

THE SEASONS WORKBOOKS

# RESTORE

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## A SEASON OF HEALING

*Six weeks for couples. Type into it on any device,  
or print it and use a pen.*

**SHELLY & JASON YOST**  
NEW RHYTHM MARRIAGE

WHATSEASON.COM

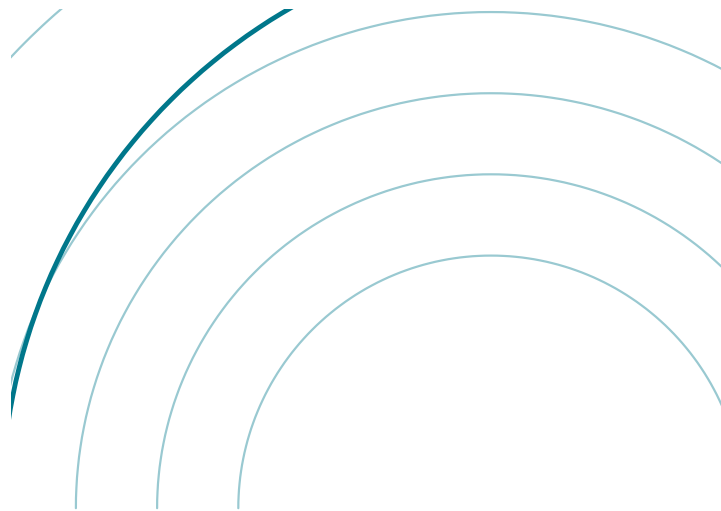
# RESTORE

A Season of Healing

THE SEASONS WORKBOOKS · SIX WEEKS FOR COUPLES

Shelly & Jason Yost

NEW RHYTHM MARRIAGE



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SEASON OF HEALING  
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BOOKMARKS PANEL: EVERY SECTION, WEEK, DAY AND CONNECT NIGHT.

## YOU TOOK THE ASSESSMENT. IT PUT YOU HERE.

New Rhythm Marriage's Seasons Assessment placed your marriage in the season of Healing. The rhythm that matches that season is Restore.

Healing is not a verdict. It is a description of where you are standing right now. Something hurt. It did not resolve on its own. There is more caution between the two of you than there used to be.

That is the season. It is a common one, and it is not proof that either of you failed.

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*Rebuild safety through repair. That is the whole rhythm.*

Restore is the slowest of the four rhythms. It moves at the speed of the more guarded person, not the more motivated one. That is not a delay. That is the mechanism.

### WHAT THE SEASON LOOKS LIKE ON A TUESDAY

You edit yourself before you speak. You choose the version of the story that will cause the least trouble.

You keep score without deciding to.

You brace during ordinary conversations. Your shoulders go up before you know why.

You stay busy. Busy is easier than the room.

None of that is failure. All of it is what people do when the estimate has been revised downward. It is protective, and it also keeps the estimate from ever going back up.

## MOST OF THIS BOOK IS BLANK ON PURPOSE.

The teaching is short because reading is not what changes a marriage. Two people making one small thing happen, then happening again, is what changes it.

So the pages are built for writing. Fifteen to twenty minutes a day, five days, then one conversation. Never more than thirty minutes.

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### WHAT YOU WILL NOT BE ASKED TO DO

**Describe what happened in detail.** Not once. Detailed retelling of a betrayal reliably makes things worse, and nothing here requires it.

**Rank who was more wrong.**

**Forgive on a schedule.** Forgiveness is not the goal of this book, it is not a deadline, and it is not how progress is measured here.

**Decide anything permanent** about your marriage by the end of week six.

### WHAT YOU WILL BE ASKED TO DO

**Put language on what is true.**

**Notice what happens in you** when trust is thin.

**Practice two skills.** Saying a hard thing so it can be heard, and hearing a hard thing without defending.

**Make small repairs,** and make them again.

That is the whole book.

## TWO COPIES. WRITTEN PRIVATELY. ONE NIGHT TOGETHER.

You and your partner each work in your own copy. You write in yours, they write in theirs, and nobody reads the other person's pages unless it is offered.

Privacy is what makes honest answers possible. Protect it, even when you are curious.

### TYPE IT OR PRINT IT, AND YOU CAN DO BOTH

Every writing space in this file is a real form field. Open it in any PDF reader, click a line, and type. What you type saves with the file.

Or print it at home on letter paper at one hundred percent, no scaling, and use a pen. The lines are sized for handwriting either way.

If you print it, punch the left edge. That margin is wider for exactly that.

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### THREE WAYS COUPLES RUN THIS

**On your own together.** Two copies, five days apart, CONNECT night at home. This is the default.

**In a group.** Same five days. CONNECT runs as a session with other couples, with the private pages still private.

**One of you.** Every day works alone. CONNECT becomes the solo version on the same night.

### IF YOU ARE DOING THIS ALONE

Some readers open this book alone. Your partner may not be ready. They may have said no. You may be the one who caused the hurt.

The book still works. Every prompt was written so one person can answer it without the other in the room, and every CONNECT night carries a box marked *Doing this on your own* with a real alternate rather than a consolation prize.

One caution. Do not hand your partner this book as a message. A workbook used to deliver an accusation stops working as a workbook.

## THE SHAPE OF A WEEK



RESTORE  
SEASON OF HEALING  
THE WEEK

Five short days, then one CONNECT night. Two of the five are flex days. Move them if the week gets away from you. Do not move CONNECT.

### EACH DAY

- 01 **Learn.** A short read. Two or three minutes.
- 02 **Scripture for today.** One verse, one sentence about why it is here. Optional. Skip every one and the book still works.
- 03 **Reflect.** Writing. This is most of the time.
- 04 **Practice.** One small thing to do, usually timed.
- 05 **For CONNECT.** One line carried into the conversation.

### SET THE STANDING TIME NOW

Nothing in a hard season will make you sit down. Pick the night before you start, and write it in.

Our CONNECT night is \_\_\_\_\_

Time \_\_\_\_\_ and it lasts twenty minutes

If we miss it, we move it to \_\_\_\_\_

- ☐ Phones go in another room, not face down
- ☐ We do not read each other's pages
- ☐ We finish weeks that feel unnecessary

WEEK ONE OF SIX



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*Putting words to what happened, without  
rebuilding the case.*

WEEK

# ONE

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## NAMING THE HURT

### THIS WEEK

DAY 1                      What happened

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DAY 2                      Naming, or building the case

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DAY 3                      The ones that seem too small

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DAY 4                      Three versions

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DAY 5                      What it is like to be you

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CONNECT NIGHT        Twenty minutes together

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## SOMETHING HAS TO BE SAID BEFORE ANYTHING CAN BE REPAIRED.

A season of Healing does not usually begin with an event. It begins with an event that never got described.

Something hurt. It did not resolve on its own. Since then there has been more caution between you than there used to be.

That caution is the thing this book works on. Not by asking you to be less careful, but by building enough evidence that so much care is not required.

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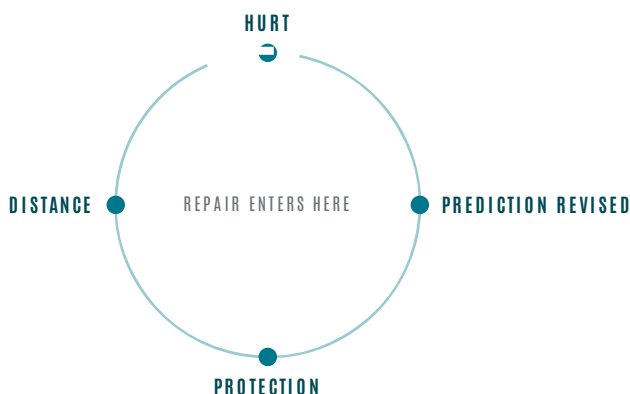
*Trust is not mainly a feeling.  
It is an estimate.*

Your estimate of your partner was revised at some point. You have been operating on the revised number ever since, and most of what has changed between you follows from that one adjustment.

Week One does not repair anything. It puts words on what is being protected against, which is the only way the rest of the weeks have something to work with.

## THE PATTERN THIS WEEK INTERRUPTS

RESTORE  
SEASON OF HEALING  
WEEK 1



The loop runs on its own once it starts. A hurt revises your prediction. A revised prediction produces protection. Protection reads as distance from the other side, which supplies the next hurt.

There is one gap in the circle. Repair is the only thing that fits through it, and it has to be small enough to pass.

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## HOW THE WEEK RUNS



Five short days, fifteen to twenty minutes each, then one CONNECT night together. Two of the five are flex days. Move them if the week gets away from you. Do not move CONNECT.

### PAGE NOTE

This week asks you to put a name on something that hurt. That is a small ask on paper and a large one in practice.

If it opens more than a week of writing can hold, stop. Closing the book for a day is a use of this book, not a failure of it.

## WHAT HAPPENED

Start with the smallest possible version of it.

Not because the small version is the whole truth. Because the small version is the one you can carry into a room without your voice climbing.

Most people in this season have a long version ready. It has an introduction. It anticipates objections. It has been rehearsed in the car.

That version is not dishonest. It is just built for a different purpose, and today is not that purpose.

### SCRIPTURE FOR TODAY

*"I will not keep silent; I will speak out in the anguish of my spirit."*

#### JOB 7:11

Naming a hurt is not complaining. Scripture treats it as something a person is permitted to say out loud.

Today you are giving the hurt a short name. Something you could put in a sentence: the money thing, last spring, the way he talked to me in front of his brother.

A short name is not a minimizing of it. It is what makes the subject possible to raise. *Can we talk about the money thing for ten minutes* is a request someone can say yes to. The full history is not.

## REFLECT

Say what happened in three sentences or fewer. No background. No timeline. No explanation of why you were reasonable.

RESTORE  
SEASON OF HEALING

WEEK 1  
DAY 1

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If you started a fourth sentence, that is the long version arriving. Leave it. Day 2 is about what it is for.

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## PRACTICE

**Two minutes.** Give it a short name. Under six words. Write it in the box and use it for the rest of the six weeks.

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Say it out loud once. If your voice stays level saying it, it will work.

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## FOR CONNECT

On CONNECT night you will be asked what it is like to be you right now. Not what happened. What it is like.

One line you do not want to forget between now and then:

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