



Newsletter May 2023

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



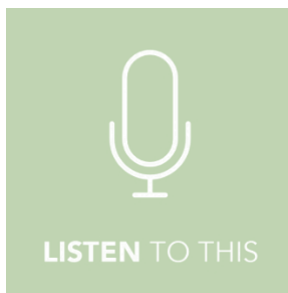
READ THIS

READ THIS

Blog: Anger Can Be An Opportunity, Not An Obstacle

Anger doesn't have to be negative, but often we allow it to be so. Instead, take the anger you're experiencing, and figure out what it is trying to teach you. Resolve within yourself to keep the lesson and release the emotion.

Link: <https://marriedpeople.org/anger-can-be-an-opportunity-not-an-obstacle/>



LISTEN TO THIS

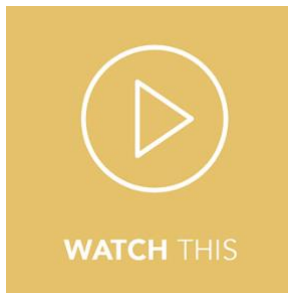
LISTEN TO THIS

Celebrating Our Differences– More than Roommates

How do you handle the differences with your significant other? Do you resent their differences or celebrate them?

Link:

<https://pod.link/1667102563/episode/a6074e78109f3fce4f647f16eaa493ff>



WATCH THIS

100 Years of Beauty: Aging

This video of a young couple aging 70 years will make you laugh and cry.

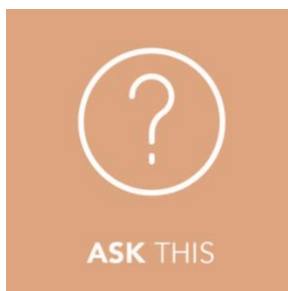
Link: https://www.youtube.com/watch?v=_Z77f9kSyy8



TEXT THIS

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

I hope you know that _____.



ASK THIS

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

Conversation Starter: You live on an island that only has room for one shopping store, one restaurant, and one “owner’s choice” establishment. What three are you picking?



DO THIS

Marriage in Action: Surprise Gift

Surprise your spouse with a gift. It doesn’t have to be big; it just has to communicate that you were thinking of them.