

A close-up portrait of a woman with dark, wavy hair, smiling warmly. The background is dark, and the image is framed by a gold border.

12

THINGS...

Amaka
CHIKA-MBONU

12 Things

TO DO THIS NEW YEAR

That will help your marriage thrive

#1

Decide between yourselves that divorce or separation is NOT an option.

That both of your hearts desire is that your marriage will be for a lifetime, not just a moment in time.

#2

Articulate exactly what you want. Say it properly, politely and clearly. No cryptic clues. When the other person speaks, listen with all of you, then reflect what they've said back to them to ensure that you've understood.

#3

Talk about any past hurts discuss and try to resolve them so that they are not carried over into the building blocks of the foundations of this new year

#4

Sort out any disagreements swiftly so that they don't fester. Anything said during these times **MUST** only be said if they advance the cause of the end-game... a resolution of any conflict

#5

Always have a picture in your mind and heart of exactly what, in an ideal world you would like your marriage to be like this year. Then together, map out what are the exact steps that can take you there.

#6

Immediately stop anything that can't get you there and immediately start what can, no matter how hard this is.

It might seem mechanical at first but will become more natural as you continue to do it

#7

Build intimacy - close friendship, familiarity, understanding, trust, respect. The feeling of knowing and being known. Also described as, 'in-to-me-see' make an effort to really 'look' at your spouse this year and really 'know' them. Then let them know that you accept what you see unconditionally. The good, the bad, and the ugly.

#8

Deliberately, intentionally, and consciously make time to spend time together. This is the only place where intimacy can be forged. Make a point of prioritising your marriage. Schedule in time to spend together in the same way you would schedule a work meeting

#9

Date Nights! A movie- at the cinema, or just cuddled up together on the couch or in bed, dinner, meet up with friends.

Also meetings to talk about just the two of you.

Not the children or bills. A check of sorts, where you out any concerns and genuinely look at areas for improvement. The key word here is transparent heart to heart communication. Nakedness.

#10

Touch often, The Merriam Webster defines touch as- "to perceive through the tactile sense, handle or feel gently usually with the intent to understand or appreciate

#11

SEX, SEX, SEX... and a lot of it. During sex, the love hormone oxytocin floods the body, giving that warm afterglow feeling. Regular sex leads to a stronger bond, affection and less arguments. The more sex you have, the more you'll want to have.

#12

Put GOD first.

He is the originator of marriage, he has the blueprint for it, so ultimately it is to Him we must go for instruction on how to thrive in it. Challenge yourselves as a couple this year to explore in its entirety what HE has to say about THIS THING CALLED MARRIAGE.