

10 WAYS TO MAKE YOUR MARRIAGE WORK BETTER

BY: KIM CAIFANO



*make your marriage
work for you!* ↗

1. Have date moments. It doesn't always have to be a full out night on the town. Get his favorite beverage and ingredients for an appetizer that he loves on the next store run. Perhaps he buys you the special edition magazine that features the Friends cast. A continual pattern of little gestures does more than you'd think.

2. Acknowledge that your spouse is not going to live up to all of your expectations. Even if you think you're an easy personality who doesn't have expectations, you do. We all do. Ones we don't even realize - like how Christmas morning is to go down.... and whether or not date nights should include other people.... and whether or not exercising together is fun or NOT fun. Your spouse isn't perfect. Neither are you. ❤️ Love each other through the imperfections.

3. Have regular "couch times." This has by far been the most impactful, helpful piece to our marriage. Setting aside one time/week to talk about our calendar, finances, and asking the question "What went well in our marriage this week?" And "What didn't go well?" Knowing we have this time set aside helps us to mentally catalog it all - both the boring logistics and the strong-ish emotions.

4. Seeking out a marriage counselor is not a sign of weakness. It's a sign of wisdom, intentionally, and a commitment to work on things in your marriage. Make sure it's the right one for BOTH of you. You should leave the session with neither of you feeling attacked. Called out? Yes, but not attacked. Then be ready to go to work on your marriage.

gasp!

5. Fighting is ok. As long as it's partnered with genuine conversation, a desire to get to the heart of the matter, and resolution / apology. Marc and I quite honestly duke it out a lot. But we've gotten to the bottom of a lot of problems this way.

6. Acknowledge your spouse when he/ she walks in the door. It goes both ways. When the spouse that's been gone for awhile walks in the door, STOP WHAT YOU'RE DOING, go over to them, and give them a kiss to welcome them back. Yes, some of this is old school, but old school is often pretty awesome.

7. You won't always feel like it. Women don't always feel like getting intimate. Men don't always feel like going out for a dinner date. Love is an act of the will at times. But just as a snowball rolling down a hill picks up more snow and gains momentum, these gestures build on each other toward a more and more loving, healthy marriage.

it's okay!

8. Pay attention to the type of communication that's occurring. The more kids you have, the more logistical conversation that needs to occur. But...if 80-90% of your conversations are about kids classes, doctor appointments, and finances, well, anticipate fizzle in the fire. Throw in a compliment when and where you can. Flirt a little.

9. Your spouse can't read your mind. Ladies, your husband can't read your mind. COMMUNICATE your thoughts, your feelings, that quick interaction with a friend that left you feeling sad. Husbands, your wives can't read your mind. We love you and genuinely want to know how your day was, which is why we ask. Sometimes to be met with an answer of "fine"...or silence...or turning on the TV. It's helpful for us to know that you simply don't want to rehash your day.

10. Say thank you a lot. Thanks for working for our family today. Thanks for preparing that dinner. Thanks for being "on it" with signing the kids up for sports. Thanks for decorating the outside of the house for Christmas.

Think of things in the reverse. Meaning...."if my spouse weren't here, what wouldn't have gotten done?" The driveway wouldn't have gotten shoveled, dinner wouldn't have been put on the table, the tires on the car wouldn't have gotten rotated, there wouldn't be a fresh pile of laundry folded and waiting for me on the bed. Suddenly there's a lot to thank each other for.

If you consistently put these tips into practice, an improved marriage is on its way. ❤️



Hey there!

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coaching in regard to your marriage,
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