

# **Ten Commandments for Marriage**

by  
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- 1. Don't give advice unless requested.*
- 2. When your spouse complains, is critical or angry, listen for and respond to the hurt underneath the anger.*
- 3. Affirm and celebrate your differences.*
- 4. Pay more attention to your behavior than to the behavior of your spouse.*
- 5. Smile, even if you have to act.*
- 6. Be yourself, but don't be obnoxious about it.*
- 7. Give your spouse permission to have a bad day, and don't take it personally.*
- 8. Give at least three compliments or affectionate touches each day.*
- 9. Give, but don't give in.*
- 10. Forgive as you hope to be forgiven.*