

DAY 1

THE FIRST PART OF THIS DARE IS FAIRLY SIMPLE. ALTHOUGH LOVE IS COMMUNICATED IN A NUMBER OF WAYS, OUR WORDS OFTEN REFLECT THE CONDITION OF OUR HEART. FOR THE NEXT DAY, RESOLVE TO DEMONSTRATE PATIENCE AND TO SAY NOTHING NEGATIVE TO YOUR SPOUSE AT ALL. IF THE TEMPTATION ARISES, CHOOSE NOT TO SAY ANYTHING. IT'S BETTER TO HOLD YOUR TONGUE THAN TO SAY SOMETHING YOU'LL REGRET.