

Learning to Live Together

Soundbites from Session 1

Course for Engaged & Newly Married Couples Led by Joanne Dove

1. Make the time to learn how to communicate and be a partnership, whilst in a place of calm rather than one of crisis.
2. Listen to each other - if you can't repeat verbatim what the other person has said, you haven't listened! Listen not only to what has been said, but what has not been said. Rabbi Abraham Twerski z"l used to say "A husband has to listen to every word his wife didn't say".
3. Know when silence is golden, when to say nothing and when to say sorry.
4. Grow together. Agree on something to do together that you are both passionate about.
5. Encourage each other and, by so doing, you will increase your spouse's self-esteem.
6. Become the best person you can be not only for yourself but for your partner as well.
7. Give each other gifts – no matter the size - it says "I thought about you".
8. Laugh together. Enjoy each other's company. Be funny together but not at the expense of each other.
9. Always show appreciation. Each day think of three things to say thank you for.

**Love is the result of giving.
It's not about taking.**

Joanne Dove

Renowned educator and leader of the course overall

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