

Chapter 1 : A Happy Marriage

Nevertheless, the balance must be heavily, heavily stacked in the positive, to have a happy marriage." Also, couples must stay in touch with their special ways of repairing the relationship, Boon.

To check it out, [click here](#). Unfortunately, on average, marriages get less happy with time. You know this must be true because I have a chart: Researchers asked people how satisfied they were with their partnership. Then they checked in again later with the same subjects. A lot of people said things had gotten better. But they were wrong. People consistently misremembered how good things were the first time they were asked. How the Best Marriages Work: They achieved this self-delusion, which allowed them to believe the falsehood that they were becoming happier in the marriage, by misremembering their Time 1 satisfaction as being 4. Before you start fumbling with the child-proof cap on the Prozac bottle, let me say there is a silver lining here. Marriage, in short, has tilted toward an all-or-nothing state. At the same time, as the nature of our marital expectations has changed, the benefits of fulfilling those expectations are larger than ever. Consequently, even as the average marriage is getting worse, the best marriages are getting better. Alright, enough doom and gloom. How can we make our unions more like those super-duper happy ones? He does more than compile depressing charts, I swear. His book is *The All-or-Nothing Marriage: How the Best Marriages Work*. Your spouse is going to screw up. So how should you interpret those screw-ups? So, repeat after me: And you can turn this one inside out and double the benefits. To learn more about the science of a successful life, check out my bestselling book [here](#). By interpreting issues the right way you can keep things positive and continue to see your soulmate as your soulmate. People with strong growth beliefs, in contrast, think that partners can cultivate a high-quality relationship by working and growing together. They view conflict and other relationship difficulties as opportunities to develop a stronger relationship. One promising option for approaching our relationship in a growth mind-set is to take a few minutes every month to think about ways in which such statements are true, ideally focusing on instances in our own lives when, for example, overcoming an obstacle made a relationship stronger. So see yourselves as a couple that has the skills to work through problems instead of the characters in some epic predestination story. As a general rule, your relationship should have as little in common with Oedipus Rex as possible. To learn the two-word morning ritual that will make you happy all day, [click here](#). People tend to experience higher gratitude on days when their partner does something thoughtful for them, and such gratitude predicts elevated relationship quality the next day. In fact, when one partner experiences elevated gratitude on a given day, both partners experience positive relationship outcomes. In the long run, people who experience elevated levels of gratitude also experience stronger relationship commitment and are less likely to break up. And this often leads to a virtuous cycle. All of us can find a few minutes per weekâ€”before going to bed or while showering, perhapsâ€”to think about ways in which our spouse has invested in our marriage. Doing so has the potential not only to bolster our gratitude and relationship commitment, but also to increase our overall happiness. Not that it would hurt, mind you. But what can you do for the positive things in the moment in order to make them that much better? Turns out we have it backwards. Studies show that how you celebrate the good times actually has a much bigger effect on how happy your marriage is. These scholars have built a program of research demonstrating the power of delighting in good news together. In particular, communicating with our partner about personal positive eventsâ€”that is, engaging in capitalization attemptsâ€”is linked to positive emotions and mental health, beyond any effect of the events themselves. Such capitalization attempts are also linked to greater feelings of trust, intimacy, and satisfaction in the relationship. Every night each of you should share the best thing that happened to you that day. Listen intently, ask questions, and be enthusiastic. Couples who had been trained in enthusiastic, celebratory respondingâ€”trained to ask questions about the event, show positive emotion about it, and generally be engaged and constructive during the interactionâ€”tended to experience greater love for each other following those nightly discussions. To learn the secret to never being frustrated again, [click here](#). But sharing good news is just the start. Communication Is Key Talking about relationships is good for your relationship. Researchers had couples watch movies about relationships and then talk about them. Those

people were less likely to divorce. Relative to participants in the no-treatment condition, participants in the intervention condition were about half as likely to separate or divorce over the next three years 13 versus 24 percent. And try some self-disclosure. Want to increase the passion in your relationship? All it takes is a double date and opening up about yourself. When study subjects played a game involving self-disclosure while with another couple, romance was rekindled. When it came to feelings of satisfaction in the relationship, the self-disclosure task was beneficial regardless of whether the couple was on a double date or by themselves. But when it came to feelings of romantic passion, the self-disclosure task was especially beneficial in the double-date condition. In short, socializing with our spouse and other people can stoke the romantic fire in our marriage, but only if the socializing is fun and intimate. To learn 3 secrets from neuroscience that will help you quit bad habits without willpower, [click here](#). That would be bad. But these days we expect spouses to be our everything emotionally. And that is insane. You still need friends. You still need family. So what happens when you have a team of emotional specialist friends in your life? In this nine-month study, breadth and specialization also predicted a decreased likelihood of breakup. In addition—having a highly specialized social portfolio protected participants from the typical decline in relationship well-being over time. Did you catch that last sentence? The effect is so powerful it actually prevents the decline in relationship well-being that we saw in those scary charts up above. It also has the lovely benefit of not turning your spouse into a widow or widower. A meta-analysis by the psychologist Julianne Holt-Lunstad reveals that people with high scores on broad measures of social integration—marital status, social network size, and social network participation—are about half as likely to die in a given follow-up interval say, ten years as people with low scores. This effect is larger than the effects of well-known predictors of mortality like smoking and obesity. To see the schedule that very successful people follow every day, [click here](#). But when you two are together, what should you do? Then you fall into a rut and your life together feels as scripted as a bad sitcom. So stop being boring. Keep doing new and exciting things together and the relationship can stay fun. Oh, and something else happens too—A lot more sex. In a study from the psychologist Amy Muise, relationship partners completed questionnaires about their relationship for twenty-one consecutive days. They reported how much self-expansion they experienced each day by completing items like: When participants reported greater self-expansion on a given day, both they and their partner reported experiencing greater sexual desire in—and greater satisfaction with—the relationship. They were also 36 percent more likely to have sex that day. But your activities do need to be truly novel and exciting. A study by the psychologist Charlotte Reissman included a more stringent control condition. All couples made a list of activities that they view as exciting and a separate list of activities that they view as pleasant. They were then assigned to engage in either an exciting or a pleasant activity for ninety minutes for each of ten consecutive weeks. To learn the 4 secrets to reading body language like an expert, [click here](#). Bad things are exceptions, good things are traits: A growth mindset prevents your soulmate from becoming not-your-soulmate. And maybe even thank them. Be enthusiastic and make their little good things into big good things. Self-disclosure is powerful—especially on a double date. Try a new restaurant after you go skydiving: Novel and exciting experiences together makes for happier marriages and increased sexy-time. So what else do you need to do? I feel silly even saying it: According to one major study, the amount of time that childless Americans spent alone with their spouse declined from thirty-five to twenty-six hours per week from to , with much of this decline resulting from an increase in hours spent at work.

Chapter 2 : How to Live a Happy Married Life (with Pictures) - wikiHow

A happy marriage requires more maintenance than your car. Many men, Real tells WebMD, try to fix their marriage after it is broken, after their wives have turned off or they've lost the incentive.

Keep your mind on your main goal, which is to have a happy marriage. Say and do what will enable you and your spouse to have a happy marriage. Everything else is commentary. Keep asking yourselves, What can we do to have a happy, loving atmosphere in our home? Focus on giving, rather than taking. Say and do as many things as possible to meet your spouses needs. Keep doing and saying things that will give your spouse a sense of importance. Frequently ask yourself, What positive things can I say and do to put my husband or wife in a positive emotional state? Before speaking, clarify the outcome you want. The meaning of your communication is the response you actually get. If the first thing you say is not achieving your goal, change your approach. Remember that mutual respect and happiness is your real goal. Do not needlessly argue. Silence is often the wisest choice. Constantly be mutually respectful. Show appreciation and gratitude in as many ways as possible. Say something appreciative a few times a day. Be a good listener. Understand your spouse from his or her point of view. Be considerate of the feelings and needs of your spouse. Think of ways that you have lacked consideration and be resolved to increase your level of consideration. Instead of blaming and complaining think of positive ways to motivate your spouse. If your first strategies are not effective, think of creative ways. Give up unrealistic expectations. Do not expect your spouse to be perfect and do not make comparisons. Do not cause pain with words. If your spouse speaks to you in ways that cause you pain, choose outcome wording, Lets speak to each other in ways that are mutually respectful. Be willing to compromise. Be willing to do something you would rather not do in return for similar behavior from your spouse. Write a list of ways that you have benefited from being married to your spouse. Keep adding to the list and reread it frequently. Write a list of your spouses positive patterns and qualities. Keep adding to the list and read it frequently. Keep thinking about what you can do to bring out the best qualities of your spouse. Reinforce those qualities with words and action. Focus on finding solutions to any problems that arise. Do not just blame and complain. Do not focus on who is more wrong. For a happy marriage, work together to find mutually acceptable solutions. Remember your finest moments. What did you say and do when you felt best about each other? Look for positive activities you can do together. Live in the present. What went wrong in the past is the past. You create the present and future with your thoughts, words, and actions right now.

Chapter 3 : How To Have a Happy Marriage

This rule applies to parenting as well, but in a happy marriage, people are busy trying to please each other. That sometimes means sitting through endlessly long ball games, putting on a tie.

All marriages maneuver through rough patches. Here are 11 ways to keep your marriage fresh. Remind your partner and yourself that you appreciate them. Studies show that nearly half of men who have cheated say it was because of emotional dissatisfaction -- and not sex. And fellows, it works the other way as well. In his film "Annie Hall," Woody Allen charged that "a relationship is like a shark. It has to constantly move forward or it dies. Say thank you for the little things. If you are so inclined, keep score of all the positive things your partner does in a day -- and then thank them. Although infidelity usually happens in bed, it also can happen with money. I once let communication issues fester for months on end, failing to verbalize my displeasure, and my husband and I wound up in marriage counseling for nearly a year. It took a third party -- and a real investment on our part -- to get us back on track. If I had not kept telling myself that things would get better on their own, we might not have reached what I call the danger zone. Take care of your appearance. Think about when you first met your partner. Would you have walked around in stained sweatpants and without brushing your teeth? My guess is no. At least pay your spouse the same courtesy you do your friends by fixing yourself up for him or her every once in awhile. Foster relationships outside your marriage. Yes, I love traipsing off with my spouse and three kids. But these weekends away with friends are also important. Swapping stories with others and enjoying new experiences make me -- I hope -- a more interesting person for my spouse to be around. When Katie Couric asked Barbra Streisand the secret to her happy year marriage to James Brolin, she replied "time apart. There are many things you should never say to a longtime spouse, the first being: We hopefully all have a pretty good sense of ourselves at this point and having someone you love point out a failing in this way does little to engender a loving relationship. Neither of these is true. If you start a sentence with these words your mate is certain to shut down or start a fight. Stop for a minute and think about what you really mean to say -- and then say that instead. Put away the jumper cables yourself. In life, there are big things and there are little things. Most of us have problems that are more like petty and repeated annoyances, which when fed the steroids of resentment and anger, balloon up like Arnold Schwarzenegger. And we all know what steroids did to his heart, right? Most of our problems start out small enough -- he borrows the jumper cables from your car and then leaves them sitting in the driveway just waiting to get run over -- and from that sprouts a giant festering sore. It leads you to utter words like, "If you loved me you would have put the jumper cables back in my car so that when I get stuck in a bad neighborhood with a dead battery I could save myself," which, in my household, generally results in a reply like "When do you ever drive in bad neighborhoods? For a happier marriage, address them right away and keep it simple. Sometimes the best way to address a problem is to just walk away from it -- as in seriously let it go. Not every slight must be addressed. Know that not every insult is intended. Practice letting go as much as you can. Bite your tongue until the tip bleeds. And once in a while, remind yourself of why you married this person. Focus on those reasons and let stuff pass without mention. The trick to successful silence, however, is that you really let the problem pass. As the Beatles told us, "Let It Be. Life has ups and downs, peaks and valleys. Truth is, in a marriage, you spend most of your time in an emotional middle ground. No, the middle ground is when months meld into years and you know what the reaction will be before you say something. We tend to take advantage of those we love the most -- probably because we know they love us and we can get away with it. You have a bad day at the office and come home and take it out on your mate. A much healthier pattern is to start out each day by asking yourself, "What can I do today to make my partner happy? Look for ways to say "yes. That sometimes means sitting through endlessly long ball games, putting on a tie, watching a horror movie with your eyes closed, and traveling around old Civil War battleground sites when you really wanted to be vacationing on a beach in Hawaii. Maintain intimacy and passion, both inside and outside the bedroom. Bedroom habits age along with the marriage. There may be no stronger aphrodisiac than a moonlight walk on the beach that ends in a kiss. And intimacy comes in many shapes, including conversation and cuddling.

Chapter 4 : How to Have a Happy Marriage After 60

One crucial secret to a happy marriage? Don't have secrets. "It's a major problem to keep secrets, whether it be about money, parenting decisions, emotional withholding, or anything you keep from.

Here are my tips for a happy marriage: From yourself, from your spouse, from your relationship. Some of the most positive changes in our marriage have come from changes Chris and I have made independent of each other. Fun touching is, well, fun. Chris and I always kiss when we see each other. We hold hands whenever we can. We sit on the couch so that our shoulders are touching. Our feet are always intertwined when we sleep. Successful marriages depend on couples making personal, daily commitments to engage in the hard work of maintaining a healthy personality. The good news is that the major personality conflicts in marital self-giving of excessive anger, selfishness, controlling behaviors can be identified and resolved. Anger is mastered through growth in forgiveness; selfishness through growth in generosity and self-denial and controlling behaviors through growth in respect. In this process, marital love that had grown cold can be surprisingly and delightfully renewed and strengthened. Most spouses do not deliberately set out to hurt the person whom they have vowed to honor and love all the days of their life. Instead, they inflict painful wounds because of the unconscious conflicts of anger, selfishness and controlling behaviors. Rick Fitzgibbons, co-authored *Forgiveness Therapy: Follow Rick on Youtube Duana C. Welch LoveFactually* Here are my top 3 practical tips for a happier marriage: And over 40 years of excellent research shows that being the right person involves three practical steps most anyone can learn. This means nurturing the belief that your partner has your best interest at heart, cutting them slack even when they disappoint you. They are careful rather than careless with their words. But happy couples do it respectfully: You may have been too busy to get to it this morning, too, but it would mean a lot to me if you could take it out now. So this gentle and respectful complaint ensures that this mate will either get what they want, or at least avoid making it worse. Happy couples learn their mate like a map they could read blindfolded, rather than assuming they know each other already and can afford to tune out. When their mate puckers up for a smooch, they kiss them back instead of avoiding the intimacy. And thank goodness, happy couples actually screw up on everything some of the time. Perfection is too high a standard for any of us to reach. But progress is doable; science on happy and unhappy couples proves it time and time again. When this is reciprocated, the marriage will do well. Have the courage to give and serve Treat him or her how you want to be treated. Over time, your spouse will become more and more conscious of your kindness. How your spouse chooses to respond to your kindness is his or her decision, but I very rarely hear of kindness backfiring. Follow James on Twitter [jrlingerfelt](#) Steve Cooper [HitchedMag](#) I have a lot of practical ideas for a happier marriage, but here are three that I think are easy to implement. This can be used to go on dates, share in new experiences, try new food, buy a new game, or any number of things. Make this a regular part of your budget, along with your water bill, electricity bill and other necessities. Investing in your marriage this way also helps in maintaining fun and positive connotations when reflecting on your union—it helps you see a future together. Second, touch each other every day. There is piles of research about the benefit of touch and the good bonding chemicals, such as oxytocin, that are released through touch. This act can be as simple as holding hands or cuddling on the couch to more intimate interaction. Regular touch is one of the things that makes marriage a special relationship. Third, brag about your spouse—in public. When it comes to your spouse, saying nice things about them in front of other people demonstrates your pride and respect for your husband or wife. They will also want to reciprocate. Smiles and a happier marriage are guaranteed. Allow yourselves to enjoy some time away from each other, doing something you each enjoy for yourselves. When you both get back together it will be more exciting to do so. Do not avoid arguments at all costs: If your spouse and you disagree, say so! And do so in the moment or as soon as the time and place is appropriate enough for doing so. Nothing poisons a marriage faster than resentment accumulated over time just because you tried to avoid confrontation with your significant other. Every healthy marriage has its moments of bickering now and then, and that is a great way to avoid resentment and even to continue to discover new things about each other. Start each morning with a smile and warm greeting kiss of course and each time you

reconnect during the day, smile and show your spouse you are happy to see him. We all want to be with someone we feel is excited to be with us, so show your spouse you look forward to seeing them and being with them no matter what your mood. Try to do one thing every single day to make your spouse happy they are married to you. You are in a position to make their life easier and better in small ways that matter, and each is a deposit into a stronger marriage.

Work on making your marriage happy. Yep, matters of the heart affect a lot more than your heart. If you're happily married, you'll have lower blood pressure and less depression than single people, even singles with a swell social network.

However, having a good marriage is a lot more than just the act of getting married. A few guidelines to help on your own Marriage Journey: If you want to remain married and most of all, happy in your marriage, then you will need to take active efforts towards it. A marriage takes two persons who are willing to frequently make a positive connection with one another. It is not just about communication! This means you will take the time to understand how your partner communicates. For example, some people may communicate in a straight forward way while some choose a passive aggressive style or even submissive style. Practice ways that work best for you each to understand one another. Once you understand how your partner communicates, you can then really comprehend what they are trying to say in the way they are saying it. Of course, not all communication styles are effective, and if you or your partner is passive aggressive or aggressive, you will both need to take steps to communicate in a more direct yet gentle manner. No mind-reading or fortune-telling allowed! So, be sure to let your partner know, what you really think and feel instead of wishing they would just understand you. Once positive communication is in place, this may bring out some issues. How you deal with these in your marriage is critical. The words you say in anger can cause a lot of damage that is very difficult or even impossible to repair. Calm down or Cool down time is vital! It is likely that after a heated discussion, you may need to take some time to calm down and think, before talking about the issue. Once both partners can do this, solving issues will become more doable. In any relationship, there will always be challenges and disagreements, but how you approach those and address them will determine the quality of your marriage. Remember, a happy marriage requires you to communicate respectfully and positively and work through your differences instead of fighting or ignoring them. Keep in mind your Humanity Keep in mind that you are two human beings who are not perfect and will need to sincerely apologize to one another many times. At the very least you can apologize for your part in the dispute. If after sincerely trying, you are still having difficulty, find help! There are many times, when you are too close to the issues to be able to work through yourselves in spite of your best efforts. A marriage friendly therapist, coach or counselor with just a few meetings will likely be able to help you develop strong communication skills if you are willing to make an effort! BUY my book at Amazon.

Chapter 6 : Marriage - Life, Hope & Truth

A happy marriage also has a climate of positive energy, which includes gratitude and appreciation, she said. Habits can either create or destroy this positive climate. "Most people might say.

If you give the plant water, sun and air, it blossoms. A marriage requires an equal amount of nurturing if it is to blossom. As much as it is hard to accept, a nice wedding and the good intentions you have to stay together forever are not enough to produce a successful, happy marriage. To reach such a stage is a wonderful thing. The thought of reaching our 50th anniversary means more to me now than ever before, because my mom and dad just recently celebrated their 50th anniversary. I am so happy for them, and even more determined now to do the same. When I coach couples on the verge of divorce, I find that generally, each individual is not happy within himself or herself and so their attempts to make each other happy are futile, because being happy as an individual is the first step. As I have written many times on this blog, in newsletters and said in workshops, for any relationship to be happy, first each party must learn how to be happy individually. I recommend to all couples that come to me for coaching that they create and then share a list of 50 things that make each one of them happy. Most times, many of the items on the list are simple, cheap and even free. Here is a list of 30 things husbands can do to make their wives happy and 30 things wives can do to make their husbands happy. Please remember, the list here is just a start. It is also a bit stereotypical, so feel free to swap items with your partner and do what works for you. Help her fill in her hugs-a-day tank with lots of hugs and kisses. Cook dinner from time to time. Husbands who cook have happier marriages. Stay and help while cleaning up after meals. Many couples fight over cleaning up. If you do it together, it will take half the time, become part of your quality time and then leave more time for romance. Find a loving nickname for her. Mark special dates on your calendar. There are not that many dates to remember: But if you really want to be a super husband, remember the date that you first became a couple. Take the kids out on your own from time to time to give her some space. It can be as simple as offering some time off on the weekend to allow her to sleep in a little bit longer, or as easy as organizing an evening out with the kids. When she is upset, listen to her but do not try to give advice unless she asks for it. Tell her how much you love to touch and smell her. Invite her to a movie or a restaurant like you would have if you were dating. Write her love notes and put them in places where she would not expect to find them, like inside the laundry basket, on the mirror in the bathroom, inside her wallet or on the visor in her car. Shower the kids or read them a story. I have to say that having watched my husband doing these things for many years with our children makes me love him more and more everyday. It is such a simple, beautiful thing to see father and kids reading a story together, that it makes the entire family happy. Offer some technical help if she is struggling with remotes, computers or electrical wiring. Say something nice about her choice in clothes. Give her a massage. You are strong and manly. Take the garbage out. Bring home dinner from time to time as a surprise. Try not to do this if she has already prepared a dinner. It is always better to check first and make sure the dinner is not all ready yet. Count how many times you say this phrase during your relationship and I am sure you will find it much easier to spend many happy years together. Give her a kiss for no reason. Kiss for the love of kissing. Kiss in the morning and remember to always, always, always kiss at night before you fall asleep, even especially if you have just had a fight. Stay cool when she is having a long phone conversation with her girlfriend, mom or sister. These phone calls are a way for her to work things out and get emotional support. They are good for you! Bring home a sexy movie from the video shop to watch together. Learn how to use the washing machine and use it without being asked. Go shopping with her if she asks you to. Consider this quality time. You can do the grocery shopping while you talk together about your plans and dreams. Clean the toilet from time to time. Bring her small gifts. Hold her hand even when there are people around. It is a public display of affection and this is important to her. Keep a photo of her in your wallet. Invite his friends over for a BBQ. Tell him how much you love the way he touches you. Have dinner ready when he comes home from work. Add candles even if there are kids sitting at the table. It is good for them to watch mom and dad expressing their love. Call him during the day and whisper loving things into the phone. Offer him his favorite drink. Tell him how much you love him. Ask him about his day and

listen. When you go shopping, ask him if he wants you to get him something. Grown men need attention and being sick is their way of getting it when nothing else seems to work. Tell him he is right sometimes. Buy yourself a sexy outfit. It will make your husband very happy. You are actually buying it as a present for him, as he is the one who will ultimately take it off. Give him a massage. Tell him he smells good. Make him his favorite dish and remember to tell him that you chose the dish especially for him. Wash his car as a surprise or get the kids to do it for a double bonus. If he is busy and has to miss a TV show that he likes, record it for him. Tell him how much you appreciate his efforts to come home early, to spend time with the kids, to help, etc. Get him his favorite after-shave before his old bottle runs out. Suggest from time to time that he go out with his friends. Keep his photo in your wallet. Make a genuine effort to get along with his mom. Put his trophies in a prominent place and proudly show them to visitors. Send him loving, suggestive emails. Tell him he is the best dad to your kids, more than you could ever ask for. Touch him from time to time. When he is busy, just walk up to him and run your fingers through his hair. Prepare his lunch box for the day. As you can see, there are probably as many items that can be added to these lists as there are couples in the world. Each one of us has different desires and expectations of a relationship. It is easier to obtain your desired life if the other party also helps work to make the marriage a happy one. The longer the list of things you have that you can do to make your partner happy, the longer your marriage will be. These lists are just the beginning. Make your own lists and start making your marriage a happy and fulfilling one.

Chapter 7 : 7 Small & Simple Habits for a Happy Marriage

Get marriage advice on how to have a happy marriage, include secrets of happy marriages, straight from writer Heather Lende who's been married 30 years.

In order to stay healthy, a plant requires daily attention and care, such as water and sunlight. D, called 75 Habits for a Happy Marriage: Advice to Recharge and Reconnect Every Day. What makes a happy union? Habits can either create or destroy this positive climate. You just might not realize it. For instance, complaining to your partner about not taking out the trash or not preparing dinner can become a habitual complaint, she said. Other negative habits include criticism, contempt, sarcasm, eye-rolling and distancing behaviors, she said. Below, she shared seven small but significant gestures you can incorporate in your day-to-day life. Greet your partner lovingly in the morning. When you first see your spouse, instead of having a negative or even neutral interaction, greet them with a positive statement, Bush said. The key is to be positive and loving. Send a sweet text. Reunite with a hug. Touch your partner at mealtime. You might touch their hand or arm, or your legs might touch, she said. Compliment your partner at the end of the day. Many marriages, Bush said, suffer from chronic under-appreciation. Express your needs from a place of vulnerability. So instead of a request, it comes out as an attack. Could you spend some time with me? Synch your breath together for one minute. You might be in a miserable mood or downright exhausted. But try it anyway. She likened it to feeling depressed. And, yet, when you do the things that make you feel better, you feel better. She also explores self-image issues on her own blog [Weightless](#) and creativity on her blog [Make a Mess](#):

Chapter 8 : 11 Ways To Make Your Long-Term Marriage Happier, Starting Today | HuffPost

However, if you want to live a happy married life, then you have to work on keeping the romance alive and on continuing to grow—both with your partner and as an individual. Though it's not always easy, you can make your marriage thrive if you and your partner are willing to put in the effort.

How to Have a Happy Marriage? All marriages take a road on the rough patches and walk through the patterns of mundanity; periods of poor communication, boredom and stress is just a part of marriage that you will eventually have to overcome. Learn to be independent Depending on each other is okay; however, too much dependency can harm a relationship. It is better to make your presence realized by the other person instead of making your presence feel like a burden. Be a good listener Both the spouses need to realize that all their partner needs from them is a listening ear. Open your heart, hear them when they speak and make sure to reassure them that you understand. Doing this is the key to a happy marriage. Understanding the language of love can lead to a happy marriage as well. Acceptance Lack of acceptance is mostly attributed to women due to their constant nagging; however, men can nag too. So stop trying and focus on their positive attributes instead. Never take your partner for granted Try not to slip into a complacent state and form expectations. In marriage, you should never reach a place where you start to take the other person for granted. Avoid assumptions and do nice things for your partner whenever possible. Add romance Try to be romantic as this can bring back the spark; make a romantic gesture, bring back chivalry by buying her flowers or opening her car doors. Women, on the other hand, can cook their husband favorite meal to win his day. Date night Many couples ignore and overlook this advice especially those who have been married for a long time. This advice is very important if you want a long and happy marriage as a date night will not only strengthen your bond and will also make you free from all distractions. Keep intimacy alive Sex is a very important step in having a happy marriage. Make sure to keep it exciting. Decide on how you are going to compromise as a couple When things get tough, both spouses should learn on how to compromise. If something is relevant to your husband, do it his way, and he should do the same for you. Try always to find a middle ground. Live in the present Try not to bring any old conflicts or things that went wrong in the past as this will only create more resentment. Follow the 5-To-1 rule For every one criticism of your partner try to give five compliments to make sure that you find more positivity than negativity. When you listen, listen respectfully. Be an optimist This is simple; if you think positively about your marriage, your marriage will be positive. Live in your own happy world Every couple should have things that only they enjoy such as reading a book together or have a Harry Potter marathon. During these times try to forget all the problems around you and enjoy the company of your partner. Do not control Married people might reach a place where they give in to jealousy and start to try and control their partners. This can be a bad step for your relationship so take help from a therapist right away. Forget the fantasy You need to recognize that marriage is a beautiful thing but it is not perfect nor will it ever be, so have realistic expectations. Wrapping up To continue to coexist happily in a marriage, and to be able to overcome challenges together, you need to work in unison and not against each other. There are no happy marriages, you and spouse make your marriage a happy one by persistently working at ironing out differences and pumping in more smiles, shared joys and fun together.

Chapter 9 : 60 Tips for a Happy Marriage | Family Matters

Dr. Phil McGraw joins The Doctors to talk about couples therapy and tips on how to have a happy marriage. Take it from Dr. Phil he and his wife Robin just celebrated 40 years of marriage.

However, having a good marriage is a lot more than just the act of getting married. Guidelines to Help on Your Own Marriage Journey If you want to remain married and most of all, happy in your marriage then you will need to take active efforts towards this goal. A marriage takes two persons who are willing to frequently make a positive connection with one another. Clarify Things for One Another The number one thing that every single couple needs to understand is positive communication. It is not just about communication! This means you will take the time to understand how your partner communicates. For example, some people may communicate in a straight forward way while others choose a passive-aggressive style or even submissive style. Practice Communication Once you understand how your partner communicates, you can then really comprehend what they are trying to say in the way they are saying it. Of course, not all communication styles are effective, and if you or your partner is passive-aggressive or aggressive, you will both need to take steps to communicate in a more direct but gentle manner. So, be sure to let your partner know what you really think and feel instead of wishing they would just understand you. Once positive communication is in place, this may bring out some issues. How you deal with these in your marriage is critical. Learn to Fully Concentrate: The words you say in anger can cause a lot of damage that is very difficult or even impossible to repair. It is likely that after a heated discussion, you may need to take some time to calm down and think, before resuming talk about the issue. Once both partners can do this, solving issues will become more doable. In any relationship, there will always be challenges and disagreements, but how you approach those and address them will determine the quality of your marriage. Remember, a happy marriage requires you to communicate respectfully and positively and work through your differences instead of fighting or ignoring them. Learning to live and let live or learning ways to agree to disagree are part of moving into an enjoyable marriage for you both. Keep in Mind Your Humanity Keep in mind that you are two human beings who are not perfect and will need to sincerely apologize to one another many times. At the very least, you can apologize for your part in the dispute. There are many times when you are too close to the issues to be able to work through them by yourselves, in spite of your best efforts. A marriage friendly therapist, coach or counselor will likely be able to help you with just a few meetings develop strong communication skills if you are willing to make an effort! You will be so glad you took those few minutes to invest in your marriage! What are some ways that have helped you to have a happy marriage? What were some of the things you learned in the process? What advice would you share with other couples? Please share your thoughts below. Waverly Hanson Waverly Hanson is a coach, counselor, author and military consultant. Her positive, nurturing and gently challenging style works well with her mission to save marriages and help people find life choices. Check her Relationship Quiz here <https://www.waverlyhanson.com/relationship-quiz>