

A Thankful and Giving Marriage

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The Secret to Marriage? A *Thankful* and *Giving* Marriage.

Anything Anyone Gives You is a Gift!

If thou art merry, praise the Lord with singing, with music, with dancing, and with a prayer of praise and thanksgiving. D&C 136:28 For God loveth a cheerful giver. 2 Corinthians 9:7

Dr. Chatelain's #1 Rule: **Porcupines Live Alone!** Dr. Chatelain's #2 Rule: **Turtles Make Dumb Pets.**

John Gottman's Four Horsemen: **Criticism, Defensiveness, Stonewalling, Contempt.**

Analyze to **Criticize** -or- Analyze to **Celebrate!**

Let Your Words Tend to Edify. D&C 136:24

And that which doth not edify is not of God, and is Darkness. D&C 50:23

Thankful and Giving is the Opposite of Criticism, Defensiveness, Withdrawal, Contempt.

The Silver Rule: "Do unto others as they would have done."

The **Five Love Languages** by Gary Chapman:

Acts of Service, Words of Affirmation, Giving Gifts, Physical Touch, Quality Time.

Thankful and Giving creates an environment of Gratitude, Appreciation, Service and Celebration.

"Celebrate" what a great word! What if, every day, we "Celebrated" each other and our life together?

Principle: **What You Celebrate, Replicates.**

Principle: People change faster and for better reasons when they feel good about themselves, than when they feel criticized.

Principle: **Control Takes Away the Gift.**

Principle: The Best Way to Change a Relationship is to **Change Yourself** and Change Your Response.

Principle: **You Can't get Positive Energy from Negative Energy.**

Specific Strategies:

1. Make a **Daily Goal** of being *Thankful* and *Giving*.
2. **Save Your Best Chicken. MOM to WOW!**
3. **Analyze to Celebrate!** Affirmation Cards.
4. **Create Positive Memories.** Shared Positive Experiences Develops Bonds.
5. Focus on their **Comfort.** Help in Times of Need Develops Bonds.
6. **Listen, Listen, Listen,** Until They Feel Understood.
7. **Regular Courtship and Dates.** Trade Dates.
8. **Celebrate Our Sexual!** It Defines Us as a Couple.

Let us cheerfully do all things that lie in our power. D&C 123:17

... Thy calling shall be for a comfort unto my servant Joseph Smith, Jun., thy husband... D&C 25:5 This is my voice unto all. D&C 25:16