

Rescue My Marriage Today

Quick Tips

Week 1 - Beyond Words

1. Choose to be aware of your communication this week. Really think about the words that you are using, your tone of voice and the timing of your conversations. Not every thought has to pop out of your head the moment that you think it. Check out [ONE Extraordinary Marriage Episode 287: The Impact of Tone and Timing](#) for more on this.
 Husband Wife
2. Remember that your spouse does not have ESP. Instead of having unmet expectations because your spouse doesn't know what you are thinking, set yourself up for success by sharing with your spouse what you want them to know. Recommended reading: [The Journal of Best Practices by David Finch](#) Husband Wife
3. [Do You Want Your Spouse to Change?](#) Remember that the only person that you can change is YOU. What areas do you need to change or improve? It's time to dig deep into work so that your marriage can be better for it. There may be times when it is necessary to work with a coach for one-on-one help, specific to your needs. If this is where you find yourself, it's time to consider [working with a coach](#). Husband Wife
4. Don't let other things, especially your electronics distract you from the conversations that you need to be having. Your devices are NOT more important than your marriage. Check out [Episode 023: Get Unplugged and Find Your Connection](#) or [Intimacy Killers](#)
 Husband Wife
5. Have a vision for your marriage, a vision created without limits so that you bring dreams back into your marriage. Too many marriages are suffering because there is no dream. [Episode 288: Discovering your True Values](#). Husband Wife

Thoughts for the week

We're losing social skills, the human interaction skills, how to read a person's mood, to read their body language, how to be patient until the moment is right to make or press a point. Too much exclusive use of electronic information dehumanises what is a very, very important part of community life and living together.

- Vincent Nichols

To love at all is to be vulnerable.

-C.S. Lewis

Disconnect from technology and reconnect with each other.

-Rosemary Wixom

Keeping baggage from the past will leave no room for happiness in the future.

-Wayne L. Misner

...But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Philippians 3: 13-14

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.

-Matthew 7:7 NKJV

Lower your expectations of earth. This isn't heaven so don't expect it to be.

-Max Lucado

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry

-James 1:19 NIV

Communication is the lifeline of any relationship. Without it the relationship will starve itself to death.

-Elizabeth Bourgeret