

HOW TO HAVE AN
INDIVISIBLE
MARRIAGE



4 WAYS TO *Fight Fair* IN MARRIAGE



THE DO OVER

The Do Over is very effective when you use words that you shouldn't. In the heat of the moment if you or your spouse say something in a tone or with words that are harsh, simply ask for a do over and express yourself taking the emotion and adversarial word out.

THE SCALE

Some of us are more expressive than others. For the expressive spouse every issue can sound important. For the unexpressive spouse no issue sounds important. When communicating with it is critical to know at the outset how important this issue is to each of you. The more important the issue the higher a priority it will be for you. Use the Scale approach in important conversations by assigning a numerical value of 1 – 10 to the subject. This is particularly effective for busy couples who mention things on the fly. To make sure you are heard you can say, “Hey hon, I know you are busy but this is a 9 to me.” Or if you are the busy spouse you can say, “Honey I am really pressed today is this a 4 or a 9 to you?”

THE SPEAKER/LISTENER

This technique is perfect when you and your spouse need to address a tough topic that has the potential to escalate into a fight. Using this technique will ensure that you both have a conversation with equal opportunity to express and listen. One person speaks at a time. The speaker holds a pen or pencil or another object showing that they “have the floor.” After he/she speaks, the other person repeats back by paraphrasing what was just said. When the speaker feels he/she has been heard and understood, the spouses switch roles.

R.E.S.T.

The R.E.S.T. Worksheet is a tangible way to communicate through reoccurring conflict that threatens to become a habit. Start by REVIEWING the problem, EVALUATING your options, SOLVING the problem, and TRACKING your progress. Each time tough conflict occurs, print out the worksheet and work through it together. The process provides clarity and collaboration in communicating toward a solution.

30 MARRIAGE CHALLENGE DAY



Ask, "What can I help you with today?"

Go the whole day without correcting your husband.



Hug your husband three times today.



Kiss your husband the first time you see him in the morning.



Tell yourself, "He really loves his family, and he is doing his best for us."

Bake, make, or buy his favorite food.



Leave him a sweet note.



Put at least one date night on your calendar this month.



Imagine how it feels to be in your husband's shoes.

Today's focus: kindness.



Tell him, "I'm so glad I married you."



Pray for wisdom in being a wife.

Do not use sarcasm with your husband today.



Remember that being a wife is a blessing.



Think only positive thoughts about your husband.



Thank him for all he does for your family.



Laugh with your husband today.



Who is a wife you admire? Try to be more like her today.



Don't ask him to do any chores or honey-dos.

Today's focus: patience.



Forgive him when he makes a mistake.



Assume the best about your husband.



Treat him with respect today.



Do not interrupt your husband when he's talking.

Ask your husband's opinion on something.



Encourage your husband.



Do something for his health—eat better and exercise together.

Look at him admiringly. Make sure he sees you looking at him.



Turn off the electronics—phone, TV, tablet, etc.

Today's focus: love.





IMOM.

ONE MARRIAGE. ONE FAMILY. UNDER GOD.
INDIVISIBLE
BASED ON THE EXTRAORDINARY TRUE STORY

..... 10 WAYS TO *Pray for Your Husband*

I pray my husband will **seek God first** in every part of his life.

I pray God will bless my husband with **sound wisdom and discretion.**

I pray for my husband to **be a spiritual leader** for our family.

I pray my husband will **love me as a gift from You.**

I pray for my husband to have a **heart for his children.**

I pray my husband will **protect and provide** for our family.

I pray for my husband's emotional, mental, and physical **health.**

I pray my husband will **find favor** with God at work.

I pray for my husband's power to **resist sexual temptation.**

I pray that **I will show my husband respect, grace, and kindness.**