

# FamilyLife Blended® Radio Transcript

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## 31 Year Old Note to Self: Change Yourself

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**Ron:** What would you say to your younger self?

**Announcer:** For FamilyLife Blended®, here's Ron Deal.

**Ron:** On our 31<sup>st</sup> wedding anniversary I wondered what I would say to my younger self about marriage. Here's one thing I came up with. "Ron, don't spend so much time trying to change Nan." I probably wasted 15 years or more thinking more about her behavior than mine. But things really got better for us when I started looking in the mirror and measuring myself by Christ's example of love.

By focusing on me, I was able to change the only person I was able to change. And here's the cool thing: when I did, it softly invited her to do the same. And in changing ourselves we made far more progress than trying to change the other. For FamilyLife Blended I'm Ron Deal.

**Announcer:** Find more at [familylifeblended.com](http://familylifeblended.com).

*FamilyLife Blended with Ron Deal* is a production of FamilyLife.

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