

## Tips to Make Your Marriage Last

### Communicate

Talk through situations instead of building up resentment and frustration. Work through problems as a couple instead of taking sides, belittling one another and yelling.

### Accept

Accept your spouse as who he/she is. People often say they'll change, but they rarely do. After they're comfortable, they usually revert back to the people they were before. Instead, accept your spouse's flaws and learn to live with them.

### Spend Time

Show your love by spending time with him/her. One day a week, hire a babysitter and go on a date. Avoid talking about stressful issues such as work, money or kids on your date. Time with each other can reinforce those loving feelings.

### Personal Space

Often, what we need is an hour or two of alone-time to engage ourselves in something that we absolutely love, whether it's gardening, fixing cars, or reading books. Being away from your spouse will help you more appreciate him.

