

Nine Steps to Save Your Marriage

for Husbands

Step 6: Build a List of Appreciables

W9-h6



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Exercise 3:

Select from the lists above the ones that you think she would consider important (not the ones that were most important to you), and prioritize them.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Exercise 4:

Use this list to drop into your short, happy chats. The higher the item would rank on her list, the better. Mention casually how you *now* are more appreciative of the things she did and the ways she contributed to the relationship. Affirm how you are learning that when you and she were together, you weren't as appreciative as you will be in your next relationship.

Don't dwell on them, or ask her to pity you for now having to do them all by yourself. You want to stay upbeat, and appreciative of the many good things she brought to the relationship, and also let her know that you *are* handling everything.

Please continue with Step 7: Be Hopeful and Optimistic