
WHEN YOU SPEAK TO YOUR SPOUSE, ALWAYS SPEAK WITH L.O.V.E.

L
LISTEN

LISTEN TO YOUR SPOUSE. DON'T JUDGE.
TRY TO LOOK AT THINGS THROUGH THEIR EYES.

O
OPENNESS

OPEN UP ABOUT YOUR IDEAS. BE OPEN TO
YOUR SPOUSE'S IDEAS. TAKE YOUR TIME.

V
VALIDATE

LET YOUR SPOUSE KNOW YOU VALUE THEM BY
LISTENING TO WHAT THEY SAY.

E
EMPOWER

EMPOWER ONE ANOTHER WITH SUPPORTIVE
ACTIONS AND ENCOURAGEMENT.