



Free Report
**"7 Secrets For A
Happy Marriage"**



Dr Grace Anderson

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7 Secrets for a Happy Marriage.

Unfortunately, there aren't many classes in high school or college that teach us how to be successful in long-term relationships and divorce is common. That's regrettable, because a fulfilling relationship can contribute so much toward enjoying a happy and successful life.

There are many things you can do to strengthen your marriage **and help make it last until death do you part**. If you want to have the best chance of marital success, it's a wise idea to learn some of these strategies.

Researchers have shared these tips on how to strengthen marriages and make them last:

1. **Have realistic expectations.** It's easy to make it through the early stages of a relationship when everything is new and exciting. But those annoying little habits aren't quite as cute and endearing ten years into the future. **A relationship requires work and energy to grow and thrive.**
2. **Become good at saying "I'm sorry."** Despite your best efforts, you'll make mistakes in your marriage. *Studies have shown that the people slowest to apologize are the ones most likely to stay single or get divorced.*
 - *Sometimes you have to decide if you'd rather be correct or happy. Be strong enough to say you're sorry and move on.*
3. **It's okay to argue in a respectful way.** The presence of arguing in a relationship doesn't affect its success as much as *how* a couple argues. One psychologist claims a 95% success rate for predicting which

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relationships would fail just by listening to an argument for five minutes!

- *The four factors that make all the difference when you argue are: contempt, defensiveness, criticism, and withdrawing. Avoid these behaviors and your marriage is more likely to survive.*
4. **Laugh together.** Remember the good times you've shared. Talk about and relive them. *Reminiscing about fun times helps keep couples together.*
 - *Consider creating some happy, new memories and remind your partner about the great times you've already enjoyed. Laughing together strengthens your marriage!*
 5. **You need five good times for each bad one.** *Research has shown that marriages require at least five positive interactions for each negative one.* What is a good interaction? A fun afternoon, a positive conversation, or a good hug. You know what a negative interaction is.
 6. **You can complain, but avoid criticizing.** If your partner's behavior is bothering you, it's okay to point it out and ask them to stop. But, avoid attacking your partner. You can say, *"It drives me crazy when you throw your dirty socks all over the floor."* But avoid saying, *"You're such a slob. What's your problem?"*
 - *Most people can accept that they might be doing something bothersome. However, that's different from being personally attacked.*

7. Hold your own, do not be a "push-over".

One way to earn respect from your partner is the ability to hold your own and not be pushed over by him/her in an argument. If you always

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give in to your partner's point-of-view without standing your ground in a dignified way, when you have a valid point, then you are allowing yourself to be "run-over" as it were, without the ability to make your own point understood or appreciated. That is a "disaster" brewing for you and waiting to burst!

- *People respect those who have valid points and are able to stand by their points without getting angry or raising their voices.*

A happy marriage is important for you and your children. *There are times when we all have to put our own needs aside and do whatever we can to strengthen our relationships.* These tips will help you work toward a happy partnership as you give your marriage the time and attention it deserves.

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