

My marriage is evolving into a more stable and loving relationship.

My relationships are constantly changing for the better. **My marriage is also changing and evolving into a stronger relationship.**

Relationships are transformed with time, but my marriage is still strong. I have invested time and effort into making my partner feel loved. In turn, my partner also makes me feel appreciated and loved.

I understand that my marriage faces challenges, but together we can overcome them. I am able to work with my partner to address challenges before they become bigger.

My marriage is strong because I am committed to making my relationship last.

We work through our arguments and come out as a stronger couple. **We understand our goals for the future matter, so we work on them together.**

My marriage is moving toward a stronger and healthier target.

I appreciate the small things my partner does for me on a daily basis. Warming up the car or pouring extra cups of coffee for me are some of the little ways my partner shows love, but I recognize their importance.

I also try to help my partner and show my love.

Today, I remember that my marriage is constantly evolving. I embrace this change and appreciate my partner.

Self-Reflection Questions:

1. How can I ensure my partner understands our relationship has to change with time?
2. What can I do to make my marriage stronger?
3. What plans for our future can my spouse and I make together?