

PARTICIPANT FIELD GUIDE

Dental Spouses in Business | Mile High Momentum | September 24th 2026

This guide will help you recognize instinct-driven differences,

interrupt the assumptions that create tension,

and choose practical language for working together at home and in the practice.

Name _____

Date _____

Your Mayhem

Begin with one recurring frustration. You will return to it throughout the session.

I love my spouse, but working together makes me crazy when they...

Where does this show up most often?

☐ Communication

☐ Decision making

☐ Roles and responsibilities

☐ Team leadership

☐ Finances or spending

☐ Schedules and priorities

☐ Home and work boundaries

What meaning do I usually attach to this behavior?

What might I not understand yet?

Four Natural Ways of Taking Action

Check the descriptions that sound most like you. Star the ones that sound most like your spouse.

Approach	Sounds Like	Under Pressure
☐ Information	“What do we know?”	May ask more questions or delay action
☐ Movement	“Let’s try it.”	May move before others feel ready
☐ Systems	“What’s the process?”	May tighten structure or resist change
☐ Tangible	“Show me.”	May need demonstration or something concrete

Where do our differences affect the practice most?

When do our differences create value?

Mayhem Cycle

Tension often grows through the meaning attached to a difference.

Difference	What happened? Describe only what someone could observe.
Interpretation	What story did I tell myself about why it happened?
Frustration	What did I feel when I believed that story?
Reaction	What did I say or do next?
Mayhem	What did the reaction create between us?

A more generous interpretation might be...

Pause – Translate - Partner

Use this process before the next difficult conversation.

1 PAUSE

Separate the observable behavior from the story you are telling.

What happened? What meaning did I add?

2 TRANSLATE

Consider what your spouse may be trying to protect, prevent, solve or create.

What natural need may be underneath the behavior?

3 PARTNER

Make a request that works with the difference.

What question could help both of us move forward?

Try This Instead

Choose language that meets the need without surrendering the issue.

When the difference involves	Try asking
Information	What information would help you feel ready?
Movement	What is the smallest version we could test?
Systems	What process do we need before moving forward?
Tangible clarity	Can you show me what you're picturing?
Decision ownership	Who owns this decision, and whose input is needed?

The question I want to use in our next conversation is...

A question that would help me feel understood is...

I Would Hire You

Name the contribution familiarity has made easy to overlook.

You are exceptional at...

I can always count on you to...

You make this look easier than it is...

Our practice or family is better because you...

The strength that would never appear on your résumé is...

My hiring pitch

I would hire you because...

Strength and Assignment

The ability to carry a responsibility does not automatically make it the right assignment.

A strength I admire in my spouse

How that same strength can create friction under pressure

One responsibility we should reconsider

Responsibility or decision	Who owns it now?	Who should own it and why?

The Partnership Reset

Identify the conversation that will make working together easier.

1 Something my spouse does exceptionally well that I do not acknowledge enough

2 Where I expect my spouse to operate like me instead of like themselves

3 A responsibility or decision that needs clearer ownership

4 The conversation that could make working together easier

Our first small change

When we will talk about it

Magic

Close by naming what your spouse brings, not only what they do.

What does my spouse bring that makes our business, family or life better because they are there?

My commitment

I will stop expecting my spouse to...

I will begin asking...

I will acknowledge...

Stop trying to work like each other. Start learning how to work together.

EMBRACE YOUR MAYHEM... AND MAGIC... TOGETHER!

Keep in touch and share your mayhem and magic wins with me at: FromGoodToGrace.com/connect