



THE *Porsha*  
PRINCIPLES

*Key Strategies for  
Creating and  
Sustaining  
Your Lifelong  
Honeymoon*



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Dedicated to Our Adult Children,  
**Danielle, Gabrielle, and Kyree**  
That This May Serve as a Guide for You in  
Creating and Sustaining Your Own Lifelong Honeymoon





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## Preface

*(The preface is written by Michael and is his description of the story of the creation of the Porsha Principles.)*

If your Creator wanted each of us to do a special work, and I believe our Creator has a special work for each of us, would He give us a random set of skills, a random set of interests, and hope that one day we stumble on what He wants us to do?

Or would He give us the exact talents we needed to get the job done, give us an intense passion for the work, prepare us our entire lives to be that vessel, and then bring the resources together at the time and place needed?

I personally believe the latter, and if you are reading this, I bet you do too. The words above describe what happened in the creation of *The Porsha Principles*. Let me take you through it.

When Porsha and I first met, there was something in the way she smiled, and the way we laughed together, and the complete ease and flow of our conversation, that I could sense the specialness we had together. And indeed, two days after our second date, I realized she had completely captured my heart.

Within 3 months, while on a trip together, I found myself kissing her and prophesizing aloud, "With this kiss, I thee wed." It was a complete slip, and a shock to me. I want to grab the words out of the air...no such luck. Surprisingly, she did not run away! That day we made a commitment to one another and agreed not to share it with anyone because they would likely think, as we did, that it was way too early for all that!

Fast forward, as the coronavirus pandemic took hold, we found ourselves sheltered in place working from home, with my office on one end of the condo, and her office on the other end. From time to time, I would pass by her door and happen to overhear one side of a conversation she was having through her EarPods. I could visualize the couple at the other end of her virtual call hanging on her every word. And for good reason. The concepts, the ideas, the strategies were clear, concise, and so doable. It just made sense that if they were willing to do the work, they couldn't but overcome the issues they were facing.

I remember saying to Porsha at one point:

*"Sweetheart, you are sharing such life-changing jewels with people. You might want to consider writing these things down so that they are documented, and you can easily and consistently share with every couple you work with."*

In the weeks and months that followed, we began doing just that, documenting some of her thoughts and ideas. It didn't take long for us to conclude we were creating more than a list of ideas. These were principles and strategies for couples to live by; these were tools that could help many people keep their love alive and their honeymoon going.



And with that, *The Porsha Principles* were born. The more we worked on the principles, the more they took on a life of their own. We began visualizing a book and then free webinars, and then the video series, and then the one-day workshop and weekend retreat.

Though we didn't see it at the time, in hindsight it became clear.

*We were combining the marriage therapy work that Porsha had been doing for over a decade as one of the top marriage therapists in the southeast with the thirty years of experience I had gained in creating the leading company in the U.S. in providing facilitation training programs and professional workshop facilitators.*

Once more, our Creator at work.

The collaboration itself represents a true testament to *The Porsha Principles* in action. There were many times when the flow of the material was effortless and the building on each other's ideas resulted in very creative solutions. Our similarities allowed us to experience tremendous joy with each other in the process and deepen our intimacy by practicing the principles together.

As well, there were times we had to remember to "lift our partner," "manage the differences," and even "repair ruptures." One of the significant differences that we managed poorly initially was balancing working on this very exciting project with giving our beautiful relationship the time and energy it deserved outside of the work. As you will learn, my "James" was fulfilled by the progress we were making, but Porsha's "Porshey" was starving for the quality time and affection that fulfilled her. We quickly corrected the imbalance by remembering how important it was to each of us that our partner be fulfilled, listening to understand the real need, identifying solutions that could work for both of us, following through on the action, and checking in to ensure reconnection. The re-energizing that can come from your partner making a commitment to your happiness and then following through is awesome. And when that happens over and over again, that's what a lifelong honeymoon is all about.

## **The Book**

Following the overview chapter, the book is organized based on the eight *Porsha Principles*.

- 1: Let them know you...not your representative.
- 2: Cultivate intimacy...at deeper levels.
- 3: Lift your partner...every day.
- 4: Manage the differences...with care and communication.
- 5: Avoid the fire starters...they can ignite a blaze.
- 6: Address conflict...resolve disagreements.
- 7: Repair the ruptures...they can ruin you.
- 8: Profess, protect, and prioritize the relationship...with your thoughts, words, and actions.



Within the principles you will discover:

- **Key concepts** that provide a foundational understanding of the principle and how it plays out in relationships
- **Proactive strategies** that help you and your partner establish a strong foundation and prevent issues before they occur
- **Intervention strategies** to use when you encounter roadblocks, including specific steps to take and sample words to use
- **Deeper dives** that provide additional questions to consider in better understand yourself and potential root causes of your behaviors and feelings
- **Personal insights** from our life together, both examples of when we have been successful in applying a principle, and times when our application was, shall I say, less than stellar
- **Principles in practice** that give you and your partner specific exercises to do to enhance your skills in applying the principles in your relationship.

The *Porsha Principles* is not a one-and-done process. To sustain a high quality relationship of love and fulfillment requires ongoing care and communication. Therefore, the book ends with you and your partner creating your Couple's Action Plan, your agreement and roadmap for using the principles to create and sustain your lifelong honeymoon.

Please keep in mind, *The Porsha Principles* is NOT intended to be a replacement for couples therapy or individual therapy, as we mention several times throughout the book. We believe therapy is a powerful vehicle for change and we highly recommended couples seek out quality professional assistance as needed. Though we do not offer this service ourselves, our website includes information about trusted partners and other available resources.

#### **A Note about the Writing:**

- For ease of writing, we have written the book in a conversational style with Porsha speaking in the first person (e.g., "From my research and experience , I have found...").
- For ease of reading, we use the "singular they" to avoid the awkward "his/her" (e.g., "Your partner might find that they....").

## **Our Hope**

We believe that the *Porsha Principles* will be a catalyst for helping many, many couples to move out of the relationship desert and get back on the path to creating and sustaining a fruitful and rewarding lifelong honeymoon. We believe our Creator wants all His children to have relationships that truly reflect His Love. We are here to help.

And you can help too. If you find the *Porsha Principles* valuable, please spread the word. Share your experience with those in your network. Let them know of your experience and the possible value they can gain by finding ways to create and sustain their own lifelong honeymoon.