

Just for Couples

Jesus reminds us in the Gospel that God created male and female to no longer be two but one flesh, joined by God Himself.

But most of the time, it is a lack of communication between the couple themselves that threatens to separate what God has joined.

Therefore let us focus on ten positive ways in which to better communicate the oneness in Holy Matrimony.

1. Often in marriage, there is a choice: You can be right or you can be happy, but not both. Choose wisely. “The sun will come up tomorrow if we do it the spouse’s way for a change.”
 2. Learn the gentle art of cooperation. If you are going to compete, compete together to have the very best marriage that you can.
 3. Talk about the important stuff. If you get stuck, ask or hire someone to help. Create a relationship vision by asking the question “if we could have it exactly like we want, how would it be?” Build from there.
 4. Forgive as much or more than you would like to be forgiven. Forgiveness can release you from the pain of the offense.
 5. Celebrate what you want to see more of. Appreciation can go a long way.
 6. Commit to out serving your partner. If one of you does this, it can be fairly nice. If both of you do this, you’ll create a great place to be.
 7. Create an environment where your spouse can grow to his or her full potential. Focus on strengths and encourage your mate in the areas in which he or she struggles.
 8. Two sentences: “What I think you’re saying isdid I miss anything?” and “Please, tell me what you think I just said.” Can clear up most issues.
 9. All relationship problems have two sets of fingerprints. Take responsibility to change your contribution to the problem, whether it’s what you are doing and/or how you respond to what your partner is doing.
 10. Everybody needs a coach. Go find one. It’s a lot less expensive than divorce, financially and emotionally.
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