

A Compliment a Day Keeps Divorce Court at Bay...

You've probably already discovered that for the most part, being a good wife, husband or parent is often a thankless job. And without a little appreciation (given or received), someone is bound to start feeling as though they're being taken advantage of or taken for granted. No one in their right mind wants to feel either of these things!

How many times have you noticed something wonderful, kind or generous in another person and failed to voice your admiration? It's a common oversight, but that doesn't make it any more acceptable or any less dangerous. When you're in a relationship, appreciation and compliments are a lot like super glue: they don't cost much and they create a powerful bond. They help to keep your attention, respect and intimacy intact.

If you suddenly realize that you voice your criticism far more than your voice your appreciation, you can start to change things right now! And you can do it by striving to give your spouse *at least* one compliment every single day.

The first thing you need to do is make sure that your compliments are genuine and based on something specific that you see or hear your mate do. If you have a clogged garbage disposal and your boyfriend or husband saves you the trouble of calling a repair man by unclogging it himself, compliment him for being so handy. If your girlfriend or wife shuffles her busy schedule to take her mother to the doctor, compliment her on her generosity. I'm willing to bet that throughout the course of the day, your mate does dozens of things worthy of your admiration or appreciation. All you have to do is to find and compliment just one.

The next step to showing your appreciation might be a little tougher, but it's certainly just as important. Remember the old cliché:

"If you don't have something nice to say, don't say anything at all."

It was true when you were in kindergarten and it's just as true today. There's a difference between communication and criticism.

Communication builds up your relationship. Criticism tears it down. I'm not telling you to turn yourself into a doormat for your mate. But, I am saying that there is a way to show your spouse how their actions make you feel without attacking them. If your partner does something that offends you or upsets you, take the time to reign in your emotions and your tongue before you decide to address the problem.

A little kindness goes a long way. When you feel better about yourself, you see the world with a better clarity and better spirits. Naturally, the same thing happens for your mate. Take notice of the good things your lover does and make it a point to show them that you see and appreciate those things. Not only will they feel better about themselves, they'll also be more ready and willing to keep up the good work!

Kathy Stafford, Relationship Coach

"I show singles how to get married and couples how to STAY married"

Do you want more from your relationship? Go to <http://www.dearkathy.com> for relationship articles, advice, and programs.

Do you go from one failed relationship to another? Do you want to find that special life partner? Get Kathy's new book, "Relationship Remorse: Mistakes Women Make When Shopping for a Man." and learn the right way to find a loving and committed life-partner. Order the book at <http://www.relationshipremorse.com>

Copyright © 2007 Kathy Stafford / dearkathy.com. All rights reserved.