

Do This To Fire Up Romance by Mike Danchak

Respect or honor is treating your spouse like he/she is the most important person in the world. The history of honor literally meant something that was heavy or weighty. When we honor someone, we are saying that they carry weight with, they are extremely valuable to us.

Treating your spouse with honor sends a strong positive message, "You are important to me, and I care about you, I love you!" Consistently practiced it keeps the fires of romance alive.

Honor is a decision we make that our spouse is special and important. Careful, I can hear someone think, "But my spouse doesn't deserve honor or respect." **B**ehavior change is a two fold process...first in the mind and then the actions. Your response to your spouse can change dramatically once you've make the decision in your mind that he/she is truly valuable, in spite of their behaviors. You must make the decision that your spouse is someone you value because of who they are, not what they are doing.

There will be times in you marriage when you are motivated to honor your spouse, not out of the way you feel, but as an act of your will. When you consistently let what is right motivate your behavior rather than impulsive negative feelings-- positive, loving feelings follow. Honor does not dissolve all healthy boundaries by allowing your spouse to hurt or harm you in any way. Honor is an attitude and is not an absolution of all your spouse's faults, nor to be less than honest about their negative behaviors.

Here are some behaviors that show your honor to your spouse.

- Respectfully listening to your spouse's opinion, advice, and beliefs without making critical remarks.
- Giving your spouse full attention when they communication with your. You don't watch TV or read the newspaper while they are talking with you.
- Curbing the practice of any distasteful habits in front of the family.
- Avoid over committing to other projects or people that take you away from your family on a consistent basis.
- Allowing your spouse the freedom to think for themselves without any attempt to dominate or curb their free expression of thought.
- Spending quantity face-to-face time with your spouse in activities that build the relationship. (Participating in sports, playing games, a mutual hobby—the activity must provide time for you to talk...watching tv or going to movies doesn't count!).