

We were dealing with anger and resentment. We felt helpless to change and stuck in toxic behaviors and thinking. We were given the tools to overcome differences, strong emotions, conflicts and stagnating in our relationship. We now see each other as a team and put more time and effort into each other and use the dynamic plays to solve problems. Rebecca, MD

Our relationship had been volatile and tenuous. We had a lot of band-aid fixes to our marriage problems but the wounds would often be reopened and we didn't know how to fix them. It felt so good to walk out of each session with tools that could be immediately implemented. We walked away from the first session with the most hope we've ever had for a successful marriage. We now have strong and effective communication tools and finally a method to diffuse anger in our marriage. We have hope for a wonderful marriage! Chris, OR

Our relationship before coaching was a roller coaster ride up and down with no respect and major communication issues. Now, anger is resolved more easily and we are more loving. We are better able to communicate respectfully and forgive. Nick, WA

Before coaching, we had explosive arguments. We could never really work through a problem and we gave each other the silent treatment. Our coaches would make us relive conflicts, help us work through them using the new skills, which really help us to understand each other and experience positive breakthroughs. The material on conquering anger and practicing forgiveness was much needed. We have been able to work through past hurts that made it impossible for clear communication and understanding. Miranda, OR

My husband and I have been married a long time, raised a family, and have successful careers. Tears, yelling, anger and loneliness were my experience and my husband reacted

by shutting down. We have had the same fights all these years. We look at things differently now after coaching. We have the same feelings but we process them differently. The coaches were the best ever! We discussed our views and they taught us a team view that we did not see before. We were able to redefine what was important, understand how we have our own views, and move forward to a healthy sense of commitment. The tools we learned in coaching helped us communicate, have faith, forgive, and move towards celebration of all we have done right. Cathi, OR

3. Rick and Jane Learn to Forgive

We were headed toward separation. Our coaches had excellent tools to share. We could barely be around each other prior to coaching. We now have better communication, are rebuilding trust and extending forgiveness. Susan, OR

I was dwelling on past things. I am now able to let go of past hurts, gain tools to communicate better and know that our differences aren't bad – they can actually help me! Stacey, WA

Forgiveness has been given and that has lifted a weight off our shoulders with each other. We now speak, act, love and treat each other with respect. The Lord has done major work on both of our hearts. I was not ready to give in to divorce, but my husband was. Now, my spouse is excited about marriage and the future. Laura, WA

Our relationship before coaching was disappointing, unfulfilling, and very empty. We now have better communication, more respect and forgiveness. Lauren, OR

Now, we feel like we're back on track. We have some good tools to use to help us through hard times. We accomplished a lot of forgiveness which was key for us. Going as a couple to coach was imperative for us to move forward. I went to counseling alone and it was not as effective. Stacey, OR

We're quicker to take responsibility for our own behavior and quicker to ask for and accept forgiveness when we fall short. We think this is a fantastic marriage program that is affordable and doable for couples working full time! Chase and Jessica, CO

Our relationship was strained. We did not have many open, honest conversations. We loved the sessions because they made us have difficult conversations. We addressed those issues and can now talk about difficult subjects. We have less silent treatment, quicker conflict resolution, faster forgiveness, and more selflessness. Tatyana, WA

Our coaches led conversations between us in fruitful and unexpected ways. Our relationship had been confusing and frustrating at times. We now have a better understanding of each other's needs and what to do when the other is upset and how to be able to forgive and minimize the time that we are upset. Alan, WA

Coaching gave us great tools and insight that are very helpful. We have agreements on issues and responsibilities, forgiveness and understanding of each other's differences. Tucker, OR

We have learned about accepting each other and extending true forgiveness. We have acquired communication and conflict resolution skills. We have recognized that there is real hope even for us who felt we were at the end of our rope. We understand that with Christ, we really can aspire to have a loving and supportive marriage. Anita, WA

4. Rick and Jane Learn to Resolve Conflict

So much of the conflict or 'heat' in our marriage has dissipated. We still have our challenges, but things are handled in much better ways now. This has had a flow down effect on our children, too. When they see us handling tough situations in more controlled, calm, and gentle ways, then they respond similarly in calm and gentle ways. Stirling, NJ

We were not on the same page in regards to conflict resolution before coaching. We also did not enjoy some areas of intimacy together. Our coaches did not take sides or try to solve problems directly, but instead created an environment in which we could work through them ourselves. We now have common ground with regards to conflict resolution. We have begun to explore additional areas of intimacy. We seem to be working from the same playbook now. Husband, WA

Our coaches were awesome, friendly, and super relatable. They made it so easy to just feel comfortable and open up about things even through a video format. We had been unable to deal with conflict effectively and were not understanding of one another's differences. We now have better conflict resolution, communication, and understanding. Kelly, FL

Coaching provided us with tools for better communication and conflict resolution. We had had poor communication and resentment. Our coaches were always flexible and patient with us. Now we have improved communication, less stonewalling, fewer arguments, and more peace overall. Marlon, FL

I had kicked my husband out and was seriously considering divorce. Now, we are communicating better and actually enjoy one another. We are getting better at not being afraid to speak up when problems arise. Everyone around us has noticed a difference in our relationship. We have decided not to divorce! Vicki, OR

We were newly married and in desperate need of better conflict resolution. We were very lost on how to deal with our differences. We thought coaching was a lot better than what we were expecting because not only was it relatable, there were action items to complete together. We appreciated the content and the ability to have conversations around this in a safe space. We are more patient in our responses and feel that we have the tools and steps to resolve conflict. We work together on our decision making. Andrew, GA

Coaching has had a positive impact on our children. We're learning to communicate well, which helps and teaches our kids to do the same. Hannah, MD

Our relationship was toxic, draining, depressing and hopeless. We had a great experience in coaching. It was very, very positive and relatable. We listen a lot better to each other. Our fights are now few and far between, and they resolve faster. It gave us a nice foundation

and example to set for our kids. We had a great coach couple, and it's a great program! Thanks so much for the impact you have made in our life. Timmy, OR

5. Rick and Jane Learn to Solve Problems

Our coaching experience was awesome and greatly exceeded our expectations! We have significantly more problem solving as a team and less fighting. We have greater love and respect for one another. It has also helped us to pray more together. John, WA

Our coaches were very supportive and easy-going with lots of smiles and a very safe welcoming space. We are now better with communication and problem solving. We are now on the same team. I understand how my husband needs to be communicated with. Jade, OR

While we were communicating regularly before coaching, we didn't have the appropriate skills to resolve conflicts. We learned how to solve problems by both collaborating to come up with win-win solutions. We communicate better and have a better understanding of each other's personality. Liz, FL

Our relationship was a wreck before coaching. We now have positive communication, problem solving, active listening and the ability to express feelings. Jennifer, OR

We had amazing coaches that were very easy to talk to and put things in perspective. Coaching was fun and non-judgmental. We are now better at listening and problem solving. We have less fighting over little things. Ross, WA

We knew we lacked the skills needed to properly work through our problems alone. Our communication skills have grown as have our care and dedication to each other. We needed this and it helped us make a huge step in the right direction. Michael, OR

We really learned so much through coaching! I am so glad we did it! Some things we repeated over and over not knowing any other option. Now, we really feel like we can communicate and listen to each other better. We have some definite options and skills on how to problem solve when we do come up against something that's not easy. I think our kids notice a difference. Not only do they see us taking the time to work on our marriage intentionally but we have also been teaching them how to use the tools. Julie, Philippines

Our coaches were good at helping us navigate through problems and de-escalate when discussing tough subjects. They created a safe place for us to learn new skills. Before coaching, we had little communication about deep things. We had arguments over little things, tension, and a lack of closeness. We are communicating better now and giving each other the benefit of the doubt more often. I believe we are able to listen to each other and really understand what the other is feeling. There is more peace in our family. Jason, OR

Our coaching experience was unique. We made more progress in 3 months of coaching than 15 months of counseling. We have developed skills to effectively listen and work towards resolution of persistent issues that were tripping points in the past. We are now confident of improvement. Issues are out in the open where we can deal with them in a positive way. Terry, AZ

6. Rick and Jane Learn to Appreciate Differences

I was dwelling on past things. I am now able to let go of past hurts, have tools to communicate and know that our differences aren't bad. They actually help me! Stacey, WA

We understand that our differences can actually be positives and help our relationship grow stronger. We have tools to help us when things get tough. We are actually a team now! Jane, CT

We were newly married and in desperate need on how to deal with our differences and resolve conflict. We thought coaching was a lot better than what we were expecting, because not only was it relatable, there were action items to complete together. We appreciated the content and the ability to have conversations around this in a safe space. We are more patient in our responses and feel that we have the tools and steps to resolve conflict. We work together on our decision making. Andrew, GA

Coaching has helped me to be more appreciative of the strengths God has given each of us and how they benefit our relationship. After a while, those differences can work on our nerves and we can easily forget that as a team our differences benefit us. Diya, OR

We understand our personality similarities and differences better now. Our daughter and son-in-law were happy to hear that we were investing time to improve our marriage and they are considering coaching. Julie, WA

I felt broken and not very positive initially. But the coaching has helped us understand each other's differences and similarities. My husband listens to me and doesn't react negatively to comments or questions. I don't feel as uptight and fragile in my relationship. He's assured me that he doesn't want to divorce. Jane, OR

Our coaches weren't just focused on ticking off a box but more on ensuring that our marriage had all the tools it needed to survive and thrive after sessions. Our relationship was lacking connection and we were focused too heavily on the negatives in our relationship. Coaching made us see ourselves as individuals coming together and taught us how to show more appreciation for our core differences. The tools we learned in coaching helped us connect on a deeper level. Wife, OR

Coaching was helpful, challenging, and practical. We didn't seem to understand each other before. When we get into a disagreement, we now have the tools to talk it through. We now understand that personality plays into many things and have learned to accept our differences. Trent, WA

Our coaches did an amazing job at creating a safe place. Between our business and being sick, we just weren't taking the time to dig deeper in to our relationship. Coaching empowered us to do the work that strengthened our bond. We have a better perspective of each other and our differences, we exercise more patience, we have made agreements that serve us in a positive way. We've gained a lot of clarity about our relationship and life. Kate TX

We have also learned more about our differences and what it takes to fill our cups. We have learned to incorporate the Holy Spirit into our conflicts. Jessica, OR

7. Rick and Jane Learn to Cultivate Intimacy

I was concerned my wife might not be interested due to previous negative experiences with marriage counseling. The fact this was coaching made all the difference. We were very much in our own silos, and just going through the motions. No real intimacy happening at all. Now, we rely on our dynamic plays to get through hard issues, we have dedicated time for being alone and we're planning intentionally in ways we didn't do before. We see our kids mirroring some of the listening skills, which is very cool to observe. Chris, WA

I like that coaching was focused on solutions and giving us good tools to improve and move forward. We learned a ton of good communication skills, how to handle anger, forgiveness, and intimacy. For us it had a huge impact. We've stopped thinking about getting a divorce and want to keep working on our marriage. Wife, FL

Prior to coaching, we lacked emotional intimacy. We were like roommates sharing a house. We both felt lonely and dissatisfied. We enjoy each other's company again. We are using the tools we learned. We have more in common than differences and can embrace the differences. We now understand each other more. We had been considering divorce, but not anymore! Guy, PA

Our relationship was tenuous at times, especially regarding finances and intimacy. We now have a shared method of communicating which allows us to navigate through life's challenges. It has helped me appreciate my wife as an individual again, rather than a mom to our children and housemate. Jeff, OR

We are more compassionate and empathetic to each other. Communication has improved dramatically! We are better listeners and action plays (agreements) have been great. Intimacy is much better and we feel closer to each other. Laura and Rob, CA

Our relationship was becoming bitter. We misread each other's hearts and began to avoid emotional intimacy. Our coaches were strong enough for our strong personalities. They were kind without enabling any dysfunction. Coaching was fabulous, painful, enlightening, challenging, worthwhile, motivating and life changing. We have made huge changes by setting goals! Roy and Gail, CO

Our relationship was rocky and difficult. I cried and was angry our first few sessions. Our coach couple has done a great job to help guide us. Our communication (and sex life!) has improved as well as getting to the bottom of some major issues. Sierra, OR

Coaching was better than counseling because the focus was on action. Our coaching experience was very customized, with applicable action steps created at every session. Before coaching, our relationship was very turbulent and dysfunctional. We were on the brink of separation, with limited communication skills, lack of intimacy, and disjointed perspectives. Now, we have learned how to communicate more effectively with active listening and I-Statements. We are slowly making progress toward true intimacy. Rachel, GA

8. Rick and Jane Learn The Secret

Our coaches were a gift from God to help restore and strengthen our marriage. The Lord knew that they were the perfect fit for us. Our intimacy and sharing has increased and drawn us closer to each other. There is more peace in the house. The kids aren't as stressed or on edge because we are working as a team. Jennifer, CA

I was pleasantly surprised with coaching. I expected it to be more "behavior modification" but it was heart-motivated. We were separated for 9 months because of addiction treatment and just coming back together, but really struggling from past history. Our adult kids have noticed we are happier. Coaching taught us the importance God places on marriage. Embracing marriage God's way has a positive impact on us and others. Denise, OR

I have learned that I am to live a reconciled life and to value my spouse as the gift God has given me to grow. Vida, OR

Coaching provided an opportunity for me to reconnect spiritually with God. This renewed sense of daily spiritual connection has opened up a space within me that can be filled with greater understanding, patience, compassion, and love. Stirling, NJ

Coaching has made me lean on God a lot and has greatly helped with my faith and walk with the Lord. Kelly, FL

We were lacking tools before coaching. Our coaches helped us walk through struggles using the tools they gave us. We no longer have fights and conflict. We are one team! We have grown closer to God in many ways. Husband, OR

They helped save our marriage. We are staying together and it gives our kids two parents. We have turned to Jesus, which was unimaginable before coaching. Melissa, WA

I am re-evaluating my life, habits, and marriage along the lines of 1 Corinthians 13. I'm learning to trust God and actually practice love in the way God sees it. Amaka, CA

This took a 12+ year marriage from bad to good. Things turned around faster than I thought they could. I have learned how to better communicate with my wife and our spiritual connection is much stronger. Ralph, OR

The coaching experience was great! We argued and sometimes we did not talk for days or weeks. We slept in separate rooms. Now, my husband is more caring and loving. Coaching helped me improve and get closer to God and trust Him and be calm and find peace in Him. We all got closer as a family. Gabriela, CT

The coaching experience reaffirmed our deep belief that we cannot do this without God. It reminded us that we need to rely on Him, trust Him, and actively include Him in our marital journey. Coaching has brought us even closer together as a family. Sam & Shannon, OR

The only thing on my mind was to leave my wife. Our coaches helped me believe that God can make things right in my marriage. I'm still a husband to my wife and a father to my children. Plain and simple, my family was saved due to marriage coaching. John, OR