

# How Much Do You Like Your Spouse?

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How much do you and your spouse like each other?

How much positivity is in your marriage? Which is most dominant, pessimism or optimism? Positivity is a key indicator of a healthy marriage. But let's face it, it isn't always easy staying positive, but these tips should help.

## **Eliminate Negative Thinking**

You have a choice about how you view your spouse. If you currently view them in a negative light, stop. Start focusing on their good traits and qualities. Begin developing the habit of seeing them in a positive light.

*Thinking positively is a choice.*

## **Smile & Laugh**

Smiling brightens your mood and relieves emotional stress. And it creates a happier, more optimistic environment.

Laugh together when you can - even if it's at each other! Be silly! Not only will laughter melt away stress, worry and anger, it draws you closer too.

*Smiling is a choice.*

## **Live Healthy**

Unhealthy dietary and sleep habits, among others, trigger emotional stress which creates marital problems; an unhealthy lifestyle tends to make things seem worse than they really are.

*Healthy living is a choice.*

## **Hang with Optimistic People**

Surround yourselves with people who are optimistic about marriage and life in general. It's been said that we become like the people we hang around most.

*Who you choose to hangout with is a choice.*

Look at the above list. Which areas are having a negative influence on you or your marriage? And what are you going to choose to do about it?

Being and staying positive doesn't just happen for most people. It's a habit that takes conditioning.

So make an effort to think positively, smile and laugh, live a healthier lifestyle, and surround yourself with optimistic people to have a healthier marriage.

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