

4

SMALL INVESTMENTS TO IMPROVE **YOUR MARRIAGE**

The natural tendency of things when left alone to deteriorate into disorder.

- Entropy

Even the best relationships can fall into chaos when negative interactions start outnumbering the positive ones. Here are four ideas to help strengthen your marriage and avoid entropy.



1. SMALL GESTURES

Do something unexpected for your spouse on a regular day (one that isn't a birthday or an anniversary). These little "extra" things can help break through the routine that can sometimes distract us from connecting to our significant other.

The name "Jew", yehudi, comes from Yehudah, which means to give thanks. It's in our DNA to be grateful, and expressing this gratitude can be a powerful tool for connection. Let your significant other know how much you appreciate them and that you're grateful to be in a relationship together.



2. LET THEM KNOW



3. COMPLIMENT INSTEAD CRITICIZE

It is easy to fall into a pattern of criticism, and once you're in the mode of looking for faults, there are often plenty to find. Judaism gives us the concept of having an ayin tovah, a good eye. This encourages us to look for the good in things. When you find yourself thinking of something negatively, challenge yourself to turn it around and find something nice about the situation. And then compliment your spouse on the positive thing you found!



4. KEEP A LIST



Like water reflects a face, so does a person's heart reflect another's”

-Proverbs 27:19

Now that we're in the habit of looking for good things, don't just let them go in and out of your head. Make a list. Whatever we are feeling in our heart toward our spouse will be reflected back to us, so it's in our best interest to develop feelings of gratitude and appreciation.

***With these 4 small investments,
you can avoid entropy and its
effects in your marriage.***