

## **The Heart of Her Husband Doth Safely Trust in Her Avoiding Emotional Infidelity**

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**Definition of Emotional Infidelity:** any infidelity that occurs through feeling or thought.

**Suggested Goal:** Develop an unwavering commitment and specific ideas to serve the Lord by creating Celestial marriages.

### **Five Principles Governing Emotional Infidelity**

- Principle #1: We need to know what is real. Reality is often distorted in our minds and through the media, but we need to clarify our vision and set realistic expectations for our marriages (See "Things As They Really Are" by Elder David A. Bednar).
- Principle #2: We need to be absolutely loyal to our husbands--in what we do, what we say, and what we think.
- Principle #3: We need to be aware of the adversary's goals to attack the sacred institution of marriage (See "Nurturing Marriage" by Elder Russell M. Nelson).
- Principle #4: We need to know, with unshaken faith, that Jesus Christ is the solution to all our challenges (See February 2006 Leadership Training Meeting with Elder Bednar).
- Principle #5: We can't change our husbands; we can only change ourselves.

### **Five Ideas to Strengthen Your Marriage**

Because "the same sociality which exists among us here will exist among us there" (D&C 130:2), investing in our marriages is worth our best efforts.

- Idea #1: Tell your husband why you appreciate him and use some creative ways to tell him. Write love notes on his lunch bags, leave notes on the front door while you're dancing to love songs inside the house, send cute emails....Your husband will strive to become the person you describe in those compliments.
- Idea #2: Forgive immediately. Jesus Christ has already suffered for your husband's sins and for your sins. It pleases the Lord and improves our marriages when we are quick to forgive.
- Idea #3: Daydream about your husband and your favorite times together. I know it probably sounds silly, but if you're going to be daydreaming about romance, why not let your husband be the starring role?
- Idea #4: Limit your time dealing with others who are "competition" for your relationship with your husband, and do whatever you can to connect emotionally with him every day.
- Idea #5: Learn to receive revelation from the Lord that is specifically for your marriage. Take the time to ask Him what He wants to tell you. He will strengthen us with a power unknown to the world.