

The R.E.S.E.T. *Method*

What to do when your marriage feels off

You watched the training. This is your reminder.

Pull this out the next time tension shows up. Follow the steps.
Rinse and repeat — until you don't need it anymore.



Restrain

Stop before you react



Evaluate

Ask: is this even about me?



Seek God

Go to Him before you go to him



Embrace Responsibility

Own your part — fully



Take Initiative

Move toward, not away

R Restrain

Stop before you react.

FROM THE TRAINING

*You watched the training — you know this step is the gate.
Nothing else works if you skip it.*

WHAT IT IS

Choosing not to react — before you have the full picture.

WHAT IT ISN'T

Suppressing your feelings or pretending everything is fine.

ASK YOURSELF IN THE MOMENT:

- 1 Am I about to add fuel right now?
- 2 Can I give myself 60 seconds before I respond?
- 3 What does restraint look like in this moment?

REMEMBER THIS:

"Restraint is not weakness. It's the first act of wisdom."

E Evaluate

Ask: is this even about me?

FROM THE TRAINING

You learned in the training how easy it is to make his mood about you — when it never was.

WHAT IT IS

Getting honest and clear before you act.

WHAT IT ISN'T

Assuming, spiraling, or jumping to conclusions.

ASK YOURSELF IN THE MOMENT:

- 1 What is he actually carrying right now?
- 2 Am I contributing to this tension in any way?
- 3 What is really going on here — beneath the surface?

REMEMBER THIS:

"Clarity before action. Every single time."



Seek God

Go to Him before you go to him.

FROM THE TRAINING

*This is the step that makes you different.
Your flesh won't produce patience. God will.*

WHAT IT IS

Inviting God into the space between reaction and response.

WHAT IT ISN'T

A religious checkbox. This is your real source.

ASK YOURSELF IN THE MOMENT:

- 1 Have I actually paused and prayed — even for two minutes?
- 2 Am I walking into this conversation in my strength or His?
- 3 What is God saying about this situation?

REMEMBER THIS:

"The enemy works in that space. Seeking God closes it."

E Embrace Responsibility

Own your part — no qualifiers.

FROM THE TRAINING

*This was the hardest step in the training.
It's still the hardest one. Do it anyway.*

WHAT IT IS

Full ownership of your contribution
— no "but he..." attached.

WHAT IT ISN'T

Admitting you're wrong about everything.
Just your part.

ASK YOURSELF IN THE MOMENT:

- 1 What is my part in this dynamic — honestly?
- 2 Am I waiting for him to go first before I adjust?
- 3 Can I own my response without making it about what he did?

REMEMBER THIS:

"Humility disarms defensiveness. Lead with it."

T Take Initiative

Move toward him — not away.

FROM THE TRAINING

You know what this looks like. You learned it in the training. Someone has to go first. Let it be you.

WHAT IT IS

Choosing connection over being right.
Going first.

WHAT IT ISN'T

Being a doormat. It's being secure enough not to keep score.

ASK YOURSELF IN THE MOMENT:

- 1 What does moving toward him look like right now — practically?
- 2 Can I soften my tone before the conversation even starts?
- 3 Am I serving from strength, or waiting to be served?

REMEMBER THIS:

"My love and service are not conditional on my mood."

When things feel off, do this:

THE R.E.S.E.T. METHOD — QUICK REFERENCE



Restrain

Stop. Don't add fuel.



Evaluate

Is this even about me?



Seek God

Before you go to him, go to God.



Embrace Responsibility

Own your part. No excuses.



Take Initiative

Move toward him. Go first.

"My love and service are not conditional on my mood."

— Victoria Doss

Ready to rebuild — not just reset?

The 6-Week Marriage Rebuild is private coaching with Henry & Victoria.

Apply at: henryandvictoriadoss.com