

Are Relationship Rules Necessary?

Every marriage needs a set of relationship rules. I know, talking about rules is BORing. But here's the thing, rules keep you focused on what matters most in your relationship. Here are some important ones.

Don't do anything you wouldn't want your spouse to do...

Please don't make a set rules for your spouse that YOU don't intend to follow. Double standards breed resentment.

Give each other "me" time...

Just because you own a marriage license doesn't mean you own your spouse. You each need time to pursue hobbies and spend time with friends without being made to feel guilty about it.

What happens in your marriage stays in your marriage...

Don't disclose anything confidential that happens in your marriage to a third party without your partner's consent. It hurts trust and causes communication breakdowns.

Communicate openly with your spouse...

Speaking of communication, you must communicate openly with each other about stuff. If there's an issue, talk about it.

Know what avoiding it does? Makes it worse!

Share your feelings, desires and disappointments *freely*. Few things are more frustrating than being married to someone who shuts down and is emotionally unavailable. Why live miserable and unhappy?

Stay faithful...

There's no justification for being unfaithful to your spouse.

If you're unhappy, unfulfilled or just bored with your marriage, discuss it with your spouse and decide what needs to be done about it.

Never compare your spouse to an ex or someone else's spouse or your parents...

Nothing good comes of this.

It only causes hurt feelings and unhappiness. Here's a thought, why not identify the quality that the other person has that you would LIKE to see in your partner and then talk to them about it. (Don't bring up the other person during the conversation!)

If you don't compliment your spouse, someone else will...

Complimenting you spouse shows you're paying attention and that you actually like them! And it's a HUGE self-esteem boost.

In marriage, conflict happens when spouses are on different pages regarding important issues.

Relationship rules are a guide to stay committed to what's most important for a healthy and happy relationship.

You don't want many rules, just a few to make sure you stay focused on what matters most.

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