

## **Episode 21 looks at strengthening friendship and marriage**

Join us as we explore the role of camaraderie and companionship in the lifelong journey of marriage.

Every episode is filled with authentic stories, expert insights, and practical advice to help you foster a more profound friendship with your partner. We examine the nuances of what it takes to not only love but genuinely like and enjoy each other through the ebb and flow of life.

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## **UNEDITED transcript by Headliner**

>> Speaker A: Things get sticky and fussy, and, maybe somebody's not talking to the other person, or you've just been blasted. What can we do to get past the sticky parts of marriage? Because we do want to be friends. And to be honest, if you're not nice to me eventually, I'm sorry, but this is just a fact. I'm not going to like you very much anymore. More. Are you ready to open the door to more romance, fun, and adventure? Or maybe it's compassion, support, and strength you're looking for. Discover real life stories and a path to overcome the pitfalls every marriage encounters. Welcome to the extraordinary marriage. Hello. I am Connie, and I'm here today with my husband, Jeff.

>> Speaker B: Hi, everybody.

>> Speaker A: It's episode 21, and we are looking at strengthening friendship and marriage. We're going to look at two things. First of all, the benefits of friendship in marriage, which I think everybody should have.

>> Speaker B: Absolutely.

>> Speaker A: And then what causes bad friendships in marriage and the havoc that can cause. So I'm going to give you some ideas today on how to overcome that, and the first thing we're going to do is I'm going to say that my best friend is sitting here with me. Yes, I have some best girlfriends. but my very best friend, my confidant, my person I can trust in everything, is sitting here with me. And so, Jeff, what would be some of the first things that you would think of, when you think about, the benefits of friendship?

>> Speaker B: Well, I think the first thing is that, you can always count on them. You know, they've always got your back, and you can talk to them about anything. Whatever's going on in life, whatever's happening at your job, whatever's happening with your kids, whatever's happening with you two, you can sit down and talk about it and know that, yeah, they may get frustrated. You may get frustrated, but you can sit and talk because you're best friends, and that's what best friends are all about. so that's kind of my thoughts on that.

>> Speaker A: Absolutely. And I think it's really great. Sometimes whenever people become best friends before they get married, there's that, eharmony and all different kind of things where people go and maybe, meet online and chat. I know people who, have long distance, love long distance dating, and you spend hours talking to each other or texting to each other before you have a lot of time together. I think that gives you a chance to really get to know each other.

>> Speaker B: Absolutely.

>> Speaker A: Well, I know some of the benefits that I think of when I think about friendship in marriage is it gives you that boost of energy. It gives you, more happiness. Because if you're not friends with the person in your house, then, I'm thinking it's probably an energy drainer.

>> Speaker B: Absolutely.

>> Speaker A: Benefits, of, being friends, with your spouse is emotional support. And that's what you just talked about. Trusted advice. Now, some people probably give better advice than others, but if we are selfless and not thinking about ourselves, then we're going to give our spouse that advice that they need to hear. That is about them. I also think that a benefit is you have that sense of belonging. Just like if you look back into high school and you have friends, that you sit with at lunch, friends, that, hey, for you playing sports, can you think about some of your times where you had friendships with sports?

>> Speaker B: I mean, just, the guys, the camaraderie of the teamwork and knowing that, hey, they're doing their best, I'm doing my best. And together we can win this event, whether it's softball or football or basketball or whatever it was.

>> Speaker A: Hey, what I hear in that is teamwork. And I always used, back in my Mary Kay days, I used teamwork makes the dream work. And that's the same whether it's sports, any kind of team efforts, that you're making, it might be in a committee or a business group or at the office, but having your spouse as your top teammate.

>> Speaker B: Absolutely.

>> Speaker A: In your marriage, in your household, in your life, makes all the difference. And friendship does give us that sense of belonging.

>> Speaker B: Absolutely.

>> Speaker A: And I know something. Whenever I think about friendship, I think about, being with people that I have things in common with. We like to do things together. I know sometimes I'm busy and I'm work and I'm not always ready to talk on the phone like I used to be, like ten years ago. Right. But, you're always there for me. If I call, you stop whatever you're doing. And I do stop what I'm doing. But, I have goals and I have.

>> Speaker B: Sure, sometimes, well, you're trying to accomplish a certain thing. When you're working, you're trying to accomplish a certain thing. And in all honesty, sometimes phone calls are just an interruption to almost completing your task and don't understand that, especially.

>> Speaker A: To those of us who are, distractable. Anybody distractable. So I know myself and I know if I get distracted that I might not get back to the same thing I was doing. And so I've learned as I'm working, to protect myself from that a little bit. But, yes, being friends with your spouse is everything, and that means you sit down and talk and you think about things that are giving you trouble.

So let's look at some of the causes of bad relationships in marriage

So let's look at some of the causes of bad relationships in marriage. Because, you know, with a 50% divorce rate. 50% divorce rate. That's terrible.

>> Speaker B: It is terrible.

>> Speaker A: something is going wrong in marriage these days. I, think we get absorbed in ourselves or what we're doing, and we forget to pay attention to our spouse. I mean, I know I've done that whenever I've gotten really busy. go ahead. You confess up that you've done it, too.

>> Speaker B: I've done it, too. Absolutely. I would say something if I was disagreeing with you. Of course.

>> Speaker A: I know. but sometimes we do get wrapped up in ourselves and what we're doing also, as moms, sometimes we get wrapped up in our kids and we forget about our spouse because our kids depend on us. Right?

>> Speaker B: Sure. Absolutely.

>> Speaker A: You can go ahead.

>> Speaker B: Well, I was just going to say that I can remember when our kids were younger, but I understood, hey, this child needs attention right now. The other thing I was going to say, too, earlier is in reference to this friendship and marriage and how much you love your spouse, is that when they become your best friend, then when you leave work, you're excited about coming home, you're looking forward to that relationship. And I can't wait to share with Connie what happened today or what's going on, or, hey, did you hear about so. And because it's that camaraderie, it's just that friendship that we have. not only are you my best friend, but you're also my loving wife and whom I love with all my heart and would do anything for you. Okay, I'm trying to score points here, but anyway. But that goes right along with, what you're getting ready to talk about.

>> Speaker A: Well, and with that, I want to say that, hey, if you're friends with your spouse, it's a lot better to live with them, because you do look forward to seeing them. But if you have some really bad challenges, like, things, like moodiness. Let's face it, the women out there, during childbearing years especially, I think there's that moodiness that comes around. And you know what? Moodiness affects us in different ways. And suddenly we're, like, not expecting it. Like, maybe we're exhausted. And I always talk about, you've got to fill your own cup maybe you're exhausted or you're tired. And we just don't admit, that we have put out a lot of energy and we just think we can keep going. So there's a lot of different reasons for moodiness, like personality styles that I talk about. Sure, some people just tend to be moody, but whenever I do have trouble being moody, and if I really think about getting past myself and I think about the people around me, then it helps me get out of that mood. I think that's the big thing. When you have children, you're so focused on your kids, you're not thinking about yourself so much.

>> Speaker B: That's true. That's true. And then also, in fairness to some people out there, they may have a chemical imbalance. There may be something going on chemically, with the drugs that they're having to take or whatever, and that could cause that. And we've seen that in the past with some other stuff, but, not us, but other family members. Anyway, that's another whole thing. But, I think that that's a big thing right there is that.

Sometimes something bad at work can trigger moodiness in a spouse

And also, speaking of moody, it may not even be that, but sometimes, the spouse has been at work and either one, male or female, we've been at work and something terrible has gone on at work that day or something super frustrating. Or like in sales, you work for three years to get this cell and suddenly everything falls apart and you lose the sale. It's very frustrating. That causes a certain amount of mood in that spouse. And so, it's understanding and being understanding as the other spouse, so that when someone is going through that, you have to understand it's not necessarily against you. It's what's going on in their life, and you have to understand where they are and just be quiet sometimes and listen.

>> Speaker A: I'm going to think that maybe you have some experience of that because, yeah, once in a while I get moody or drained of energy.

>> Speaker B: I'm sure that I've done the same thing because I can remember one specific thing where I was not only frustrated, I was mad, about losing a cell, but it's one of those things you have to get over it, which is something I'm going to share later, by the way, so go ahead.

>> Speaker A: Well, also with moodiness, it goes back to also personality styles. Some people are more, they tend more to have a lot of ups and downs in their mood. Also, like you were talking about, something going wrong at work or, hey, let's face it, women who are home with their kids all day, there's stuff that goes wrong, or the kids are cranky or they're picking at each other or fighting or whatever, and that definitely puts you in a bad mood. But, with the different personality styles, some tend to withdraw when they're moody and they're not going to talk to you. They're not going to tell you what's the matter. Others, when they get moody, they get angry and they're mad about everything. And like you said, it's not about you, but you feel like it's about you because they're blasting you because they are feeling frustrated. Another thing, that does not develop good friendships, whether it's with your best friend, like your girlfriend. Well, for girls girlfriend, guys, their guy friend at work, is unforgiving. Like, if somebody did something wrong at work, as far as made, you lose an account or that kind of thing, and then you're like, just not forgiving about that, but at home not forgiving them. I think sometimes we have to stop and think, well, exactly what did they do and exactly how much does that really matter? Or was I in a bit of a mood or a little ticky at the moment and took it wrong? Right?

>> Speaker B: Yeah, could be right.

In marriage, temperament is everything. How can we get past our differences

>> Speaker A: And so we talked about tempers. Tempers. In marriage, temperament is everything. Either somebody's easy to get along with mostly always, or they have that temperament where they get, angry often, and when they are mad, they blast you for it. You live together, they're congenial at work, and then they come home and you're the one that gets blasted.

>> Speaker B: Exactly.

>> Speaker A: or there's somebody who withdraws there again and they won't talk to you. I'm sure I've actually done that, too, where I was bothered about something and I literally wouldn't tell you what it was. Hey, that goes all the way back to when we were dating. Right.

>> Speaker B: Until I badgered you, until you told.

>> Speaker A: Know, until my mom put me in on that place where she said, jeff, connie has something that she needs to talk to you about.

>> Speaker B: Thanks, mom. I appreciate that.

>> Speaker A: Because she didn't want us to break up. Now look at us. I'm so glad because, you know, didn't. If she didn't say that that day and make me talk to you, this is in a previous episode. We talked about this. if she didn't make me talk to you, that would have been it. Because when I was done, I was like, we're not going out anymore. I'm not having any fun. I'm going to break up with him, then that was that. And I would have just moved forward with. I was in college. I would have just moved forward with class and kept going, because I'd made that decision that this dating thing, it wasn't any fun anymore. We just sat at home on the couch and watched tv all the time.

>> Speaker B: That's true.

>> Speaker A: I think maybe that's why when I want to go do some kind of new adventure. You're so open to that, aren't you?

>> Speaker B: I am more open to it now, yes.

>> Speaker A: And you know what? That's what takes me back to a great friendship. A great friendship is a lot of give and take. Yes. yeah, we always take, don't we? But it's a lot of give. And sometimes that give has to be on purpose.

>> Speaker B: Sure. It's kind of like that thing you talk about sometimes. The 100% not expecting anything back.

>> Speaker A: Oh, my gosh. What happens if we both give 100%?

>> Speaker B: What a wonderful marriage. I mean, you think about it, everybody is giving 100% towards making this thing good. but sometimes based, on personality, a person will hold that in. And even though you kind of move past it, it's something that stuck in there that they haven't released. And so I'm going to steal the song. Friend. Let it go. There's no use in holding it and worrying about it and contemplating or even thinking, I'm going to get her back. Okay, that's just stupid. Yeah, that's just stupid. In marriage, okay, when someone does something and you've talked about it and they say, hey, I'm so sorry. I did not mean to hurt your feelings or whatever. Let it go. As the song from frozen says, let it go. Literally, let it go.

>> Speaker A: I did. Unforgiving, unforgiveness. that is like drinking poison and expecting the other person to die. It makes you miserable.

>> Speaker B: Absolutely.

>> Speaker A: So thank goodness we have the opportunity to make choices in our lives, and we can choose how we want to be. Sometimes we have to fight against ourselves to get there.

>> Speaker B: True.

>> Speaker A: But we can get there. So how can we get past our differences? Because there are those male female differences, and then there's those differences of, personality styles. How can we get past our differences?

>> Speaker B: Well, I think for me, one of the biggest things is, for that person to stop and literally give me their attention and hear what I have to say. And sometimes it may just be just pulling to the side, not doing it in public or anywhere else, but just you two together and saying to each other, hey, listen, when you said this right here. I know you didn't mean to hurt my feelings, but it hurt my feelings and letting it out, because that way, you get past that, and then that person knows, well, I didn't mean to hurt your feelings. I was simply saying such and such. and sometimes it's a matter of how we hear it, and I think that sometimes it's a matter of just pulling that person to the side and saying, hey, honey, this is the way I see this. And you talk about it, and then you move on from there. because, like I said, let it go. There's no use holding it and dwelling on it. because, as you said about forgiveness, is that it ain't hurting that person, it's hurting you when you hold it in.

>> Speaker A: That's so true.

One way to get past communication differences is to ask questions. Ask questions. Clarification is key

And another thing I think of when we talk about getting past our differences, I think about the actual communication styles and how people communicate differently. And that, one of the big differences in communication styles is that one person may be very fast and quick. They make quick decisions, they talk fast,

they turn the corner fast, and the other person is a processor, and they need time to process what's going on, and they're not going to make that quick decision. And I think many couples, I would call that opposites. When you have that, many couples have a challenge because of, they literally communicate differently. And you and I have even had just lately, I think we have things that go on in life each week that we're like, hey, this is good material. We can use this on our podcast. Right?

>> Speaker B: Thank you, lord.

>> Speaker A: But, you and I have even had things where, we said something. I said something and you heard something else. I mean, often that happens. And so I think an important thing to do is to say, well, wait a minute. So you're saying, da da da da, right.

>> Speaker B: Clarification.

>> Speaker A: And so you're clarifying what they're saying to you. And not only that, another way to get past is not assuming that, you know, even if it seemed like it was clear when you heard it, to not assume that you know what they mean. Again, clarify. Ask questions. Because when you ask questions, you're just getting more information.

Tell me about the story about the parchment paper you're getting ready to tell

>> Speaker B: Is that like the story about the parchment paper you're getting ready to tell? Go ahead.

>> Speaker A: Okay, I'll tell my half, and then you can tell yours.

>> Speaker B: Oh, no, yours is.

>> Speaker A: I had, I'm not going to tell. Let's see. Don't tell. So that they can guess. Let's see. All right, so Jeff was going to the store for me and I said, hey, honey, could you get me some heavyweight white paper? I'm out. And I use it quite a bit. And so I was writing it on the list on the kitchen counter, for Walmart. And so he doesn't really shop for me that often. Usually I go get my stuff, but I. That was pretty clear. Sometimes we're not given all the details that are in our head. I'm not thinking about it because I know what I'm thinking. And so tell about Jeff goes into the store looking for my heavyweight white paper. What'd you do, honey?

>> Speaker B: I went back to where the aluminum foil and that type stuff was because, Do I get to tell my side of the story?



>> Speaker A: Yes. I'm being quiet.

>> Speaker B: Okay. All right. So we're standing in the kitchen when she says, I need you to get me some heavy white paper. I'm thinking, like, parchment paper that you put candy or sticky stuff on, because I'm thinking she's going to make these chocolate drop cookies that are delicious, but you got to have that plastic, heavy duty paper to put it on. Little did I know because I did not clarify. And I learned a valuable lesson in that you have to ask questions sometimes just to make sure that you're both on the same wavelength. Because sometimes hers is a and mine's a b, and we're not seeing it eye to eye because we're in the kitchen. When she asked me, so I immediately thought parchment paper. And so I asked a lady at Walmart, I said, hey, where's the heavy paper? And we're standing on the aisle where the aluminum foil is. So she says, that's it right there. So I bring home parchment paper, and you can finish the story now.

>> Speaker A: Well, I'm kind of thinking that when I told you that, I even told you about what I'll use the heavyweight paper for because it helps it. I like, staple some of my stuff together because it makes it stand out whenever I'm looking through all the papers, who has a neat desk?

>> Speaker B: My desk is not, just point of clarification. Apparently I didn't hear that part.

>> Speaker A: Because sometimes he's listening less than he used to. Anyway, this is not what I'm supposed to be sharing. Anyway, he came in, and I'm sitting at my desk, and he goes, here, I got your paper. Is this it? And of course, we had quite a laugh. He had a giant roll of parchment paper that is used for baking in the kitchen.

>> Speaker B: It was heavyweight, it was white. It wasn't the right thing. So, guys, next time your wife sends you to the store, ask the question, okay? Is this what you're wanting to clarify? Because it'll keep you after the story like I just had.

>> Speaker A: But here's the thing. Yes. You went to pick up paper. Some people might have gotten mad or angry and lashed out because the wrong paper was picked up. What does that really matter? I think learning to laugh at silly, stupid things like that and learning to let things go. So that would be another thing. Understanding how very different we are as males and females and how very different our personality styles are. And you might be just alike, but that's another story.

>> Speaker B: The beauty of that is that, it actually allows that friendship to grow because you could have limbasted me, and really, I know you don't usually do that, but you could have jumped my case and said, are you an idiot? Or something like that. Now, I'm not saying we ever do that.

>> Speaker A: No, we don't talk.

>> Speaker B: But there are people out there who might think that or even under their breath say something like that. because you're thinking, I was perfectly clear when I said that. So it's just really important to make sure you clarify, verify, and then move on. Because actually, when you didn't get upset, it actually made our relationship, our connection stronger because there wasn't that lashing out. Like, now I can't finish my work because you didn't get what you're supposed to.

>> Speaker A: And I will say for people who have trouble with one or the other spouse lashing out out of frustration or a bad day or whatever, is that. That's how they let off their stress, and it happens to be all over you.

>> Speaker B: Right.

>> Speaker A: And it's not that they don't love you, they just let their stress off on you because they're at home and they can. And so that really is a conversation to be had, right?

>> Speaker B: Absolutely.

So what do you think grows our connection? Now you're just actually already saying that

>> Speaker A: So what do you think grows our connection? Now you're just actually already saying that. So what are some things that we feel like grow our friendship?

>> Speaker B: Well, I think just doing things together, first of all. But just being able to sit, like, we sit at the kitchen table sometimes for a couple of hours talking about different things. and you sit there with the listening ear and you actually hear what I'm saying, clarifying if you need to, but you hear what I'm saying. And that just shows to me that, hey, you care about me as a person, you care about me as your spouse, and you want to grow in that relationship. And I think that that's a big part of it.

>> Speaker A: Well, that goes back to the love languages, and you like to touch. So whether it's holding hands, everybody who knows us, we hold hands all the time, and now we're getting kind of older. I know people are like, oh, that's so cute. Well, it is cute.

>> Speaker B: and I like to do it.

>> Speaker A: And I don't consider myself, old, even though I've been married 44 years. I was five when I got married. All right, don't say stuff like that. Having to go backwards in how old I was when I got married. Okay.

>> Speaker B: We were 19, just for the record.

>> Speaker A: 20. I just turned 20, okay? Oh, that tells my age now look what you did.

>> Speaker B: it's okay, honey. They love you anyway.

One person needs change; another person needs adventure. And that's another big thing that happens with personality styles

>> Speaker A: All right. And so I'm thinking about, as we talk about things that we do, that grows our connection. All right, here we go back with those differences. Jeff is very happy with status quo. Like, no change. Like, he could eat the same things, do the same things, and guess what? I need new adventure. And so that's an example of where you have to meet in the middle. If I don't have any new adventure, if I ate the same things, did the same things day in and day out, it's like I just lose my energy. I am bored. It takes away my passion for anything. And so, I need change. And that's another big thing that happens with personality styles. One person needs that change. They got to have it. They're going to get bored. That might be some of the places, like divorces come in, right?

>> Speaker B: Sure.

>> Speaker A: they get bored and restless, and no one's listening at home. but needing change, like, new adventure, going somewhere different, doing something, it doesn't always have to cost a lot of money. One of our favorite things we used to do was we love to go around looking at, houses that are being built. I call it two x four houses. It's before they've locked up the doors and you can't get in. I like to look at the floor plans, and it's like dreaming a little. Right?

>> Speaker B: Sure.

>> Speaker A: So I always say that I'm a cheap date.

>> Speaker B: Sometimes you are.

>> Speaker A: I could go look at new houses or, I know my dad's favorite thing is to go look at the car lot. So not to buy anything, just to go and look at the new cars. Right? Yeah.

Harry Carrie: What can we do to get past the sticky parts of marriage

So, finding those connections, things you like to do together, taking turns. This is for you. This is for me. Everything's not just about us or for your spouse. So how about. How do you get past the sticky part. So we're looking at when things get sticky and fussy and, maybe somebody's not talking to the other person or you've just been blasted. What can we do to get past the sticky parts of marriage? Because we do want to be friends. And to be honest, if you're not nice to me eventually, I'm sorry, but this is just a fact. I'm not going to like you very much anymore. Think about when we stay friends with our friends. Why? Because we have things in common. We have a good time together. We like to spend time together. And so if you're not best friends with your spouse, you eventually just don't like to be together.

>> Speaker B: That's true.

>> Speaker A: That's not so good. Somebody the other day was, celebrating a 50th or a 60th anniversary. That doesn't happen without ups and downs in their marriage.

>> Speaker B: Absolutely. It's kind of like the guy we heard the other night, he said, we've been married 50 years, but she's only liked me about ten. because of all the different things. And that's not true. He was making a joke, you all. But they've been married 50 years. And that's exactly what he talked about. Was, like, the roller coaster, the ups and downs of marriage because of just different things that are happening. It could be your spouse, it could be your kids, it could be your job. People lose jobs. And it's Harry Carrie at the house because of that.

>> Speaker A: I seriously had somebody tell me the other day, well, I've been married 25 years, but only 14 happily.

>> Speaker B: Exactly.

>> Speaker A: And that's because they learned about their differences. They started to pay more attention to, the needs of their spouse. Like, love languages, that's a really big one. Knowing your love language and practicing it. And the thing is, we can't do everything at once. We live in a day of so many choices, so much information in front of us, especially if you're in business and you're online, or if you're even just scrolling through social media with choices here, choices there, people reaching out, talking to you. I open up my email box these days, and it's like there's so many things reaching out to me on my email that I literally get where I can hardly. I just want to close down. It's like too much information. Too much information. And, I want to close down. And so we can only do one thing at a time, focusing on one thing. And so love languages is a great place to start to get past the sticky things I have an online class. It's called communication secrets for marriage. One person can do that class, and you can go through it again if you need to. You actually get a personalized assessment with that, where you can just go through the on demand class online, as you have time to. And, you get an assessment with that. One person goes through it, sees the value, starts to practice some of the things, and then even if you're having a little challenge with your spouse, you can say, listen, I have come across this great class, and it's really helped me understand myself. It's helped me understand you. And you know what? I have this course right here. All you have to do is just take this assessment, and then we'll have a conversation about what this assessment says, about our communication styles, our behavior styles, and you learn how to overcome those things that are dividing you.

>> Speaker B: Sure. But, what you just said, there is that person who said, we've been happily married for 14 of those years. They came to a place in their marriage, and they said, we need to find out how to make this better. They took the time to find out, what does it take to get past these sticky parts so that we can love each other, so that we can be best friends, and so that we can move forward in our relationship and our marriage happily, instead of struggling and, fighting all the time. You have to be wanting and willing to take the next step, and that's exactly what you do in your course.

>> Speaker A: Sorry, I was touching your leg. I didn't mean you had to quit.

>> Speaker B: It's okay.

>> Speaker A: yeah. So, getting past the sticky parts. There are ways to get past the sticky parts, but sometimes you have to seek help. I also talk, about the fact that our past experiences move forward into our marriage. Maybe things that you had in your past that you really could do without, and you really don't want to bring them with you. But the next thing you know, they're embedded in who you are. And next thing you know, those things are affecting your now, and they will continue to affect your future. So it's important to figure out how and where to get help. Like I said, I have communication secrets for marriage. And once you learn that, it also helps you learn how to work with your kids. Let's think about those children who are hard headed. Let's think about those challenges with teenagers. Oh, yeah.

>> Speaker B: Wait, you're saying that the hard headed teenager was my fault?

>> Speaker A: Do we have a hard headed teenager? We don't really have one. I've seen hard headed kids. We don't have a hard. We didn't have a hard headed teenager, but it makes me think.

How does friendship show up in your kids? So let's think about marriage

So how does your friendship show up in your kids? So let's think about marriage. Our day in and day out, not how we act in front of other people, but our day in and day out. And I like to think that we're not that different. I'm a little sterner. I can be more playful out in public, and I have to be stern whenever I have kids, but my kids are grown, so I can play all the time now. Okay, that was a side note. Okay. So how does our friendship affect our children?

>> Speaker B: Well, I think that, first of all, the way your kids see you interact with each other makes a direct impact on how they're going to interact, first of all, with each other, if you've got more than one. but also how they're going to interact with people out in public. So it gives them a guideline to follow. Now, their personality type and that type thing is all going to come into play in how they go through, treat others, talk to others, act towards others. But if you're showing a loving relationship, if you're showing best friend type relationship that you can't wait

to hang out with your best friend, and some of you have that, you understand what I'm talking about. Those are the things your kids see, and they glean that and they bring it into their life and they make it part of who they are.

>> Speaker A: Yeah. So when you come up and you're raised in a household where your parents are friends, they're respectful to each other, and they're loving and kind and do things for each other. Then when you get married, that's what you expect in your marriage, too.

>> Speaker B: Yes.

>> Speaker A: All right.

>> Speaker B: Which is why it's also very important to the person that you start dating and you're thinking about marriage with this person to make sure that your best friends, it doesn't mean she doesn't have best girlfriends, doesn't mean you don't have good guy friends. But you have to make sure that she is your very best friend when that day comes and you say, I do, she's got to be your best friend. And one other thing, guys, just for the record, all right, whenever you go to get married, your mama and your daddy are not your bet. They're not the hierarchy here. The girl that you're marrying, she just became the queen.

>> Speaker A: She became number one.

>> Speaker B: Number one.

>> Speaker A: Number one.

>> Speaker B: That's exactly right. And then your parents are very important to you also. But she is number one.

>> Speaker A: Then and that's really a point of how you have to make your spouse number one. Like you said. And even our precious children and all you mamas out there yes our babies are so important to us but we always have to remember to have a united front with our spouse. And to talk about things not right there in front of the kids.

>> Speaker B: Absolutely.

>> Speaker A: Don't undermine each other in front of the kids but to support one another.

So as you were saying that uh about what is a great friendship

So as you were saying that about what is a great friendship and how our children basically glean things from their parents relationship. And here we talk about that baggage again. Because whatever you gleaned from your parents were they respectful and loving and kind to each other? Did they argue a lot? Did they have a lot of fights? Was there yelling and screaming? Those kind of things are gleaned from your parents relationship. And sometimes if kids don't have one or the other of the spouses in the household because there's been a divorce they grow up with one parent. They don't even really know how. Maybe boys are living with their mom and maybe they don't really know how to be a great husband or how to be a great friend. But there it is. There's a secret. Go back and just be friends. How do you treat your friends? Do you treat your spouse differently than you treat your friends?

>> Speaker B: Better not.

>> Speaker A: I know for you Jeff, I know you always treat me very well, very respected. And that comes from how your father and mother treated one another.

>> Speaker B: Absolutely.

>> Speaker A: And that doesn't mean that nobody has a fight or a fuss or a disagreement. Yes we do. those kind of things keep us alive, right? Absolutely. We have passion for something. We're not dead. Just like a zombie walking around with no emotions at all. We all have emotions. All right. So I think my main point here is that whatever your relationship is between you and your spouse the kids see you as you are. Not just how you are in public but they know what's really going on in their household. And I go back to one of the things that we call love and respect. Women want to be loved. Men want to be respected. And whenever you have that kind of thing going on and you're understanding and thoughtful and kind of each other. Absolutely. it's a great friendship and it works.

>> Speaker B: Yeah.

>> Speaker A: Well, so we want our kids to have a good home. And sometimes even if we don't think about ourselves we think about the fact that we want our children to grow up strong and confident. And that's why it's important for us to get it together. Right.

>> Speaker B: That's right. It's up to you guys. You got to pull it together and do it for both of you, because that way, when you're married 50 years, you can look back and say, hey, we did a good job. But you can also deliver that to your kids so that they can move forward in their life, and they will be looking for that certain thing and that friendship with their future spouse.

Listening, paying attention, showing that you care makes a big difference

>> Speaker A: All right, so the last thing I have on here before I have a free gift to give away is, how can you move past your differences? How can we move past our differences?

>> Speaker B: Let it go. Let it go.

>> Speaker A: I'm thinking about, like, listening attentively to each other.

>> Speaker B: Oh, that type thing.

>> Speaker B: Well, I mean, that's the biggest thing right there. Listening, paying attention, showing that you care, makes a big difference.

>> Speaker A: Might be ten minutes after dinner, somebody was just saying that, one of their habits was, after dinner, the kids leave the table. They're always ready to leave the table anyway. And the parents sit there for 1520 minutes and chitchat about their day. Yeah, the old fashioned dinner with the family.

>> Speaker B: Oh, wow. What a novel idea. I have another friend, too, that because the husband works in a very frustrating type of position in his work, and so they have a thing that every day when they come home, they go to their bedroom and they sit and talk for 15 minutes. He diffuses everything that went on that day, and she either, listens or he listens to her, because sometimes you have to diffuse, too. And so what happens in that right there? First of all, it builds that relationship, that foundation, that friendship, because my friend cares enough to listen to what I'm sharing. But it also takes that tension away from the day so that whenever you do sit down for dinner, if the kids are acting up or whatever, you don't blow your stack at the whole family. I know. I'm just saying that's what they do so that that doesn't happen.

>> Speaker A: Uh-huh. So they stopped, and they figured out how to not fuel that, for that not to happen, because in the beginning.

>> Speaker B: Of their marriage, it wasn't that way. And they had to come to a collection, I mean, to an agreement to do that. So that doesn't happen because they want their kids to grow up loving and kind and respecting the other person.

>> Speaker A: Absolutely. To me, there's no other way, because we have one life to live, and we want to do it to the best of our ability. And when we have challenges somewhere, we have to figure out how we can get past them.



Connie Durham has a free love expertise quiz for you

All right, so today, I have a free gift for you. And it is called the love expertise quiz. And what this does is it tells you a little bit about yourself. You could take the little bit you learn and get your spouse to take it, too. Take what you learn about each other and chitchat about the facts that it gives you. It's a very short four or five minute video, and it starts out with ten questions where you answer there's an a or a b. That means there's choice a or choice b, and you choose only one or it won't come out right for you. You wouldn't believe how people look right past the directions. Choose one answer if you want to really get the right answer, for this. And, the next step in this is the communication secrets for marriage. And this is where you learn about the different personality styles, communication styles, top emotions, how we deal with things. And, this is a free gift love expertise quiz because your behavior is actually predictable according to your personality style. So take the love expertise quiz and see where you're great at love. Right? See where you're great at love. and look for some of your attributes. We all like to say our attributes. You'll find that in the extraordinary marriage.com podcast. So you'll find it in episode 21 in the show notes. So the love expertise quiz. All right, so I think that's it for us this month. And keep watching. We have some great speakers and guests coming up in the extraordinary marriage podcast, and I thank you for being here and be blessed today.

>> Speaker B: Thanks for listening, everybody.

>> Speaker A: If you've been encouraged today, please hit subscribe and help me spread the word by sharing with your friends. You'll find show notes and how you can connect with today's guest@theextrordinarymarriage.com. Get ready to uncover the best kept secrets of happy, healthy marriages and gain the power of understanding how you and your spouse think, act, and respond differently. Learn more about the unique communication secrets for marriage@theextrordinarymarriage.com. This is your host, Connie Durham, and I'll see you next week.