

Is Your Spouse a Fault Finder?

It seems couples reach a point where they either focus mostly on the good stuff or on the bad. They either become a fault finder or a good finder. Which are you? What about your spouse?

Thing is, it's *easy* to become a good finder. Just start focusing on your spouse's good qualities! Focus on the strengths and traits that attracted you in the first place. Appreciate what makes them unique. Celebrate your differences.

You'll never improve your relationship by focusing on everything that's wrong with the other person.

To help make the shift from focusing on the bad to the good, some couples take a stroll down memory lane to relive the good times. They'll share what they appreciated about each other in the early days, what attracted them to the other, and what they still appreciate.

Another thing they do is make time for things they once enjoyed that were fun, brought them closer or deepened intimacy. Why not give it a try - what do you have to lose?

Remember, it's okay to accept things as they are but it's not okay to make them worse than they are. Certainly not everything about your relationship or partner is bad.

Reignite your heart by reliving the best parts of your relationship and discover that love is **still** there. Declare your independence from the tyrannical powers of fault finding.

Reliving your strengths and appreciating the passions and qualities that first captured your hearts helps you to work through your marriage problems very, very effectively. ***It brings you closer, too.*** And you might rediscover something else along the way: Each other.

Until next time, this is Mike & the Crew and we want you *to be mad about marriage!*