

Episode 25 – How to Refill your Love Tank

With show host – Connie Durham

The Extraordinary Marriage Podcast

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Episode Chapters (00:00)

Being a team player affects every relationship that you have

(06:15) The concept of deposits and withdrawals applies to every relationship you have

(13:33) Whatever you're doing for your family or for your spouse is appreciated

(15:28) Let's talk about deposits, because I like a full bank account

(20:28) Can you see the importance of making deposits into your marriage

(25:03) Connie Durham: Ten days to a happier marriage is just \$18

Unedited show Notes by Headliner

Speaker A: Oh, and here's another big one. Unforgiveness. I really just choose that. Unless it's a really, really big thing, I just choose to be forgiving. Why? Because I would want to be forgiven if I did something stupid. It's like forgiveness. It's like treating each other the way you want to be treated. Would you want your spouse to become angry with you and not speak with you for days or weeks or months? Surely it really doesn't go on that long. But, you know, some people are unforgiving, and they hold a grudge. That's a big, fat negative, and it draws a lot of energy from your account.

Speaker B: 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, for real life stories and a path to overcome the pitfalls every marriage encounters. Welcome to the extraordinary marriage.

Speaker A: Hello, and welcome to the extraordinary marriage. This week, we are talking about something that affects every relationship that you have. Yes, you heard it right. It affects every relationship that you have. My name is Connie Durham, and I'm your host today. And I went to a talent show, an elementary talent show, just last Friday. There were, wait for it, 41 children performing that night. 41 children performing. And to each and every child performing, their performance was the most important. To every set of parents, grandparents, aunts, and uncles, watching their child was the most important. But here's the thing. All during the show, as people finished with their performances, parents and family members left the room in order to go get their kids. And, hey, we're finished. We could go home. But guess what? There was more kids performing. There were more children performing. So let's picture this. The beginning of the show, there was a full, gigantic, rowdy, excited audience by the end of the show, you know that last couple of people, out of those 41 kids performing, there was a two thirds empty room, two thirds empty. Only one third of the audience that began was still there. Well, you know, back in the day, etiquette says that whenever I go to a show, I go to a dance recital, I go to a talent show. Whatever it is, I support everyone because I'm a team player. You know, it's not all about me. I was in a lot of talent shows whenever I was a kid. It's just not all about me. I'm there to watch the next person. In fact, as the kids finished, they certainly could have went into the auditorium, sat with their parents, and watched the other kids perform. But guess what? That's not what happened. You know, if you're performing at the beginning, you had a full audience. If you're performing at the end, you had one third of the audience, one third of the excitement. One third of the people who went to the talent show saw you perform. Well, here's what this says to me, that your kid's the only one that matters. And for the children, it says, hey, I'm the only one that matters. My parents came and saw the talent show. I'm the only person that matters. At that talent show. Instead of teaching our children teamwork and supporting others, yes, teaching our kids teamwork and how to support other people, it's not all about you. Everything is not about us. And by learning to support others in the way that we want to be supported, because, hey, I'd certainly rather be at the beginning of that talent show instead of at the end, when all my friends who say, oh, yeah, I went to the talent show, and they're like, did you see me perform? Oh, no. I was the last person. Everybody was gone. So you see what I'm saying? It takes effort to learn to be a team player. And that is something I'm talking about today. Being a team player, putting in the effort, doing the things that are hard, getting past ourselves. I love, the word team. T e a m. back in my days of Mary Kay as, a sales director, I was a director for 21 years. You know, when we all put in, it's like, many hands. The work is light. When we all work together, we bring our ideas together, our imaginations together, we bring our talents together, and everything works better. Team t eam m together, everyone achieves more. Together, everyone achieves more. And so, I don't know about you, but I want to be a team player. Well, when it comes to marriage, we've all got to be a team player. Team players make great marriages. People who are takers instead of givers don't make a very good marriage partner. And all we can do, first of all, is check ourselves to see if we're that person who's a taker, that person who is not a team player, and, you know, adjust ourselves. And then if it's our spouse who is really not a team player, I guess we can pray about it, right? We can pray about it, and we can lead by example. We can lead and be the team player that we want to see.

The concept of deposits and withdrawals applies to every relationship you have

Well, today we're looking at deposits and withdrawals, and, you know, maybe you're a person or your spouse is a person who's gotten by on their charm. Maybe they're good looking, charming, talented, and that's helped them get by. Maybe they were the baby of the family, and so no one ever expected too much of them. And everybody gave them a little extra leniency because they were the baby. Or maybe you or your spouse, maybe your parents took care of everything for you. They put in the deposits, they took care of things, and you never had to worry about it. Well, guess what? We're adults now, and we are the only ones who can deposit into our marriage. We are the only ones who can make it work. We are the only ones that can show we care. It doesn't matter how much anyone else cares. Only we can deposit into our marriage. And just like I said at the beginning, it is the thing that this concept I'm, going to share with you today applies to every relationship you have, whether it is your boss, your coworker, your spouse, your kids, your grandkids, your extended family, your aunts and your uncles, your grandparents. This goes for everybody. You know, we can only withdraw so much from a relationship. Think about a bank account. You can only withdraw so much from your bank account, and then it's empty. When it's empty, there's nothing to spend. You can't purchase anything. It has no value. It's nothing. And so an empty bank account is worth nothing. But let's think about a full bank account. Now, to some of us, that might be \$1,000, some people that might be \$10,000. I don't know. But a full bank account, how do you get that account full? By depositing your paycheck over and over and not spending. Okay, so that doesn't happen very often, does it? We have a lot of bills to pay, but depositing your paycheck and keeping some money in there and not spending so much money that that account goes to zero. Well, it's the same kind of thing with your spouse. You want to deposit and build up a rich, rich bank account. With your spouse. You want to deposit and build a gigantic bank account. Because to be honest, just like some of my other podcasts said, like, you know, you want to be friends with your spouse, you want to like your spouse, you want to know your spouse supports you, you want to support your spouse. And without these things, you really don't have a marriage. A marriage is a two way street. It's a two way street. So let's first look at the problem. The problem is when we make too many withdrawals in the love account of our marriage, when we make too many withdrawals. That means we're taking energy, sucking out energy, and we're putting nothing back in. So what are some ways that we would withdrawal from our marriage? Well, and of course we do. We all do some of these. The thing is, it's important to make sure you put in deposits to take care of those withdrawals. Right. All right. So some of the things are impatience. Did you know that? Some people are naturally patient and some people are naturally impatient. Why is that? They're like, well, I don't have time for this. I mean, when somebody's impatient with you, it basically eventually says, you know what? You don't matter so much to me. I, got other things to do now. Sometimes we're really busy or we're working on a project or something and we have to stay focused on what we're doing. But typically, if you're showing a lot of impatience, it shows or makes that other person feel like they're not important. Moodiness. Yes. Some people are more naturally moody. There goes back with those human behavior styles that I teach and communication secrets for marriage. Some people are moody, and I will say they can't help it a little bit. But when we become aware of things, we can help it more. Plus, we can make more deposits so that we can get past that when we realize we're causing a problem. But moodiness, you know, maybe they're low on energy or they're upset about something

else or they're bored. I know I got bored sometimes when my kids were little. but moodiness is a withdrawal from your relationship. Oh, and here's another big one. Unforgiveness. I really just choose that. Unless it's a really, really big thing, I just choose to be forgiving. Why? Because I would want to be forgiven if I did something stupid. It's like forgiveness. It's like treating each other the way you want to be treated. Would you want your spouse to become angry with you and not speak with you for days or weeks or months? Surely it really doesn't go on that long. But, you know, some people are unforgiving and they hold a grudge. That's a big, fat negative, and it draws a lot of energy from your account. Your account's about to be empty. You gotta make a deposit. Another thing is, maybe somebody doesn't keep their word. And so that really brings about lack of trust. If somebody doesn't keep their word, I don't know if I can trust them to do what they said or not. It's really important to keep your word and to keep your commitments. Really be careful not to say something and not to commit to something unless you intend to follow through. Sometimes people have, not learned this, you know, like, you know, your parents or your mentors, your friends were your mentors. You know, everybody we hang out, we become like the people we hang out. And maybe all the people that were around you when you were a child did not keep commitments. Well, let's stop and think. How'd that make you feel if somebody doesn't keep a commitment to you? Maybe dad said, hey, I'll take you out and play ball this afternoon. And then he's like, no, I'm not doing that. Go away. Well, that lack of commitment, it hurts. And definitely it's a withdrawal. Now, you know, everything doesn't have to cost in order to make deposits into your relationship.

Whatever you're doing for your family or for your spouse is appreciated

You know, everything doesn't have to cost. But, you know, appreciation is a really important thing, to be appreciated, to know that you're loved and cared for. And whatever you're doing for your family or for your spouse is appreciated. Maybe it's as simple as cooking dinner. And, you know, you just. Just like, hey, thanks for making dinner. I mean, like, if, somebody cooks for me, I'm like, thank you. I just like to eat. But appreciation to be appreciated. And when somebody is unappreciative, unthankful, uncomplimentary, it's a withdrawal. Some people literally don't try. I would say that sucks the account right down to the bone very, very quickly. Yelling, losing your temper, definitely a withdrawal. Being inconsiderate, a, withdrawal. Overspending the family funds, a, withdrawal. And ultimately, being a selfish person, withdraws from your account. And like I said, you start out with a bank account, but eventually, if you only withdraw from your bank account, eventually it goes to zero. What does that mean when you're married? Well, if it never refills, eventually, I would say that marriage is over. I mean, we can all, you know, make do with an empty bank account for a short while, but not for a long while. If it's a one sided relationship, where one person is always doing for the other or taking care of things around the house or, all of those kind of things, then eventually it just gets old and it gets tiresome.

Let's talk about deposits, because I like a full bank account

So let's turn the table and let's talk about deposits, because I like a full bank account. Do you? Well, let's think about it. It could be simply the real thing, of real money, paying the bills. Maybe you work and you deposit your check. And you're reliable to do that. You know, there are some people who cash their checks, spend most of their money and don't pay their bills. Yeah. that was withdrawal. So if you're a person who's responsible and reliable and you work hard and you put in that paycheck and, deposit it, that's definitely a deposit in your relationship, too. Maybe you wash clothes. I think everybody likes to have clean clothes to wear. Sometimes we take things for granted or take people for granted. Whenever they take care and they wash our clothes or cook our dinner and that kind of thing, we take them for granted. But honestly, let's think about it. What if you come home from work and there is no dinner on the table? What if you go to get dressed for tomorrow and there's no clean clothes? Yeah, you can see how those are really deposits. They're things we take for granted, but they are definitely a deposit. maybe you talk and make decisions together as a married couple, that's really important. Because if you don't make decisions together that says, I'm more important than you are, my needs, my wants are more important than yours. Okay, that was a, withdrawal. So it's important to talk about your big decisions in marriage. This is definitely a deposit. It helps you grow together as a couple, and it is teamwork. It's teamwork. It's knowing you have each other's back and you're making life's decisions together. Because guess what? You live in the same household. You know, being able to pay your bills is imported. That takes away stress. That's a deposit. I mean, it's just knowing that you have each other's back and you making decisions together shows that you are a couple. You're a united couple, and that's a deposit. You know, we just had something the last couple of weeks. my husband and I both got sick, and it reminded me as we were both sick, but he was sicker because he got pneumonia. I just. We both had the flu and he got pneumonia. And so he was sicker, and so he was really bad off. And he's not a person who makes very many withdrawals in our marriage or in our relationship. He's mostly a giver. He's always a giver. But, you know, after a couple of weeks of the coughing and, you know, lack of conversation and that closeness that we're used to, you know, I started to kind of feel like, you know, the account was getting withdrawn. And to be honest, I'm not used to that because he is a giver and he's always doing, and always depositing into our relationship. We have a very good relationship that way. But I got a sampling of what it feels like when things are becoming withdrawn. And guess what? I started not to feel so nice and so loving whenever that account was withdrawn. another thing that has a deposit is compliments and appreciation and thank you. Paying attention to what the other person does, not just what you do. It's kind of like going back to that talent show where, hey, you come watch me in the talent show. When I'm finished, I'm gone. And, you know, like, oh, I didn't get to see you because I was finished and I didn't want to stay. So paying attention to the other person, getting the eyes off of yourself. My husband talks about a radio station. He calls it, let's see. Wiifm. Yeah, yeah, yeah. Wiifn. What's in it? Yeah. W I f m m. What's in it for me? Yeah, we're human. It happens. But we kind of have to work on that, right? So we want to make deposits by complimenting and being appreciative. You know, sometimes it's just simply acting, loving. It might be bringing a couple of flowers home or making that favorite dessert or, you know, putting your husband's clothes away. Yeah, I wash his clothes, but he usually puts

them away, doing that little extra something, you know? all of these kind of things make a difference, being helpful, showing that you care.

Can you see the importance of making deposits into your marriage

Can you see the importance of making deposits into your marriage? Your marriage is the most important relationship you have. Now, here's what I found, like, when it comes to our marriage, and we have a lot of years in, we have a lot of history. I, was thinking the other day, like, with, my mom, so if m my mom and I, my mother has tons of deposits into my life, like, she nurtured me, protected me, took care of me, make sure I got to take dance lessons whenever I was a kid. I was in the chorus. I participated in things. I took piano lessons just a little bit. I don't play piano, but she made sure I had m as many opportunities as she could do for me. She was loving and she was kind, and so she put in a lot of deposits. And so there was a time when we had a little bit of a grief, a little bit of a problem, and, and there was a withdrawal there. I withdrew, I had a withdrawal, and then she had a withdrawal, and there was a little bit of patching up and working on that relationship to fix it. But guess what? She had made many deposits into my life. She taught me right from wrong. She taught me most my values. She taught me about everything that I know. So I had to keep depositing into that relationship until we got it fixed. But let's say that you have a friend, and it's a new friend. You've only been a, friend for a few months, and some kind of really bad something happens between you, then, you know, you might make an effort or deposit back into that relationship if they did something really rude or mean or not nice. But once you made that deposit, it would be their turn then to. To reciprocate if they still wanted to be friends. And there wouldn't be enough history, there wouldn't be enough deposits. That account would not be full enough to keep that friendship. And so sometimes somebody has a long history of deposits, and when something goes wrong, oh, my gosh, we want to get it fixed. We want to even step back and go, oh, my gosh, whatever the problem is, I just want to fix it. But whenever somebody's not had a lot of time and they've not developed that relationship, then it takes less withdrawals to ruin a relationship. So when it comes to, it could be a customer at work, and maybe they've been a long time customer. Well, sometimes when it comes to customers, it's not like your family or your friends, and it doesn't take much, just one pain, one frustration, and it's according to what else is going on in their life, and, that relationship may be over. Well, you want to make sure that your marriage doesn't fall into any of those. You might be newly married. You might be married for a few years. You might be married for many years. But when we start to allow withdrawals, constant withdrawals, it might be criticism. Yeah. You might not have realized that. They might be frustrating you because you do things differently and you're butting heads, and this is part of human behavior. It's like sometimes one person is very neat and one person is very messy. Well, guess what? If you're very neat, I think that's awesome. I'm not so neat, but I think that's awesome if you're really neat. But guess what? If you're constantly criticizing your spouse because they're so messy, that's a withdrawal. If you're a very messy person and your spouse needs for it to be clean because that's part of their personality style, and you keep throwing your stuff around, that's a withdrawal. So you see how sometimes simple things can be a, withdrawal just because of the way we are natured. And, you know, there's

some give and take in that when it comes to, marriage and a great relationship. But we want to be aware of it, and we want to pay attention to it.

Connie Durham: Ten days to a happier marriage is just \$18

<https://www.theextraordinarymarriage.com/ten-days-to-a-happier-marriage>

Well, I have a very, short ten day. It's called ten days to a happier marriage. If you're having trouble with this, you know, practice makes perfect. And a great place to start with me is to grab. This is just \$18, and you'll find it in my courses on theextraordinarymarriage.com. Dot grab this. Ten days to a happier marriage. And the value on this is it'll give you one tip each day that helps you make a habit of that. It's like, you know, to turn the boat, it takes a little bit of effort. It doesn't always turn easily. And sometimes we start to turn the boat, and then we forget about it and we're off to something else. And so this will be ten days that keeps you in the right direction. Ten days to a happier marriage. Just dollar 18. I hope you'll visit me. The extraordinary marriage. This is Connie Durham, and I can't wait to see you next week. If you've been encouraged today, please hit.

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Speaker A: I'll see you next week.