CHAPTER 5: Infinite Blessing

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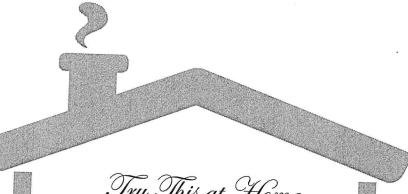
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Try This at Home

- \checkmark Show your husband appreciation by thanking him for something he has said or done for you.
- \checkmark List three feelings or emotions that make it difficult for you to receive from your husband.
- \checkmark Notice when you have an urge to reject a gift your husband is trying to give to you. Understanding our own resistance is half the battle!
- \checkmark Do one activity for "self-care" this week. Taking care of yourself will give you the wellbeing you need to work on your marriage.