



*Spirit Unlimited Professional DJ Entertainment Wedding Planning Newsletter #20*

## **From This Day Forward**

Insights and Assistance

### **Critical Techniques for Keeping Your Marriage Full of Love**

*And of course, money isn't everything! Establishing a solid marriage from the beginning is worth its weight in gold-and then some. With the newness of your lives together as husband and wife, it's common to overlook basics that help build a solid marriage.*

#### **“HEALTHY RELATIONSHIP—MAKING “TIL DEATH DO US PART” A HAPPY EXPERIENCE!”**

*By Barry Spilchuk*

*Founder - Let's Talk...™ and Co-author of A Cup of Chicken Soup for the Soul™*

What do you say before you say “I do?”

Have you ever had a friend come up to you and say, “If I would have really known them before we got married... we would have never got married”? It's the saddest thing to hear that isn't it?

How can we prevent our friends and ourselves from going through the pains of a break-up or divorce?

Many people have confessed that as they were standing at the altar or walking up the aisle, that this thought had crossed their mind, “Am I doing the right thing?”

Communication or lack of communication has been the primary cause of many relationships failing.

The truth is, even though we are intelligent human beings, sometimes we just do not know what to say or how to say it.

Over the years many people have stereotyped women and men. “Women just want to talk about the relationship all the time.” “Men just want to watch “the game” and grunt back answers to any question that may interrupt their thoughts.” There is even a school of thought that suggests that Men are from one planet and Women are from another. That thinking has many great insights and awareness but even it is subject to questioning. I recently heard a comedian say, “Men are from Earth... Women are from Earth...DEAL WITH IT!”

I truly believe, when we learn how to “Deal with it” it can lead to the ultimate celebration of us... individually and as a couple.

So how do we “Deal with it?”

The ideas and methods we are now going to discuss may seem a little “silly” at first and they may make you feel a bit uncomfortable. It’s only natural to feel that way.

Here is a little evidence from three couples that used the methods suggested to transform their relationships.

One year after suffering through the embarrassment of a divorce, “Bob” decided to start dating again. He met “Shirley” and after a few months, she wanted a permanent commitment. Bob decided to talk with Shirley using the upcoming strategies. After three questions he realized that he did not want to spend another minute with her, never mind the rest of his life. Was Shirley a bad person? Of course not. Their values and dreams were incompatible. Isn’t it nice to find that out before you get married?

“Rick” and “Joan” were a little hesitant to “go deeper.” After all, they had just met a few months ago. Was love at first sight possible or even socially acceptable? “This would be the second marriage for both of us,” they thought. Each of them had feelings that they never felt before. Is it proper? What will our friends think? How will our children react? After only four questions, they were crying in each other’s arms and simultaneously thinking, “I’ve found my soul mate!” After clearing it with their children they were married within six months.

“Helen” and “Mark” were married for ten years then divorced for two and a half years. One day when Mark came to pick up the kids Helen suggested they talk. “NO” was the reply that Mark yelled back. Helen said, “Every time you pick up the children we fight. They asked me the other day...” “Why do we hate each other so much?” Mark agreed to talk using the methods that we are about to explain. At his own suggestion, they talked with honor and intimacy every time he came to pick up the children over the next six months. In the seventh month...they remarried and ten months later added a fourth wonderful child to their loving relationship.

**Here are some of the communication strategies that you can use to make your relationships be full of joy, understanding and intimacy.**

You can do this in a variety of ways. You could sit in two chairs, knee to knee, holding hands. You can do it while you are out for a walk or even when you’re in the car on a trip. Take turns asking each other the prompt questions over and over. One partner asks the other for about 60-90 seconds, then switch roles. This takes your answers to deeper and deeper levels.

**STEP ONE: Begin with an attitude of self-acceptance.**

Make Positive, affirming statements about...yourself. Take turns sharing what you like, love, and respect, appreciate and admire about yourself.

**Prompt question:** What do you really admire about yourself?

**STEP TWO: Share your hopes and dreams with each other.**

Take turns sharing your dreams, hopes, fantasies and goals.

**Prompt question:** What are your hopes and dreams?

### **STEP THREE: Share your needs with your partner.**

In effect, what you are saying is, “I can grow much faster as a person, partner and parent if you help me do...”

**Prompt question:** What do you need from me?

### **STEP FOUR: Share your stresses with your partner.**

The deeper you go and the more honest you are, will allow you to get to a level that few couples go to. Many people feel that they should hide their fears.

**Prompt statement:** I feel stressed when...

### **STEP FIVE: Celebrate the differences that you have.**

Make a list of the places in your relationship where you do differ. It could be about finances, children, in-laws, etc. When you acknowledge the differences you can then come to “Common Ground.” No couple agrees on everything. Won’t it be nice to acknowledge and celebrate our differences rather than fight about them every time they come up?

### **STEP SIX: Practice Unconditional Love and Forgiveness.**

Commit to each other that you will love each other... “No matter what!” That is a statement that implies that you are in it for the long term! Also, when mistakes happen, no matter who makes them, you or your partner, “I forgive you” are three of the sweetest words you can hear or say!

### **STEP SEVEN: Plant some seeds now as to what you might do when the children are gone.**

Too many couples look at each other when the children “move out and move on” and say, “Who are you?” There is a tendency to devote ourselves to our children, sometimes, at the expense of each other.

Plant seeds now on how you may want to celebrate yourself and each other when the time comes that you are alone.

In summary, the ideas and concepts that we are speaking of get to the heart of the communication issue because they offer insights into ourselves first and then our partner. The more we study how important our own needs, wants and desires are, the more we figure out that our partner’s hopes and dreams are important too. Our goal is to have you come to a greater degree of joy, understanding and intimacy in your life.

Intimacy can be broken down to IN-TO-ME-I-SEE. The more we see into ourselves the more we see that our mates and children are similar. The more we seek to understand, the more we will be understood!

**I wish you a life full of love, joy, intimacy and fun!**

***Barry Spilchuk***

This guide is provided by Spirit Unlimited Professional DJ Entertainment to assist new couples as they navigate their way through the year leading up to their wedding day. Included are only suggestions and ultimate decisions need to be made by the couple. Spirit Unlimited Professional DJ Entertainment is not responsible for negative outcomes as a result of following guidelines.