

Spouse Making You Unhappy?

Do you secretly blame your partner for your unhappiness? (Or maybe not so secretly...)
Do you feel they treat you unfairly?
Have you been trying to change their attitude or behavior without success?

When a person finds himself or herself in an unhappy marriage, often their first instinct is to blame their spouse, believing the only way to change their marriage for the better is by getting their spouse to change their behavior.

One of the reasons why so many people have unhappy marriages is because they expect change to come from *outside* of themselves/marriage.

They seem unaware of how their attitude and behavior are playing a key role in creating dissatisfaction and unhappiness.

Change *Your* Behavior

Instead of blaming your partner for your unhappiness or focusing on their shortcomings, focus on changing your behavior first.
You know what? There's a great chance your partner will mirror your newfound attitude and behavior.

Change *Your* Attitude

I'm not sure if anyone likes EVERYTHING about their partner, but instead of focusing on the 10-20% we don't like, why not focus on the 80% we do like?
Condition your mind to focus on your spouse's good qualities.
Start by complimenting and thanking them more often for the things they do well.
Dwell on the 80% you love and only 20% on what irritates you.

Change *Your* Heart

Patience is a choice. So is impatience.
Kindness is a choice. So is harshness.
Giving is a choice. So is selfishness.

It's about heart.

You will never have a happy marriage if you put your needs/wants before those of your spouse.

If you want a happy marriage, stop blaming your partner for your unhappiness and start working on yourself first.

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!