
THE SEASONS WORKBOOKS

NURTURE

SEASON OF STEADINESS

A six-week workbook for couples. Write in it on screen, or print it and use a pen.



SHELLY & JASON YOST

NEW RHYTHM MARRIAGE · WHATSEASON.COM



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EVERY LINE ABOVE IS A LINK.

WELCOME

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You took the assessment. It put you in Steadiness.

That means the pattern between you is stable. Not perfect. Stable. You can disagree without it becoming a fire. You can go a hard week without losing each other. When something needs to be said, it usually gets said.

Most couples in this season have never once been told they are doing well. They have only been told what to work on.

You are doing well.

This is the best season to be in and the hardest one to take seriously.

Here is why. Every other season announces itself. Friction gets loud. Distance gets cold. Hurt sits in the room whether or not anyone names it. Steadiness makes no sound at all.

Nothing is asking for your attention, so nothing gets it.

That is not a warning. Nothing in this book is going to tell you that your marriage is secretly in trouble. It is not. This is six weeks of attention paid on purpose to something that is already working.

WHY THIS FORMAT

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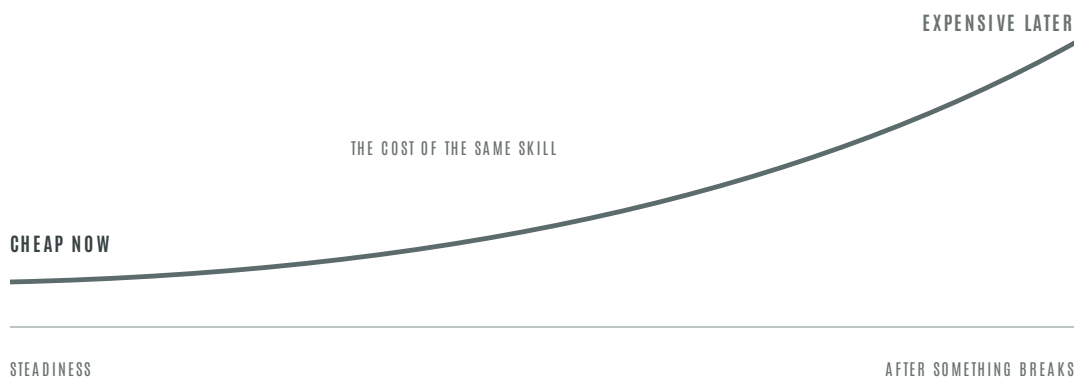
Five short days, then one conversation. That is the week, and it repeats six times.

Ten to fifteen minutes a day beats one long sitting, for a reason that matters more in this season than any other. A long sitting requires an occasion. Steadiness never produces one.

So the book asks for something small enough that no occasion is needed, and it asks on five separate days, because attention paid five times changes more than attention paid once.

THE WORK IS CHEAP RIGHT NOW

This is the whole argument for a workbook in a good season.



Every skill in here costs almost nothing to build today. Naming a strength before it fades. Saying appreciation while it is still easy to say. Practising repair before anyone needs repair.

The same skills, built later, cost several times more and have to overcome something first.

You are not fixing anything for six weeks. You are stocking a pantry.

HOW IT WORKS

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YOU EACH HAVE YOUR OWN COPY

Two identical books, on purpose. You write privately, then you talk. Nobody reads over a shoulder. Nobody edits a sentence because of how it will land. Privacy is what makes honesty possible.

FIVE DAYS, THEN CONNECT NIGHT

Each day is one spread. The left page teaches. The right page is yours to write on. The time promise is printed in the outer column of every page, and it is accurate.

CONNECT Night is twenty minutes together at the end of the week. One question, three ground rules, no solving.

IF YOU ARE DOING THIS ALONE

Plenty of readers will. Your partner is not interested yet, or is willing but not reading, or the timing is wrong. That is a normal way to start and it is not a lesser version of this book.

Every private prompt in here works alone. Not adapted for you afterward. Written that way from the beginning. Every CONNECT Night carries a box headed *Doing this on your own? Here's the version that works*, and it gives you something real to do that night.

A marriage changes when one person changes what they bring to it. Not always in the direction you want, and not on your schedule. You are not waiting on permission.

WRITE BY HAND

The lines are sized for handwriting. The slowness is doing something. If you miss a day, leave it and keep going. If you miss a week, start the next one on schedule rather than restarting the book.

THE SHAPE OF A WEEK

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The same five movements every week, in the same order. Once you have run it once, you know where you are without checking.



- 1 **Notice.** What is actually there. No conclusions yet.
- 2 **Understand.** Why it works the way it does.
- 3 **Own.** Your part, without a case attached.
- 4 **Practice.** One timed thing. Under ten minutes.
- 5 **Prepare.** The one thing you are bringing to CONNECT Night.

FLEX DAYS

Days 3 and 4 are marked as flex days in the outer column. If the week gets away from you, those are the two to move or shorten.

Day 5 is the one to protect. It is what makes CONNECT Night work.

Each week ends with a page held blank so the next week opens on the right-hand page. Nothing is missing there.

The time printed in the outer column of every page is the real number, not an aspiration. If a day is taking three times that long, you are writing for an audience. Stop and write for yourself.

WEEK

ONE

WHAT'S WORKING

You cannot protect what you cannot name.



THIS WEEK

DAY 1 · THE ONE-WORD MARRIAGE

DAY 2 · WHAT SPECIFIC BUYS YOU

DAY 3 · WHAT HAS GONE INVISIBLE

DAY 4 · THE SPECIFIC FIVE

DAY 5 · WHAT YOU ARE BRINGING

CONNECT NIGHT

GETTING SPECIFIC ABOUT WHAT IS ALREADY GOOD

Most couples in a steady marriage cannot describe their own strengths with any precision. They can describe their worst argument in detail. The good parts have never been put into words at all.

That is not carelessness. Nobody ever asks. Problems get discussed because they demand it. Strengths just happen, and then the day moves on.

*A marriage you can only describe in one word
is a marriage you cannot protect.*

This week moves you down the ladder. Away from the summary, toward the actual Tuesday.

WE'RE GOOD



WE COMMUNICATE WELL



THE ACTUAL TUESDAY



Specific means someone else could picture it. That is the whole test, and it is the only standard this week holds you to.

THE WEEK

- 1 **The one-word marriage.** Why *we're good* is where most couples stop.
- 2 **What specific buys you.** Three things vague praise cannot do.
- 3 **What has gone invisible.** Reliability is why you stopped seeing it.
- 4 **The Specific Five.** Six minutes, five sentences, no ranking.
- 5 **What you are bringing.** The one thing you carry into CONNECT Night.

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WEEK 1
INTRO

PAGE

Days 3 and 4 are flex days. If the week gets away from you, move or shorten those two.

Nothing this week asks you to find a problem. If a prompt asks about something you do not have, write that you do not have it and move on.

BEFORE YOU START

Without thinking about it, how would you answer if someone asked how the two of you are doing?

Write the answer you would actually give. Not the considered one.

Come back to that line on Day 5 and see how much of it you could now say in detail.

THE ONE-WORD MARRIAGE

Ask a couple in a stable marriage what is working between them and you will get the same answer almost every time.

We're good.

Press once and a second layer arrives. We communicate pretty well. We don't really fight. He is a great dad. She is my best friend.

Press twice and most couples run out.

Not because there is nothing there. Because nobody has ever asked them to be precise about it, and precision about good things is a skill almost nobody practices.

Notice how lopsided that is. You could probably describe the exact dynamic of your worst argument. The sequence, the tone, the sentence that made it turn. You have rehearsed it. Problems get replayed until every detail is sharp.

Strengths never get replayed. They happen, and the day moves on.

So you end up with a marriage you can describe in high definition when it fails and in one word when it works.

SAME MARRIAGE, SAME MEMORY

WHAT YOU CAN RECALL ABOUT YOUR WORST ARGUMENT

WHAT YOU CAN RECALL ABOUT WHAT WORKS

Today is noticing only. No conclusions yet.

SCRIPTURE FOR TODAY

Praise the Lord, my soul, and forget not all his benefits.

PSALM 103:2

The instruction is not to feel more grateful. It is not to forget. Forgetting is the default, and reversing it takes something deliberate.

REFLECT

Finish this sentence five times, differently each time: *One thing that works between us is...*

Do not stop at three. The fourth and fifth are usually the real ones.

1	
2	
3	
4	
5	

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WEEK 1
DAY 1

NOTICE
12 MIN

Go back and pick the vaguest one. Rewrite it so someone else could picture it.

PRACTICE

Read your five back and circle the one you would have the hardest time explaining to someone who does not know you. That is the one this week is aimed at.

FOR CONNECT

Which of the five is still true when you are the one having a hard week?
