

Dr. Wyatt Show Podcast

Episode #256

8 Ways You're Damaging Your Relationship

1-How often do you prioritize emotional intimacy in your relationship? How much is the lack of it hurting your marriage?

2-How often do you and your partner provide compliments? How much is the lack of it hurting your marriage?

3-How often do you and your partner ask for constructive feedback on how you could improve as a partner? What impact is it having that you don't ask for this feedback?

4-How often do you have a marriage huddle to get on the same page? How much is the lack of it hurting your marriage?

5-How often do you and your partner have dates that are enjoyable for both of you? How much is the lack of dates hurting your marriage?

6-How often do you and your partner share power on decisions so you each have an equal voice? How much is not sharing power hurting your marriage?

7-How often do you and your partner sweep conflict under the rug? How much is this hurting your marriage?

8- How often do you or your partner avoid sexual intimacy? What impact is that having on your relationship?

What are the top changes you want to make based on all the ideas discussed?

For direct access to me every week to train you on my tools and support your marriage, join my Marriage Boot Camp! [Learn more here.](#)