

HOW TO SERVE YOUR SPOUSE A COMMUNICATION SANDWICH

1. AFFIRM SOMETHING DONE WELL

"THANK YOU FOR HOW HARD YOU
WORK...."

2. GENTLY SHARE CONSTRUCTIVE CRITICISM

"... BUT MAYBE YOU COULD TRY TO BE
HOME EARLIER IN THE EVENINGS..."

3. REAFFIRM SOMETHING DONE WELL

"...I'M LOOKING FORWARD TO
SPENDING MORE TIME WITH YOU."



—ASHLEIGH SLATER—
MARRIAGE TOGETHER.COM