



10 Things You Can Do To Have a Healthy Marriage

- **Spend Time With Each Other.* Plan regularly scheduled date nights and activities. By spending time with your partner, you will better understand one another—your gifts and your differences, (eg: *Great Dance Dates!*)
- **Learn to Negotiate Conflict.* Conflict is normal. Working out problems starts with understanding the issues and how to discuss them.
- **Show Respect for Each Other at All Times.* Failing to respect each other can lead to negative habits: criticisms and put-downs. Treat your partner as you would like to be treated.
- **Learn About Yourself First.* Work on self-discovery. (eg: *24 Hour Retreat!*) Learning about yourself will better equip you to grow as an individual and a partner.
- **Explore Intimacy.* Intimacy does not always mean sexuality. Emotional intimacy is important—create a safe space for your partner to share their feelings.
- **Explore Common Interests.* Couples thrive when they share similar interests. Have something outside of your family that you both enjoy.
- **Create a Spiritual Connection.* Couples grow closer when they share their faith.
- **Improve Your Communication Skills.* Never assume your partner knows what you are thinking or feeling. Tell your spouse what's going on—and know when to listen.
- **Forgive.* No one is perfect. Allow your partner room to make a few mistakes, because you will make a few of your own! Act quickly to apologize and fix problems.
- **Look for the Best in Each Other.* Over time, your view of your partner's qualities may change. Give each other the benefit of the doubt and create a list of all the things you love about your partner. It will help you to fall in love all over again!

-from the National Healthy Marriage Resource Center