

# 259: Build a Stronger Marriage

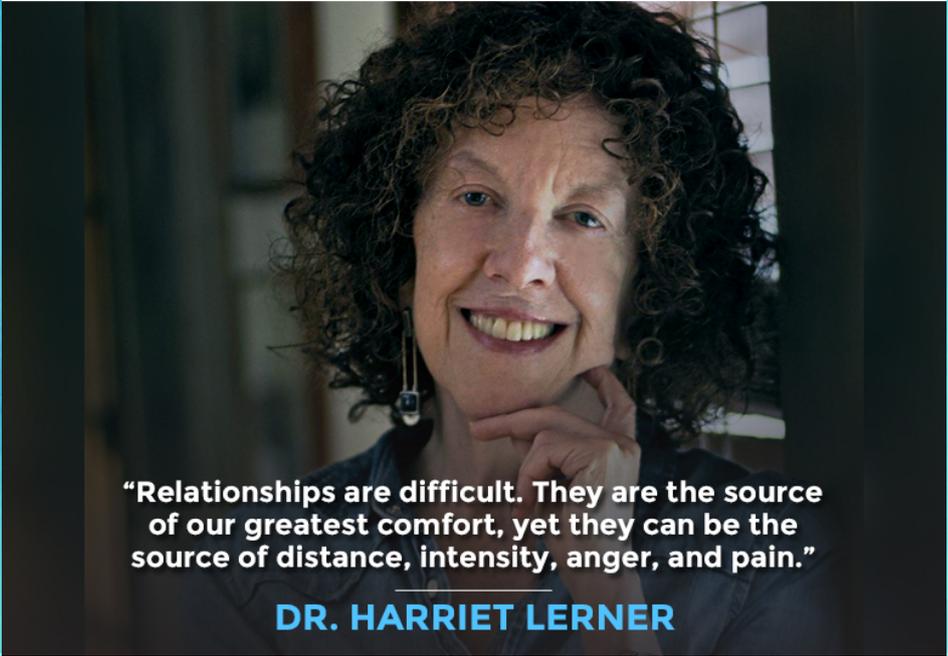
## 10 Point Checklist

### Dr. Harriet Lerner

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**

A portrait of Dr. Harriet Lerner, a woman with curly brown hair, smiling and resting her chin on her hand.

**“Relationships are difficult. They are the source of our greatest comfort, yet they can be the source of distance, intensity, anger, and pain.”**

**DR. HARRIET LERNER**

# 10 STEPS YOU CAN TAKE TODAY

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

- Learn how to face my feelings, even the negative ones. Don't just shove dirt under a carpet and let it pile it up there. Nip things in the bud right away before they get more complicated.
- Fight to resolve issues, not to one-up one another. Don't think of relationships as a point system where rights vs. wrongs are tallied. It should be my partner and my goal to resolve our differences.
- It's okay to not be okay, but don't get stuck in negativity. When something is bothering me, I should communicate with my partner honestly and lovingly.
- Don't expect my significant other to change who they are if there's something about them that doesn't sit well with me. Focus on myself. Try to make tiny personal changes that may inspire them to do the same.
- Avoid the phrase, "What's wrong with you?" These four words can instantly send a conversation downhill.
- Keep giving out compliments whenever there's an opportunity. Make your partner feel loved, appreciated, and heard.
- Focus on the positive. Sometimes it's inevitable to drive each other nuts. In cases like this, it's helpful to count my blessings and recall the good times with my partner.
- Listen. Pay attention and get the essence of what my partner wants me to hear. If they want to communicate, find time to talk to them without distractions. Make them feel I'm trying to understand where they're coming from.
- Respect each other's differences. Understand that my loved one and I were brought up differently. It's not all the time that we share the same points of view.
- Visit [Dr. Harriet Lerner's website](#) to learn more about maintaining loving relationships and grab a copy of her books.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/build-a-stronger-marriage-with-dr-harriet-lerner/>