

The Marriage Workshop

Ten Reasons Why Most
Marriages Last



- Sometimes its not the person you miss, its the feeling you had when you were with them.

- (Words of a young woman whose marriage ended in divorce)



The Type of Picture Which
Most Township Homes Had
On The Dining Room Wall



50 years Later

Why Do People marry
Anyway?

7 Reasons Why You should Get Married, For Yourself And For America - By Casey Leins

- #1- It's Cheaper - single People pay more for living expenses than they would if they were married. Married People can take advantage of buying in bulk which is usually less expensive.

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- #2- It's Better For the Economy. Married-Couple families have higher incomes than other types of families, as a result they are able to spend more money in order to boost the economy.
- People with a higher education and socioeconomic status are more likely to get married and, therefore, reap economic benefits of marriage, like tax breaks.

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- #3- Married People Help Their Neighbourhoods. Married couples are more likely to buy a home, which makes sense since they have more money to spend and can stay in a relationship for longer.
- A community with more married people is likely to be more secure than one with less married people

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- #4 - Children of Married Couples Grow up in a more Stable Environment. If Children are raised by a single parent, that parent is likely to live with or marry someone else in the future.
- Children born to married biological parents get more attention and more stable than those who are not, which gives them a better chance of becoming stable.

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- #5- It makes Married Mothers Less stressed. Research shows that women are less stressed about their parental responsibilities if they live with the child's biological father

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- #6- Children of married couples Get More Opportunities. Children benefit more if their biological parents are married when they are born, as they are more likely to reap the benefits of their family's insurance, higher income and home ownership. When parents are more financially stable, their children grow up with more resources.

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- #7- Marriage Provides Better Social Networks. Mothers who raise their child with a spouse have access to that partner's social networks, which provide them with important connections and resources. The report says that they have more people to rely on if they need someone to watch their child or if they need other favours.

On the Lighter Side

Is This Child a
Boy Or a girl?

Support Your answer



End Of Part One...
10 Minutes Break

PART 2



The Marriage Workshop

Forever Mine..

People Marry For
Different
Reasons.....
Why did You?

Why Did I get Married?

The Three Phases In Marriage

- Rookies: 0-5 Years
- Intermediates: 6-15 Years
- Veterans: 16 Years +

Rookie Stage - 0-5 yrs

- Honey Moon Stage
- When Love is on the High and Reasoning at its Lowest
- Stage where you develop an allergy for Macaroni & Mince
- Its not easy to complain as you still anticipate a lot from the relationship
- What does Teamwork mean to you?

Some Questions To Ask Yourselves

- What is your greatest fear or concern?
- What would you say is the most difficult thing to say or do so far?
- Do you still find it difficult to communicate your greatest concerns?
- Are You able to raise your concerns about the state of the toilet after your spouse has used it?

Intermediate Stage - 6-15 yrs

- Stage of Realising that some Dreams and Goals are not actually achievable in the relationship
- Parenthood has been the number one priority and careers and personal goals have been halted
- For some the pressure of not having Children is putting a strain in the relationship

Some Questions To Ask Yourselves

- Are some of Your rookie Stage concerns still there?
- Who would you say put more effort into the survival of your marriage?
- Whose Parent(s)/Family has been more troublesome?
- Whose Parent(s)/Family has been more supportive?
- How did you deal with these issues, If you did?
- Would You Continue with this relationship for the next 10 Years?

Veterans 16+yrs

- Have You properly planned and secured your financial future? If not, It may not be too late. Is it too late, What is the contingency plan?
- Since there are obvious biological challenges have you addressed them or just leaving them to sort themselves out?
- Are you finding yourselves fighting over your children's issues?
- Did grandkids bring stability or instability in your relationship? If you're not both happy about the situation talk about it and find solutions.
- If you were given the opportunity to quit your marriage would you take it? If Yes Why? Can you talk about it?

Points I have Omitted In This Topic

- Sex
- Money, Budgeting
- Friends
- These are by-products of everything else (They are Reactions)

Reality Can Set in After a Year

* After a year or so, the new relationship euphoria begins to wear off, and reality sets in. Both partners relax, and stop being on their best behaviour. But this isn't all good. Old family habits assert themselves, and they begin to disagree about things they were tolerant of before. Both partners are realising this is about the rest of our lives, and that is a scary concept.

* If your past wasn't too awesome on the relationship front, this can lead to big problems. "People who have grown up in divorced or single parent households have little experience of what good marriages look like.

* Even if their own parents' marriage is intact, they're surrounded by peers whose parents — and they themselves — are having relationship disasters. This can make it hard to be together for a long time. Lacking skills, partners wind up fighting and shutting down. If communication gets bad, so does sex, and because they feel hopeless about relationships, they don't try to fix it, they just break up.

“One year is often where the honeymoon fades and all of the love drugs that float through our brains begin to wear off, Many of the things that used to be 'cute' or 'endearing' become annoyances or frustrations. If this wears too thin, the couple says peace to each other”.

“Also, if there was any hope of the person ‘changing’ over time, one year is often the time when it becomes clear that the person is who they are, and aren't changing.” “When the fog of new-relationship bliss wears off, this is when couples have to decide if they like — or love — each other, warts and all.” Often, the answer is no. - Natalie Finegood Goldberg

* Nothing is more important in a marriage than the relationship between husband and wife. When other things become more important, such as careers, children, and personal pursuits, trouble sets in. Make the relationship your top priority. When you do, the marriage flourishes. - *Cathy Meyer,*

* The biggest waste of effort in a marriage is trying to change your spouse, since the problems you have with your spouse are generally problems you have in yourself.

* When you try to change your spouse you come across as a nag and wind up sending the message that 'who you are is not enough.' Nobody likes getting that message, and it leads to distance and polarisation. Let your spouse be who he or she is and focus on changing yourself. - *Dr. Rick Kirschner, Relationship Coach*

10 Reasons Why Most
Marriages Last

1. Take care of Yourself

* Love your marriage by first taking care of yourself.

So many of my patients say the reason their marriage fell apart is that they became depressed and disinterested in their partner. If you keep working on you, your marriage will stay fresh and vital. Start today by adding a new wedding vow to your list: Promise to take care of yourself so you will continue to age with grace and confidence by your partner's side. - *Mary Jo Rapini,*

* You can have control or you can have connection with your partner, but you can't have both. Pursue connection! - *Lee Horton, Ph.D*

* Create a clear vision of your shared future together. sit down, listen to each other and write out how you want your future as a couple to look. It's much easier to create your best relationship together if both people's needs are voiced, heard and supported by their partner. - *Eve Agee, PhD*

2. Projection, Disillusionment, And Power Struggles

* “The first year of a relationship can be a very exciting time, but it doesn't come without challenges,” “The first year is when you and your partner are getting to know each other's personalities and determining whether you see a future with them or not.” Naturally, there will be some push and pull here. “In the beginning, relationships are like a trial run and sometimes they just don't work out,”.

* “A relationship begins with projection, which means you don't see who the other person is, just who you want them to be,” she says. “The next stage is disillusionment, where you see who they really are and not your fantasy, which is why people break up in the three-to-nine-month window.” And then, of course, there's the final stage: “There's a power struggle or conflict, It takes more than a year to truly know if you and your partner are compatible; however, it takes less than a year to know if your partner is worth the effort of love.” They might be worth the effort, but if you aren't compatible, you won't likely last the test of time. - Neil Strauss

3. Bad Communication

* **Bad communication.** Long-term relationships require a ton of talking it out, and changing and growing behaviour because of these talks. If either or both parties are shut down to each other, this isn't going to happen and the relationship will crumble.

* **Emotionally healthy people learn to tolerate, accept, and control their anger.**

Once anger is acknowledged in all its forms (hidden and overt) and anger management tools are in place, you are ready to communicate.

* You can change your relationship for the better by increasing the use of the following statements: "I love you", "I'm here for you", "I understand", "I'm sorry", "Thank you", "I really appreciate all that you do", "It's so nice to see you", "That was quite an accomplishment!" - *Gina Spielman*

4. Taking Care of Conflicts

Whenever there is ongoing conflict, there is underlying agreement.

* Adults are willing participants in partnerships. And as unhealthy as relationships may be, there are ulterior gains for both parties. Common reasons cited for staying together include: the kids, finances, time invested, the [shame](#) of splitting up, and [religion](#), among others, but the bigger issue can be that a partner believes he or she deserves to be maltreated.

*Once you internalise the message that you don't deserve emotional abuse, the stage is set for change. You will eventually develop a healthy ego, and learn to say no. In time, you will realise that no amount of social status, material possessions, or external pressure justifies your unhappiness.

5. Try To Speak the Truth At all Times

- * **Dysfunctional agreements mean *both* parties are complicit and secretive.** If the truth is buried, reality becomes a lie and in order to keep the lie alive, both partners have to continuously lie.
- * **Lying creates shame and guilt, which leads back to anger.** This can be anger at yourself for not upholding your values, or anger at your partner for not changing their unhealthy habits. And when you project anger onto your partner, you not only gain temporary relief—you don't have to experience it for yourself.

6. Be Useful Somehow In Your Marriage

- * **The partner who does most everything is the Power Player.** Whenever there's an uneven distribution of jobs within the relationship, the not-so-active partner is dependent upon the other—the one who runs the household, controls the finances, disciplines the children, organises family events, decides on vacations, etc. (And when you know where everything is—important documents, account IDs, passwords—your partner is lost without you.)
- * **Dependent people are mostly angry people.**

7. Be Accountable

* If your goal is to have a satisfying marriage with longevity, make sure you are accountable for the part you play in the relationship — good or bad. When you are in denial about your part in the relationship then you are no better than a child flinging sand at another child in a sandbox. When you take responsibility for your part in the marriage, only then will you be able to connect with your partner in a mature, intimate way. - *Carin Goldstein.*

* Recognise that your husband or wife is mirroring back to you who you are. So take whatever you're upset with him/her about and use it to help yourself look squarely at what you need to do in order to grow and evolve—the relationship will thrive!

* Are you creating more pleasurable interactions in your marriage or are you making it painful or unpleasant for your spouse?
If your spouse treats you with kindness, gentleness, patience and self-control, it's easy for you to respond kindly. If you are treated badly, with anger, impatience, etc., it's difficult to be nice in return. Focus on how you can be a blessing to your spouse and, in turn, you will be blessed and so will your marriage. - *Mack Har*

8. Be Supportive

The best way to strengthen a marriage is to support and assist each other in being the best you can be. A strong marriage is one in which both people understand that the other person needs to have outside interests and activities which help them to feel happy and fulfilled. A strong marriage is one where both people understand that it is more important to be happy than it is to be right. - *Dr. Joe Amoia*

9. Your Spouse is Not your Roommate

* In order to keep the spark alive and avoid "roommate syndrome," couples have to understand the notion of spending "time" together versus creating "sacred" time together.

Spending time at social events, time with family and doing "chores" together does not count as sacred time. Instead, carve out special time to not only be intimate, but also ensure that you continue to share new experiences together such as hiking, exploring someplace new, or arranging a stay-cation in your own city. - *Marni Battista.*

* Compliment your spouse everyday!

A compliment is a sign of acknowledgment and appreciation. Make an effort to affirm your spouse's value in life, and in love. - *Nicole Johnson, Dating and Relationship Coach*

10. Respect

One of the most important factors in a good marriage is respect.

Respect each other, avoid verbal abuse, and keep insults to yourself. Bad words are just like squeezing toothpaste out of its tube — once it is out you can never get it back in again. - *Georgia Panayi, MBA*

* For men, it's important to understand that women want to be listened to. Men don't need to solve or fix everything; listening itself is an exceptional gift.

* For women, it's important to understand that men need time for themselves. By giving him space to pull away and not taking it personally, you allow him to reconnect with his desire for you and his commitment to the relationship. - *MarsVenus Coaching, Life Coach*

* A woman needs her partner to spend time giving her his full attention and looking directly into her eyes.

When she receives this, she can easily get in touch with her feelings of love for her husband and becomes much more receptive to his needs. This is how intimacy can be fulfilling for both people ... magical even! - *Linda Wiggins,*

Have you lost that loving feeling?

* Step 1: Write down 10 qualities you loved about your partner when you first met and read it to each other.

* Step 2: Brainstorm a list of 10 fun things you did together when you first met; do one date per week and enjoy bringing back that loving feeling! - *Tasha Dimling, Dating Coach, MBA*

* Create regular opportunities for fun, laughter, and positive experiences. Figure out what communicates love to each other and do that. Be observant and thoughtful with little things and even do chores that the other dislikes. Consciously doing what opens and softens your spouse's heart will benefit you both in the long-run and keep your marriage happier. - *Susanne Alexander*

Always remember that life is long.

* In the heat of the moment, what feels super-important will likely fade in importance as time goes by. Before you react by yelling, tossing insults or unkind words, remember that "This, too, shall pass". In fact, recent studies have shown that even the most unhappiest of couples report being very happy five years later. So don't let one unfortunate incident, difficult argument or challenging moment destroy your lifetime of happiness. - *Melanie Gorman, MA.*

* You're entitled to the occasional bad mood. You're not entitled to make your partner the whipping boy - *Sherry Amatenstein,*

* When your partner tells you something (about you) that is bothering him, reflect back what he is saying. When we "mirror", this helps us not feel as defensive and allows us the opportunity to better understand what he is trying to communicate. - *Anne Crowley, Ph.D*

* When it gets hard in a relationship, our tendency is to protect ourselves, to retreat, to "lean out." Leaning out when your partner reaches out creates distance and dissonance. If instead you "lean in" to the uncomfortable feelings, to the unknown and your own vulnerability, and meet your partner, you can actually strengthen your relationship through the struggles you face together. - *Christine Arylo, Life Coach*

* Preface important communication with a simple yet effective introduction.

Try: "Honey, I'm confused about your response to my plans for a weekend hunting trip with the guys. When would be a good time to talk further?" My relationship coaching clients have found that prefacing their remarks encourages a better, more accommodating reaction from their partner. - *Greg R. Thiel, MA*

Every week if possible, go out on a date just like you did before you were married. Select an activity where the two of you can interact, talk, and just be together enjoying each other's company (not a movie!). End your date in the bedroom. Works like a charm! - *Ann Robbins,*

On those ever-important date nights, remember to be a wife first and a critic second. Every time you open your mouth to complain about something — whether it's the food, the service, the movie, the weather, whatever — some part of your partner feels he's failing because you aren't having a great time. Men are happiest when they can please their woman! Save the full critique for your girlfriends and in meantime, let him see the best in you. - *Delaine Moore, Dating and Relationship Coach*

Forever Mine

Till Death Do Us Part



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