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Choice Relationships: Expect And You Will Create!

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My Personal Insights:



I have recently experienced one of the greatest milestones in one's life - I have become a grandmother. And though my grandson is only a mere few days old, my new role is already surpassing all my expectations. I would like to dedicate this month's newsletter to him and his beautiful parents who gave him life.

What Is Your Reality?

There is no absolute reality in life; the only reality that exists is the one you create. And so much of how things turn out is based on the expectations you set. Have you ever noticed that when you have great expectations, you are often disappointed? Similarly, when your expectations are at a minimum, you are often quite pleasantly surprised with the outcome. It's important that you realize that your perceptions have everything to do with your life and you can choose to modify your perceptions.

Choice Tips:

1. It's important to have the right expectation about marriage. Marriages go through ruts and have periods of ups and downs. This is quite normal and in no way indicates that anything is wrong.
2. It makes sense to expect that you will be happy in a marriage but wrong to expect that marriage will be the source of your happiness.
3. When men do more housework, they can expect more sex. It's not just a simple tradeoff - women feel more appreciated and therefore are more willing to be intimate.
4. Married or not, one of the biggest disappointments occur on vacations because the two of you have different expectations about the details of the trip. The solution is to have a talk about it before you go.
5. One of the ways that women get into trouble is expecting that her partner will know what will make her happy - that somehow that equates to caring about her. Men need to be told directly and if he's willing to take care of your needs after hearing them, it means he cares.

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Additional Resources I Recommend:

An article by Corrine Colbert entitled "A Marriage That's Good Enough"

[Click here to read](#)

An article by Jeff Larson on ways to revive your marriage after the first few years:

[Click here to Read](#)

This is something that was being sent over the internet that has a lot to do with one's perception. Carrots, eggs, coffee wisdom:

[Click for Story](#)

Empowering Information and Tools:

Now that you're back into the swing of things, please take a moment to give me your input as to what information would be most useful to you. So many others have told me that learning through articles would be most helpful. What do you think?

[Follow this link to complete survey!](#)

And, to help you have the proper expectations for your relationship, take a look at the newly edited *Marriage Magic! Find It, Keep It, and Make It Last*. Whether you're married or not, it's a great book to help you get your relationship back on track.

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