

11 Principles of Caring for Your Spouse

Principle 1 - Live the Gospel of Jesus Christ as the foundation your fulfilling life and marriage

Principle 2 - Fulfill your basic needs of purpose, belonging, and becoming, by loving God, your spouse and yourself

Principle 3 - Know your spouse's needs and recognize they may be different from your own

Principle 4 - Fulfill your spouse's needs in ways they will be received and recognized by your spouse

Principle 5 - Focus on the needs that are met not the ones that are unmet

Principle 6 - Think win-win in all circumstances

Principle 7 - Preside and lead in righteousness

Principle 8 - Accept and appreciate your spouse's influence

Principle 9 - Make at least 5 positive interactions for every negative interaction

Principle 10 - Turn towards your spouse always

Principle 11 - Forgive your spouse and yourself often