Turning Your House Into a Home

Positive Adaptability

- Be adaptable

“If I could give one gift to every couple on their wedding day, I’d wrap up a large box filled with adaptability. Because no matter how good your relationship is, you will have to be flexible enough to change yourself and at least tolerate your partner’s differences.”

Neil Clark Warren

- Adaptable people don’t whine
- Adaptable people don’t blame

Does it really matter?

- Be positive

  - “Learned Optimism”
  - The Magic Ratio: 5 positive interactions to 1 negative interaction
  - Negativity kills relationships
    *Do all things without grumbling or complaining. Phil. 2:14*
  - Problems vs. patterns
    *What is your negativity pattern?*
  - Aw ful izing

- Be kind

  - Kindness Matters
    *The Bible says:*
    - Ephesians 4:32
    *Be kind and compassionate to one another,*
    - 1 Corinthians 13:4
    *Love is patient, love is kind. It does not envy, it does not boast, it is not proud.*
    - Galatians 5:22-23
    *But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.*
    - Colossians 3:12
    *Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.*

The 30-Day Kindness Challenge

1. **Nix the Negatives**
   Say nothing negative to or about someone else

2. **Practice Praise**
   Every day, find one positive thing you can sincerely praise or affirm about your family member and tell them and tell someone else.

3. **Carry Out Kindness**
   Every day do a small act of kindness or generosity.

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