

How to Make Your Spouse Feel Appreciated

Objective: How many of us go thru life taking our loved ones for granted especially our spouses. We tend to fall victim to routines whereby we often fail to see the forest for the trees. The goal of this topic is to reenergize our efforts by coming at it from the perspective of our wives. We will see if there might be ways for us to get out of our comfort zones, and take some positive strides to show our spouses that we truly appreciate them.

Song Suggestion: How Sweet It Is by James Taylor, or Prayer of St. Francis

Bible and Catechism Readings

Ephesians 4:2-3

Be completely humble and gentle, be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.

Genesis 2:24

Therefore a man shall leave his father and his mother and hold fast to his wife and they shall become one flesh.

Ephesians 4:32

Be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Catechism 1645

The unity of marriage, distinctly recognized by our Lord, is made clear in the equal personal dignity which must be accorded to man and wife in mutual and unreserved affection

Saint: Saint Joseph & Saint Monica

Vignette: As I began to prepare for this topic it occurred to me that if I really wanted to bring some constructive dialogue to the discussion I would need to come at it from the perspective of our wives. So, I sent out a group text to all the female contacts on my phone asking them rather pointedly what it is they are looking for from us to help them feel more appreciated in our marriages. I got a litany of responses that I think that if we look at them as a whole we can see a pattern begin to develop.

So here goes:

- *Doing a job for your Spouse that he or she usually does

- *Planning a shared activity like a picnic or bike ride but make it something you rarely do together

- *Being noticed for little things whether he shows appreciation at dinner in front of the kids or sees me working on something & pitches in to help ie. examples laundry, dinner prep, cleaning house all those things go a long way.

- *I want to be heard

- *I want to be understood

- *I want to be validated

- *I want to matter to you

- *I want to feel emotionally safe with you

- *I want to be loved

- *I want to be supported

Questions for Large and Small Group Discussion:

What is something unique that you have done that made your spouse feel appreciated?

What are the root causes that may make your wife to feel unappreciated by you?

What will you do in the next week to show your wife she is appreciated by you?

Action Plan:

Challenge your small group to initiate some dialogue with their Spouses on how they can effectively make their Spouses feel more appreciated.

Accountability. Have each member of your Small Group come prepared the following week to speak on one specific activity or good deed they did to make their Spouse feel more appreciated.

References:

My niece is a Family Counselor out in Scottsdale, AZ. She always encourages her clients to learn more about attachment needs in their relationships as a starting point to strengthen their marriages. One effective way of doing this is to take a quiz. She has recommended the book *The 5 Love Languages: The Secret to Love that Lasts*. You can use this link to download the quiz as this might be a good Small Group activity;
<https://www.5lovelanguages.com/quizzes/love-language>

Hold Me Tight by Dr. Sue Johnson – This helps people understand how they interact and how to learn about their own, and their partner's, attachment needs.

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