

When Work Comes Home: Protecting Your Most Important Relationships

Presented By: Jill Savage

MarkandJill.org

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*The people who love us most often receive the least considered version of us —
not because we care less, but because we've never designed the transition.*

01 The Threshold



Transitioning from work mode to home mode

Why Designing the Transition Matters

Unmanaged transitions are one of the primary ways that workplace stress damages home relationships.

Not stress itself — the failure to create a boundary between those two places.

The good news:

The boundary is a learnable skill. This session gives you the tools to build that skill.

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Change clothes. Take three slow breaths. Touch your trouble tree. The ritual signals to yourself and your family: I've arrived — not just physically, but all the way.



The First 20 Rule

Phone face-down for the first 20 minutes home. Look people in the eye. Ask one question and listen to the whole answer.

02

Communicating Stress



Sharing without dumping — and asking for exactly what you need

STEP 2

Sharing vs. Dumping – A Meaningful Distinction

SHARING

- Invites your partner into your world
- Honest and time-bounded
- Asks for something specific
- Leaves both people feeling closer

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DUMPING

- Full emotional transfer without consent
- No time boundary or clear end
- No specific ask — just venting
- Often leaves both people worse off

Walking in and unloading everything — without asking if they have capacity or can give you focus.

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2 *"I don't need you to fix it — I just need to say it out loud." OR "I actually need your advice." When you're specific, it removes the guesswork.*

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"I don't need you to fix it — I just need to say it out loud." OR "I actually need your advice." When you're specific, it removes the guesswork.

3 The 10-Minute Close

Allow 10 focused minutes of sharing, then intentionally close the "work window." Say it out loud: "Okay, I'm putting that down now." Then actually do it.

03

Prioritizing Connection



Being present when your tank is empty

STEP 3

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That's what your family needs — not always a high-functioning version of you. Just you, there, paying attention. Listening with your eyes.

One Skill for Prioritizing Connection

The Full Attention 10

10 minutes per person, per day, of full undivided attention.

- ∟ Ask one open-ended question — wait for the full answer.
- ∟ Make physical contact — sit close, a hand on the shoulder.
- ∟ Follow their lead; resist the problem-solving impulse. Feel don't fix.
 - What I hear you saying is...
 - That makes sense.
 - I can only imagine...
- ∟ End with: I see you/ I'm glad you're here/ I love you/ Thank you for sharing with me.

Permission Slips

- Simplify dinner — cereal + real conversation wins
- Say "I'm tired today" — it's not weakness
- Ask for help or outsource.
- Repair a bad night — coming back is love too.

04

Sustaining Yourself



Finding Your Fuel

STEP 4

Sustaining Yourself to Sustain Your Relationships

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QUARTERLY/SEASONALLY

Reassess your plate. What can come off? What needs adding? Life changes; your rhythms should adapt.

Personal Reflection

1 When you arrive home, what does your family actually receive in the first 30 minutes?

2 Do you tend to share your stress — or dump it? What's one change you could make?

3 When did you last feel genuinely present with your family? What made it possible?

4 What is one connection ritual you're willing to start this week?

This Week's Action Steps

- 1** Choose one transition ritual and practice it every day — tell your family what you're doing and why.
- 2** Have the "how do I share stress?" conversation with your partner — what do you each actually need?
- 3** Practice the Full Attention 10 with each person in your home each day — 10 minutes, phone away.
- 4** Choose one connection ritual for the next 30 days and put it on the calendar.
- 5** Choose one self-care practice and put it on the calendar.

*The people who love you most
deserve an intentional version of you -
not what's left after everything else.*

That doesn't happen by accident. It happens by design.

Start small. Start today.

One minute.
Big **impact**.
Complete the **session
feedback** form.



WEEKLY MARRIAGE MEETING

Guide

- ♥ One thing I appreciate about you... *(see sample script)*
- ♥ One thing that's weighing heavy on me right now is...
(respond with curiosity, empathy, validation, or prayer)
- ♥ One thing I'm excited about is ...
- ♥ Let's look at calendar together and talk through the logistics of this week.
Optional:
 - Is there anything on the calendar for the next few months we need to talk through?
 - Is there anything with finances we need to talk about?
- ♥ What's our plan for daily connection this week?
- ♥ What's our plan for lovemaking this week?
- ♥ Is there anything we need to do to make our upcoming date night successful?
- ♥ Optional: Pick a curiosity question from the list on the next page.
- ♥ Hold hands and pray together.



Curiosity Questions

To Use in Your Weekly Meeting or on a Date Night

What's the greatest lesson you learned over the past year?

What is your favorite memory of us?

When did you first know you liked me?

What's something impactful that happened to you that you've never shared with anyone?

What would the perfect retirement look like for you?

What do you love about your work? What do you like the least about your work?

If you have a day to yourself, what would it look like to make it a perfect day for you?

What is one action I do that makes you feel most loved?

What's one of your favorite childhood memories?

What's a hard memory from childhood?

How did your father make you feel? How did your mother make you feel?

How do I make you feel?

When do you feel the most confident and when do you feel the most insecure?

When do you feel closest to me?

What makes you feel disconnected from me?

What sexual pleasure do you most enjoy when we make love?

What is the best kind of foreplay for you outside the bedroom? Inside the bedroom?

One thing I've been learning about myself is ...

What is a very real fear for you?

In the past 24 hours, something I could have done better is ...

As I move forward in life, I would like to become more ...

One thing on my bucket list is ...

Remember the goal of these questions is curiosity and connection. You're learning about it each other and paying attention to each other's experiences and emotions. Even if you've heard something hard or difficult, keep defensiveness out of this interaction.

To make this safe and connecting, when your spouse is sharing your only responses are:

- Tell me more about that. (invitation)
- Thank you for sharing. (appreciation)
- That must have been hard. (empathy)
- I can only imagine how _____ that was. (empathy)
- That makes sense that you would feel that way. (validation)
- What I hear you saying is _____ (reflection)

