

My words are soothing to my spouse.

Language has the power to build up my partner or tear them down. **I choose to use my voice and words as a source of encouragement for my spouse.**

I speak to my life partner with gentle words that soothe the spirit. I maintain control of the tone and volume of my voice so as to always honor my spouse. The fact that I respect my partner more than any other person in this world is evident in the way I address them.

When I am upset at my spouse, I wisely ask for a few minutes alone so that I can gather my emotions. I choose to remain silent until I can calm down enough to speak words of love.

I refrain from lashing out at my life partner in the heat of the moment, as this can cause immense and lasting damage to their heart. I love them too much to cause that type of hurt. When I make a mistake, I quickly ask my spouse for forgiveness and I reassure them of my love.

Throughout the day, my partner may hear negative, nagging, or even belligerent words from others. But I speak to my spouse differently. **Talking with me is a treat** because I speak with admiration, trust, respect, and love. My spouse looks forward to our conversations as the highlight of any day.

Today, I embrace my partner with my soothing voice.

Self-Reflection Questions:

1. What tone of voice do I normally use with my spouse?
2. Is the way I address my partner an accurate reflection of how I feel about them?
3. Why should I refrain from lashing out at my spouse?