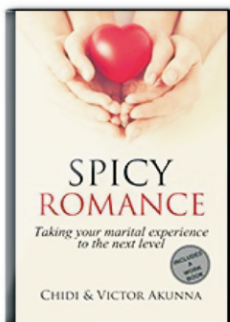


ALSO BY CHIDI & VICTOR AKUNNA



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HOW TO USE THIS AUDIOBOOK

It is a great joy to bring this to you. We are on a crusade to connect hearts and strengthen families. We have been blessed with great testimonies of transformed relationships and families, some of them invoke strong emotions of laughter and tears of joy. Life is too short for you to have a terrible marriage.

Talking about how to use this audiobook, you decide how best it works for you. We believe that as a single person, the best time to prepare for your marriage is NOW! Marriage is not a rehearsal, it is the real thing. You can decide to sit with a group of friends, your fiancé or fiancée, to discuss and analyse each topic; ask questions and form the philosophies and values that will guide your marriage.

On the other hand, if you are married, you can decide to start a small group with your friends - people who are of like mind - to discuss and analyse the message for each day. Better still, you can devote every evening or weekend to discussing various topics with your spouse. The key focus is to grow, change and help other marriages like yours become better.

If you need help on how to start a small group, please contact us through our website: www.foundationforfamilyaffairs.org



HAVE I BECOME A MIND-READER?
IF YOU DON'T EXPRESS HOW YOU FEEL,
WHAT DO YOU EXPECT?





- DAY 1 -

WHAT IS COMMUNICATION?

A decorative flourish consisting of a central floral motif with symmetrical, leaf-like extensions on either side, positioned below the main title.

How good are your communication skills?

Do you actively listen to your spouse?

**What steps can you take to ensure that what
you communicate is actually understood?**





THAT MOUTH OF YOURS WILL RUIN
YOUR MARRIAGE SOONER THAN
YOU THINK!





- DAY 2 -

WHAT IS COMMUNICATION 2?



**How would communicating differently boost
your marital romance?**

**How can you express love for your spouse through
different means of communication?**

**Do you talk without thinking through what you are about
to say and end up eating the humble pie?**







- DAY 3 -

WHAT IS COMMUNICATION 3?



**To change your words, change your association,
the music you listen to, the movie you watch
and the books you read.**

What do you need to do to change your words?

Do your words honour your spouse?

**When there is any dispute between you and your spouse,
do you refrain from communicating with him/her?**



DON'T TALK TO ME LIKE THAT
I AM NOT A CHILD!





- DAY 4 -

RIGHT CORRECTION



**Do you force correction down
your spouse's throat?**

**Does your spouse feel embarrassed with
your manner of correction?**

**On the other hand, do you find it difficult
to take correction such that
your spouse has to overlook many things
to “let peace reign”?**







- DAY 5 -
**SEVERITY OF
ABANDONING
CORRECTION**



Have you stopped telling your spouse the truth because you are concerned about what his/her reaction would be?

Do you realise that this could prevent your spouse from asking your opinion on a matter as he/she knows what to expect?

What would make you feel comfortable enough to share your inner thought?







- DAY 6 -

EXPLORING NEW APPROACHES

A decorative flourish consisting of a central floral-like motif with symmetrical, flowing lines extending outwards.

**Is your way of correcting your
spouse hurting your marriage?**

**What can you change about your
manner of correction?**

**Are you reproducing the manner of approach
to correction you were exposed
to by your background?**





- DAY 7 -
**SHOWING
PATIENCE**

How patient are you with your spouse?

**Do you get frustrated when the
change/adjustment that should follow
correction takes too long to be effected?**

**Have you given up on your spouse because
you feel he/she will never change?**



- DAY 8 -
**SHOWING
KINDNESS**

Have you become so used to your spouse that you are not kind in the way you correct him/her?

Have you seen your spouse make too many mistakes (especially expensive ones) that you are no longer tender towards him/her, but harsh?

How would you rate your level of kindness towards your spouse?



LOOK, I CAN ONLY TRY. THERE IS NO WAY
I WILL EVER BE AS SLIM AS LAURA.
QUIT NAGGING ABOUT MY WEIGHT AGAIN
AS THOUGH YOU
CARE.



- DAY 9 -
**ELIMINATING
COMPARISON**

**Do you compare your spouse to someone else?
Has this blurred your spouse's strengths
and enhanced his/her weaknesses?**

**Are you focusing on the minor and
ignoring the major?**

**Are the things you are focusing
on that important?**

What qualities do you love in your spouse?



HANG ON A MINUTE!
AM I MISSING SOMETHING?

MY REPUTATION IS AT STAKE HERE. MY
COLLEAGUES MUST NOT KNOW YOU LOOK THIS
WAY!



- DAY 10 -
**ELIMINATING
PRIDE**

**Does your ego and pride show up
while correcting your spouse?**

**Do you make your spouse feel less
when correcting him/her?**

**Do you need to repackage your
manner of correction?**





- DAY 11 -

ELIMINATING SELFISHNESS



**Do you correct your spouse in such
a way that it appears
as though you never make mistakes?**

Have you appraised your motive?

**Is your motive for correcting your spouse
tied to your image or the fact that
you think he/she needs to get better?**





YOU ARE WARM AND MORE AFFECTIONATE
TO ME ANY DAY YOU SPEND SOME TIME
PRAYING





- DAY 12 -

IMPORTANT RELATIONSHIPS



Who is God to you?

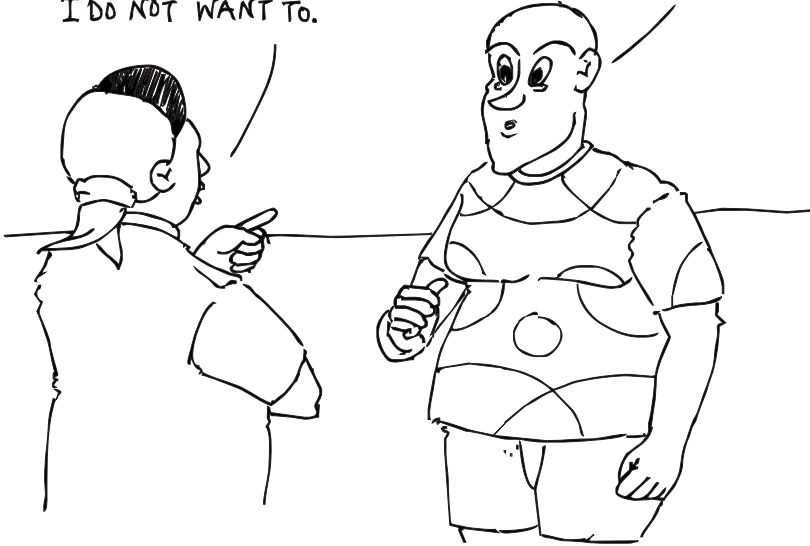
Do you have a daily walk with God?

**Discuss the impact of a daily walk
with God on your marital romance.**



YOU ALWAYS PUSH ME TOO FAR,
MAKING ME REACT IN WAYS
I DO NOT WANT TO.

I DIDN'T REALISE I HAD SUCH
POWERS.





- DAY 13 -

BLAMING YOUR SPOUSE



**Do you often blame everyone,
but yourself (especially your spouse),
for the problem in
your marriage?**

**Why do you think your marriage
is the way it is?**

**What can you do to change the way
things are in your marriage?**





HOW DID YOU GET TO THIS POINT?
YOU HAVE BECOME SO BITTER





- DAY 14 -

PERSONAL TRANSFORMATION

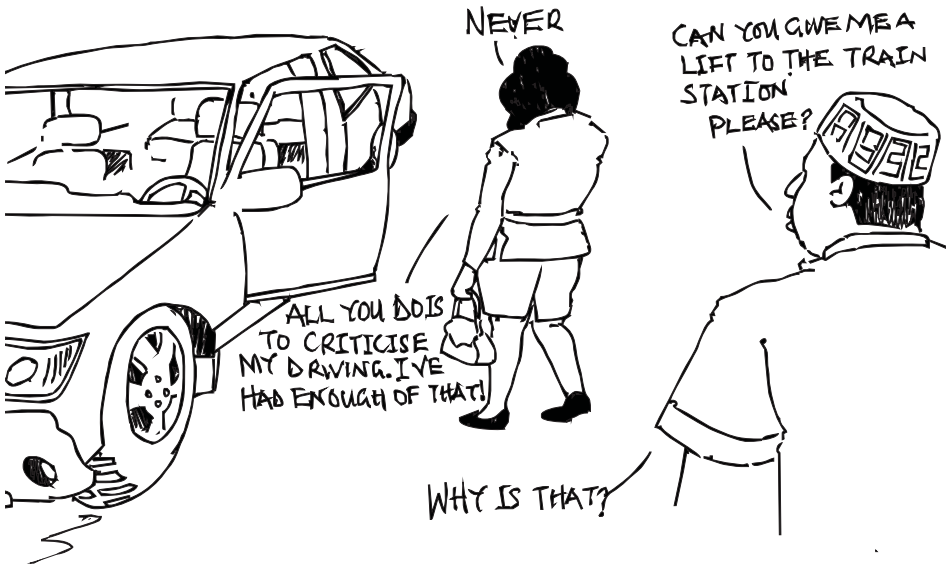
A decorative flourish consisting of a central floral-like motif with symmetrical, flowing lines extending outwards.

**Are you as nice and courteous as
you used to be some years ago?**

**Have some of the challenges you have
gone through toughened you and
changed your sweet personality?**

**Have you unconsciously shut people out of
your life due to some disappointments?**







- DAY 15 -

HOW DO PEOPLE SEE YOU?

A decorative flourish consisting of a central floral-like motif with symmetrical, swirling lines extending outwards.

**Who does your spouse say
that you are?**

**Are you missed in your absence or is your
spouse very happy for you to leave?**

**How do people feel when they
come around you?**







- DAY 16 -

IN-LAWS



**What image does your family
have about your spouse?**

Do you discuss your spouse in demeaning ways?

**Is this because you want your family to “pity”
you and help out with something, that
you don't realise the extent of damage
you are doing to your marriage?**

**Do you make room for your family to
disrespect your spouse?**





YOUR MUM IS MY MOST FAVOURITE PERSON. I'M LOOKING FORWARD TO SPENDING TIME ALONE WITH HER WHEN YOU ALL MUST HAVE LEFT HOME.





- DAY 17 -

PARENTING AND MARITAL ROMANCE



How is your role as a parent affecting your role as a lover to your spouse?

What adjustments can you make to ensure that you nurture your marital romance in spite of your responsibilities as a parent?

Do your children know that your spouse comes first before them?



SOME OF THE STATEMENT YOU MAKE RECENTLY
ARE VERY DISTURBING. WHAT HAVE YOU BEEN
WATCHING?





- DAY 18 -

THE MEDIA



**What are your family's
core values?**

**How has the media affected
your family values?**

**Are you deliberate about what
programmes you see in your family?**



REMEMBER ALL HE HAS BROUGHT
US THROUGH, LOVE. I DON'T
BELIEVE GOD WILL WATCH
AND LEAVE US TO GET
STRANDED.





- DAY 19 -
**SEEING THE
BIGGER PICTURE**

A decorative flourish consisting of a central floral-like motif with symmetrical, swirling lines extending outwards.

**Have you been through too many challenges
that you have stopped thinking big?**

**Have the things you have been
through blurred the beautiful picture
you had for your family?**

**Do you believe that God is the
help you can count on?**







- DAY 20 -

CHANGE YOUR ENVIRONMENT



**Do you need to change
your association?**

**How has your association affected
your marital romance?**

**What is the marital picture of the
7 closest people to you;
happy, average or terrible?**



HONEY, WE CANNOT CHANGE OUR SITUATION
WITH WHAT WE KNOW SO FAR.

WE DEFINITELY NEED TO
SEEK HELP FAST.





- DAY 21 -

INCREASE YOUR KNOWLEDGE



**What knowledge do you need to take
your family to the next level?**

**Do you need to acquire more
financial knowledge?**

**Do you need to upgrade what you know
about marriage and parenting?**





- DAY 22 -
**EXAMINE YOUR
EMOTIONS**

**Assess your emotional zone.
Are you emotionally stable?**

What do you think you can do differently?

**How do you intend to address
the issues that made you adopt negative
emotions predominantly?**



YOU ARE STUCK WITH ME
FOR LIFE, SO THE EARLIER
YOU FORGAVE ME, THE
BETTER FOR YOU.





- DAY 23 -
**SET YOURSELF
FREE**

A decorative flourish consisting of a central floral-like motif with symmetrical, swirling lines extending outwards.

**What past hurt are you
holding on to?**

**What opportunities have you
lost because you would not
let go of past hurt?**

**How is unforgiveness affecting
your marriage?**



A RELATIONSHIP WITH GOD IS THE
ANTIDOTE FOR BREAKING AWAY
FROM ADDICTIONS!





- DAY 24 -

BREAKING ADDICTIONS



**What addictions do you need
to break away from?**

**Do you have a plan in place for dealing
with those addictions?**

**What negligible actions have you allowed
to affect your marital romance?**







- DAY 25 -

MUCH ADO ABOUT WOMEN



**What are your deep-seated beliefs
and perception about women?**

**Do you think women are less than
men or equal to men?**

**Can your wife proudly say you
build up her esteem?**





I FEEL ALIVE in HOOO





- DAY 26 -

UPGRADING YOUR ROMANCE QUOTIENT



Is your marriage romantic?

What can you do to make it better?

**If your spouse were asked to rate
your romance quotient,
how well would you fare?**



YOU ARE LOOKING INTO MY EYES LIKE YOU
USED TO DO WHEN WE WERE NEWLY MARRIED.

HMMM... WHAT
EFFECT DOES THAT
HAVE ON YOU?





- DAY 27 -

ROMANCE: FOR NEWLYWEDS?



**What misconceptions do you
have about romance?**

**Do you know your
spouse's love language?**

**Do you meet your spouse's
emotional needs?**

**What can you do to infuse
romance into your marriage?**



THROUGH PRAYERS AND SOME CREATIVE
IDEAS THE LOVE BETWEEN US WAS
REKINDLED.





- DAY 28 -

WHEN YOUR LOVE IS REJECTED



Have you given up on loving your spouse because of some incidents that occurred in the past?

Do you think your spouse deserves another chance?

Will giving it another shot change the state of things?

Think of new ideas to trigger the love in your marriage



HELLO, HONEY, I'VE GOT SOMETHING
NAUGHTY TO TRY OUT ON YOU TONIGHT



REALLY? WHAT COULD THAT BE?



HURRY HOME IF
YOU WANT TO FIND
OUT. LOL.



- DAY 29 -
**TIME
CRUNCH**

**How much time do you
spend with your spouse?**

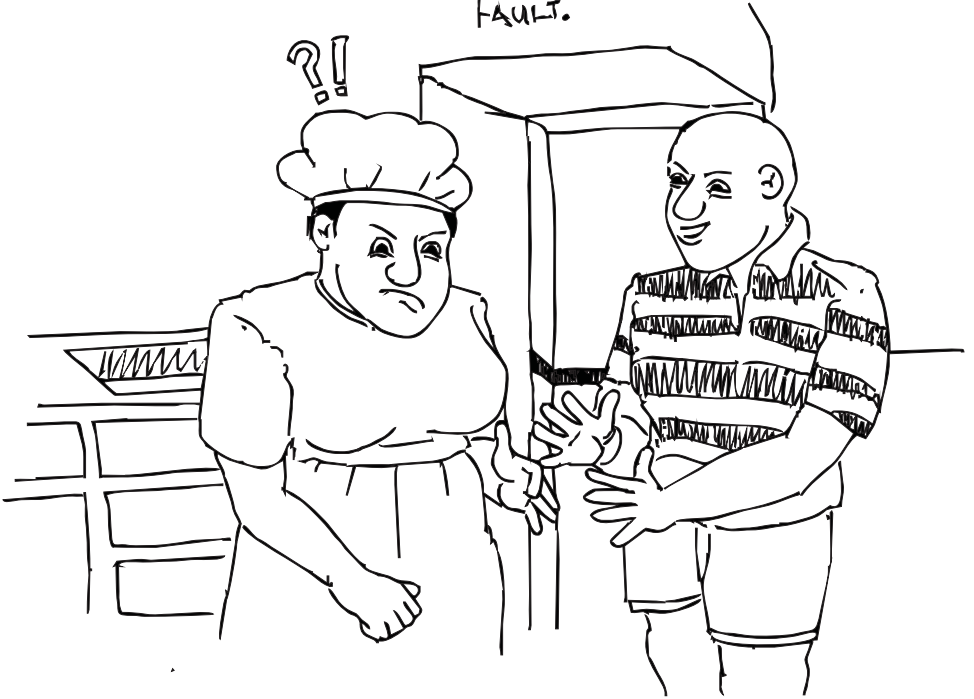
**Do you talk, talk, and talk, as a couple?
Are there communication gaps?**

**What romantic activities can
you adopt in your marriage to
aid your marital romance?**



I HAVE CHOSEN TO LOOK PAST YOUR
FAULT.

?!





- DAY 30 -

THE REALITY OF MARRIAGE



**Have the realities of life made you
give up on your marriage?**

**Do you focus on your spouse's weaknesses
to the point that they are overshadowing
your view of his/her strengths?**

**How quickly do you resolve
conflict in your marriage?**

