

## Behaviors That Have a Negative Effect on Your Marriage

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Identify any of the following behaviors that you exhibit in your marriage. Give specific examples if possible. In what ways could you begin to respond differently? What specific effect do you think it would have on your marriage?

1. Angry outbursts.
2. Disrespectful judgments.
3. Annoying behavior.
4. Selfish demands.
5. Dishonesty.
6. Other behaviors