

If you would like more information please contact: Compass Counseling, LLC (608) 745-4900

Keeping Marriage Healthy

- ❖ Keep talking...and listening! Talk with your spouse about finances, children, and feelings.
- ❖ Take time for yourself...and take time for each other! Make date night fun, and keep the children and finances out of it!
- ❖ Trust-trust and honesty go hand in hand, work on building and maintaining trust by being open and honest with each other.
- ❖ Show appreciation-so often we all get caught up in day to day life...take the time to show your spouse that you appreciate them!
- ❖ Compromise-relationships are based on giving and taking...talk with your spouse to find a win-win compromise when conflicts arise.
- ❖ Have fun with it! Laugh and joke with your spouse.
- ❖ Don't go to bed angry with your spouse. Find ways to resolve conflict before going to bed.
- ❖ Seek out marital enrichment sessions with your spouse to help your marriage get back to the healthy basics.
- ❖ Seek out premarital assessment to help ensure your marriage is off to a healthy start!

“What counts in making a happy marriage is not so much how compatible you are,

But how you deal with incompatibility”-Leo Tolstoy