



### *Try This at Home*

- ✓ Notice when you might be treating your husband like a vending machine. Stop and consider what you might really need, and try to let go of one want.
- ✓ Do the top-three-needs exercise: 1. Make a comprehensive list of desires. 2. Remove “wants” from your list. 3. Prioritize your needs.
- ✓ Write down three ways that the media-driven message to “want” has affected your marriage.

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### *Points to Ponder*

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; practicing letting go

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