

Family Council

Family Education Videos on “Marital Happiness and Harmony” – Ingredients of Marriage

Episode 6: Cut the Tediousness Out

Video’s Transcript

- Chef Moustachio : I’ve seen many couples
in their seventies or eighties
whose daily activities are attending
medical appointments and follow-ups,
lining up for medicine collection,
and cutting certain food out.
They can’t relate themselves
with happy marriage.
My private kitchen is to revive
their senses of happy marriage!
- Yvonne : Hello there, I am Yvonne, a volunteer.
As a kid, I remember watching
a bank advertisement like this...
- Husband : Where did I first meet her?
Well, it was a noodle stall.
- Wife : It was my father’s noodle stall.
- Husband : I went there for noodles every day
so that I could see her.
- Wife : Later, I couldn’t help myself but asked him,
“You are really into noodles, aren’t you?”
- Husband : I wasn’t into noodles,
I was into you!

Old couple : Sigh! Forty-odd years go by
in the blink of an eye!

Yvonne : There is no point growing old together
if you two forget the joy of marriage.

Chef Moustachio : How could there be no point?
Where there's love, there's hope.
The flame of love can be rekindled!

Yvonne : Thank you, Chef Moustachio,
for inviting these elderly couples
here today for your Marriage Bento.
Why are there mini bento on the side?

Chef Moustachio : They are special treats.
You'll see.
Here comes our guests!

Yvonne : Welcome to Chef Moustachio's
private kitchen for happy marriage.

Chef Moustachio : I guarantee that the bento
I made for you today
will be no disappointment.

Yvonne : We've got you a play
for pre-meal entertainment!

Yvonne : Kyle, you come to have noodles
at my father's noodle stall every day.
Is it because you want to see me more often?

Male volunteer : Not really.

Yvonne : What?

Male volunteer : I want to see you for the rest of my life!

Yvonne : Oh my! Stop teasing me!

Male volunteer : Yvonne darling,
let me feed you the steak
and you wipe my mouth, shall we?
Open your mouth...

Wife : Laugh while you can!
Sigh...Sooner or later,
I'll have to feed this old man
every meal and wipe his mouth for him!

Husband : Neither of us is in good health.
I'm not sure who will be the caretaker!

Wife : We'll be two oldies idling at home,
staring at each other day and night...

Husband : And we will wake up, eat, sleep and...
In a word – tedious!

Chef Moustachio : If you don't want the tediousness,
you both need to cut things out

All four couples : What's to be cut out?

Chef Moustachio : Couples should cut out things
that don't go down well.
Let's open the bento and take a look!

That's right!
Negative emotions deter you
from experiencing love.
You must reject them!

Old couple : We want so, but it's easier said than done!

Wife : Is there any expert who can show us the way?

Expert : Of course!
Actually, no matter how long you two
have been married,
you should always reject negative emotions.
In case negative emotions get the best of you,
there are several ways to get rid of them:

First, whenever negative emotions appear,
ask yourself immediately,
“What if my thoughts are wrong?”
“What if I'm not looking
at the positive side of things?”
Remember to keep asking yourself
these questions!

Second, when you start to resent the fact that
your better half is getting old,
ask yourself genuinely,
“If we don't grow old together,
how can we be there for each other forever?”

Third, try taking daily pictures of
each other with your mobile phones,
then spot and appreciate each other's changes.
For example, praise your better half by saying
“Your smile is so natural and beautiful!”
“You are as handsome as in the past!”

Always remember, a couple must join hands
to create a happy marriage!

Chef Moustachio : Now let's open the mini bento.

Old couple : “No” treat?

Yvonne : I know!
It’s to remind you all that “no” one should be
treated with negative emotions!