

## **DAY 27**

ELIMINATE THE POISON OF UNREALISTIC EXPECTATIONS IN YOUR HOME. THINK OF ONE AREA WHERE YOUR SPOUSE HAS TOLD YOU YOU'RE EXPECTING TOO MUCH, AND TELL THEM YOU'RE SORRY FOR BEING SO HARD ON THEM ABOUT IT. PROMISE THEM YOU'LL SEEK TO UNDERSTAND, AND ASSURE THEM OF YOUR UNCONDITIONAL LOVE.