

## **My Pledge to You to be a "Safe" Person**

**Because I value our relationship so highly, I pledge to you, that from this day forward, I will impose on our communication no "off limits" subjects. You can discuss anything with me, and I will not run; I will not hide; and I will not become angry.**

**(Husband! Please be your wife's defense attorney not her prosecutor.)**

*Eph 4:25-27*

*25 So put away all falsehood and "tell your neighbor the truth" because we belong to each other. 26 And "don't sin by letting anger gain control over you." Don't let the sun go down while you are still angry, 27 for anger gives a mighty foothold to the Devil. NLT*

### **A Communication Drill**

**At least once per week set aside 1/2 hour with your spouse to:**

- 1. speak words of affirmation**
- 2. provide new information**
- 3. ask about anything that puzzles you about your spouse**
- 4. make a complaint with a request**
- 5. describe your hopes and aspirations**

