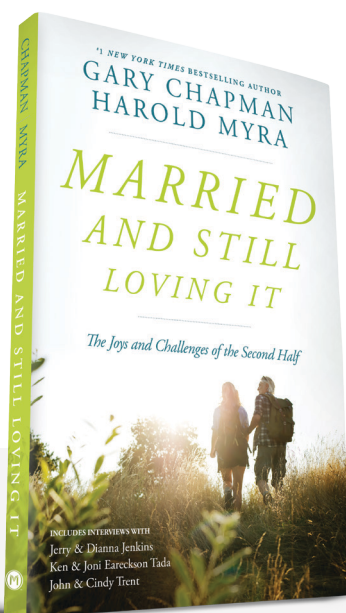


# SEVEN SECRETS OF RESILIENCE

1. All couples will face difficulties.
2. When we focus on solving the problem, rather than blaming each other, we are more likely to find a solution.
3. We cannot change circumstances, but we can change our attitude. A positive attitude always wins.
4. We will not always understand why things happen. The question is not, "Why did this happen to us?" but rather, "What can we learn from this experience?"
5. Turning to God and trusting Him with our pain is always better than running away from Him.
6. Listening to each other is always better than yelling at each other.
7. We need each other. Together we will survive this problem.

## 3 QUESTIONS TO RADICALLY CHANGE YOUR MARRIAGE



1. What can I do to help you?
2. How can I make your life easier?
3. How can I be a better spouse to you?

For more information about *Married and Still Loving It* by Gary Chapman and Harold Myra, visit [www.5lovelanguages.com](http://www.5lovelanguages.com).