



Couple Commandments

Help each other be Right, not wrong.

Look for ways to make new Ideas work, not for reasons they won't

If in doubt, check it out!

Don't make negative Assumptions about each other's.

Help each other Win, and take Pride in each other's Victories.

Speak positively about each other and about your relationship at every Opportunity.

Maintain a positive, mental Attitude no matter what the circumstances.

Act with Initiative and Courage, as if it all depends on You.

Do everything with Enthusiasm: It's contagious.

Whatever you want, Give it away.

Don't lose Faith.

Have Fun!



Palmer Counseling Services
West Hall Suite 128
(563) 884-5655