

1. **Build each other up**
 - a. Comments
 - b. Deeds
 - c. Text messages
2. **Protect each other**
 - a. Protect reputation
 - b. Protect dreams
3. **Cover each other's mistakes**
4. **Add to each other's day**
 - a. Positive attitude
 - b. Laughter
 - c. Sense of purpose
 - d. Feeling of accomplishment
 - e. Praise
5. **Avoid negativity** – what you sow is what you reap
6. **Share with each other but separate these** from your relationship:
 - a. Your daily battles
 - b. Your daily drama
 - c. Your real enemies
 - d. Your real adversaries
7. **Be THAT PLACE for each other:**
 - a. That Place of Refuge
 - b. That Place of Rest
 - c. That Place of Restoration
 - d. That Place or Recovery
 - e. That Place you long to Return to
8. **Forgive** each other **and pursue answers** to problems, not accusations
9. **ARGUE!** and, **learn to do it right!**
 - a. Have a voice in the argument
 - b. Respect each other's voice when you argue
 - c. Argue towards a resolution
 - d. Do not argue to win the debate, or to defeat your spouse
10. **How you treat each other today is who you will be married to tomorrow!**

- Love is not a magical feeling that overtakes you, but love can give you a magical feeling.
- Love is not an emotion, but it is part of a relationship.
- You can't love what you do not know.
- Love is an attitude you have towards a person and an attitude that creates a response from that person.
- In the end love is going to be a choice.