Finding Shiny Pennies in Your Marriage
Dr Randy S. Chatelain     DrChat-Marriage.com

The Greatest Power in Life is the Power to Choose.
Enjoy the Journey.
Hope is the Core of Our Existence.

Sometimes my Mind isn’t my Best Friend.
Trying to make a Bad Idea, a Good Idea, is a Bad Idea!
If You’re Going to be Stupid, You better be Tough!

The Most Basic Choice in Life is Between “Positive Energy”
and “Negative Energy”.
“Finding Shiny Pennies” is about choosing Positive Energy.
You are either “Constructing” or “Deconstructing”.
Construct a Positive Narrative.
Do You Analyze to “Criticize”? Or, Analyze to “Celebrate”?
“Life Must be Lived as Play” Plato
Enjoy the Journey. Enjoy the Present.

Comparing is the Cancer to Happiness.
You can Always “Out-Fantasize” your Partner.
You are either “Constructing” or “Deconstructing” your
Partner and/or the Relationship.
John Gottman: Couples who reported High Marital Satisfaction
had a 5 to 1 ratio of Positives to Negatives.
John Gottman: Criticism, Defensiveness, Stonewalling, Contempt.

People Change Faster and for Better Motives when
they are Celebrated.
I am Responsible for the Energy I bring to Our Relationship.

“For God hath not given us the Spirit of Fear, but of Power,
and of Love and of a Sound Mind.” 2 Timothy 1:7