

Will This Make You Happier?

A lot of people think if they only had more money, less debt, a better job, less stress and LOT more time they'd have a happier marriage.

Would they?

It's easy to believe we'd be happier in life and marriage if our circumstances were better.

Studies say that just 10% of a person's happiness is attributed to their circumstances. The remaining 90% is having the right attitude despite your circumstances.

Ways to Be Happier Now

More honey, less vinegar

Engage your spouse wisely. It's best to always use a soft approach.

Ancient wisdom teaches that a soft answer makes anger go away.

Change your tone and pick your words carefully: Say things like, "Honey, I'd appreciate it if you did this next time" or "I really appreciated you doing this _____, Babe" saves you a lot of heartache.

Smile and hug

What would happen if you chose to smile at and hug your spouse every morning and evening regardless of your marital problems?

This decreases conflict and hurt feelings because it's hard to stay mad at someone who smiles at you and hugs you! It makes you feel more connected to your spouse too.

Deal with issues now

If something is bothering you or needs to be dealt with, deal with it now.

Conflict is never easy but it'll never be easier to deal with than now.

Please don't do what many couples do and that is become passive aggressive or give their spouse the cold shoulder hoping they'll notice something is wrong (rarely works).

Seek personal happiness

It's hard to have a happy marriage if you're unhappy personally.

Unhappiness in marriage can stem from past baggage that was never dealt with. Sometimes the person is unaware of the baggage because they've forgotten or repressed it. So they become angry or mean for no good reason to those closest to them.

Here's the deal, if you're unhappy, don't expect a relationship with someone else to make you happy.

Work on your issues even if it means entering counseling or therapy. You must find your happiness first to be happy with someone else.

I know I just said you shouldn't expect another person to make you happy but that shouldn't stop you from striving to make each other happier. It can be as simple as treating each other kindly, smiling and hugging more often, and dealing with relationship issues as soon as they occur.

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