

## **10 CHARACTERISTICS OF A CONSCIOUS MARRIAGE**

1. You realize your love relationship has a hidden purpose, a healing of childhood wounds. Instead of focusing on the surface needs and desires, learn to recognize the unresolved issues that underlie them.
2. Create a more accurate image of your partner. Let go of your positive and negative projections and begin to see more of your partner's truth.
3. You take responsibility for communicating your needs, desires to your partner. Let go of the childhood belief that your partner automatically intuitively knows your needs.
4. You become more intentional in your interactions instead of reacting without thinking. You train yourself to behave in a more constructive manner.
5. Learn to value your partner's needs and wishes as highly as you value your own.
6. You embrace the dark side of your personality, you acknowledge that you like everyone else have negative traits. Then you lessen your tendency to project your negative traits on to your partner.
7. You learn new techniques to satisfy your basic needs and desires. You learn to abandon the cajoling, haranguing, blaming, and the power-struggles.
8. Search within yourself strengths and abilities you would like to nurture. You learn that the only way you can recapture a sense of one-ness is to develop the hidden traits in yourself.
9. You begin to discover and understand your original nature. You begin to discover a purpose and meaning for living. You become more aware of your drive to become loving and whole - which you discover can only truly be derived spiritually.
10. You accept the difficulty of creating a good marriage. You realize a good marriage requires commitment, discipline, and the courage to grow and change. Marriage is hard work! None of the previous 9 will come to fruition unless you are willing to grow and change.