

Look for the Best in Each Other

Give your partner the benefit of the doubt, and create a list of things you love about them!

A Final Note

Partners who work together in managing everyday responsibilities, but also experience occasional storms in their relationship, are more likely to be happily engaged and involved in their marriages than those who don't. Be mutually supportive of one another. Remember to be patient, forgiving, and most of all, loving.

"What counts in making a happy marriage is not so much how compatible you are, but how you deal with incompatibility."

For more information on developing positive self-esteem, contact your Employee Assistance Program at 701.530.7195 or 800.327.7195

Remember, your Employee Assistance Program is:

- **Confidential:** All information is strictly between you and the counselor.
- **Informal:** A simple phone call starts the process, and there is no red tape.
- **Free:** Your employer has paid the fees. There's no charge for initial counseling services.



Employee Assistance Program

310 North 10th Street
Bismarck, ND 58501
CHStAlexiusHealth.org



Employee Assistance Program

Why Marriages Succeed





Why do some marriages succeed and others fail?

In the busyness of life, we often forget to give our marriage the full attention and care it needs.

A healthy and lifelong marriage requires ongoing maintenance. The truth is, the patterns of interaction that make or break marriages is still a mystery to most of us. Much of the marital advice that is portrayed in movies and television is unsuited to the realities of today.

Stress in a Marriage

Recognizing that stress will come at some point in your marriage is important. To go into a marriage with the idea that you will never face difficulty is unrealistic. It also helps to prepare for the types of stresses you may face and plan ahead of time how you will tackle these issues. These are the top five stressors in a marriage:

- Money
- Sex
- Children
- Time
- Household Responsibilities

It is important to know what the stressors are so you can prepare to deal with them together as they arise.

Ingredients for Success in Marriage

Spend Time with Each Other

Married partners need time with each other to grow stronger together. Plan regularly scheduled date nights. Make a weekend getaway a goal to work toward. Healthy marriages need both quality and quantity in terms of time together.

Learn to Negotiate Conflict

Conflict is a normal part of a relationship. Working out problems in a relationship starts with understanding the issues and how to discuss them.

Show Respect at All Times

When a couple fails to respect each other, it is often easy to slip into negative habits. Nothing can damage your relationship quicker than criticisms and put-downs. Paying your partner a compliment is a quick and easy way to show your respect.

Learn About Yourself First

Many partners enter relationships without knowing enough about themselves. Learning about yourself will better equip you to grow as an individual and a partner. Commit to discovering new things about one another!

Explore Intimacy

Intimacy can open your relationship to a whole new level of enjoyment and closeness. It is important to remember that intimacy refers to sexuality as well as emotional intimacy.

Explore Common Interests

Couples thrive when they share similar interests. Common interests may be cooking, going for walks or playing cards. The goal is to have something outside of your family that you both enjoy.

Improve Your Communication Skills The ability to talk and listen to each other is one key to a healthy marriage. You should never assume your partner knows what you are thinking or feeling. Know when to talk and when to listen.

Forgive Each Other

If he or she hasn't already, your partner is going to do something that hurts, frustrates or upsets you. You probably will too! Allow your partner to make a few mistakes, and apologize quickly when you make some of your own.

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