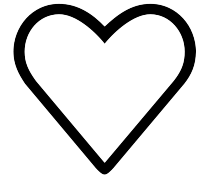


MAKING MARRIAGE LAST THROUGH THE YEARS

Dr. Liz Hale
KSL Studio 5 Interview
August 8, 2017



How can we make marriages last?

We crave a close relationship & growing old with someone. Recommitting to the same person in a whole new way.

TRUST

It takes time to build trust. But when bumps come the trust will help you move on.

LISTEN

There is magic that come when we tune into our spouses negativity. "When you're in pain, my world stops and I listen". The message is "I want to hear everything".

COMMIT

I choose to live my life with you. Think about the good things about them. Avoid comparisons with others.

reflections:

How many years how you been married?

Why did you decide to marry that person?

How is your trust in your relationship?

How are your listening habits in your relationship?

How is your commitment to your spouse/partner?

What is something you're doing well?

What is something you can improve on together?

Notes: