

10 Communication Habits That Build a Happy Marriage

- 1. “Check in” frequently (text, calls, emails IM) just to let the other know you’re thinking of them and to share what’s happening with you.**
- 2. Take vacations and long-weekends together throughout the year to refresh.**
- 3. Write short love notes frequently. Send small gifts to each other occasionally.**
- 4. Go on weekly “dates” like before you married. Talk about mutual interests and fun things.**
- 5. Listen intently. Ask questions. Show interest. Understand the real message behind the words.**
- 6. Allow your partner time to enjoy personal interests without feeling “hurt” or begrudging the time.**
- 7. Participate together in activities that you both enjoy. Doing so communicates interest in the relationship.**
- 8. Affirm the other’s appearance, skills, contributions, character, accomplishments, and successes.**
- 9. Flirt with your spouse.**
- 10. Have a great sense of humor about your partner’s and your own foibles.**