

Part Three: Eight Gauges for a Great Marriage

Chapter 5: Celebrate Differences

Chapter 6: Choose the Positive

Many couples believe that the fewer differences they have with their spouses, the better their marriages will be. While that might be true with some marriages, it's not necessarily a truism. The key factor isn't how different your spouse is from you but how you choose to handle your differences.

NOTE: If you're reading the optional companion book *The First Few Years of Marriage*, read chapters 5-6 before you watch this video. If you are interested in purchasing the book, [please follow this link](#).

Everyone processes information in different ways. Below you'll find several questions to choose from for you to discuss as a couple or small group. Pick the ones that you want to talk about and get the conversation started.

QUESTIONS FROM THE VIDEO

- Rate on a 1-10 scale, how adaptable do you think you are in your marriage? What can you do to improve your adaptability?
- Doug suggests “going positive in the differences.” Share one or two differences you love about your spouse and one that is difficult for you?
- How might you become more positive in your relationship?

QUESTIONS FROM CHAPTERS 5 & 6

- What first attracted you to your spouse and then began to bug you? How are you doing with that difference now?
- What makes respecting differences, or even embracing them, difficult for you to do?
- Which of the differences between you and your spouse do you really appreciate?
- How would you rate your interactions as a couple using the positive-to-negative ratio?
- How has negativity affected your relationship?
- List twenty reasons why you are thankful for your spouse, and then take the time to share those reasons with him or her.