



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #328

Dr. Jeff and Jessica Jennings

A clinical psychologist and licensed professional counselor respectively, Jeff and Jessica Jennings are the co-founders of Greatest Marriage Ever and have over 40 years of combined education and experience helping individuals and couples attain their goals for life and love.

Over those years of experience, they've also seen the many ways in which people sabotage their own efforts to connect, which has given them a passion for helping couples open up, face their fears, and rekindle a sense of hope for the future.

Together, they educate and empower couples to remaster their ability to deeply connect and transform their marriages or love relationships through cutting-edge neuroscience, relationship research, and positive psychology.

In this episode, Jeff and Jessica discuss how you and your partner can enjoy better sex, the "In Love" Myth, and the neuroscience of marriage. Don't miss it!

Top Quotes From This Episode

Jeff:

"Relationships are hard and anything worth having in life you have to work at it; it takes effort."

"Before people fall out of love, they fall out of the practice of love."

Jessica:

"Relationships are hard because I believe that they are worthy and sacred struggle towards connection."

"Marriage is recognizing that I have a safe place to mess up."

Show Notes

This episode touches on the following key topics and ideas:

- **The “In Love” Myth (5:17):** Jeff and Jessica discuss why relationships are hard
- **We are wired for relationship (10:28):** Relationships are foundational because they meet the core need of our hearts and reflect the value of our being
- **It starts with connection (14:48):** Insecurity and vulnerability as the reasons why we often run from relationships and how to overcome it
- **From “me” to “we” (16:09):** Taking sacrifices can make a difference for you, your partner, and your relationship
- **The struggles and failures (20:34):** A glimpse of what a marriage experts' relationship looks like
- **The Self-protection Cycle (24:39):** The act of protecting yourself from either rejection or disconnection that you're experiencing in the relationship
- **The fight or flight response (26:38):** Jeff and Jessica discuss the neuroscience behind marriage
- **The nail clipper (30:35):** The role and value of understanding your partner's triggers to create greater empathy for them
- **Habits to experience the greatest marriage ever! (37:38):** Make sacrifices, practice basic kindness, and— as a form of [Productive Pause](#)— ask your partner: “What do you need from me? What do I need to do?”

What's an action item the listener can take in the next 24-48 hours? (43:02)

- Practice gratitude
- Sign up for the free [Five-Day Connection Challenge](#), which will provide you with basic tools for improving the connectivity and positivity in your relationship.

Want to talk to a personal performance coach?

Want to consider executive life coaching? Claim a spot on Jim's calendar for your free one-time clarity call: JimHarshawJr.com/APPLY

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Greatest Marriage Ever: [Website](#) | [Facebook](#) | [Instagram](#)

Jessica: [Website](#) | [Facebook](#)

Jeff: [Website](#)