

# How nice is Your Marriage?

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How nice are you to your spouse? Do you give encouragement, compliments, credit where credit is due, praise? Just how nice are you? Sometimes all our partner wants is to be acknowledged and feel appreciated.

Do you ever find yourself wishing that your spouse was as warm and supportive to you as they are to others? A marriage scums-over when it lacks warmth and kindness and it becomes a downright stinky place to be. Who wants that?!?

It becomes a breeding ground for temptation, too because if someone comes along who makes you feel special, *well*, certain ideas can pop into your head. Loving words infuse a marriage with life and warmth.

Is your marriage in trouble? Are you drifting apart? Are you unhappily married?

If so, try this asap to turn things around:

- Start giving credit where credit is due
- Shower your spouse with sincere praise
- Spice up your relationship with compliments

Open your eyes to see the many ways your spouse is trying to please you – and then show your appreciation. You didn't think your wife was running all those miles on the treadmill just for her health, did you? She wants you to have a fit and healthy wife, too! You didn't think your husband was working all those long hours just to impress the boss, did you? He wants to give you a comfortable lifestyle and be a good provider.

So give this a try: Acknowledge whatever it is that your partner is doing and say, **"I'm proud of you."** Example, to your husband, "You're so disciplined and work so hard to provide for our family. I'm really proud of you." Or to your wife, "Honey, you're so generous with your time to make sure we're all taken care and have what we need and yet you still find time for a healthy lifestyle. I don't know how you do it. I'm so proud of you." Those words make a person feel like a million dollars AND it lets them know they are important to *you*.

Something so simple has the power to ignite a transformation in your relationship.

Until next time this is Mike & the Team and we want YOU to be *mad about marriage!*