

HEIRARCHY OF HEALTH

- 1) Self
 1. Own mental health
 2. Own physical health
- 2) Spouse
 3. Spouse's mental health
 4. Spouse's physical health
- 3) Pets/Kids
 5. #1-3 is your "**immediate family**". This comes before all the rest of the items.
- 4) Household
 6. Good food at home
 7. Comfortable
 8. Clean
- 5) Finances
 9. Transportation
 10. Credit related bills
 11. Utilities
 12. Food
 13. Hobbies (those that are related to an activity)
 14. Entertainment (seeing occasional movie, going out with friends, etc)
 15. Personal items (clothes, purses, etc)
 16. Family Loans
- 6) Work
 17. Work environment
 18. Money
 19. Career path
 20. Benefits
 21. Retirement
- 7) Family
 22. Family health
 23. Family finances
- 8) Friends
 24. Friend health
 25. Friend finances

Marriage rules:

- 1) Never hit each other
- 2) There must be time established together that is "business free". No discussion of household items, finances, etc. This is time to appreciate each other for "loving each other".
- 3) You must accommodate each other's "escapes"
- 4) Your own "escape" cannot become so excessive it compromises any item
- 5) If something angers you, don't direct it at your spouse. If you do, you must acknowledge later you did and apologize.
- 6) If your spouse gets angry at you for no apparent reason, don't get angry back. FIRST, figure out are they angry at you or are they angry at something else and taking it out on you. If they are angry at something else, do not react to their anger and do not take it personal, regardless of what they say.
- 7) Each person must develop their own hobby or activity separate from the other person.
- 8) Each person must allow the other time and space to do their hobby or activity.
- 9) It is important to recognize each other's triggers to avoid activating them.
- 10) It is important not to react to the other person being triggered.