The Little Things *That Kill*

AND HOW NOT LETTING THEM STACK UP CAN PREVENT DIVORCE

It's not usually one big problem that ends a marriage. It's the little things — repeated, ignored, and allowed to build up over time.



THE LITTLE THINGS THAT KILL

THEY MAY SEEM SMALL, BUT THEY HURT.

UNSPOKEN EXPECTATIONS
Assuming your partner "should just know" leads to disappointment and resentment.

SMALL DISRESPECTS
Sarcasm, eye rolls, or dismissive comments chip away at trust and connection.

NOT MAKING TIME
Busy schedules and constant distractions send the message that your partner isn't a priority.

POOR COMMUNICATION
Avoiding tough conversations or not really listening creates distance and misunderstanding.

MONEY TENSION
Even small financial disagreements can create big emotional stress.

NEGLECTING INTIMACY
Physical and emotional closeness often get pushed aside — and it matters.

LETTING GRUDGES GROW
Holding onto the past keeps you from building a healthier future.

STOP THE STACK BEFORE IT GETS BIG

SMALL ACTIONS MAKE A BIG DIFFERENCE.

SPEAK UP EARLY
Share your needs, ask questions, and be honest — before resentment builds.

SHOW RESPECT
Choose kindness, even when it's hard. Respect builds safety and trust.

INVEST TIME TOGETHER
Make your partner a priority — even in the small moments.

COMMUNICATE WELL
Listen to understand, not just to respond. Talk about the hard stuff, too.

WORK AS A TEAM
Be open about money, set goals, and make decisions together.

KEEP THE SPARK ALIVE
Find time for connection, fun, and physical and emotional intimacy.

FORGIVE AND MOVE FORWARD
Let go of what you can't change and focus on what you can build.

It's Not About Perfection... It's About Prevention.

The little things don't have to be deal breakers.
When you notice them, talk about them, and take small steps, you protect what matters most — your relationship.