

# Does Your Spouse Know You Care?

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One of the BEST ways to have a happy marriage is to show your spouse that you care. Here are five easy ways to get started.

## **Pick your battles**

Even small arguments can create negative feelings that can become a source of strife.

Avoid unnecessary conflict. Pick your battles. This shows your spouse that you care about them too much to risk upsetting them over trivial matters.

Also, make an effort to notice when a conversation starts turning into an argument, so you can stop it in its tracks.

Simply say, "You're right. I'm sorry." If you don't feel you're in the wrong, you can say, "We don't have to talk about this right now. Let's chat later."

## **Apologize to your spouse often and freely**

A simple apology solves most relationship problems.

You have to decide what's most important to you, being right or being happy.

Unless you're being used as a doormat or are in an emotionally abusive situation, apologizing often and freely shows your spouse that their happiness is more important than you being right all the time.

## **Surprise your spouse with acts of kindness**

Make it a habit to do things that make your spouse's life a bit easier such as offering to do some of their chores. Just don't expect anything in return otherwise it isn't a genuine act of kindness.

## **Sharing is caring**

Offer (sincerely) the last cookie or slice of pizza to show that you care about your spouse enough to forego a little pleasure.

Just don't expect them to do the same thing for you later on when it's "their turn" as this can make you resentful if they don't reciprocate.

## **Show appreciation for your spouse**

Unless you show appreciation, it's really hard for your spouse to believe you really care.

Compliment and tell them what you love and appreciate about their looks, personality or actions. It boosts their self-esteem and encourages them to do more things like that.

Showing someone you care is easy. You can start with random acts of kindness. Just do something that shows them that you care. And you'll be on your way to a happier marriage before you know it!

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