

# Are You A Good Spouse?

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Never stop working to be a better wife or husband if you want a happy marriage. Here are three ways to be a better spouse starting today.

## **Allow yourself to be vulnerable**

You can't be truly connected to your spouse or achieve a high level of intimacy unless you're willing to be completely open and vulnerable.

Allow yourself to be known. Let your partner see your personality. Share your deepest thoughts, hopes, dreams and fears with them. Don't let the fear of rejection keep you from being vulnerable.

## **Be nice!**

I'm not sure why so many couples need to be reminded of this.

Research says that the happiest couples have five positive interactions to every negative interaction.

Be nice to your spouse; strive for that ratio of 5-1. Nice things you can do include:

- Pay attention; truly listen to them.
- If they're worried, be encouraging and reassuring.
- Appreciate and compliment them more often.
- Be affectionate more often. Simple things like holding hands, sitting together while watching TV or helping with the chores goes a long way to increase the number of positive interactions you have with your spouse.

## **Work on your bad / annoying habits**

What do you do that annoys your spouse?

Nothing says "I don't care" like failing to make an effort to change habits that your spouse has said annoy them.

Even if you feel your spouse's requests are unreasonable, such as them asking you to stop humming a particular song because they find it annoying, making your spouse more comfortable should be a good enough reason to modify your behavior.

If your spouse is the one with the annoying habits, work on ignoring the annoyances and focus more on their good qualities. Maybe your spouse doesn't clean up after him/herself or is irritable in the morning, but if he/she is a good husband or a good wife overall, give them a pass once in a while.

If you start doing one or more of these tips this week, you'll have a happier marriage for sure.

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