

## **ADVICE ON MARRIAGE...(AND TEAMING?)**

Begin fresh, leave baggage involving former troublesome or failed relationships at the station.

At first, in a marriage there is a period of adjustment which requires some giving and taking on both parts. Both parties must be willing to compromise and talk through their roles and responsibilities.

You will find that you do not always agree on all points. This is to be expected.

There must be a division of responsibility. One person can not efficiently do it all! When the load is, too heavy, one can feel frustrated and overwhelmed.

If you make a mess, clean it up! Realize that there are no strictly his or her jobs.

Recognize that in all marriages you must help the other person through difficult times. This may require taking up the slack or finding another way to help your partner.

Be willing to make mistakes and learn from them - no marriage is perfect - in a good marriage both partners can accept failures or less than perfect conditions as a learning experience.

Be careful what you say to one another when you're angry. Some words can never be retrieved once they're spoken. You may have to compromise some of your wishes, but you should not compromise your principles. Spend as much -listening as you do talking. Sometimes you can give up a little and gain a lot.

Confrontation is necessary at times. Confrontation can be difficult and painful, but without it anger and resentment smolder only to be released later and perhaps inappropriately.

Don't become bogged down in the mundane details of life. Take time to enjoy each other. When you encounter problems you may be tempted to think that the "grass is greener" in other relationships. Your problems are almost always worth working out.

Spend time away from the marriage on your own and never forget the need for recreational and leisure time within the marriage.

Communication, communication. communication!!!

Laugh!!!!!!!!!!!!!!!!!!!!

"Never yell at each other unless the "school is on fire."