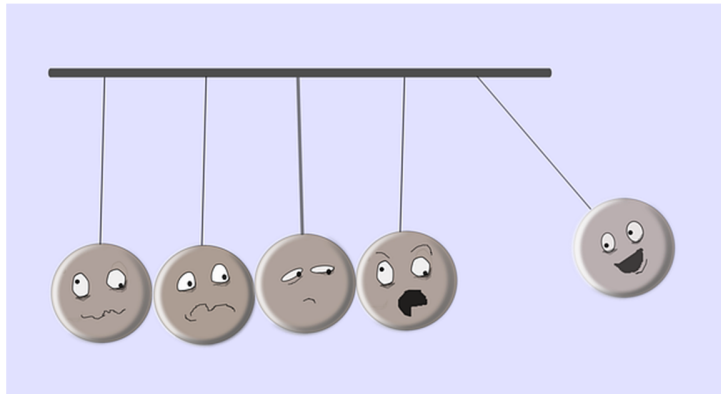


7 Anti-Stupidity Tactics to Help Couples Stay Together

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With the expansion of Facebook, Twitter, LinkedIn, YouTube, Pinterest, and all other types of social media, we are bound to run into someone who says something really stupid and out of turn. However, the constitution and first amendment allows people the freedom of expression and the right to speak freely. Yet, because someone has the freedom to speak, does not mean that as a couple you give them the freedom to dishonor or disrespect your union or your mate or allow them to wreak havoc on your relationship and make a complete nuisance of themselves with the looseness of their tongues and total disregard of good manners. As couples, you have to teach people how to treat your union as well as how to treat each of you in the union. And these lessons don't always happen in feel good ways. Yet, if you remain true to your principles, and what you stand for as a couple, you are bound to be successful and have greater chances of staying together.

First, it is important to note that in a world of modern technology, global communications, and internet dating, it makes it much easier to connect with people from all walks of life and build spectacular relationships. Some of these relationships that are formed can run very deep even prior to meeting the individual in person. Professionals who provide any form of life-coaching can attest that many clients are people they've never met in an in-person face-to-face contact. By no means does it diminish the quality of the relationship. There are many people who can give a testimony about how they have found their "soul mate" online and some of the strongest relationships can and have started online. Technology opens the world up, makes it much smaller, and provides people with countless opportunities to change their way of life for the better and to establish friendships in all walks of life. It is a wonderful way as a couple for you to meet other couples across the globe that believe in and support healthy marriages and relationships.

Yet in all of the amazing ways to connect with people, when there is a hiccup in a relationship that needs sorting out, somehow modern technology can become one of the greatest hindrances in the process, mainly because it is harder to meet up at a neutral place to discuss and problem-

solve. Also, people do not hesitate to exercise their first amendment rights or their human rights. Some take to the airwaves to vent their “expressions of self” and put very little forethought into how they may be impacting others. Then other people see this flow of “diarrhea of the mouth or pen” and chime in to add their two-cents. It has been said, opinions are like #!\$, everybody has one, and when you run into one or a person acting like one don’t expect anything to come from it but what would normally come out.

So to couples . . . when people outside of your union, are not quite sure about how to make amends once an offense has occurred, and ends up resorting to stupid tactics that could otherwise cause the two of you to be at odds with one another, it is important to learn ways to hedge your marriage relationship from the sometimes negative forces that may cause friction. It is also important to help people understand what is and is not acceptable when interacting with the two of you.

The connections you and/or your mate build do not just impact one of you, it can and often does impact the both of you, and one of the biggest tests of loyalty for couples is presented when someone outside of the union has offended one of them. This can be one of the greatest challenges for couples if they do not know how to effectively balance and prioritize outside connections where there has been a lot of time invested. Stupid people are bound to manifest their level of stupidity at some point and time or another. So how do you protect your union in the midst of making outside connections and remain united when you find yourself having to manage stupidity?

Seven (7) Anti-Stupidity Tactics to Help Couples Stay Together

1. Establish clear and healthy boundaries, and be firm in your protection of those boundaries.
2. Demonstrate good manners and command (not demand) through your example of how people should interact with you and your mate.
3. Be mindful of your conversations and interactions with others, especially those of the opposite gender so as not to cause confusion or lend someone to misread your intentions.
4. Teach people how to honor and respect your King or Queen. Anyone who enters your domain should be well-acquainted with the sovereign rulers that dwell therein so that when your mate enters the room they do not have the audacity to ask questions such as, “Who is this?”
5. Be loyal to your mate, and adopt the principle that if one is offended both are offended and no relationship other than the relationship with the Creator is above that union. And if stupidity causes a person to continuously offend your mate or not even make an effort to make amends after an offense, it becomes a matter of “check-mate” with the external relationship, and game over!

6. Avoid becoming each other's problem, and stand united against an outside problem. Understand that any force that weakens or jeopardizes the union is a problem and in need of resolution, and if resolution is not possible then minimize the force so that it does not impact the union.
7. Validate your mate and their feelings and never ever allow anyone the space to disrespect or dishonor your mate.