

Title:

Marriage is a Balancing Act

Word Count:

714

Summary:

The article explores the value of having communication skills in marriage. It also cites some

Keywords:

stress and anxiety

Article Body:

^Marriage is not a ritual or an end. It is a long , intricate, intimate dance together and not

Norman and Samantha are celebrating their 9th wedding anniversary. The past nine years cannot

Like Norman and Samantha, thousands of couples struggle with communication. The way we communi

Long-lasting marriages are usually characterized by open, encouraging, and positive communicat

There are a number of ways to communicate with your spouse. Why not improve on your commuinca

Types of Communication:

- The Discussion Type- Having a discussion gives you time to see each other's point of
- The Confrontational Type ~ As the worst type of communication, if it can be called com
- The Non-Confrontational ~ You simply do nothing, ignore your misunderstandings, and p

Types of Conflict Resolution

Couples should also try to learn and practice conflict resolution techniques. Marriage cannot

1. The Avoidant Type ~ This type avoids all hot issues or topics and actually cause a pro
2. The Validating Type ~ This entails affirming one another's feelings, considering all p
3. The Volatile Type- When couples don't listen to each other's point of view but try to

Tips for a Successful Partnership

It is important for couples to know that the success of their marriage depends a lot on good c

- Being affectionate
- Showing your concern or how much you care
- Being thoughtful by giving gifts even when there is no occasion
- Being appreciative
- Having a healthy sense of humor
- Sharing each other's joy

To keep marriage strong, couples must share their interests and explore new things together.

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