

Marriage Principles for Reflection

- Spouses actions are a mirror. The way that your spouse is acting toward you says more about you than it does about your spouse. If you focus on your half of the equation, you will make way more progress in resolving conflict and building a healthy relationship.
- Being heard and being loved are such that for the average person they are almost indistinguishable.
- Don't worry that children never listen to you; worry that they are always watching you.
- Research has shown that a child who sees his mother mistreated is more damaged than if the child himself is abused.