



## Beating the Odds: How to Have a Happy and Healthy Marriage

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A healthy marriage can be the foundation for building a happy and stable family. A strong partnership will lead to many years of happiness - but it won't always be easy. ***Your marriage will take work to grow in love, honor, and respect.***

It's true that the stats aren't so good when it comes to the success of modern marriages. However, there are things you can do to help you beat those odds. Even if things are looking gloomy, ***you owe it to your marriage to be the best spouse you can be.*** Oftentimes, it's your willingness to compromise and communicate that can make all the difference.

### Keep these tips in mind as you build a happy and healthy marriage:

- 1. Deal with Conflicts Lovingly.** Even in healthy relationships, conflicts come up. Sometimes they are for petty reasons and sometimes they are major life-altering problems. Your goal isn't to avoid conflicts at all cost; rather ***your goal is to develop a way to deal with conflict in a healthy way.***
  - Remember that you don't always have to be right or have the last word.
  - *Really* listen to what your partner is saying even if it isn't what you want to hear.
  - Don't blame each other, it doesn't matter who is at fault.
  - Be open and honest about your thoughts and feelings.
- 2. Making Decisions.** A marriage is full of many decisions. There are the small ones, like choosing your wedding reception centerpieces, and there are big ones, like where you should live. A good marriage requires that you communicate effectively with one another so you can make decisions together.

- Remember that it takes two to make a decision.
- Understand why your partner wants to make a certain decision.
- Don't react rashly. Take your time deciding.
- Look for outside support from friends and family, if needed.

**3. Be Open to Change.** People are constantly changing and evolving. ***You must be open to change within yourself and your marriage.*** You may be disappointed by the changes your spouse is going through, but that's exactly why you'll need to remain open and understanding.

- Talk about the changes. Keep the lines of communication open.
- Accept that plans change.
- Don't hold your partner back. It isn't healthy to resist change in yourself or your partner.

**4. Stay Positive.** Naturally, negative feelings are going to creep up from time to time, but you need to strive to remain as positive as you can. This attitude will keep you calm and happy.

- If you're feeling negative, discuss your feelings with your spouse.
- Strive to remain positive when discussing your expectations.
- Setbacks happen, but you should never question the foundation of your marriage and love.

## Showing the Love

Remember how you felt when you first got together with your partner? There were definitely little things you said and did that expressed your love to your spouse. Sometimes it's easy to get so comfortable with your partner that you forget to express your love in the little ways.

In the end - there are obviously situations where you'll need to compromise. ***Things will not always go your way.*** But the truth is, this will be the case in *every* relationship you'll ever be in.

Your communication and understanding will be the key. And as long as you give yourself fully and completely to your spouse, your marriage will be filled with many joys and good times!