

Course: [Discovering the One](#)

**Must Win Battles** are attitudes, behaviours, perceptions, or habits that can be detrimental to you, your spouse, and your relationship. **Input** pertains to the amount of resources required to maintain a behaviour or perspective. Resources include time, energy, and assets. **Impact** is the resulting disbenefits and disadvantages created for one spouse and the other spouse and possibly others. For example, an addiction requires money, time, and creates distance, mistrust, and destroys physical and mental health for the addicted spouse, and could destroy the mental health and eventually physical health.

IMPACT	High	<u>Be Active</u>	<u>Be Engaged</u>
		1.	1.
		2.	2.
		3.	3.
	4.	4.	
	Low	<u>Be Aware</u>	<u>Be Concerned</u>
1.		1.	
2.		2.	
3.		3.	
4.	4.		
		Low	High
		INPUT	