Marriage-content

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SUBJECT: A Strong Marriage: Don’t Blab to Others

I’ll admit it—when my spouse does something I don’t like, it sure is tempting for me to run to a friend or another family member and gripe about the offense.

Ever felt that way?

Running to others to talk about our marital grievances can pose a problem for our marriages.

Here’s today’s *Timeless Marriage Tip*:

**If you have a problem with your spouse, talk to him or her FIRST before talking with anyone else about the situation.**

My spouse deserves to be the first one to hear about it if I have a concern. If I go running off to talk to someone else about the problem first, then my spouse could (and will!) feel hurt, betrayed, and angry. And hurt, betrayal, and anger are not things that contribute to a strong marriage!

Try it this week—the next time your spouse makes you mad, go to him or her first instead of complaining about the problem to someone else. There are times when outside help and advice are needed—I get that. But give your spouse the chance to make something right—before you go to others.

Here’s to a better marriage,

ADD NAME