



Newsletter June 2023

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



READ THIS

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Blog: How to Handle a Perfectionistic Spouse

So how do you deal with your spouse's or even your own, incessant need for perfection? There is one thing that can point you in the right direction.

Link: <https://marriedpeople.org/how-to-handle-a-perfectionistic-spouse/>



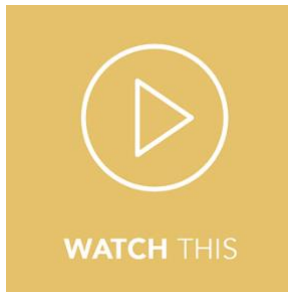
LISTEN TO THIS

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The Importance of Empathy in Marriage – More than Roommates

In this episode of More Than Roommates, Derek and Scott interview marriage expert and author Ted Lowe. We focus our discussion on the importance of empathy in marriage.

Link: <https://pod.link/1667102563/episode/094af09fb5bdd657a8f1420339da6a27>



WATCH THIS **Couple Goals**

How One Husband Keeps The Romance Alive

Link:

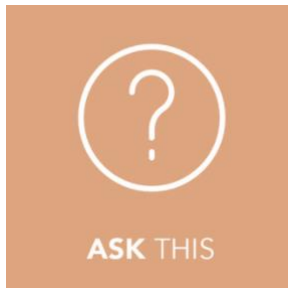
<https://www.tiktok.com/@theblackmanfamily/video/7089656814278806786?lang=en>



TEXT THIS

Text this to your spouse. Or write it on a sticky note and leave it somewhere for them to find it.

Thanks for never forgetting _____.



ASK THIS

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

Conversation Starter: If you go back to the beginning and give yourself one piece of marital advice, what would it be?



DO THIS

Marriage in Action: Smile back.

Smile back when your spouse smiles, laugh at that humor-yes, even when it's not funny.