

MARRIAGE FOCUS - EMOTIONS AND GODLY CHARACTER

Marriage Exercise - Omit the word "You"

This month, remove the word YOU from your vocabulary when you speak to your husband. Nothing good happens when we start out with that accusatory word.

Remove the following:

You never _____

You always _____

You should have _____

You used to _____

I wish you would _____

I wish you wouldn't _____

Date Night Questions

It is important for the health of your marriage to take time to plan and have a date night together. As you pull aside from all the demands of life, you are able to focus on each other. This can be challenging, but if you make it a high priority, it will pay great benefits in the years to come.

Your mentor has provided you 2 copies of the Emotions and Godly Character Date Night Survey. You may want to go first and allow your husband to go last. Read the questions on the survey out loud and allow your husband to answer honestly about you. Explain to him that the answers are either **YES** or **NO**, then write down his responses. Don't take time after each question to discuss the answers. Wait until both of you have taken your turn reading the entire survey and allowing your spouse to answer each question.

When both sets of surveys are complete, go back through the questions that have a **NO** response. These are potentially the areas where you are letting each other down. Look for patterns that could shed light on behavior. Resist the impulse to comment on what each other says. You can ask clarifying questions, but do not argue or push back. Write down any suggestions your spouse gives in terms of remedying a **NO** response. Remember that perceptions is not always reality, but it is functional reality, meaning that a person's experiences build their reality. If your husband perceives you in a certain way, that is the "you" he is going to respond to.

Instead of allowing this to turn into nit-picking, allow yourselves to see the **NO** responses as areas that could possibly lead to growth and change, strengthening your marriage in the process.