

# PERSONAL PRINCIPLES IN RELATIONSHIPS

1. **Prioritize intentional time together. Put it on the calendar. Full attention. Eye contact.**
2. **A gentle answer turns away wrath.**
3. **Timing is crucial.**
4. **Have shared interests/hobbies.**
5. **Physical affection is comforting.**
6. **Have five positive interactions to every one negative interaction.**
7. **Clear up conflict quickly. If not immediately, set a time to talk within 24 hours.**
8. **Strike a balance between honestly communicating what bothers you and allowing love to cover a multitude of sins.**
9. **Keep a list of things you love about the other person. Review it often.**
10. **Speak (to yourself, to them, & to others) life/blessing over your relationship, not death/curses.**
11. **Put the problem in the center of the table. You are not the problem. We have a problem.**
12. **Stay at the table. Persevere in hard conversations. Don't run away (physically or emotionally).**
13. **Show genuine interest in the other person's work/interests.**
14. **Take full ownership for mistakes. Sincerely apologize and ask for forgiveness.**
15. **Have sacred times/spaces with no devices allowed. Car time. Meal time. Family altogether time. Vacation.**
16. **Spend the money to make the memory.**
17. **The Fruit of the Spirit is my rubric for how to interact with other people.**
18. **Prayer for the relationship has a power effect... both on changing circumstances and in sustaining me.**
19. **Don't quit. Don't give up. Persevere longer than you think you can.**
20. **Be the first to step towards connection.**
21. **Out-serve everyone around you. And do it with a joyful heart.**
22. **Remember that my problem would be someone else's blessing.**  
(How many widows would love to hear their husband's snore? How many barren women would love to clean up after her children?)
23. **Smile often.**
24. **Praise them privately, in front of others, and through encouraging texts/cards.**
25. **Live today in a way that you won't have regret tomorrow. 25 Years from now, how will I wish I had handled this moment?**

