The Story of Us, Retold

BECOMING THE COUPLE WHO FOUND THE WAY BACK

> *Every couple tells a story about themselves.*
> *Make sure yours has the rescue in it.*

Couples live inside the story they tell about themselves. For years, yours may have been a hard one: we fight, we miss each other, we can't seem to fix it. But something has been happening as you have done this work. You have been catching cycles, reaching, catching reaches, witnessing wounds. That is not a small plot point. That is the turn in the story.

Now tell it that way, on purpose. Not the airbrushed version but the true one, with the chasm in it. We found ourselves on opposite sides of a canyon we didn't dig on purpose, and we learned to build a bridge. We are the couple that got caught in the dance and learned to stop the music. Stories like this are not decoration. They are identity, and identity shapes what a couple does the next time it gets hard.

Tell it to each other on anniversaries and on hard days. Tell the parts that honor each of you: the one who kept knocking, the one who came out from behind the wall, the night one of you said the soft thing first. A couple that knows the story of its own repair carries proof, in its own voice, that the gap can be crossed. They are the ones who crossed it.

WRITE THE TURNING POINT

1. Together, name the chapter titles of your story so far, including the hard ones, kindly.
2. Find the turn: the first moment either of you did something new. Name it exactly.
3. Each tell the other: “The bravest thing I watched you do in this was ___.”
4. Write your next chapter title together, the one you're living into now.
5. Retell some version of this story at least once a year. It is a good anniversary tradition.

WHEN IT’S HARD

If it feels premature, “we still fight, who are we to claim a redemption story,” remember the story isn't “we are fixed.” It's “we know the way back.” That story becomes true the first time you find your way back even once. And you have.

TO SIT WITH

What story about the two of you have you been telling friends, family, yourself? Is it current?

Which moment from this work will you still be telling each other about in twenty years?

OUR INTENTION THIS WEEK

Something small you can both actually do this week.

WITH YOU ON THE JOURNEY,

Dr. Mark Gregory Karris