

Is Love All You Need?

People get married hoping love is enough to see them through whatever comes their way. But, sometimes love needs a little help!

Laying a Foundation for a Happy Marriage

Learn to give feedback

Strong marriages are built on *mutual* feedback that is *kind, helpful* and *positive*.

Let's be clear. We're not talking about manipulation or laying a guilt trip on your spouse. We're talking about honest feedback that contributes to your partner's growth, and the health of the marriage.

If your primary reason for giving feedback is to further your own agenda and interests, think twice. The old adage is true. When you try to get someone to do something that's in their best interests, it's motivation. But when it's merely for your best interests, it's manipulation.

Learn to understand each other's needs

Just because you love your spouse doesn't mean you understand their needs. They might not fully understand yours either.

Discuss your respective needs with each other. For instance, if you like hearing your spouse say "I love you," tell them! They might believe that talk is cheap and that saying "I love you" doesn't mean very much.

Learn how to cooperate

You and your spouse have differences that are amplified by pressure and stress, which creates relationship issues.

Differences are strengths that enhance your relationship; each of you brings something unique to the table. This realization is called a cooperative approach. For instance, if you're intuitive but your spouse is analytical, combining these two traits helps you to make better decisions.

At the end of the day, sometimes love needs a little help because a happy marriage doesn't just happen. It's cultivated and sustained by hard work.

Some of that work involves understanding each other's needs, sharing and receiving constructive feedback, and choosing to cooperate despite your differences. Doing these things lays a foundation for a happy marriage.

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!