

KIMBERLY & JOEL WALTON

WORDS — TO — LOVE BY

Audiobook Companion Guide



*Elemental Building Blocks of a
“Wildly Successful Marriage”*



Audiobook Companion

WORDS TO LOVE BY



KIMBERLY & JOEL WALTON

Kimberly and Joel Walton

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How to use this audiobook Companion guide

This audiobook companion guide includes links and resources mentioned in the (audio)book and provides additional resources that we believe the listener might find valuable.

The end of the chapter (**A Look In The Mirror**) questions are not listed in this companion guide but we have, as a bonus, included a few extra Look in The Mirror questions.

The order of the the guide aligns with the order of the book so that you can easily follow along.

Meet The Authors

Kimberly Walton M.A. and **Joel Walton, M.A.** work together in separate, yet complementary, capacities in the marriage and personal growth fields. Joel is a Licensed, Marriage and Family Therapist and Kimberly is a marriage strategist, speaker, and retreat leader. They are in private practice in California.

Kimberly and Joel have diverse backgrounds and unique life experiences that give them a broad range of real-world experiences to draw from in order to best serve their clients.

Kimberly has the heart of an educator and inspirer, and has worked as a radio personality, facilitator, trainer, and adjunct university professor. She is a lifelong student of customs, traditions, and rites of passage, and draws on her formal and informal education, including her own divorce, to serve her clients.

Joel has served on a nuclear submarine, worked as a reserve deputy sheriff, and as a volunteer firefighter. He authored five patents, while working in private industry, and served as a staff counselor for a large ministry in California, before going into private practice. Joel has a second Master's in Biblical Counseling.

Kimberly and Joel are also bloggers, podcast guests, speakers/presenters, and lead small groups in addition to their private practices. They also work collaboratively offering weekend marriage intensives and workshops for struggling couples wanting to save their marriage.

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Words To love By Book

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Introduction

Is this book for you?

The 12 Common Issues and Concerns of Couples

1. Do you feel as if your partner doesn't understand you?
2. Do you feel stuck and that you've tried everything to fix your relationship?
3. Do you believe there is a significant power imbalance between the two of you?
4. Do you feel you can't be honest with your partner about your true feelings?
5. Do you feel you can't fully trust your partner with your heart?
6. Do you or your partner find little joy in serving each other?
7. Do you get more fulfillment from kids, work, or other interests than your partner?
8. Do you believe that if only you'd married the "right" person your marriage wouldn't be struggling?
9. Do you or your partner struggle to talk about aspects of your physical intimacy?
10. Are you considering leaving your relationship?
11. Are you struggling with family dynamics such as a blended family or in-law issues?
12. Are you or your partner struggling with addictions or a repeated breach of trust?

If you answer yes to, or can relate to, any of these 12 points, then this book is for you. You will find wisdom and strategies throughout the book to help you understand and address these most common relationship concerns.

We hope that you enjoy this book as much as we enjoyed writing it. It's our life's work to help couples navigate the many twists and turns. If you do find yourself in need of therapy, please don't feel shy about getting help. It can change your life.

CHAPTERS ABCD

Chapter Links and Resources

AWARENESS

The Single Most Important Factor in
Wildly Successful Relationships

CONFLICT

5 Roles of People in Conflict

5 Love Languages by Gary Chapman (book)

Boundaries series by Dr. Henry Cloud and Dr. John Townsend (books)

DESIRE

ET: The Hip Hop Preacher



BONUS

A Look In the Mirror Questions

How do your beliefs and values impact your desire for and connection with your partner.

CHAPTERS

EFGH

Chapter Links and Resources

ENGAGEMENT

[Do 50/50 Relationships Work?](#)

FLEXIBILITY

[What it Takes to Be a Successful Couple](#)

GRATITUDE

[Loving, Living, & Learning by Professor Buscaglia \(book\)](#)

[Reverse Bucket List: How to Benefit from Grateful Recounting](#)

HOPE

[Man's Search for Meaning by Viktor Frankl \(book\)](#)



BONUS

A Look In the Mirror Question

How does gratitude impact your willingness to engage in your relationship(s)?

CHAPTERS

IJKL

Chapter Links and Resources

INTIMACY

[Hold Me Tight by Sue Johnson \(book\)](#)

[Common Intimacy Issues](#)

KNOWLEDGE

[Personal Needs Quiz](#)

[Modes of Communication](#)

LOYALTY

[Never Compare Your Mate to Others](#)



BONUS

A Look In the Mirror Question

What have you learned about your mate that has helped you to understand your mate better and thus join better?

CHAPTERS M N O

Chapter Links and Resources

MENDING

7 Steps Towards Forgiveness
Overcoming Bitterness

NOVELTY

Comparisons: Why You Should Never Compare Your Mate to Others

OPPORTUNITY

10% Effort for a 50% Better Marriage



BONUS

A Look In the Mirror Question

What have you learned after reading this book that helps you to use novelty and opportunity to be a better mender?

CHAPTERS P Q R

Chapter Links and Resources

PROTECT

Anatomy of an Affair and Close Calls by Dave Carder (books)

QUIETING

It's Not About the Nail (video)

REGULATION

What to Expect When You are Expecting (book)

The Whole Brain Child by Dan Siegel and Tina

Payne Bryson (book)



BONUS

A Look In the Mirror Question

How do or can you use quieting to help regulate and protect your relationship?

CHAPTERS

STUV

Chapter Links and Resources

SAFETY

Gaslight by George Cukor (1944) film



TRUST

Daring Greatly by Brene Brown (book)

UNDERSTANDING

The Seven Sins of Memory by Daniel Schacter (book)

VULNERABILITY

Fearing Vulnerability



BONUS

A Look In the Mirror Question

Recall a time that you felt betrayal? How did you identify it as betrayal and how does it impact your life now?

CHAPTERS WXYZ

Chapter Links and Resources

WISE COUNSEL

Are Your Friends Helping or Hurting Your Marriage

X-FACTOR

Common Intimacy Issues for Both Men and Women

YEA-SAYER

Do You Inflate or Deflate Your Mate?

ZEBRAESQUE

Word of the Year For Your Marriage

Growing Family Roots Through Traditions and Customs



BONUS

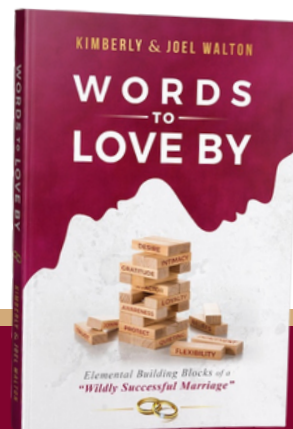
A Look In the Mirror Question

Who do you know that is a good role model for being a strong yea-sayer for their partner or others in their life?
What makes them a good yea-sayer role model?

Words to Love By Retreats workshops Intensives & small groups

We offer more than one to one relationship counseling and education. We also offer the following **Words to Love By** retreats, intensives, and support for small groups and books clubs.

- **Book Club** or **Small Group** for married, singles, or engaged couples? We can help you make this happen.
- **Marriage Intensives** for couples that want to strengthen their marriage (struggling or not) or are on the brink of divorce.
- **Weekend Marriage Retreats and Workshops** are offered annually in Reno, Nevada, the greater Sacramento, California region and the general Phoenix Arizona metropolis.
- **Reach out for details and custom groups:**
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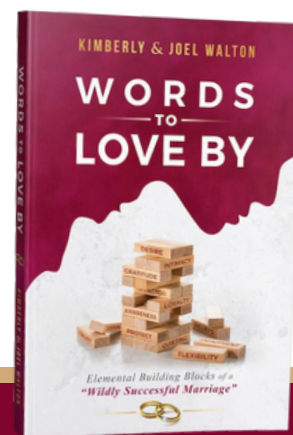
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Kimberly and Joel Walton



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