



Overview

"One More Try: What to Do When Your Marriage is Falling Apart" by Gary Chapman is a compassionate and practical guide for individuals and couples facing the difficult reality of a struggling marriage. As a renowned relationship counselor and author of the widely acclaimed book *"The 5 Love Languages,"* Chapman offers hope and guidance for those who are contemplating giving their marriage one more chance before considering separation or divorce.

Chapman begins by acknowledging the pain and confusion that come with a marriage in crisis. He helps readers understand the root causes of marital breakdown, which can range from communication issues and unmet emotional needs to infidelity and deep-seated resentment. By identifying these underlying problems, Chapman encourages couples to address the real issues rather than just the symptoms.

A central theme in the book is the power of forgiveness. Chapman emphasizes that forgiveness is crucial for healing and rebuilding a relationship. He acknowledges that forgiveness can be incredibly difficult, especially when trust has been broken, but he argues that it is essential for moving forward. Chapman provides practical advice on how to forgive and how to seek forgiveness from a partner.

Trust, often one of the first casualties in a troubled marriage, is another critical focus of the book. Chapman offers strategies for rebuilding trust, including open communication, transparency, and consistent actions over time. He stresses that rebuilding trust is a gradual process that requires patience and commitment from both partners.

Effective communication is also a key component of Chapman's approach. He discusses the importance of communicating effectively to resolve conflicts and restore intimacy. Chapman offers practical tools for improving communication, such as active listening, expressing emotions constructively, and avoiding blame.

Another important aspect of the book is the emphasis on rediscovering love. Chapman encourages couples to reconnect emotionally and physically, helping them to rekindle the feelings of love and affection that may have been lost over time. Drawing on his "5 Love Languages" framework, Chapman helps couples understand how to meet each other's emotional needs and restore the bond that brought them together in the first place.

Recognizing that some problems may be too difficult to resolve on their own, Chapman also advocates for seeking professional help when needed. He discusses the role of marriage counseling and the benefits of having an objective third party to help navigate the complexities of a troubled marriage.



While the book focuses on giving marriage one more try, Chapman also acknowledges that not all marriages can be saved. He offers guidance on how to recognize when it might be time to let go and move on, emphasizing the importance of self-care and healing, regardless of the outcome.

"One More Try" is an essential read for anyone who feels that their marriage is on the brink of collapse but is not ready to give up. Gary Chapman's compassionate approach provides both hope and practical advice for those willing to work on their relationship. Filled with real-life examples, reflective questions, and actionable steps, this book can help couples navigate the difficult journey of saving their marriage. Whether you're at the end of your rope or simply looking for ways to strengthen your relationship, *"One More Try"* offers valuable insights and encouragement to give your marriage one more chance.



Blog

Giving Your Marriage One More Try: Insights from Gary Chapman's "One More Try"

Marriage can be one of life's most rewarding experiences, but it can also be one of the most challenging. For many couples, there comes a point when the relationship feels strained, distant, or even on the brink of collapse. In these moments, it's natural to wonder whether it's worth giving the marriage another chance or if it's time to move on. Gary Chapman's book, *"One More Try: What to Do When Your Marriage is Falling Apart,"* offers a compassionate and practical guide for couples who are contemplating giving their marriage one more try.

Understanding the Root Causes

When a marriage is in crisis, it's essential to understand the root causes of the issues at hand. Chapman begins by helping couples identify the underlying problems in their relationship, whether they stem from poor communication, unmet emotional needs, infidelity, or deep-seated resentment. Instead of focusing solely on the symptoms—like frequent arguments or emotional distance—Chapman encourages couples to dig deeper and address the real issues that are threatening their relationship.

This process of understanding is crucial because it allows both partners to see what's truly at stake. It also provides a foundation for working towards a solution. Often, couples find that once they identify the core issues, they can begin to take steps to address them, paving the way for healing and reconciliation.

The Power of Forgiveness

Forgiveness is a central theme in *"One More Try,"* and for good reason. When trust is broken or when emotional wounds run deep, forgiveness can feel nearly impossible. Yet, as Chapman emphasizes, forgiveness is essential for moving forward. Without it, the relationship remains stuck in a cycle of blame, hurt, and resentment.

Chapman acknowledges that forgiveness is not easy, especially when it involves significant betrayals or ongoing pain. However, he provides practical advice on how to begin the process of forgiveness, both for oneself and for one's partner. This includes understanding what forgiveness truly means—letting go of the need for revenge or retribution—and recognizing that it's a necessary step toward healing, even if the relationship doesn't ultimately survive.



Rebuilding Trust

Trust is often one of the first casualties in a troubled marriage. Whether it's due to infidelity, dishonesty, or broken promises, rebuilding trust can feel like an insurmountable task. Chapman offers strategies for rebuilding trust that focus on consistent actions, open communication, and transparency.

One of the key insights Chapman shares is that rebuilding trust takes time and patience. It's not something that can be rushed or forced, but rather a gradual process that requires commitment from both partners. By taking small, consistent steps toward rebuilding trust, couples can slowly restore the foundation of their relationship.

Rediscovering Love

In many marriages, the love that once brought two people together can feel distant or diminished over time. Chapman encourages couples to rediscover the love that initially sparked their relationship. This involves reconnecting emotionally, physically, and spiritually.

Chapman draws on his well-known "5 Love Languages" framework to help couples understand how to meet each other's emotional needs more effectively. By speaking each other's love languages—whether through words of affirmation, acts of service, physical touch, quality time, or gifts—couples can begin to rekindle the affection and connection that may have faded.

Effective Communication

Poor communication is a common issue in marriages that are falling apart. Misunderstandings, unspoken expectations, and unresolved conflicts can create a toxic environment where both partners feel unheard and unappreciated. Chapman emphasizes the importance of effective communication as a key to resolving conflicts and restoring intimacy.

He offers practical tools for improving communication, such as active listening, expressing emotions constructively, and avoiding blame. By learning to communicate more effectively, couples can navigate difficult conversations with greater empathy and understanding, reducing the likelihood of further misunderstandings.

Seeking Help When Needed

Chapman also recognizes that some marital problems are too complex or deeply rooted to resolve on your own. In these cases, he advocates for seeking professional help. Marriage



counseling can provide an objective third party to help couples navigate their issues, offering guidance and support as they work through their challenges.

Counseling can be particularly helpful in situations where the couple is stuck in a cycle of negative behavior or where deep-seated issues, such as trauma or long-standing resentment, are present. Chapman encourages couples to view counseling not as a last resort, but as a proactive step toward healing and growth.

Knowing When to Let Go

While *"One More Try"* is focused on helping couples give their marriage another chance, Chapman is also realistic about the fact that not all marriages can be saved. He provides guidance on how to recognize when it might be time to let go and move on, emphasizing the importance of self-care and healing, regardless of the outcome.

Chapman's approach is compassionate and non-judgmental, recognizing that every relationship is unique. He encourages readers to make the decision that is best for their well-being, whether that means continuing to work on the marriage or choosing to part ways.

Conclusion: Giving Your Marriage One More Try

"One More Try" by Gary Chapman is a lifeline for couples who are struggling with the question of whether to stay together or part ways. Chapman's blend of empathy, practical advice, and deep understanding of human relationships makes this book an invaluable resource for anyone facing a marriage in crisis.

If you find yourself at a crossroads in your marriage, this book offers the tools and guidance you need to give your relationship one more try. Whether you're seeking to rebuild trust, improve communication, or simply reconnect with the love that brought you together, Chapman's insights can help you navigate this difficult journey with hope and clarity.



Couples Handout

Couples Handout: Rebuilding Your Marriage with "One More Try"

Based on "One More Try: What to Do When Your Marriage is Falling Apart" by Gary Chapman

Purpose:

This handout is designed to help couples who are facing significant challenges in their marriage. Inspired by Gary Chapman's book *"One More Try,"* this guide offers practical steps and reflections to help you work towards healing, rebuilding trust, and reconnecting with each other.

Step 1: Understanding the Root Causes

Instructions: To begin the process of healing, it's essential to understand the underlying issues in your marriage. Use the questions below to identify the root causes of your struggles.

Questions to Consider:

1 What are the main issues causing tension in our marriage?

- List the problems you believe are contributing to your marital difficulties.

2 How have these issues impacted our relationship?

- Reflect on how these problems have affected your emotional connection, communication, and trust.

3 Are these issues new, or have they been present for a while?

- Determine whether these problems are recent developments or long-standing issues that have never been fully resolved.

Activity:

- Spend time individually reflecting on these questions.
- Share your thoughts with each other in a calm, non-blaming manner.
- Discuss how you can start addressing these root causes together.



Step 2: The Power of Forgiveness

Instructions: Forgiveness is a critical step in healing and rebuilding your relationship. It's important to understand what forgiveness means and how to approach it.

Forgiveness Exercise:

1 Define Forgiveness:

- Each partner writes down what forgiveness means to them. Consider what it would take for you to forgive and to seek forgiveness.

2 Reflect on Past Hurts:

- Identify specific instances where you feel hurt or where you may have hurt your partner. Write down these experiences.

3 Discuss Together:

- Share your reflections with your partner. Listen to each other without interrupting or defending yourself.
- Express a willingness to forgive and to ask for forgiveness, recognizing that this process may take time.

Goal: To start the journey of forgiveness, which is essential for healing and moving forward.

Step 3: Rebuilding Trust

Instructions: Trust is foundational to any healthy relationship. Rebuilding trust takes time, consistent effort, and transparency.

Trust-Building Exercise:

1 Identify Trust Issues:

- Discuss specific areas where trust has been broken or where you feel trust is lacking.

2 Set Transparency Goals:

- Agree on actions you can both take to rebuild trust. This could include being more open about your feelings, following through on commitments, or sharing more about your daily activities.



3 Create a Trust Agreement:

- Write down the steps you both agree to take to rebuild trust. Sign it as a commitment to each other.

Goal: To re-establish trust through consistent, transparent actions and open communication.

Step 4: Effective Communication

Instructions: Improving communication is vital to resolving conflicts and rebuilding your connection. This step focuses on enhancing your communication skills.

Communication Exercise:

1 Practice Active Listening:

- Choose a topic to discuss, and practice active listening. This means fully focusing on your partner without interrupting or planning your response while they are speaking.

2 Use “I” Statements:

- When discussing difficult topics, use “I” statements to express how you feel without blaming your partner. For example, say “I feel hurt when...” instead of “You never...”

3 Daily Check-Ins:

- Set aside 10-15 minutes each day to check in with each other. Use this time to discuss how you’re feeling and any concerns you may have.

Goal: To improve communication and reduce misunderstandings by practicing active listening and using constructive language.

Step 5: Rediscovering Love

Instructions: Reconnect with the love that brought you together by rediscovering each other’s emotional needs and rekindling your bond.



Love Reconnection Exercise:

1 Identify Your Love Languages:

- Refer to Gary Chapman's "5 Love Languages" (words of affirmation, acts of service, receiving gifts, quality time, and physical touch). Identify your primary love language and that of your partner.

2 Meet Each Other's Needs:

- Make a list of specific actions you can take to meet your partner's emotional needs based on their love language.

3 Plan a Date Night:

- Plan a special date night focused on reconnecting emotionally and physically. Use this time to express your love and appreciation for each other.

Goal: To rekindle the emotional and physical connection by understanding and meeting each other's love languages.

Step 6: Seeking Professional Help

Instructions: Sometimes, external help is needed to navigate complex issues. Recognize when it's time to seek professional guidance.

Counseling Exercise:

1 Identify Unresolved Issues:

- Discuss any ongoing problems that you haven't been able to resolve on your own. Be honest about the difficulties you're facing.

2 Research Counselors:

- Look for marriage counselors in your area or online who specialize in the issues you're dealing with. Consider scheduling an initial consultation.

3 Commit to Counseling:

- If you decide that professional help is needed, commit to attending counseling sessions together and being open to the process.

Goal: To recognize the value of professional help and take proactive steps toward getting the support you need.



Step 7: Deciding the Future

Instructions: After working through these steps, it's important to evaluate where your marriage stands and what the future holds.

Future Planning Exercise:

1 Reflect on Your Progress:

- Spend time individually reflecting on the progress you've made over the past few weeks. Consider how you feel about the relationship now compared to when you started.

2 Discuss the Future:

- Have an open conversation about the future of your marriage. Discuss whether you feel ready to continue working on the relationship or if you believe it may be time to part ways.

3 Create a Plan:

- If you decide to continue working on your marriage, create a plan for ongoing growth and healing. This could include continued counseling, regular check-ins, or other strategies to maintain your progress.

Goal: To make an informed decision about the future of your marriage based on the work you've done together.

Final Thoughts:

Rebuilding a marriage takes time, effort, and a commitment from both partners. By following the steps outlined in this handout and drawing on the insights from Gary Chapman's *"One More Try,"* you can begin the process of healing, reconnecting, and ultimately deciding the best path forward for your relationship. Whether you continue together or choose to part ways, remember that the most important thing is to approach each step with honesty, empathy, and a willingness to grow.



Couples Assessment

Couples Assessment: Evaluating Your Marriage

Based on "One More Try: What to Do When Your Marriage is Falling Apart" by Gary Chapman

Purpose:

This assessment is designed to help couples evaluate the current state of their marriage, identify areas of strength and weakness, and determine the next steps in their relationship journey. Inspired by Gary Chapman's *"One More Try,"* this tool provides a framework for understanding the key aspects of your relationship and offers a basis for discussion and growth.

Instructions:

- 4 Both partners should complete the assessment individually.
- 5 For each statement, select the response that best reflects your experience in your marriage.
- 6 After completing the assessment, compare your results and discuss the areas where you can grow together.

Assessment Statements:

- **We are able to discuss difficult topics without avoiding or delaying them.**

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

- **I feel that my emotional needs are understood and met by my partner.**

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree



- **We regularly communicate openly and honestly about our feelings.**

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

- **I trust my partner completely and believe they trust me.**

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

- **We are committed to working through our problems together.**

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

- **Forgiveness is a regular practice in our marriage when mistakes are made.**

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

- **We feel emotionally connected, and our relationship is affectionate and supportive.**

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree



- **We effectively resolve conflicts without holding onto resentment.**
 - ☐ Strongly Agree
 - ☐ Agree
 - ☐ Neutral
 - ☐ Disagree
 - ☐ Strongly Disagree
- **Both of us are willing to seek professional help if needed to improve our marriage.**
 - ☐ Strongly Agree
 - ☐ Agree
 - ☐ Neutral
 - ☐ Disagree
 - ☐ Strongly Disagree
- **Our marriage has grown stronger despite the challenges we've faced.**
 - ☐ Strongly Agree
 - ☐ Agree
 - ☐ Neutral
 - ☐ Disagree
 - ☐ Strongly Disagree

Scoring Key:

- 4 **Strongly Agree:** 5 points
- 5 **Agree:** 4 points
- 6 **Neutral:** 3 points
- 7 **Disagree:** 2 points
- 8 **Strongly Disagree:** 1 point

Scoring and Interpretation:

4 **Total Your Scores:** Add up the points for each of your responses.

5 **Interpret Your Score:**

- **41-50 Points: Strong Marriage**

Your marriage demonstrates strong communication, trust, and emotional connection. You and your partner are effectively navigating challenges



and maintaining a healthy relationship. Continue to nurture these strengths and build on them.

- **31-40 Points: Good Marriage with Areas for Improvement**

Your marriage is generally healthy, but there are some areas that could use attention. Focus on improving communication, addressing unmet needs, or resolving conflicts more effectively to strengthen your relationship.

- **21-30 Points: Marriage Needs Attention**

There are significant areas of concern in your marriage. It's important to address these issues together, perhaps with the help of a counselor or by dedicating time to improve communication, trust, and connection.

- **10-20 Points: Marriage in Crisis**

Your marriage is likely facing serious challenges that need immediate attention. Consider seeking professional help to navigate these issues and determine the best path forward for both of you.

Discussion:

4 Compare Your Scores: Share your scores with your partner and discuss any differences. What did you learn about how you each perceive your marriage?

5 Identify Areas for Improvement: Look at the statements where you scored the lowest. Discuss how you can work together to improve in these areas.

6 Set Relationship Goals: Based on your discussion, set one or two goals for improving your marriage. This could involve regular check-ins, practicing forgiveness, or seeking counseling.

Final Thoughts:

This assessment is a tool to help you better understand the current state of your marriage and to identify areas where you can grow together. By addressing the challenges in your relationship with honesty, empathy, and a willingness to work together, you can begin the process of healing and rebuilding your connection. Whether your marriage is strong or struggling, there is always room for growth, and taking the time to reflect on your relationship is an important step in that journey.



Couples Challenge

7-Day Couples Challenge: Rebuilding Your Marriage

Inspired by "One More Try: What to Do When Your Marriage is Falling Apart" by Gary Chapman

Overview:

This 7-day challenge is designed to help couples who are facing challenges in their marriage. Each day focuses on a key aspect of rebuilding trust, communication, and emotional connection, inspired by the principles in Gary Chapman's *"One More Try."* By the end of the week, you and your partner will have taken meaningful steps toward healing your relationship and reconnecting with each other.

Day 1: Identifying the Root Issues

Challenge: Begin by identifying the core issues that are causing strain in your marriage. Understanding the root causes is the first step toward healing.

Activity:

- 7 **Reflect Individually:** Spend 15 minutes reflecting on the main issues you believe are affecting your marriage. Write them down.
- 8 **Share With Each Other:** Discuss your reflections with your partner. Listen without interrupting or blaming.
- 9 **Identify Common Ground:** Identify the issues you both agree on and decide which one to focus on first.

Goal: To gain a clear understanding of the key issues in your marriage and to start addressing them together.



Day 2: Practicing Forgiveness

Challenge: Focus on forgiveness today—both in seeking it and offering it. Forgiveness is essential for moving forward.

Activity:

- **Reflect on Past Hurts:** Think about any unresolved hurts or grievances you have in your marriage. Write them down.
- **Discuss With Your Partner:** Share these hurts with your partner, expressing how they affected you. Be open to hearing their perspective as well.
- **Offer and Seek Forgiveness:** Take turns asking for forgiveness and offering it. Acknowledge that forgiveness is a process and may take time.

Goal: To begin the process of healing past wounds by practicing forgiveness.

Day 3: Rebuilding Trust

Challenge: Work on rebuilding trust by focusing on transparency and consistent actions.

Activity:

- 9 **Set Transparency Goals:** Discuss how you can be more transparent with each other. This could include sharing your daily routines, checking in more frequently, or being more open about your feelings.
- 10 **Create a Trust-Building Plan:** Write down specific actions each of you will take to rebuild trust. Make a commitment to follow through on these actions consistently.
- 11 **Check-In:** At the end of the day, check in with each other about how these actions made you feel.

Goal: To lay the groundwork for rebuilding trust through transparency and consistent behavior.



Day 4: Improving Communication

Challenge: Enhance your communication skills by practicing active listening and using “I” statements.

Activity:

- 6 **Choose a Topic:** Select a topic that’s important to both of you but not highly charged.
- 7 **Practice Active Listening:** Take turns speaking and listening. When it’s your turn to listen, focus fully on your partner without interrupting. Reflect back what you heard to confirm understanding.
- 8 **Use “I” Statements:** When expressing your feelings, use “I” statements to communicate your emotions without blaming your partner.

Goal: To improve communication by actively listening and expressing feelings constructively.

Day 5: Rediscovering Love

Challenge: Reconnect with the love that brought you together by focusing on each other’s love languages.

Activity:

- 7 **Identify Love Languages:** Refer to Gary Chapman’s “5 Love Languages” (words of affirmation, acts of service, receiving gifts, quality time, and physical touch). Identify your primary love language and that of your partner.
- 8 **Express Love:** Throughout the day, make an effort to express love in your partner’s primary love language. For example, if their love language is quality time, plan an activity to do together.
- 9 **Reflect:** At the end of the day, discuss how these actions made each of you feel.

Goal: To rekindle emotional and physical connection by understanding and meeting each other’s emotional needs.



Day 6: Conflict Resolution

Challenge: Focus on resolving a lingering conflict by working together to find a solution.

Activity:

- 4 **Choose a Conflict:** Identify a conflict that hasn't been fully resolved.
- 5 **Discuss Possible Solutions:** Brainstorm possible solutions together, focusing on what would work for both of you.
- 6 **Agree on a Resolution:** Decide on a solution and commit to it. Write it down if necessary.
- 7 **Plan a Follow-Up:** Set a time to check in on the resolution to ensure it's working for both of you.

Goal: To resolve conflicts effectively by collaborating on solutions that benefit both partners.

Day 7: Reflect and Plan for the Future

Challenge: Reflect on the progress you've made during the challenge and plan how to continue strengthening your marriage.

Activity:

- 4 **Review Each Day:** Discuss what you've learned from each day of the challenge. What has worked well? What still needs improvement?
- 5 **Set Future Goals:** Identify areas where you want to continue growing as a couple. Set specific goals for the next month or year.
- 6 **Celebrate Your Progress:** Plan a special activity to celebrate the progress you've made. This could be a date night, a day trip, or simply a quiet evening at home together.

Goal: To solidify the progress you've made and create a plan for continued growth in your marriage.



Final Thoughts:

This 7-day challenge is designed to help you and your partner take meaningful steps toward rebuilding your marriage. By focusing on understanding, forgiveness, trust, communication, love, conflict resolution, and future planning, you can strengthen your relationship and move toward a healthier, more connected future together. Use this challenge as a starting point for ongoing growth and healing in your marriage.



Description

Rebuilding Your Marriage: 7-Day Challenge Bundle

This comprehensive bundle is designed to help couples facing challenges in their marriage take meaningful steps toward healing and reconnecting. Inspired by Gary Chapman's *"One More Try: What to Do When Your Marriage is Falling Apart,"* this bundle provides practical tools and activities to support you on your journey toward a stronger, more resilient relationship. The bundle includes:

- 10 **In-Depth Overview:** A detailed exploration of the key concepts from *"One More Try,"* offering guidance on understanding the root causes of marital difficulties and the steps needed to rebuild your relationship.
- 11 **Blog Post:** An engaging and insightful blog that provides practical advice on how to give your marriage one more chance, with a focus on forgiveness, communication, and rebuilding trust.
- 12 **Couples Handout:** A practical guide designed to help couples navigate the process of rebuilding their marriage. This handout includes exercises on understanding core issues, practicing forgiveness, and improving communication.
- 13 **Couples Assessment:** A comprehensive assessment tool that allows couples to evaluate the current state of their marriage, identify areas of strength and weakness, and determine the next steps for growth. The assessment includes a scoring key for easy interpretation.
- 14 **7-Day Couples Challenge:** A structured week-long challenge that guides couples through daily activities focused on healing and reconnecting. Each day addresses a key aspect of marriage, from identifying root issues to resolving conflicts and planning for the future.

This bundle provides everything couples need to start rebuilding their marriage, offering support, guidance, and practical steps to strengthen their relationship. Whether you're facing a difficult



period or simply want to deepen your connection, this bundle is designed to help you and your partner work together toward a healthier, more fulfilling marriage.