

## **I embrace my love and I keep it constant.**

Because my love adds joy and meaning to my life, I embrace it and keep it constant. I do not allow silly arguments to question our foundation.

I openly communicate with my partner about my thoughts, feelings, and frustrations. I let go of the need to hurt my spouse or to prove myself right and, instead, focus on simply expressing how the situation made me feel. **I always aim for understanding**, not revenge.

I recognize that there are always at least two points of view in any conflict, and **I take the time to listen to the other side**. I have let go of the need to have the last word and I am satisfied if we both feel that we have been heard, even if we haven't yet reached an amicable solution.

I make it a point to affirm my partner's value. **I also show that I am trustworthy by who I choose to confide in** when we are at odds. I choose to avoid gossip and, instead, focus on achieving peace through positive solutions.

I let the little things go. Life is far more important than the way we squeeze the toothpaste tube or where we throw our socks. I invest in our relationship by allowing my partner to be quirky and human, just like me!

### **Self-Reflection Questions:**

1. What is my goal when I am discussing issues with my partner?
2. Does my partner feel heard when we are in conflict?
3. Do I confide in people without gossiping?