

FRIDGE-MAGNET ADVICE FOR COUPLES

The following points are based on current research into what works in couples relationships. Think about how they might apply to you:

ONE COMPLAINT DRAWS 4 UNITS OF EMOTIONAL BLOOD FROM YOUR MARRIAGE. ONE COMPLIMENT GIVES ONE UNIT TO YOUR MARRIAGE. CHECK YOUR DONATIONS BEFORE YOU DRAW BLOOD!!! YOU EARN THE RIGHT TO COMPLAIN ONLY WHEN YOU HAVE PRAISED, AFFIRMED, OR ENCOURAGED YOUR PARTNER AT LEAST 4 TIMES!

ANY TIME YOU DO ANY OF THE FOLLOWING YOU INFLICT A DEEP WOUND TO YOUR RELATIONSHIP. YOU DRAW MORE BLOOD FROM YOUR RELATIONSHIP THAN FROM YOUR PARTNER. THE FOLLOWING INFLICT LETHAL WOUNDS:

ATTACKING YOUR PARTNER'S CHARACTER.

ABUSING YOUR PARTNER VERBALLY OR EMOTIONALLY.

NOT TREATING YOUR PARTNER WITH RESPECT.

REJECTING YOUR PARTNER'S INFLUENCE

BEING RIGHTEOUS

IGNORING YOUR PARTNER.

THERE ARE THREE PERSONS IN YOUR RELATIONSHIP: YOU, YOUR PARTNER, AND YOUR MARRIAGE. WHAT IS IN YOUR BEST INTERESTS IS NOT ALWAYS IN THE BEST INTERESTS OF YOUR MARRIAGE. IT MIGHT FEEL GOOD TO ATTACK YOUR PARTNER BUT IT DOES NOT DO ANY GOOD FOR THE MARRIAGE. EACH TIME YOU HURT OR IGNORE YOUR PARTNER YOU DRAW BLOOD FROM YOUR MARRIAGE.

NO MATTER HOW BAD THINGS ARE YOU CAN CHOOSE TO HAVE A POSITIVE OR NEGATIVE ATTITUDE. YOUR CHOICE OF ATTITUDE DETERMINES HOW YOU FEEL. SOME PEOPLE WITH SERIOUS ILLNESSES BECOME DEPRESSED AND DESPAIRING OTHERS COPE AND LIVE LIFE FULLY. SOME SURVIVORS OF AUCHWITZ FOLDED AND DIED AFTER THE WAR, OTHERS FOUND PURPOSE AND MEANING TO LIFE. IN MARRIAGE YOU WILL FIND THE FACTS TO SUPPORT YOUR ATTITUDE. IT IS NOT THAT YOU DEVELOP YOUR ATTITUDE BECAUSE OF THE FACTS! YOU CAN CHOOSE TO BE POSITIVE!!

YOU MUST HEAL AND REPAIR WOUNDS YOU INFLICT ON YOUR PARTNER, BOTH DURING AND AFTER YOUR FIGHTS. IT IS YOUR RESPONSIBILITY TO DO SO! CUCHULAINN IN HIS BATTLE WITH LIFE-LONG FRIEND FERDIA, FOUGHT WITH HIM BY DAY AND NURSED HIS WOUNDS BY NIGHT. REPAIRING THE WOUNDS AND HURTS YOU INFLICT IS NOT A LOSS-OF-FACE OR A GIVING-IN, IT SHOULD BE A CODE OF HONOUR.

NEVER START A CONFLICT WITH AN INTENTION TO INFLICT EMOTIONAL INJURY ON YOUR PARTNER. PREPARE YOURSELF AND YOUR PARTNER IF YOU NEED TO HAVE SOMETHING OUT. HARSH START-UP ESCALATES HOSTILITY.

MEN: ACCEPT INFLUENCE FROM YOUR WIVES. IT IS MEN'S ACHILLES HEEL! ALLOWING YOURSELF TO BE INFLUENCED, EVEN TOLD-WHAT-TO-DO. IT DOES NOT MEAN BEING A LAP DOG OR MOMMA'S BOY, AS YOU FEAR IT DOES. IT IS OKAY TO LET-GO. WHEN YOU GET HOME, HANG YOUR EGO AT THE DOOR. NO GUNS IN DODGE CITY!

IF YOU FEEL LONELY OR ISOLATED IN YOUR MARRIAGE DON'T LET YOURSELF DRIFT DOWNRIVER. THE RIVER OF ISOLATION PICKS UP SPEED AS IT DESCENDS. FIGHT YOUR WAY TO SHORE. GET HELP. IT'S NOT GOOD.