

## 1: The 10 Commandments for Couples – Make Some Wonderful

*The Ten Commandments of Couples Therapy Posted on September 20, by admin Seventy psychologists, therapists and counselors who regularly help couples with their relationship issues were asked to create ten basic rules that every couple needs.*

Know yourself and the real reasons why you choose one partner over another. We may think we select a spouse because of the way they look or look at us, talk, or act, but in reality we often respond to underlying relationship patterns from our past. Get to know yourself so that you are no longer condemned to repeat toxic thought and behavior patterns and you can choose someone who is good for you. Even that is not always easy to achieve. Between two adults, love will probably always carry some conditions. Examine those conditions honestly and try to differentiate between those that are absolutely vital and those that can harm your relationship. No matter if you have been together for one week or ten years: When you make assumptions, you close the door to connecting with reality. Communication is the foundation of all healthy relationships. Good communication means letting your partner know what is going on inside you. How can anyone know what you think or feel unless they are actually inside your head? There is one easy way to pass on that information: There is always one good way to find out what is going on for your partner: Open questions encourage the other person to be genuine and choose their own direction. When your partner answers, listen to him or her. With an open mind and an open heart. Learn to fight clean. Conflicts arise naturally between two people. Couples that fight have a much higher chance of staying together, but only if they observe certain rules. Make sure you state your position clearly but without accusing the other side. Stay with the current issue and stay curious about the other person. Finally, try to work out the conflict without giving up on yourself or your partner. Work it out with mutual compassion. Take responsibility for your feelings. If you are angry, or if you are worried, the feeling is yours. Taking responsibility for your feelings can be empowering. In a relationship, both of you need to take that responsibility. The pain they feel is a response to the pain you inflict. But the feeling is theirs. Take off the mask and let your partner into the secret of who you really are. Your partner will base their actions and decisions on your fake information. Keep and respect healthy boundaries. Boundaries are not closed doors. They are clearly marked areas where one person ends and the other begins. The closer you are to someone, the more you need to know and respect their boundaries – and your own. You are two people in a relationship, no more, no less. Intellectual, emotional, psychological and, of course, physical. Intimacy makes the relationship between a couple different from all other relationships. And it is this special relationship that you want to nurture and grow as long as you are together. All that is left to do now is to enjoy it.

### 2: 10 Commandments for Happy Relationships

*Seventy psychologists, therapists and counselors who regularly help couples with their relationship issues were asked to create ten basic rules that every couple needs. Each set of commandments deals with something essential, from general areas such as making your relationship last or maintaining connection to more specific challenges like rekindling passion, dealing with infertility, or financial issues.*

Do not testify falsely. As a marriage blogger I adapted the Ten Commandments slightly to show how they help us love our spouse and enjoy a wonderful marriage. The 10 Commandments for couples Keep God number one in your life, like he says, but put your spouse before all the other people in your life. Texting each other can be sweet but technology can never duplicate true connection. Do not discard marriage as insignificant. Take time to relax and have fun together. Stop being so busy and slow down enough to enjoy each other. Be nice to your in-laws and your marriage will be long and life will go well for you. Build up your spouse. Do not commit adultery. It seems pretty basic but adultery destroys marriages every day. Your marriage will suffocate if you make it all about you and your needs. Honesty is the best policy in marriage. Lying always destroys trust in relationships. Stay away from pornography. It robs you of true intimacy. The verse in the Bible goes on to say do not crave anything that belongs to your neighbor. Focus on your own marriage and count your blessings rather than compare yourself to others. When God gave the Ten Commandments to Moses it was not a drop the mic moment where God delivered his commands and left the stage. It was only a part of the ongoing story of God redeeming his people and showing them how to live to the fullest. Likewise, the ten commandments for couples should be viewed as a springboard for relationship. The real beauty of a wonderful marriage is the connection built between lovers who love each other to the fullest. On a scale of how are you doing at following The 10 Commandments for Couples?

### 3: The Ten Commandments for a Secure-Functioning Relationship Â« The PACT Institute Blog

*Likewise, the ten commandments for couples should be viewed as a springboard for relationship. The real beauty of a wonderful marriage is the connection built between lovers who love each other to the fullest.*

A relationship should be healthy, caring, loving, kind, upbeat, and positive. It should make your smile a little wider and your life a little brighter. Happy, healthy personal relationships are one of the greatest joys of life. So starting today, choose to take control of your relationship with your significant other. Here are ten commandments to follow together. We will remember that every person and relationship is different. Be your imperfectly perfect self. We are not perfect for everyone, we are only perfect for those select few people that really take the time to get to know us and love us for who we really are. And to those select few, being our imperfectly perfect self is what they love most about us. Every couple makes their own love rules, love agreements, and love habits. Just focus on you two, and making your relationship the best it can be. We will listen to each other openly, without judgment. What a person shows to the public is only a small fraction of the iceberg hidden from sight. Learn to respect and acknowledge the feelings of your significant other. Pay close attention to them. Sometimes all we need is a hand to hold, an ear to listen, and a heart to understand. There is a time to speak out and a time to remain silent. True wisdom comes from knowing the difference. And this difference can make or break a healthy relationship. Read Love and Respect. We will say what we mean and mean what we say. Share what is going on in your mind and heart. Share your deepest thoughts, needs, wishes, hopes, and dreams. Open communication and honesty is vital to healthy relationships. Give the people in your life the information they need, rather than expecting them to know the unknowable. Information is the grease that keeps the engine of communication running. We will support each other through good times and bad. Be there through the good, bad, happy, and sad times â€” no matter what. Be willing to provide a listening ear, a hug, and emotional support in all circumstances. We will be loyal. These relationships are about two people being true to each other even when they are separated. When it comes to relationships, remaining faithful is never an option, but a priority. We will live by the truth. Lies run sprints, but the truth runs marathons. Live so that when others think of fairness, integrity and reliability, they think of you. Read The 4 Agreements. We will spend quality time with each other. Make time for each other. With our busy schedules we often forget to relax and enjoy the great company we have. In human relationships distance is not measured in miles, but in affection. Two people can be right next to each other, yet miles apart. Spend time together talking, going on dates, and making each other laugh. We will appreciate each other and help each other grow. Having an appreciation for how amazing your significant other is leads to good places â€” productive, fulfilling, peaceful places. Cheer for their victories. Celebrate their accomplishments, and encourage their goals and ambitions. Challenge them to be the best they can be. And be thankful for their blessings, openly. We will settle disputes peacefully. Not much is worth fighting about. Heated arguments are a waste of time. Step back from arguments with your loved ones. When you feel anger surging up and you want to yell that vulgar remark on tip of your tongue, just close your mouth and walk away. Give yourself some time to calm down and then gently discuss the situation. We will love and respect ourselves as individuals too. Our first and last love is self-love. Only you can be responsible for that. Accept who you are completely â€” the good and the bad. Read The Road Less Traveled.

### 4: The Ten Commandments Series from The Alternative with Dr. Tony Evans

*Intimacy makes the relationship between a couple different from all other relationships. And it is this special relationship that you want to nurture and grow as long as you are together. These ten 'commandments' will help you to create and maintain a healthy relationship.*

### 5: Ten Commandments For Couples | Blessed Hope Chapel Church â€” Simi Valley, CA

## TEN COMMANDMENTS FOR COUPLES pdf

*The "Ten Commandments" for Couples 14 July Categories: Couples Want to create a happier, more fulfilling relationship? These "ten commandments" can help. Dr. Stan Tatkin, author of Wired for Love and creator of the Psychobiological Approach to Couple Therapy (PACT), created them from the combined viewpoint of developmental neuroscience, attachment theory, and arousal regulation.*

### 6: Relationship Essentials: The 10 Commandments for all Couples

*Sun. Sep 16, - Sunday morning services led by Pastor Joe Schimmel, with worship by the Blessed Hope Chapel Praise Team.*

### 7: The Ten Commandments for Couples

*Your Personal Ten Commandments can help you heighten your awareness of your unspoken rules and thus avoid needless explosions. It will help you recognize that you are free to accept, reject, challenge, and change the rules for the sake of your relationship. Exercise: Your Personal Ten Marriage Commandments.*

### 8: Ten commandments for husbands and Wives

*Ten Commandments for A Guide for Couples and Keeping the Love You Find: A Guide for Singles, and a third best seller, co-authored with Helen, Giving the.*

### 9: Stan's Articles - Stan Tatkin, PsyD, MFT

*May I suggest, then, the Ten Commandments for Marriage? The Ten Commandments for Marriage. Thou shalt have no other lovers in your life. Thou shalt have no affections or priorities which displace thy spouse. Thou shalt not speak of thy spouse in a dishonoring way. Remember to schedule a date with thy spouse. Guard it, to keep it holy.*

## TEN COMMANDMENTS FOR COUPLES pdf

*As Naughty As She Wants to Be (Adventures of Midge the Bitchy Bitch) Cities of Whiteness (Antipode Book) Tom Clancys Ghost Recon 2 Amelie yann tiersen piano sheet music An elegy, to Miss. Mary Moorhead, on the death of her father, the Rev. Mr. John Moorhead. Astd state of the industry report 2013 Purchasing and vendor management The list of the tribes of Israel in Revelation 7 His condemnation by Michal I Spy in the Ocean Coaching Girls Soccer Sudden infant death syndrome (SIDS) Off your face : schizoanalysis, faciality and cinema Anna Powell Lord of the Deep (Aphrodisia Book 1 of The Elementals How to beat the grade game Nothing (and something : another new conceptualization Lincoln addresses and letters Introduction to industrial engineering and management science Helping Your Depressed Teenager Workers compensation in Canada Reading topographic maps Dry Bones Anthology Dan gilbert stumbling on happiness The builders of the Middle Ages Particle physics in a historical perspective Living hints to health The Frozen Deep (Large Print Edition) Mystery of the lonely lantern New York State Appalachian development plan Proceedings of the Paleoseismology Workshop, March 15, 1999, Tsukuba, Japan On the Cauchy problem Xerox 7100 service manual The call of the new era Taitiriya Upanisad. The tattooed land Best-Worst-in Sports The wild little house David mamet on playwriting The trust in Liechtenstein law As Hogan Said . . .*