

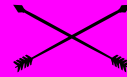
My spouse and I are
meant for each other.
It is not a mistake,
accident, or chance
that we met and
became married.



My marriage is
not hopeless
and I am not
helpless.



My marriage
is worth
defending and
protecting.



Our love is
deeper
than our
problems.



I will not
focus on
my spouse's
flaws.



There are more
reasons to stay
together than there
are to separate.



I put away
bitterness and
choose to
forgive.



My spouse
and I are
on the
same side.



Today I will find
one thing to
affirm about my
spouse.



Instructions for Married Treasure Affirmations

Thank you for downloading these affirmations :

The fact that you took the time to get this resource indicates you are serious about seeing your marriage problems solved and your marriage strengthened.

There is no right or wrong way to use these affirmations, but here are some suggested guidelines to get the maximum benefit.

- For best results, either post the whole sheet of affirmations in a prominent place where you will regularly see them, or else cut them into individual cards (card stock works great), then put them in your purse, wallet or organizer so you can have easy access to them throughout the day. Remember, consistency is the key!
- For best results, don't just read them, but really **read** them. Hurrying through your affirmations while scrolling your phone won't work to get these affirmations into your head. Some people find reading affirmations out loud several times each day seems more powerful and helps get them into your mind to begin working and transforming old thought patterns that are hindering your marital progress.
- If you find one or two affirmations that really speak to your situation, focus on these exclusively for the first 7-10 days. One affirmation that takes deep root in your life and bears fruit is worth more than rushing through all of them and just barely scratching the surface of your marital situation.
- When you feel an argument coming on, or your spouse says or does something that is irritating, think of an affirmation that addresses your situation and let it come to the forefront of your mind. Say for example your spouse leaves their towel on the floor rather hanging it up like you've asked a hundred times before. Instead of bursting out with "Why can't you hang up your towel?! I'm tired of living in a pig pen!," let the marriage affirmation "I will not focus on my spouse's flaws" come forth in your soul and speak to your situation. You could hang the towel up yourself and just let it go, thinking something like, "I know my spouse means well and isn't try to hurt me. I'm going to overlook this instead of letting it turn into another shouting match."

Don't give up if you don't see immediate results. Remember that there is no "magic formula" or "overnight fix" for marriage problems. It took time to get to the point your marriage is at now, and it will take real effort and determination to see things turn around.

If both (or even one of) the spouses is truly committed to restoring a troubled marriage, be assured that **there is hope**, and that **real change is possible!**