

# 7 Habits of Happy Couples

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Ever wonder what happy couples do to stay happy? They practice certain habits that help them endure the rough patches with little or no damage to their marriage.

## **1. They enjoy the present**

Marriage is happening now. Not yesterday or tomorrow but today. This moment is all we have. For happy couples, enjoying a hot chocolate together after the kids go to bed is just as special as a fancy dinner on date night.

## **2. They don't expect their marriage to solve all their problems**

A healthy relationship is a source of great joy but isn't the solution to one's personal insecurities, etc. There are things about ourselves for which we alone are responsible for solving.

In fact, relationships have a way of amplifying such issues, especially if the responsible party fails to seek help.

## **3. They don't expect marriage to be easy**

Rough patches aren't taken as evidence that they're married to the wrong person. Tough times are normal, and an opportunity to grow their relationship.

## **4. They don't let fear hold them back**

Happily married couples love and trust each other even when they hurt each other because they know it wasn't intentional. They believe the best about each other. So they don't let the fear of getting hurt hold them back.

## **5. They don't keep secrets from one another**

They tell the truth no matter the consequences because they know trust is essential. Trust gives peace of mind and prevents feelings of betrayal and deceit from creeping into their relationship.

## **6. They don't hold grudges**

Happy couples don't go through life angry at each other. They make peace and forgive at the earliest opportunity. Life is too short to hold grudges; now is as good of time as any to forgive your spouse.

## **7. They do not take their marriage for granted**

Happy couples are intentional about their marriage. They don't let busy schedules drive a wedge between them. They intentionally show appreciation and affection.

They believe that love is a gift, and that sharing someone's life is a privilege not an expectation.

How many of these seven habits do you recognize in your marriage? Does one of them in particular catch your attention that you could start practicing this week?

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