

SIMPLE HABITS FOR MARITAL HAPPINESS

Practical Skills and Tools That Build A Strong SATISFYING RELATIONSHIP

2020 Three-time National Award-Winning Marriage Book
Randy Schroeder, Ph.D., M.Div., M.Ed.

CHAPTER 1 - THE HABIT AT THE HEART OF YOUR CHRISTIAN MARRIAGE: FORGIVENESS

1. Understand Why Forgiveness Is The “Glue”
2. Repentance, Not Just Regret
3. Understand Why Forgiveness Is So Difficult
4. Sponges and Teflon
5. Scratches, Cuts, And Lacerations
6. Regularly Look in The Mirror
7. Understand Guilt, Shame, and Accountability
8. Whole Circle of Forgiveness: All Three Components Are Necessary
9. Forgiveness Is a Gift, A Promise, And A Process
10. First Repent, Second Increase Trust
11. Reconciliation: The Ultimate Goal
12. Two Repentant, Forgiving Spouses Equal One Gratifying Marriage

CHAPTER 2 - THE FOUR PRACTICAL WISDOM HABITS “HOW TO STAY IN LOVE”

13. Spend Ten Minutes Talking, Eye to Eye
14. Hug For Ten Seconds
15. Give A Ten-Second Kiss
16. Date Your Mate—And Here’s What Counts as a Date

CHAPTER 3 - HABITS THAT PROMOTE SPIRITUAL, EMOTIONAL, AND PHYSICAL CLOSENESS

17. Prayer and Worship
18. Plan For Marital Satisfaction
19. Give A Daily Appreciation
20. Aim For a Minimum of Twelve “Quick Connects” Per Day
21. Try Quiet Connects
22. Four Daily Essentials
23. Mealtimes Are Significant Occasions for Your Marriage

24. Go Overboard on Politeness
25. Laugh Together
26. Tell Your Spouse How to Comfort You
27. Safeguard Sleep
28. Nurture Through Names
29. Gifts Demonstrate Care
30. Take Regular Mini-Vacations
31. Even-Odd Marriage Enhancer
32. Essentials for Sexual Intimacy
33. Give Twelve to Twenty-Four Hours Advance Notice
34. Schedule Closeness and Answer Key Questions

CHAPTER 4 - COMMUNICATION HABITS THAT BUILD UP A MARRIAGE

35. The Big “E”: Expectations
36. Make Requests, Not Demands
37. Watch Your Tone, Body Language, And Pronouns
38. Speak The Truth in Love
39. Two Consecutive Questions
40. Marriage Connectors

CHAPTER 5 - HABITS THAT GUARD YOUR RELATIONSHIP

41. Leave and Cleave
42. Recognize Your False Beliefs
43. Deal With Significant Personal Issues
44. Be Cooperative, Never Controlling
45. Mutual, Fact-Based Decision-Making
46. No Secrets of Any Kind
47. Be a Giver; Avoid Selfishness
48. No Opposite-Sex Friendships
49. Don’t Expect An A+ Or Even an A Marriage
50. Avoid Sarcasm
51. The Best Guards: Improve Yourself and Never Compare
52. Avoid Criticism and Never Give Unsolicited Advice
53. Avoid The “Ms”: Mind Reading and Memory Matching
54. Avoid Addictions and Compulsions
55. Closely Watch Your Relationships
56. Never Use the “S” and “D” Words
57. Balance Household Roles
58. Guidelines For In-Law Relationships

59. No Silence
60. Self-Time and Home-Time Guidelines
61. Avoid Three “3-Letter” Words
62. Avoid Helpers
63. Close It, Put It Away, Clean It Up

CHAPTER 6 - HABITS THAT KEEP THE BOND OF PEACE

64. Two Discussion Principles Are Essential:
Establish Guidelines and Be a World-Class Listener
65. Stay Inside The “Nines”
66. Always Sit
67. Soft Start-up
68. Schedule Discussions
69. Start Low, Speak Slow, And Use Volume Two
70. Pleasant Mood
71. Use The Rifle Approach, Not the Shotgun
72. Have A Dialogue, Not A Monologue
73. Share Your Opinion
74. Understand Your Spouse with Key Questions
75. Never Interrupt Your Spouse
76. Be Solution-Focused
77. Take A Time-Out
78. Evaluate The Frequency of Your Concerns

CHAPTER 7 - HABITS THAT SECURE GOD-PLEASING FINANCIAL HARMONY

79. Three Financial Absolutes
80. Use The Three “Ds” For Making Purchases
81. Have An Approval Limit
82. Record Every Expenditure
83. “Take 3” For Major Purchases
84. Joint Checking
85. Budget With a Percent Spending Plan
86. Keep a Reserve Fund for Six Months of Expenses
87. Save 10 Percent of Your Net Income
88. Cash or Convenience Credit Cards
89. Have Your Own Discretionary Money
90. God and Charitable Contributions