

STELLAR *Life*

Hosted By *Orion*

Healthy Arguments for a Stronger Marriage

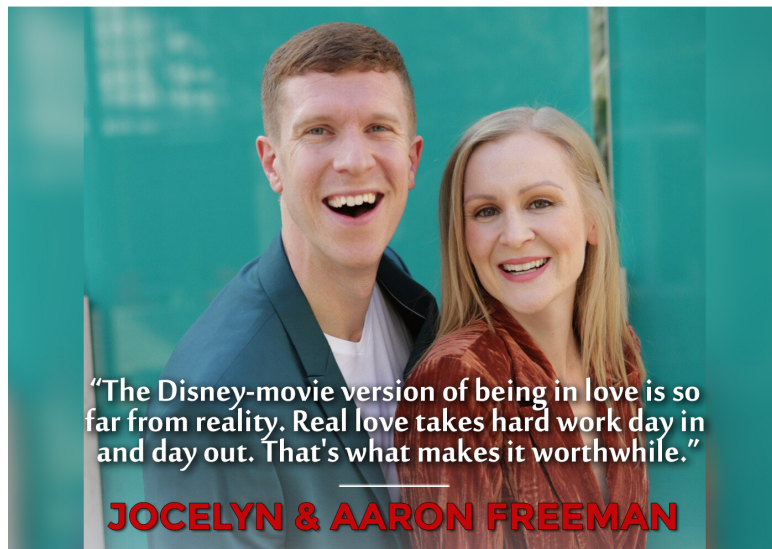
10 Point Checklist

Jocelyn and Aaron Freeman

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- Communicate with your partner. Communicating can help in meeting each other's needs, and improve your connection with your partner.
- Handle conflicts directly. Don't deflect or sweep them under the rug until they get too much to handle. Discuss with an open mind and the goal of reaching a compromise.
- Be aware of unhealthy patterns. Whenever you notice specific triggers that lead to a toxic exchange, know that situations like this can be fixed and rewired so you can avoid it from happening again.
- Be willing to get mentored. Marriage counseling is a great way to improve your relationship with your partner. Getting help doesn't always have to mean there's something wrong. Sometimes it's to make your bond stronger.
- Work as a team. When challenges and misunderstandings arise, not dealing with them together will make it difficult for you and your partner to move forward and reach an agreement.
- Embrace challenges. They are part of relationships. Instead of breaking up the moment things get hard, let your struggles be opportunities to make your relationship stronger.
- Develop emotional intelligence. Navigate through your emotions seamlessly by understanding that your partner can't feel happy and lively 100% of the time, and that is okay. And during days they're sad or frustrated, let them know that it's alright to express those emotions.
- Find your love language. Discovering how you and your partner want to be loved can help make you understand how to approach them in the best way.
- Listen. According to Jocelyn and Aaron, there are three types of listening: not listening at all, hearing, and genuinely listening. For a stronger bond, we must truly listen to what our partners are saying or showing us.
- Check out [Jocelyn and Aaron Freeman's website](#) to learn more about ways to communicate better and argue smarter with your significant other.