

Compromise or Stalemate?

Are you the kind of person who compromises, or fights to get your way no matter what? Happy couples know that healthy marriages are built on compromise and cooperation. But if you believe YOUR needs come first and expect them to ALWAYS be met, you won't have a happy marriage.

In a healthy marriage, both parties desire and are willing to *serve* their partner's needs. One spouse's needs and preferences shouldn't take preference over the other's. Also, one spouse shouldn't call all the shots while the other meekly obliges.

How to Compromise and Cooperate

Listen actively – The first step of compromise and cooperation is listening.

Don't assume you know what your spouse needs or wants. Ask them what they want or would like; listen and ask clarifying questions.

If your spouse is used to you making all the decisions and issuing orders, they may respond to your questions with "whatever you decide is fine by me."

This response is a classic sign of someone who has resigned themselves to agreeing for the sake of keeping the peace in the marriage.

Encourage your spouse to speak up by reassuring them that you value their opinion and truly want to know what they think.

Reach a Compromise – Once you know what your spouse wants, you can start working towards a compromise.

Compromising is a process. You and your partner should consider all possible options before making a decision. During this process, you will identify an option that both of you like or can live with.

Collaborate – Compromising shouldn't feel like a lose/lose situation.

In a collaborative marriage, no one feels like they're giving up too much or being a doormat.

Both parties thrive as individuals who are supportive of each other's wants and needs.

Couples who remain in the compromise stage too long often grow to resent each other.

Every couple should strive for a collaborative relationship where both parties call the shots and are equally considerate of each other's hopes, wants and needs.

Many couples today have a hard time compromising. But the flip side is that some couples compromise too quickly to keep marital peace.

Improve your marriage by listening to your spouse, asking questions, and reaching a compromise through the process of collaboration.

Do this and you will definitely have a MUCH *happier* marriage!

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