

You can,  
if you wish,  
influence your partner to change  
in ways that could  
make your life  
more comfortable.

However, can you really  
change something  
you don't understand?

How deeply do you  
know what your partner  
fears  
thinks  
believes  
hopes for  
in the area you seek change?

Know these answers and you will both benefit.

If you do not  
thoroughly seek  
these answers  
stop whining.

For most of us, this ain't easy. Including me.

till next time,  
Pete

P.S. What are some things your partner might fear, think, believe or hope for in the area you seek to change? Click “comments” under the title to share your ideas. Be sure to click “submit comment” so that your ideas get published.

P.P.S. If you really want to stop whining and improve your marriage, don't miss my weekend workshop for couples, which takes place next month. Click [couples workshop](#) for more information including a free audio clip from a past workshop.