

**The Marriage Playbook™**  
**How to Play In a Marriage Super Bowl?**  
**Episode 2-Facing a Crisis**  
**By Ace McKay**



**Murphy's Law: -"Nothing is as easy as it looks; everything takes longer than you expect; and if anything can go wrong it will and at the worst possible moment!"**

Nothing that a team works for each game can prepare them to losing a key player in a game. If a player goes down, there is always a back player. It changes the course the game for the team because a back-up has different talents/gifts than the player they



replaced. To be honest, sometimes they're just not as good due to lack of experience or how they handle stressful situations.

Often, our marriages get tried like we have the same option. There's no one to

replace you or your spouse if things go wrong. Opening up lines of communication helps to find ways to get through it. Being a team mentality and verbally working together as a team which makes you a stronger team.

What a husband and wife can do to be prepared for when Murphy's law does occur in your life is talk about the "what ifs". What if I lose my job? What if the car breaks down? What if the kids get sick? What if we have to move? These are just a few of the possibilities that will affect your marriage at some point. The reality is "If you fail to plan, then we plan to fail."

The way to plan is to look at the different kinds of crisis that can disrupt our marriages. Families/people they can be put into 1 of 3 categories: *Individual Crisis, Family Crisis and Marriage Crisis.*

An **Individual Crisis** is the physical or emotional matters that happen when you least expect it. What defines a real crisis is subjective and different for each person. It can be a car breaking down or you need surgery. The level of crisis deals more with your attitude through that moment than the actual event itself. I've found more times than I care to count where if I had just dealt with a life moment better, I wouldn't have allowed

it to derail me. For example, not too long ago, my wife was backing out of the drive way and knocked my side view mirror off. Again this is a small thing in the grand scheme of life, but I allowed it to get to me



more than I should have. That moment affected my judgment financially and emotionally that spilled over to my wife. I later ate crow and went back and apologized because she is actually a better driver than I am. Things happen that you can't control, but there is a solution waiting on the other side. There's a book by John G. Miller called the "QBQ: Question Behind The Question" that states the truth that we can't change others or things that happen around us. However, we can change the reaction to that person/situation that can make life much easier to digest.

The next type of crisis is a **Family Crisis**. This can be one of those moments when a family member gets sick, loses a job or house burns down. The dynamic is different

because it alters the life of more than one person at a time. You may have to be the strong one, the voice of encouragement while dealing with your own grief as it changes you too.

So as you plan a playbook of your own, you are creating a Murphy repellent. It can change your mindset with the right attitude to believe that a great marriage Law says, "Nothing is as hard as it looks; everything is more rewarding than you expect; and if anything can go wrong it will and we have the best plan possible to confront it."

The final crisis is a **Marriage Crisis**. These are the moments that can slowly fade into your relationship between a husband and wife without them knowing it. Most marriages believe they are good. What happens is when you become complacent with your marriage it can grow into dissatisfaction over time by simply falling into bad habits.

Out of these three, the marriage crisis is the one that is preventable. You can have plans for how to deal with the others types of crisis, that's what a playbook is for after all. A marriage crisis is about being aware of the little things.

Recently, I was watching a halftime interview with a coach about how poorly his team had been performing this season. He talked about how the mistakes they were making are just little, fixable things! All it takes are too many little things, like penalties, fumbles or lack of protection on the quarterback, in game to throw a team off course. You can have a plan, but if one area is lacking, you won't score and can form bad habits until a coach identifies and fixes them. Even the best teams make mistakes. You have to play the whole game though. You can't get comfortable in your lead. You may have to take some extreme chances to make up for bad choices from earlier in the game, but what team wouldn't do whatever it takes to win.



The same can be said for your marriage. If we focus on the little things as we go through the game AKA our marriage, then we will find ourselves scoring more points than we ever thought possible. If a quarterback throws an interception or a lineman misses a tackle, he can get down on himself, but if it affects him the rest of the game, he is less likely to improve. His team rallies around him and builds him up. That kinda team support and focus can help any team comeback and pull out a victory. Your marriage may be in need of comeback. Rallying other players to believe that it's winnable is the first step.

Winning is in the little things. It's the little things that we do when we date or are engaged that makes us fall in love with our spouse. It's the little things during the marriage that make us grow in love together. We see chemistry during any sport between two players; that chemistry is there because they have spent time together. They have practiced the plays from their playbook for the good of the team. They want to win and believe they can win every game. Paying attention to the details, the little things, gives them that confidence. That translates into sending loving text message, doing the dishes after dinner and paying attention to the needs of your spouse. Letting your teammate know you are there for them and have their back can be as powerful as winning.

If you want your marriage to improve, you have to look at the little things *you* can do to improve *your* game. Hit the mark when your spouse throws you the ball. Open the hole in the defense so they can run up the middle.



Its time we get back to the basics in our marriage. The games not over, we are playing the full 4 quarters, 3-periods, 9 innings, 18-holes, and we can win this thing. It starts with one little thing, one

day at a time. Before you know it, you are in a habit of doing the little things in a way that's as natural as breathing.

Next time, we will go into the 3 ways you and your spouse can come together with a Great Marriage Attitude.