

Happy Couples: Simple Steps to a Successful Union

The keys to keeping your relationship alive and healthy often come down to the simple things.

Here are some ideas described in detail in the book "The Seven Principles for Making Marriage Work" that have been gleaned from over 20 years of research with hundreds of couples.

1 Seek help early: If you can't work it out, don't wait to talk to a professional.

2 Be careful how you start conversations: Arguments often start because a spouse is confrontational from the get-go.

3 Hold each other to high standards: Happy couples refuse to accept hurtful behaviour from one another.

4 Know how to exit an argument: Happy couples repair the situation before an argument gets completely out of control by employing humour, caring remarks and assurances that they are on common ground.

5 Focus on the bright side: In happy marriages, couples make five times as many positive statements to and about each other and their relationships than negative ones.

No relationship is all sunshine and rainbows. If you and your partner have hit a rough spot, short-term counselling from your Employee Assistance Program may help you get over it. Call today to get started.



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