

IS YOUR SPOUSE YOUR BEST FRIEND?

One of the finest affirmations a spouse can hear is “You are my best friend.” It takes time, creativity, loyalty (and playfulness) to inspire such feelings in one’s partner. Take a few minutes to reflect on how good a friend you are to your mate. Then discuss your findings together.

Do I regularly spend quality time with you, thus placing you at the top of my priorities?

Do I willingly help you with projects you want to accomplish?

Do I occasionally spend leisure time participating in activities that are enjoyable to you?

Do I listen to you with an open heart, without judging or rescuing?

Do I affirm you for who you are rather than for what you do?

Do I generously demonstrate affection and caring?