



Newsletter February 2023

Pick 1-2 things below. Do them with your spouse. Have fun. Repeat.



READ THIS

Blog: Phrases to Never, Ever Say to Your Spouse

Words have real consequences. They affect how people perceive us, they affect how people respond to us, and they ultimately affect the quality of our marriage. Here are few phrases we should all avoid.

Link: <https://marriedpeople.org/phrases-to-never-ever-say-to-your-spouse/>

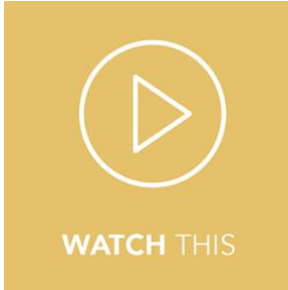


LISTEN TO THIS

Podcast: Us In Mind - How Changing Your Thoughts Can Change Your Marriage

To all of you who would rather listen to a book than read it, great news! Ted Lowe's new book, *Us In Mind, How Changing Your Thoughts Can Change Your Marriage*, is now available as an audiobook!

Link: <https://tinyurl.com/usinmind>



WATCH THIS

Video: The Perfect Response

When a wife gets her hair done, this is the perfect response.

Link: <https://tinyurl.com/mr24dm6y>

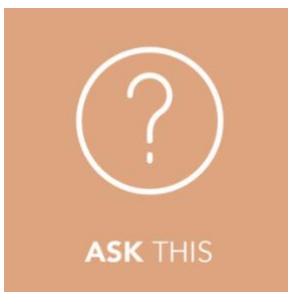


TEXT THIS

Text this to your spouse.

(First text) Guess what?

(Second text) I love you lots and lots!



ASK THIS

Ask this question next time you have a moment to start a conversation.

Conversation Starter: Would you rather get to write the script for the Valentine's episode of your favorite TV show OR get to be in the Valentine's episode of your favorite TV show?



DO THIS

Marriage in Action

Fix something or do a chore you both have been putting off doing.