

CONNECT!

We often get asked, "What can my spouse and I do when it's been a rough day and we just don't feel connected?"

Good news! We've got a tool for that.

No matter how rough your day might have been, at some point, there had to be a HIGH of the day, right? There was a low point as well. It may not be as high as a mountain top experience, or as low as a deep valley, but it is important to quickly reflect and process your day so you don't carry over unnecessary stress.



What better way to do this, than with your spouse!

Our close friends and world-renowned authors and speakers, Dr. Harville Hendrix and Dr. Helen LaKelly Hunt developed a tool called the **High/Low Appreciation**.

Take a look at this simple, yet profound tool at <https://tinyurl.com/y8c2fl4t>.

It's very easy to use, but don't let the simplicity fool you for how powerful it is!

Here's what you do. Take a couple of minutes to share with your spouse the following:

- 1) the *HIGH* of your day
- 2) the *LOW* of your day
- 3) an affirming *APPRECIATION* about your spouse (*not someone else*)

There's one important rule. When your spouse is sharing their "low", do NOT try to fix it. Simply give them the gift of listening and allow the conversation to connect the two of you.

Use the tool with your kids or teenagers after they come home from school. It's a simple and powerful way to experience closeness that you may not have felt in a long time.

– Eric & Jennifer Garcia
Association of Marriage & Family Ministries
www.amfmonline.com

RESOURCES FOR COUPLES

Marriage is one life's most rewarding relationships.

It is a challenge to build a strong, God-honoring relationship. Whether you are 18 or 80, dating, engaged, or married, there is a stimulating class or seminar for the two of you.

Weekend to Remember A time to renew your love and commitment to one another, to reminisce all the reasons why you married. It is a weekend to discover the blueprints for a healthy, happy marriage. Details at www.WeekToRemember.com and, in Canada, www.FamilyLifeCanada.com. Some November locations:

Nov 2-4 The Coeur d'Alene Resort, ID
Nov 9-11 Semiahmoo Resort, Blaine WA
Nov 16-18 Marriott Hotel, Downtown Portland
Nov 16-18 Chateau Whistler, BC

Cannon Beach Couples Conference Rene and Laurie Schlaepfer met at seminary while they were both competing Masters of Theology degrees. They now have three children and lead a large church in California. Laurie loves her primary job as a stay-at-home mom, Rene is a gifted speaker with a quick sense of humor and insight into Biblical application for marriage and life. Nov 2-4, details at www.CBCC.net

Cannon Beach Married Again Conference Led by Gary Gulbranson, pastor of Westminister Chapel in Bellevue, WA. He will present a Biblical look at remarriage, including the impact and challenges that couples may have "marrying again". Gary's teaching is warm, compassionate and very much from a pastor's heart. Nov 9-11, details at www.CBCC.net

Marriage Encounter A weekend that can help married couples turn a good marriage into a GREAT marriage! Rediscover the best friend you had when you were first married! Join the millions of couples worldwide who have learned how to keep their marriage vibrant and alive! Nov 9-11 at Saint Benedict, OR, call John and LaVonne Doherty at (503) 853-2758 for details

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Every Marriage Matters

Helping Marriages Become All God Intended

Check out additional resources at www.EveryMarriageMatters.org