

The North Fulton Marriage Newsletter

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Remembering Special Dates

With February 14th quickly approaching, my wife (the fabulous copy editor of this newsletter) suggested that I pick a topic related to Valentine's Day. This was a great idea! I began to think about how important it is to remember special dates throughout the year. It may seem simple, but the very act of remembering birthdays, anniversaries and other special dates such as Valentine's Day, can significantly contribute to the overall health of your marriage. By acknowledging these special dates you are showing your spouse that you care and that you love them. The importance of this cannot be overlooked!

One of my favorite TV commercials is about a husband trying to turn off the home security system but he cannot remember the code. He yells to his wife in the background, "Honey, what's the code?!" His wife responds, "It's our anniversary." A baffled and terrified look then comes over the husband as he has no clue when they were married. For me, that commercial never gets old, and I am chuckling now just thinking about it! If you have a hard time remembering dates, then develop a system to help you remember, whether it involves a calendar, sticky notes, or rote memorization. Just get it down. Another good idea is to ask your spouse ahead of time how they would like to celebrate or what type of gifts they would appreciate. Just the fact that you are asking them questions will show that you care. A few years ago my wife told me that she would like to receive flowers more often. I appreciated her asking. I now always make sure that flowers are involved in special occasions around our house. How would I have known this if she had not asked? My marriage counseling clients will often say, "I want he or she to do things for me without me having to ask." True, we need to do some things without being asked but the reality is we cannot expect our spouse to be a mind reader! If you are not getting what you want, then make a request. You might be surprised at the results.

Special dates that are overlooked sometimes include the anniversary of a loved one's death or the birthday of a loved one who has passed away. If your spouse has lost someone to death, please try to be aware of these dates and acknowledge them every year. A card, note, or phone call to your spouse will go a long way. Some folks might not want to acknowledge these dates at all. If this is the case, then most certainly honor their request. Either way, by asking, inquiring and discussing you will be showing that you care, that you support them and most importantly that you love them. I have said many times that I think that marriage, like life, is just a very long series of very small moments. Remember and acknowledge these special dates throughout the years and I believe you will find that your marriage will benefit over the long term. Below are a few tips to keep in mind about special dates:

- Remembering and acknowledging special dates will show your spouse that you care
- Ask your spouse ahead of time about how they would like to celebrate
- Let your spouse know about hidden requests or desires
- If your spouse has lost a loved one, be aware of death anniversaries and birthdays
- Remember that small moments make up a whole life!

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