

Keeping Your Promises?

When you got married, you promised to fulfill certain obligations and responsibilities to your spouse.

It's almost impossible to have a healthy and happy relationship when these commitments aren't being kept.

Fidelity – Being married means you're in an exclusive intimate relationship with your spouse. This exclusivity must never be violated whether through an emotional or physical affair.

Trust – Mutual trust is essential. You can't have a healthy marriage if you're constantly expecting your spouse to hurt you.

Affection – It's your responsibility to be affectionate towards your partner and to keep the fires of love burning.

This can be done through gift giving, compliments, acts of kindness, spending quality time together, loving words, and physical intimacy.

Affection can also be expressed by striving to never take your partner for granted and making sure they always feel appreciated.

Finally, do whatever you can to avoid hurting them. Steer clear of hurtful jokes and comments.

Friendship – Spouses should be each other's best friends. Take on new challenges together, support each other, and celebrate life just like best friends do.

Consultation – Your spouse chose to share their life with you. So, they deserve a say in any decision that might affect them.

For instance, you can't just quit your job or take a job that requires you to move to another town without discussing it with them first.

This is a pretty simple list of stuff I'm sure you already knew.

But although it might be simple, doesn't mean it's easy.

So, if your marriage isn't as happy as it once was, is there anything from this list you could start doing again to make things a little bit better?

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