

THE IRREPLACEABLE MAN

12 Step Guide To Become an
Irreplaceable Husband



IAN LOBES

12 Step Guide To Become an Irreplaceable Husband



Becoming An Irreplaceable Husband:

A 12 Step Guide for Successful Men Who Want to Save Their Marriage and BE The Irreplaceable Man & Husband Their Wives Would Never Leave.

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Intro:

Seven years ago, my life was stopped in its tracks when my wife gave me an ultimatum that brought everything to a halt. Change or I want out. At that moment, I was at a crossroads and the next decision I made needed to be carefully thought out as either way, it was going to take my life in a very different direction. Luckily I chose the most serving path for myself and my family and am here today with a thriving marriage and incredible partnership because of the actions I took that are listed in this guide. Those actions led me to saving my marriage, doing the necessary work on me to grow into the man I was meant to be, rebuilding my partnership and establishing unshakable trust, connection and communication.

If you're struggling in your marriage and facing the possibility of divorce, it's time to make the changes that will transform you into the irreplaceable husband that your wife would never want to leave!

We understand what you're looking for because it's our calling and what we do for men around the world. Our goal is to provide **clarity, confidence, courage, a framework, strategies, expert support, and sustainability** to help you achieve the results you want. But before you can make any serious changes to your marriage, you must build a proper foundation. If you're not the man who can get the results you want, then the foundations aren't suitable for building the relationship and life you seek.

It's not enough to be successful in your job and financial status. A successful husband also needs to provide **attention, affection, trust, connection, communication, and commitment** to their wife for her to feel loved and secure in the relationship. When things aren't good at home, it affects all areas of your life.

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Your marriage and life are intertwined and can only grow to the extent that you do! Every action you take, or don't take, has a compound effect on the success of your relationship. If you're facing a troubled marriage, the repair process will also be a compound effect. As the Irreplaceable Man, you stand for your life, not just the one you've settled for, but the dream life you crave and know is possible, including the dream marriage and relationship that you regret not having.

Regardless of where you are on this journey, we're here to provide you with 12 powerful, simple steps to help you build your strategy, create a marriage that will last a lifetime and become the man and husband your wife wants to be with.

This guide will help you improve every category of your life.

Don't be overwhelmed by the amount of information here. Start by skimming through the headings and jump into the one that calls or scares you the most. We believe in you, brother! **You got this!**

Step 1: Put Yourself First: Caring for your Physical, Mental & Emotional Health

It is imperative that a man prioritizes his own needs before he can fulfill the needs of his wife and family. Nothing is more challenging for successful men than placing themselves first. Often, they cancel their personal plans or alter them for someone else's convenience or a more profitable deal.

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Categorize your priorities into physical, mental, and emotional health, and take action. Focus on exercising, improving your diet, hydrating with clean water, getting enough quality sleep, and knowing your vital numbers, including inner health. Seek the support of professionals, and learn about limiting language, positive affirmations, breathing techniques, meditation, and journaling to care for your mental and emotional health. When you prioritize yourself and see tangible results, you will become a more attentive and loving partner, and your wife will notice the difference.

It's not about prioritizing trivial things like hobbies or gym sessions, but about recognizing and tending to their physical, mental, and emotional well-being. This self-care is crucial not just for their own sake, but for the well-being of their marriage too. Though this idea may intimidate many men, it is essential to start with small and simple steps.

Step 2: Let go of the past and leave it where it belongs.

When men come for help to get their marriage and personal lives back on track, there is a common element present between their wives and them.

I had it in my relationship with my wife and it was also something that scared me about her as well.

I was holding on to how things used to be, who she was and what she used to do before years of marriage slipped under our belts and kids came into the picture. She was holding a boat load of resentment for who I used to be. My fear came from the fear & resentment she was harboring because of the selfish & neglectful man I was showing up as.

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My path forward came from letting go of my regrets & resentments. Then eliminating the mindset that she wouldn't be able to let go of her resentments and leaving me anyway no matter what effort I put in. Both agree to leave the past in the past and every day, start on a new page, don't allow each other to drag the past into the present moment.

What you did, what you didn't do, who you were, who you weren't, how it felt back then, what was lost. None of it matters, leave it in the past!

It's your responsibility to set up rules and expectations for your conversations about the growth of your connection, relationship and marriage.

It's now time to take control of your life and your marriage. The past may have shaped you, but it does not define you. If you want to heal your marriage and create a brighter future, you must let go!

Both you and your wife must be willing to shed the weight of resentment and regret. Only then can you truly move forward and build a strong, healthy relationship. But it's not enough to simply agree to leave the past behind. You must actively work towards that goal every day, refusing to allow old wounds and mistakes to hold you back by letting them into your present moments thus creating your future.

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I had it in my relationship with my wife and it was also something that scared me about her as well. I was holding on to how things used to be, who she was and what she used to do before years of marriage slipped under our belts and kids came into the picture. She was holding a boat load of resentment for who I used to be. My fear sparked from the fear & resentment she was harboring due to the selfish & neglectful man I was in the beginning of our relationship. My path forward came from making the commitment to letting go of my regrets & resentments of my past. Then I eliminated the mindset that she wouldn't be able to let go of her resentments and end up leaving me anyway no matter what effort I put in. Once that happened, our relationship had a clear path forward of healing, connection and success.

If you need a place to start, set clear rules and expectations for your conversations about the growth of your relationship and what you allow to come into your conversations. Hold each other accountable for sticking to those rules. Don't let the past interfere with your present, and don't let it dictate your future. Embrace the power of forgiveness and focus on the positive steps you can take to build a brighter future together.

Step 3: Manage Your Emotions

Emotional regulation is a sign of an evolved, mature and irreplaceable man. This is the guy your wife wants to be with. A guy who frequently flies off the handle, is unpredictable and not safe to be around is definitely someone your wife is going to not trust and eventually will replace. Guys have been replaced for less. This is a major one specifically because a woman's safety in the presence of a man, especially the man who is her partner, is deeply ingrained and is a non negotiable. It allows her to be in her feminine and not in the masculine, defending herself or keeping herself safe or worse, also having to protect her children from you and your out of control emotions.

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Managing your emotional reaction is actually quite simple. It all has to do with what's fueling the fire behind the reaction. As in, you react a certain way in a certain situation that triggers you. It's all patterned. Your job is to not react when triggered, to step back, think about what's fueling that reaction, really what you are most fearful of and then process through it. Simply communicating that to your wife will start to rebuild trust and get connection back in the relationship.

Want something you can do now? If you are unable to control yourself in the moment, that's no excuse. After you get control of yourself, journal the patterns of what triggered you so you can find the fuel behind your emotional reactions. Once something is clear, it can be eliminated.

After you journal and calm down, ask your wife if you can share with her

Also be open to her sharing what she feels about your triggers and give her permission to hold you accountable to changing course next time you are triggered.

Step 4: Prioritize Your Wife & Your Relationship

One of the most significant mistakes I've made in my life as a successful man is prioritizing my job and financial success over my relationships. Looking back, I can see how my actions caused irreparable damage to the most important relationship in my life - my marriage. I used to come home exhausted from work, only to focus on the children and household chores, neglecting my wife's emotional needs. But what I failed to realize was that every day that I didn't make her a priority, I was pushing her farther away and digging myself deeper into a rut.

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The truth is, we all have a lot going on in our lives, and it can be tempting to prioritize things that are more tangible, like work or household chores, over our relationships. But as I learned the hard way, this can come at a steep price. I was so consumed with my own fears of not receiving the same effort and appreciation in return that I neglected my wife's needs altogether. It wasn't until I made a conscious effort to become an irreplaceable husband that I began to see real change.

To become an irreplaceable husband, you must make your relationship with your wife a priority. You need to put aside your personal challenges and make a plan to deal with them on your own. You must make time for her, actively listen to her, and show her that she is a vital and cherished part of your life. Understanding what she needs and how she needs it is crucial. Sometimes, all she needs is a listening ear, a hug, or a simple gesture of love and affection.

One of the most significant reasons why men fail to support their wives is that they don't know what their wives want or need. They haven't been actively listening. If you're struggling to know where to start, there are many resources available to you. For example, my wife and I use the five love languages as a framework to understand each other's needs better. We then take the time to sit down and discuss what specifically she likes, needs, or wants in that category. Reading the book and taking the test alone won't work. You have to do the work by understanding specifically what she needs from you.

Another thing you can do is read the same book together. Especially one like *Fairplay* by Eve Rodsky which will bring awareness to the activities and roles in relationships & marriage. We like reading and then digging in deep to certain topics, realizing things we didn't know and then putting a plan together to execute and evolve. I love reading at least 4 books a year that she is reading, especially on the topic of marriage, connection, communication and intimacy. This helps her know she is a main priority in my life, she is loved, valued, important, prioritized and appreciated. Our marriage then benefits from that.

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At the end of the day, the little things we do for our wives add up and make all the difference one way or the other. Making your wife a priority in your life is not only essential for your marriage, but it's also critical for your own well-being and happiness. When your wife knows that she is valued, loved, appreciated, and prioritized, your marriage will flourish, and you will experience a level of happiness and fulfillment that you never thought possible.

Step 5: Learn to Trust Yourself & Her

Trust may be the most important factor in any relationship. Without it, nothing really works. You need to be able to trust you before you can ask others to trust you. This can be very simple. Start by thinking about something small that you want and the ways you are going to get it. It could be waking up at a certain time each morning, what you say to yourself when you wake up, accomplishing something you set out to do each day, being kind to a stranger. Literally anything you want that's small. You build your trust by saying what you will do and then doing it. It's that simple. This also has a ripple effect into your marriage and her trust for you. When she knows you trust you, she can start to trust you.

Next is following or modeling people you can trust. Most stuff you read out there about changing or growing you into the man you want to become is surface level bs at best shouted at you by a guy who most likely hasn't done the work on himself or doesn't understand the depth of what's needed to create an unshakable foundation in a relationship. That's not sustainable. We have all been to those seminars where the guy on stage and the environment has made us feel so good that we know we are changed forever. However 3 weeks later, after the rubber band of your old life snaps back into place, you are back to your old ways.

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So what does this have to do with trust? A lot of you are into personal development already and love to come home to tell your wife how much you have changed from the seminar or talk you just attended and how much things will be different from here on. For a while she believed you until you did the 3 week cycle and started showing up as the old you again. She's not into that. The way we solve this is by clearing out the things that have been in our way with a proper structure and framework so the work on you doesn't become overwhelming with all the other stuff you have on your plate.

Actually building a proper foundation and stepping it up along the way. This is done by understanding

Secondly she needs to be able to trust you or she is going to check out and find someone else she can trust with her feelings, emotions, problems, challenges and anything else you are slacking on. Want to know the easiest way to get replaced by another dude? Slack in this category. In fact, this is the one that you need to start with right away because it's only a matter of time until someone else starts to fill the void you created.

Lastly, because this is such a big and important topic. She needs to be able to trust herself with you. This is how she opens up to you, shares more, does more in bed with you and actually starts taking an interest in what you like and what you are doing.

Trust is the foundation upon which any strong relationship is built. It takes time to develop, but it is essential for establishing intimacy and building a healthy, lasting relationship. When trust is absent, relationships can quickly deteriorate and eventually fail. Trust allows couples to rely on one another, share their vulnerabilities, and grow together.

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One way to build trust in a relationship is to start with small promises and commitments. These could be as simple as waking up at a specific time or accomplishing a small task each day. The key is to make a promise and then follow through on it consistently. This creates a positive cycle of trust, where your partner begins to believe in your ability to keep your word and trust you more.

Another important aspect of building trust is modeling trustworthy behavior. This means being honest and transparent with your partner, and being true to your word. It also means taking responsibility for your actions and admitting when you make mistakes. By demonstrating that you are a reliable and trustworthy person, you encourage your partner to trust you more.

Creating a proper structure for personal development is also crucial to maintaining trust in a relationship. Many people attend personal development seminars or read books in an effort to improve themselves, but without a clear framework, it can be difficult to sustain this growth. By creating a structured plan for personal development, you can make consistent progress and demonstrate your commitment to becoming a better partner.

In addition to building trust, it's important to avoid behaviors that can erode trust in a relationship. This includes things like lying, cheating, or breaking promises. When trust is broken, it can be challenging to regain, and it's essential to take steps to repair the damage. She needs to be able to trust herself with you. This is how she opens up to you, shares more, does more in bed with you and actually starts taking an interest in what you like and what you are doing.

Ultimately, trust is a two-way street, and it's essential for both partners to trust each other in order to build a healthy, lasting relationship. When trust is established, couples can communicate more openly, feel more secure, and experience greater intimacy.

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Step 6: Slow Down & Stop Being Busy

One of the most powerful pieces of advice I can offer from my own experience is to slow down. This is something that I am frequently asked about in podcast interviews or at events, and it's a question I always answer with confidence. There is no finish line in life, and there is no prize for being the first one to cross it or for working the most hours. This is a lesson I had to learn the hard way, as I was always taught that success comes only to those who work hard and put in long hours. It's a societal norm that is deeply ingrained in our culture, and I know that many men have been taught the same thing.

But the truth is that slowing down is actually the key to success in all areas of life. It might sound counterintuitive, but it's a lesson I had to learn through experience. Slowing down can help in so many ways, from improving your relationships to reducing stress and anxiety. I know that some of you might be skeptical or unsure about how to slow down, but I urge you to start by making a commitment to do so. It's a habit that can be built over time, and there are countless benefits to be gained from it.

One simple way to start is by planning your day to include some time for yourself, where you can just sit still and be present with your thoughts. I know that many of us, myself included, used to pride ourselves on being busy all the time, thinking that we were working hard for our families and our future. But the truth is that we were often just running away from something that we knew we needed to face. Slowing down can help you to confront those things head-on and to become the best possible version of yourself.

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I know that slowing down can be uncomfortable and challenging, but it's absolutely necessary if you want to achieve true success and fulfillment in life. So I encourage you to make a commitment to yourself today to start slowing down, even if it's just for a few minutes each day. You'll be amazed at how much of a difference it can make in your life and in the lives of those around you.

Step 7: Communicate Effectively

Effective and efficient communication is not only crucial but the absolute key to a successful marriage and any relationship for that matter. From my personal experience, if you want to become the man your wife wants to be with forever, you must learn how to communicate effectively and efficiently.

First and foremost, it's essential to understand the difference between hearing and listening. Listening is just the physical act of being within earshot and picking up what your wife is saying, whereas hearing involves being present in the conversation and actively engaging with her. Your wife doesn't just want to be listened to; she wants to be heard and understood. Many guys make the mistake of only listening and not truly hearing their wives.

To advance in your relationship or to rebuild a relationship that has gone south, make sure your wife knows that she is being heard when you are listening to her. You can do this by setting expectations for the conversations to find out how you can best show up for her. Sometimes, she may want your feedback, and you can understand her intentions by actively engaging with her. On other occasions, she may not want your feedback, and all you need to do is make eye contact and listen intently.

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Another crucial aspect of effective communication is to go deeper. Often, couples talk about surface-level topics like work, kids, school, household chores, and weekend plans. While these discussions are necessary, they can also lead to a mundane and stale relationship. And the reason this happens is that guys aren't taught effective communication, there is no structure or system to follow and most guys are afraid of going deep.

Our wives require depth from us and it takes stepping out of our comfort zones to communicate on a more profound level. This topic is one of our top pillars for a reason. It can make or break a relationship.

One of the tools that helped me was using conversation starter tools like the "3000 Questions About Me" book "Servd Card Game," or "Our Moments Couple Edition Card Game." All available on amazon. These tools help you and your partner open up and communicate on a more profound level. By doing so, you can create a path to talk about deeper challenges and issues you may be experiencing, strengthening your relationship and making it more fulfilling. Another thing to pay close attention to is that when the conversation opens up, you will notice things happening in you. You will feel certain things as resistance comes and you are pushed past your normal talent, skill and comfort level of communication. This is when it is absolutely necessary for you to commit to the work on you to eliminate what you just illuminated about what's missing and needed for you to effectively communicate with your partner.

In summary, effective and efficient communication is the cornerstone of any successful relationship, and if you want to become the irreplaceable man and husband your wife wants to spend the rest of her life with, you need to learn to communicate properly. Remember to actively engage and listen to your wife and take the time to communicate on a deeper level to strengthen your relationship.

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Step 8: Deepen your connection: Show Affection & Appreciation

It is crucial for men to understand that feeling appreciated is a fundamental need for their wives, and failing to meet this need can lead to relationship problems. I'm sure by now you are seeing the snowball effect that all of these little things have on your relationship and how your lack in many of them has caused the results you have in your marriage. Don't stress, it's not too late. You just need to commit to doing the work. My wife expressed this many times to me how she does so much for me and the family and feels like she isn't appreciated at all. I used to blow it off thinking it was just her insecurity. Well, it wasn't. It was real. This subject will combine a lot of the things we are talking about in the other paragraphs.

The following are some simple things that have worked for me and other men of our community of how men can show appreciation for their wives and improve their marriage:

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1. I make an effort to express gratitude and say "thank you" to my wife for even the smallest things she does for me and our family. It's important to let her know that I value her and appreciate her efforts.
2. I show my wife affection through physical touch, such as hugging, kissing, and holding hands. This helps strengthen our bond and makes her feel loved and appreciated.
3. I support my wife's dreams and goals by showing interest in her passions, encouraging her to pursue her interests, and supporting her in achieving her goals. I want her to know that I value her for who she is, not just for what she does.
4. We sit down weekly and set goals for the week and month and then plan out how we are going to help each other achieve them. At the end of the year, we also do goal setting for the following year. We start by talking about what we loved about how we showed up for each other this past year and giving each other appreciation for the things we did and who we were.
5. I strive to be attentive to my wife's needs, both physical and emotional. I listen to her when she speaks, make an effort to understand her feelings and perspective, and show her that her needs are important to me.
6. I like to surprise my wife with small gestures of appreciation, such as leaving her a love note, bringing her flowers, randomly doing the dishes, writing a song for her, learning a song on the guitar for her or taking the kids out on weekend mornings so she can sleep in and spend time by herself. These surprises help make her feel valued and loved, and add some excitement and romance to our relationship.
7. Another important aspect is to ask for feedback from your wife on how you can improve as a husband. This requires humility and a willingness to accept constructive criticism. Feedback can be used to identify areas for improvement and work together to make the relationship stronger. Some of the common questions you can ask are as follows.
 1. Do I show up for you how you need me to?
 2. Who am I for you in our relationship?
 3. Who do you need me to be for you in our relationship?
 4. Are you truly happy in our relationship and are there things I can do to improve?

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Start here. These are very confronting questions. I do get push back from guys who think they know. Trust me guys, you don't. And in the event that you do and you aren't doing anything about it, you have identified the problem. You have to start somewhere and establish a baseline. To ask questions like this, it must be the most serving environment. Set a date and time, make it a date night activity and preface the conversation by letting her know your intentions by asking such deep and confronting questions. Brace yourself, you may not like the results however it's necessary to illuminate everything in the way of the best relationship possible so go for it.

Look, I know by now there has potentially been a lot of eye rolling as you read these 12 steps. Showing appreciation is a simple but powerful way for men to strengthen their marriage and become the kind of husband their wives will never leave. By expressing gratitude, showing affection, supporting her dreams, being attentive, and surprising her, you can create an environment she wants to be in, she can be herself in and a relationship built on love, trust, and appreciation.

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Step 9: Be curious, Seek to understand

Don't just sit back and settle into your ways or your rut. That's caveman shit. Advanced, modern men are creatures of change and constant evolution is a necessity. If you are reading this, it's because you have an understanding that change in you is needed and made an agreement with yourself to do something about it. Other than that, you are heading for an inevitable future that you will regret. So it's time to step up and focus on the work you need to do. When guys start this journey, they often ask me, what can I do to really make big changes now? Simple answer is to adopt a mindset of curiosity. This not only helps you seek to understand things about yourself, your wife and your relationship at a higher level, it also starts to develop a new habit that you look for answers to your challenges, not just give in or give up because it might be too hard or too uncomfortable. If you want to save your marriage, you are going to have to face the hard stuff that you have been avoiding, running from or plainly just ignoring.

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The other suggestion I make to the men I speak with is to expand your knowledge about the topics and subjects that you are struggling with. A lot of men have a library of business, strategy, hobby and how to invest, make money and how to be rich books. However they aren't reading books that really can solve their issues. Stop avoiding. Either deal with the discomfort of learning about your feelings and emotions and those of your partner to show up as the partner she really wants to be with and improve your marriage or deal with the discomfort of knowing that you could have done something to save your marriage and didn't. I decided to choose the former and never looked back. The way I started was with the language. I know there is something better out there, I know there are answers out there and I am determined to find them. Then when the universe delivered something like a book or a seminar that could help me, I was clear enough to see it and confident enough to take action. My suggestion is to start reading books about personal growth and development as well as relationships and marriage. I have included some of our favorites below.

Another thing that really helped me as I got farther into my personal growth journey was to seek to understand my wife's needs & wants, likes & dislikes, traumas & triggers. I found as I became more curious, I became more aware and able to hold that type of space for her. This made a massive difference. For her to be able to communicate what she was experiencing and know that I was a trustworthy partner who she could confide in created real progress. I can't tell you that arguments and disagreements don't happen, we fight differently now because we know each other's triggers, traumas and what each other needs. So if things spark up, the flames have no chance to grow because the fuel for the fire is cut off. That came from awareness which came from curiosity.

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Bottom line, our wives need our support, emotionally, mentally and physically. Show interest in her life, her dreams, and her goals as well as the darker things that are a part of her for now. Be there for her when she needs you and help her through the challenges she faces. She will learn to trust you more, reciprocate and the partnership will naturally start leveling up.

Step 10: Let your guard down and face the awkward & uncomfortable

It's no secret that when we let things go or head down a certain path for a while in our marriage, a rut forms. It's perceived to be tough to get out of the rut for a few different reasons. Either you don't want to be in the relationship any more and you are self sabotaging, however you can wait for her to pull the trigger to end it, you want to be in it but don't know what to do or the other common variable that change, shift, transformation is awkward and uncomfortable. A lot of the guys who come to us have let this part of their relationship go for too long. They want to be affectionate, they want to show their love however they feel uncomfortable firing things back up. Take time to cuddle, hold hands, and show physical affection to your wife. It can make a huge difference in how she feels about the relationship. After a period of time of me not doing it, it was really awkward to pick it back up again. I remember thinking about this when I was going through challenges in my marriage. I had acted so defensive, standoffish and cold for so long. How would I ever right that ship? I wanted to, it was just really uncomfortable to let me guard down and actually start acting and speaking as I truly intended to. There is only one way to do this. DO IT.

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Pick something that you like and you know will mean a lot to her. My wife loves her hand being held. So one day in the car, I just reached over and grabbed her hand and didn't say a word. Truthfully the discomfort was good for us and it opened a beautiful pathway to togetherness and deeper level conversation and appreciation. When we got home later that night, we were brushing our teeth in the bathroom and she quietly said, I appreciated you holding my hand in the car. Yeah it may not have been a fireworks show of appreciation however it was a sign of the snowball reversing. So start with something small that she would love. Don't just do something to do it. An irreplaceable man is intentional. So be intentional and go for it.

Over time, your consistency will build sustainability.

The more you show up as the evolved, authentic and irreplaceable you, the more she will lower her guard, she will trust and feel safe with you again and the tides will turn.

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Step 11: Be a Partner in Parenting

Raising children is a team effort. That means we have to be an active and engaged partner in parenting. Take responsibility for your share of parenting duties and support your wife in her role as a mother. This was yet another thing that compounded all the others and led to the results of our marriage scraping bottom and heading for a cliff. In my selfish ways, I felt like my job was to bring in the money so her job was everything else. Man did that not serve me too well. Every morning I made it about me and the busy day I had, making my breakfast and smoothies because if I'm not in top shape, the family will suffer. What a shit mindset I had. All the while she rushed around making breakfast, lunches, getting the kids dressed and ensuring they had everything they needed for their day. Not to mention made sure they had new clothes, doctor appts scheduled, their extracurriculars and everything else kids need. Looking back on it today, I don't know why I was so blind to it, most likely my ego. As I started to do the work on me and evolve who I was as a man, husband and father, my eyes started to open.

Among the other reasons listed above, not only was I a shitty husband, I was also a shitty partner in parenting. No wonder our relationship was in turmoil and she wanted nothing to do with me. Do you now see the snowball effect? Can't just buy her something to get out of the mess you are in or take her on a trip, I tried it all. It's going to take work and its going to take time. Here is what you can do to right this category. Make a plan and set expectations for the day, week and your roles. Who does what, when does it happen, what's the back up. Also set up consequences for failure and rewards for success. This category like many of them play off of each other. Establishing a foundation of trust here is going to be crucial. If you commit, you must follow through. She is watching you and gauging whether or not you can be trusted.

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It might seem like a small thing, but it's not.

Nothing here is small, it all has the potential to add up quickly and turn the ship or sink it for good. If you say you are going to do something, do it and build up those trust and consistency points in her. One thing Meredith and I do is take a day.

Could be during the week, most of the time it's a weekend.

I usually take Saturday all day and Sunday mornings. This means I get up, get the kids up and out of the house so she can sleep and take time to herself. That's what she values.

Time to herself and time to rest from a busy week. It's also a great time for me to bond and spend time with my kids.

We love to drive around our town looking for cool new things to do and experience. We call them MME's in our family. (More on that later). Then when I get back home, we are playing on a different level. She has felt heard, seen and valued, loved and appreciated.

I have followed through with my commitments so the trust factor is high. At this point, we have an incredible open path to all the possibilities for our marriage and we have won the day.

12 Step Guide To Become an Irreplaceable Husband

Step 12: Own your shit!

I'm willing to bet that the challenges you are facing in your life are because of you. In fact, I'll stake everything on it. And if that's not the case, you probably need to get out of the marriage and these 12 steps will help you with your next relationship. It's ok if the marriage isn't worth saving, you just need to be clear on it. We have plenty of guys who come to us as their marriages are ending and are very happy. Yet they also understand that they need to still do the work on themselves so that they are starting off the next relationship as their irreplaceable self. Some of you won't like that because you subscribe to the theory that it takes 2 to tango or that it can't be all on you, what about your wife and the shit she does.....Regardless of what someone else is doing or has done, adopting the mentality that the results are on you will help you become the irreplaceable man & husband quicker and help you hold that position. After all, your wife doesn't want to see the changes only to have you cycle back to your old ways.

Trust me guys, it's you and I can prove it. Being responsible, having integrity and being someone she can trust is a crucial aspect of being an irreplaceable husband and a massive bearing on the results of your marriage. Take responsibility for your actions, be accountable, and follow through on your commitments. Take it all on. Your job is to do the work on you, for you, to become the irreplaceable man and husband she wants to be with and never wants to leave. Your wife needs to know that she can depend on you and that you can show up for yourself and her consistently. Do you want an incredibly amazing shout-about-it-from-the-rooftops marriage?

IT'S ALL ON YOU!

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Bonus Step 13: Set intentions and know your marriage mission.

I am willing to bet that you know why you stay married or what the point of your marriage even is. When I ask most guys that, their first reaction is defensiveness because they don't know. Most people don't know why they are married besides “love”, splitting bills, raising kids and companionship. Don't believe me, answer this question. What is the mission of your marriage? What is the reason your marriage exists if it's not one of those 3 things above?

Becoming an irreplaceable man & husband takes effort and commitment and the rewards are priceless. Marriages go stale and end because it seems like a lot of work to try and maintain everything in your life. Your marriage, like a business or your body is the result of small inputs over time. To become an irreplaceable man & husband to your wife, constant evolution & growth is a must.

By following these 12 steps and consistently working to become a better version of you, you can deepen the trust and connection with your partner, build a stronger relationship, transform your relationship with your wife and become the man she wants to be with for a lifetime. Remember, it is never too late to make changes, and with dedication and perseverance, you can save your marriage and build the strong, happy and deeply connected relationship you know is possible.

If this guide resonated with you and you need more help, we have designed our exercises and curriculum to meet you where you are and give you a proven, trusted & measurable framework to work through along with our guidance & support so you can sustainably reveal that truly irreplaceable man in you, have the best marriage and live your best life possible.

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Take Action:

I want to offer you a free call with one of our coaches to get you started on your journey to irreplaceable.

👉 [Click here to take advantage of that](#) 👉

If you aren't yet a member of The Irreplaceable Man Facebook Group click here to join, [I'd love to invite you here](#). Inside you will find men just like you who want to stop struggling in their marriages, repair their relationships and become the Irreplaceable Man & Husband that their wives truly want to be with forever.





In 2016, Ian Lobas' wife told him she would leave if nothing changed. Ian realized in that big-bang moment that while he had built a successful high-level business, his life balance was so uneven he ran the risk of being replaced at home.

He was immensely unhappy, and what's worse, he was making his wife so unhappy she was questioning their marriage, and he only had himself to blame.

To save his marriage and prevent a life of regret, Ian decided to do the work to understand himself better and become the man his wife would never want to leave.

Today, Ian dedicates himself to helping other high-level men do the same. Through personal development and psychological training, Ian helps men find clarity, confidence, and courage to become their most authentic selves. He teaches men how to break the cycle of unhappiness and reconnect with their wives.