

I AM OPEN TO FEEDBACK FROM MY SPOUSE.

I welcome feedback from my spouse and listen to all of their ideas. My partner has valuable advice that helps our relationship grow.

I am glad that my partner wants to share ideas and criticism. I am open to negative and positive feedback because they are both essential.

I know my spouse wants to have open conversations with different opinions. I welcome a different outlook on an issue, so all sides of a challenge are covered.

I invite constructive feedback.

My family understands that I value my spouse's ideas. They are also able to listen to my partner's suggestions and welcome the advice.

My spouse wants success and happiness for our entire family. This is why my partner offers feedback. Together, we can make accurate decisions that lift our family to new heights.

I carefully listen to my spouse's suggestions and offer my own ideas. I value the personal nature of the recommendations.

I keep my attitude and mind open to feedback.

Today, I want to acknowledge my spouse's feedback. It is important for our relationship to have deep and honest conversations with differing opinions.

SELF-REFLECTION QUESTIONS:

1. How can I encourage my spouse to give feedback more often?
2. What can I do to avoid anger and resentment that comes from the feedback?
3. How can I maintain a positive attitude while I listen to the feedback?