



LOVE, HONOR AND RESPECT

You took a vow to love, honor and respect each other, for better or worse, in sickness and in health, til death do you part. This verse means that no matter what the future of both of your entire lives brings, you are to choose to be good to each other above every other person.

Defining these promises:

Love is not a feeling of happiness when someone behaves as you like. That is infatuation and it is fleeting. Love is a combination of true, long-lasting friendship and devotion, genuine consideration shown through unselfish acts to enhance each others lives, and passionate desire to fully experience the bond you two share. These are phileo, agape and eros, the combination create the well-rounded experience of love.

Honor is showing that this person is, to you, above all other people, in every aspect of your life, your choice, the one you are "with." Honorable behaviors are part of the forever commitment that you made to each other.



Respect is a behavior shown by giving your partner freedom to be who they are instinctively, naturally, because you trust each other and because you want to be offered the same courtesy. By showing each other respect through your words and actions, you are also fueling their self-esteem, making them feel good about themselves, you and your relationship, and ensuring more respectful return actions from your partner in the future.

TIL DEATH DO YOU PART

Til death do you part means for as long as you both shall live. Period. This is NOT a negotiable point; Marriage is not until you get frustrated with the other person and feel like giving up! You have certainly not learned everything there is to learn about being the perfect person, you are not and never will be perfect, and you have no right to expect the other person to be perfect. You have not read every book, taken every class, learned every "secret" to making a marriage work, having a good and healthy, joyful relationship, or learned everything there is to know to make your own marriage work! If you are having a problem with yourself, you don't divorce yourself... You fix the problems. So, look for a solution by becoming better.

Good experiences create
MORE
good experiences.

Good behavior from you
INSPIRES
good behavior from others.

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HOW TO MAKE A MARRIAGE WORK SOME KEY ELEMENTS HIGHLIGHTED

1) 100% Totally Above Reproach Faithful. Despite popular "it's not my fault" philosophies, trust starts and ends with behavior that is or is not trustworthy. If it seems to anyone, especially to your partner, that you might be capable of cheating, then you are doing something wrong to hurt the trust in your relationship. Also, looking is as bad as touching because it damages your partner's self-image and creates worry, as well as disrespect of both the cheater and the cheatee in others' perceptions. Behave trustworthy and you WILL be trusted.



2) Honesty. Dishonesty destroys any possibility of trusting each other, sabotages and undermines your relationship, and creates paranoia as it destroys a victim's ability to trust even their own instincts. Make choices every day to choose to build your relationship instead of tearing it and your partner apart.

3) Respect. Treat Each Other Respectfully. You are both equal adults, with separate lifetimes of experience and knowledge. You each have the individual right and responsibility to make your own decisions, mistakes and choices, being who you are naturally. It is up to you to be your best, no one can live your life doing things for you. You are also held responsible for the consequences of your actions. Treat others as you want to be treated, respectfully, in tones, words, expressions, and in your behaviors.

4) Devoted and Loyal. Show your devotion and your loyalty, to each other above every other person in the world, through your words, actions, and overall behavior in any situation. For example, compli-

ment your partner in front of his/her friends, don't complain about your partner to others.

5) Accept each other AS IS. You want to experience approval for who you are, flaws and all, so accept your lover as is too. One of the fears most people have is the fear of loss (disapproval, abandonment, rejection). Fill in the fear with a positive as you did when you fell in love, and as you want from others.

6) Forgiveness. Relationships are HARD. There are definitely going to be tons of things you will need to forgive each other for. It is human nature to feel emotions from experiences, whether perceived, imagined or actual. Let go of anything that happened more than 7-10 days ago. It is in the past and you can't go back in time to change what already happened. All you can do is move forward BETTER and make each tomorrow better than the yesterdays.

7) Teamwork. When you got married, you said forsaking ALL others. There were no disclaimers! Choosing to agree with, work with, take care of, and defend each other in any non-private situation shows a unified front. In private, you can express anything you feel the need to communicate, but in front of other people, you need to show that you are a team, forsaking ALL others, no matter what.

8) Playtime. Couples need to have fun together so you look forward to coming home to your safe haven. Life is hard and very busy, but you have to

recharge the batteries in order to be able to handle the stresses and chores of life. You want to share life's joys, burdens, responsibilities, companionship, laughing and playing while enhancing each others lives. Fun helps your health, your emotional well-being, and it will strengthen your marriage. The couple who plays together, stays together!

9) Emotional, Physical & Financial Security. The most common arguments between couples are money and trust. To have and to hold this person, make sure that you're guarding the one person you know will protect, accept, love, take care of, provide for, and the one person who CHOSE to be there for you, promising forever. Show this person that he or she can count on you, emotionally, physically and financially, investing in your marriage.

10) Sexual Passion and Emotional Intimacy. Intimate togetherness allows us to experience each other in bonding, pleasurable, instinctive, intensely satisfying ways while



building self-esteem, relieving stress, and nurturing emotional connections. Enjoy each other. Make each other feel good by combining positive communication with sexual passion and feed each other's needs simultaneously, even if you each need that fulfillment in different ways. Give to your relationship.

