

Actions That Can Make An Immediate Difference



The following is not a list to tell you what you should or should not do in your marriage or relationship. Rather it is a list of possible actions that you might consider that can immediately shift the atmosphere in your relationship or home.

- Make a point of greeting your spouse when you see each after a day at work with a kiss, a hug, or simply "hello!"
- Phone when you are going to be later than expected
- Use one another's name when speaking to each other
- Be home when you say you are going to be home or call to explain
- Give up a "singles" activity that *separates* you or causes *discord*
- Make a point of saying "good night" to one another before going to bed
- Leave a note for your spouse in the morning if you're leaving before the other awakens. Keep it simple, such as "Good morning", "Have a nice day", "You're special", "I enjoyed last night"
- Cease all swearing or name calling
- If you are quick to lose your temper, close your eyes and take a few deep breaths before you say anything when you feel angry
- Do an extra chore around the house
- Pick up after yourself, if you have a habit of leaving things lying around
- Turn off the TV earlier than usual
- If your spouse is a TV watcher and you aren't, sit and watch TV together for one program
- Find an activity you can do together
- Acknowledge a special quality of your spouse in every dialogue letter
- Cease all criticism
- Call during the day just to say hi. Keep the conversation short. Don't go on and on.
- Participate in your community together