



6 Scientific Principles of a Happy Marriage

1) Emphasize and Celebrate the Good/Positive

Center for Marital and Family Studies at the University of Denver

Recognize and celebrate the positives, good news and events. Give thanks and compliments.

Divorce isn't as much about increased negative things as it is about decreased positive things. Couples who regularly discuss and celebrate positive news/accomplishments have higher levels of commitment, intimacy, trust, and relationship satisfaction ... It's not enough that your partner knows that you take pride in their accomplishments. You have to show it. Making a fuss over the small, good things that happen every day can boost the health of your marriage.

2) Five To One (5:1)

University of Washington

Ramp up the positives / Tamp down the negatives

In stable marriages, there are at least five times more positive interactions than negative ones. It doesn't have to be exact, but if the number of positive and negative conversations, experiences, etc., are equal, the chance of divorce skyrockets.

3) Maintain High Standards

Myth: Many peoples' expectations for marriage are too high.

Research: People who expect more, get more.

Don't settle for a second-rate marriage.

Dr. Baucom found that people who have idealistic standards, who really want to be treated well and who want romance and passion from their marriage, end up getting that kind of marriage. Men and women with low standards, who don't expect good treatment, communication, or romance, end up in relationships that don't offer those things.



4) Stay Close to Family and Friends

Dr. Coontz found that many marriages are 2-person cocoons in which each spouse relies solely on the other one for support and connection. In reality, that's neither healthy nor realistic. Your marriage should be your primary relationship – not your only one. Dr. Coontz argues that the best way to strengthen a marriage is to put fewer emotional demands on your spouse. The happiest couples, she says, are those who have interests and support "beyond the twosome."

5) Have Regular Sexual Intimacy

Desire for sexual intimacy can lessen. Despite this, sex is healthy and has all kinds of biological and emotional benefits that should not be ignored.

Over time, regular sex can improve your mood, make you more patient, damp down anger, and lead to a better, more contented relationship.

6) Excitement!

Couples don't need more "pleasant" activities – they need more exciting activities to hold on to the rush they felt when they first fell in love.

Adventure Research: Couples who had undertaken the "exciting" date nights showed a significantly greater increase in marital satisfaction than the "pleasant" date night group... Protect your marriage by regularly trying new things and sharing new experiences with your spouse.