

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 Jan 09: (5 Ways to have an UN-happy marriage)

1) Complain. Complaining is like a rocking chair. It feels comfortable and you feel like your getting something done by rocking, but you don't go anywhere. To break this, try the **21 day** complaint free marriage experiment.

2) Have a cluttered home. Nothing will add to the stress level of a marriage like a cluttered home. It's disorganized and often chaotic. Simplify the things in your house. Put things away or get rid of it if you don't use it. Your marriage will improve as will your own well being.

3) Complicate things. Many people fall victim to the dreaded over-thinking things. Most things in life are not all that complicated. Break everything down into two choices. Then make a decision and go with it..

4) Have a busy schedule. Work, kids, school, friends, family, housework, social activities, travel, and on it goes. We seem to cram as many things into life as we possibly can. Then we don't enjoy the things we are committed to because we worry about the next thing on our list. Slow down. Prioritize your commitments. Do less.

5) Spend no time alone. Just because you are married does not mean you have ceased to exist as an individual. Life is still going on and your dreams still play an important role in your life. There is nothing wrong with being apart at times in order to go out with friends. This is more than being apart to take care of career tasks. This is being apart to do things you love and enjoy.

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.