

DUCKLOW'S

# GIVE 7 COMPLIMENTS A DAY

**BEST TIP: GIVE YOUR SPOUSE AT LEAST SEVEN COMPLIMENTS A DAY. IT WORKS.**

Of course this sounds artificial! If your marriage is full of strife and ignoring each other, this will seem as fake as can be. Some days you may wonder if you can even find one compliment, let alone seven. But when it becomes a relationship commitment (“catching him doing good”), it becomes easy to discover the good in your partner. In fact, it is all about looking for the good.

There is some psychological theory here: if you spend 80% of your energy on the 80% that is already good in your relationship, your relationship improves. Plus the problems (the 20%) are taking care of themselves!

Well, what if your relationship is only 40% good? Then you invest 40% of your combined energy affirming what is working already. And with the other 60%? Go for a walk, see a newly released movie, write some letters to family or anything else that is different than barking, bitching and belittling. Guaranteed: this will boost you to a 70% relationship.

When you compliment each other with words of appreciation and affection, it projects acceptance and creates trust and security.

Examples:

- ❖ You do such a great job with the lawn. You even look great in your old, sweaty work clothes.
- ❖ I like being with you. Even when we aren't really talking.
- ❖ Thanks for being such a great dad to our kids.
- ❖ Thanks for a lovely meal.

DUCKLOW'S

6420 FOX STREET, WEST VANCOUVER, BC V7W 2C4  
WWW.THEDUCKLOWS.CA | 604 921 9542

- ❖ I love seeing you walk into the room. You are always the most beautiful woman there.
- ❖ Thanks for driving tonight.
- ❖ I appreciate you asking my Mom to say grace at dinner. Thanks.
- ❖ Thanks for taking out the garbage. I appreciate it.
- ❖ You are my best friend. I can tell you anything.
- ❖ Thanks for making love to me.
- ❖ No one touches my heart like you do.
- ❖ You are so caring and considerate.

#### **PRACTICING SEVEN-COMPLIMENTS-A-DAY GOES A LONG WAY TO HANDLING THE INEVITABILITY OF COUPLE STRIFE.**

Many “bad marriages” become that way through chronic strife and most of the conflicts are avoidable. Decide not to pick at each other over petty annoyances. Before you criticize your spouse, ask yourself how important the issue is. Ask if that comment is going to help or hurt your relationship. Ask yourself if the issue at stake is more important than your marriage, or your spouse’s probable reaction to your words.