

# Good Times Couples Care Group

*(If you are not having a good time you are NOT doing it right)*  
(More tips at [www.iamlovebuilders.com](http://www.iamlovebuilders.com))

## Marriage Tips for the Month of Apr 09:

- 1) Are you a good listener? In this fast-paced world many of us multi-task, even as we listen to our spouse. Sometimes it's better to do just one thing at a time.
- 2) Give your spouse a free day or half day. Take care of the kids and do the chores while your spouse is free to sleep, shop or play golf. You'll get your turn later.
- 3) "So many people have the will to have a strong marriage but don't have the skill". Don't neglect communication skills. Read a book or take a class.
- 4) Having a successful marriage depends not so much on FINDING the right person but BEING the right person. Is there a change I can make in my own behavior that will make our marriage happier?
- 5) Could your tongue use taming? Try not speaking ill of anyone today, including your spouse, even in jest. It's a start.

## What Makes Marriage Work – Practice the 4 C's

**Christ:** What would Jesus do? As believers we should treat one another as God's children and a blessing not a curse.

**Control:** When dealing with your spouse exercise control in your behavior, speech, tone and response.

**Communication:** Communication can be learned. Skills such as active listening, using "I" statements, paying attention to your feelings and those of your spouse, and learning tips for "fighting fair" make marriage easier.

**Compromise:** ALL situations require some form of compromise. You do not need to nor should you expect to win every disagreement. If you feel strongly about something let your spouse know how important it is to you.