

Episode 5

The Perfect Marriage: What it Is and How to Turn Yours Into One

Beliefs that stop us from having the Perfect Marriage

- “All marriages have problems”
- “You have to work at a marriage”
- “Our marriage can never be perfect – it's just the way it is.”

What other beliefs do YOU have that are stopping you from having the Perfect Marriage?

Elements of the Perfect Marriage: What the Partners in the Marriage Do

1. They put the marriage first
2. They have a lot in common
3. They spend a lot of time together
4. They love the other person for who they ARE, not who they would like the to be
5. They allow the other person to make mistakes without letting it affect the relationship
6. They have totally open communication
7. They are there because they WANT to be
8. They have no FEARS in their relationship

To Create the Perfect Marriage

1. Build trust in YOURSELF
2. Deal with your fears
 1. What are you afraid of?
 2. What are you afraid of losing?
 3. What are you afraid you might never have?
3. Start to take some risks in your relationship
4. Focus on what you have in common
5. Focus on the good things in your marriage (and life) rather than your problems
 1. What could you be grateful for right now?

Download the Free Report: “The Five Keys to Saving Your Marriage Right Now”

Available at

www.growinginloveforlife.com