

## MARRIAGE EXERCISE #2 - EXCLUSIVITY

### ***BURN THE SHIPS***

#### **Rationale**

Your wife won't become all you want until she's all you have. That means burning the ships . . . destroying any and all options for romance . . . present, past, future, or imagined.

#### **Challenge Assignment**

Write a letter to yourself. Start your letter with "When you got married, you promised to 'exclude all others' . . ." Then tell yourself specifically what (or who) you've been keeping as a safety net . . . as an escape route or emergency parachute. In your darkest marital hours, who's the lady you think about? Whom might you call if your wife died? It could be your high school sweetheart, the girl you broke up with in college, your wife's best friend, or an imaginary woman you've constructed from internet images, TV, and movies. Now write out the consequences of pursuing that 'ship.' Describe your kids' reactions when they see Daddy with a woman that's not their mom. Tell yourself how you'd feel about yourself at that moment. Ask yourself if it's worth it. Now, instruct yourself to *burn the ships*. Tell yourself what you need to do, not only to burn the ships right now, but to scorch the earth so they won't ever resurface. End your letter by describing the life you'll be having, (at least from here forward) as a "one-woman man" . . . with your wife being the exclusive source of romance.

#### **Debrief**

Start a conversation about exclusivity. Get everyone involved in the conversation and warm up the group. Then move to reading the letters out loud. The leader goes first. It will take a lot of courage to be transparent about your ship. It could be your letter describes the time you burned your ships years ago and the way your marriage improved as a result. The point to make here is that marriage only works when it's exclusive, both physically and mentally. Burning the ships brings exclusive focus to the one-woman you.