

How to show your spouse you are thankful for them:

- Take her out for a date every week. Take the initiative to find the babysitter.
- Surprise him with a clean house.
- Watch the kids for the afternoon so she can have some time to herself.
- Give him a hug and a kiss each time he leaves or returns home.
- Surprise her by bringing her lunch at work.
- Take care of the kids in the morning so he can sleep in.
- Make her breakfast in bed.
- Take him to his favorite restaurant (even if you don't like it).
- Keep a dry-erase marker in the bathroom and write her notes on the mirror.
- Ask him to tell you about something he cares about.
- Do whatever you use to do when you were courting her.

Each person may need something different to feel love from his or her spouse. Do you know what would say that to your spouse? If so, do more of it. If not, you may not be showing your spouse how much you love them. This Thanksgiving, will your spouse know how thankful you are to have them? Show them, they will be thankful.

For more ideas, contact Swinton Counseling at www.swintoncounseling.com or 801-647-9951.