



*Try This at Home*

- ✓ Show your husband appreciation by thanking him for something he has said or done for you.
- ✓ List three feelings or emotions that make it difficult for you to receive from your husband.
- ✓ 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!
- ✓ Do one activity for "self-care" this week. Taking care of yourself will give you the well-being you need to work on your marriage.

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