

Good Times Couples Care Group

(If you are not having a good time you are NOT doing it right)

Marriage Tips for the Month of Dec 08:

- 1) Weekly Date Idea: Try walking in your spouse's shoes--literally--for an evening. Try to understand life from your spouse's perspective. Even if you don't exchange shoes, at least change roles for the evening. Just for today, pay attention to your breath, your spirit, your physical well-being and be thankful for life.
- 2) "[Love] is not jealous." (1 Cor. 13:4). Sometimes spouses can resent their partner's good fortune--a compliment, a promotion, a skill. Let it go.
- 3) As we remember the birth of Jesus, let it be a call to honor our human nature. Allow yourself and your spouse to be human today, even to make mistakes.
- 4) "Be your partner's cheerleader, not his/her teacher, supervisor or critic. This creates a partnership rather than a hierarchy.
- 5) Most things couples argue about are not worth it. Many of our opinions come from our families of origin. Let go of the past. Create a new future.

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.