
Be more respectful to your spouse

1. Don't try to change your spouse or wish they would act or be another way. Accept your spouse for who they are.
2. Pay attention. Take time to listen to what your partner is actually saying to you.
3. Focus more on your spouse's positive attributes rather than their negative ones.
4. If you feel yourself getting angry, stop and really look at what you're getting angry over. Is it something you will care about in a few days or even months?
5. Give each other space when needed. Have a girls & guys night out.
6. Let them know you care. Know your spouse's interests and encourage these activities in them.
7. Do some of their chores once in a while as a surprise.
8. Respect your spouse's feelings. If they are under stress, give them some space and love.
9. Treat your spouse as your equal.