

Life Really Matters



Elements involved in a marriage relationship

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The success of a marriage depends on many things, but there would be very few couples, if any, that have all or even most of them.

This suggests we can all get along reasonably well, without our marriage being perfect. However, the better we are able to practice at least some of these, the higher our chances of our contentedness.

Which of the following do you believe you are good at and which ones do you think you could do with more of..

Passion A hot emotion. Wanting to be with my partner, hear their voice, see them, be physical with them. Just love being around them.

Commitment A public and personal commitment that I will be there for my spouse till the end, no matter what.

Intimacy Ability to be open with one another; To be able to share my deepest inner self, ask for what I want, say how I am feeling.

Communication	The skills that enable us to talk civilly and clearly with other so that each is understood, and life is shared.
Separateness	An understanding, appreciation and respect of my unique self. Recognition of my right and need to identify and pursue some of my own needs and interests.
Trust	To know that I am trusted completely and have an equal trust in my partner
Understanding of each person's own identity and uniqueness	A clear understanding of what and who I am. To know that I am loveable and loved. To know that I am unique.
Tolerance	Willingness to recognize and respect the beliefs or practices of each other, even though they are different. The ability to accept something we cannot change, control or wish for.
Adaptability	Preparedness to change with times, experiences and events to maintain the fundamental goals of the relationship.
Marriage Expectations	Ability to match expectations to reality Both persons need to express their unexpressed expectations.
Togetherness	A commitment and enjoyment of doing things together
Conflict resolution skills	Ability to resolve conflict without force, coercion, avoidance manipulation, violence or intimidation

- Financial management** A similarity in financial goals and processes.
- Parenting** Similar ideas about raising kids and unmitigated support for each other in enforcing a common approach.
- Abuse** Freedom from abuse of all kinds, emotional, verbal and physical.
- Respect** A respect for each other as a human being, as a partner, husband, father/mother and lover.
- Selflessness** A preparedness to give of myself and that my partner will give of them selves.
- Role Relationships** A clear understanding of role relationships and ongoing re-assessment.
- Patience** An allowance for each other's mistakes and status in life, knowing that maturity and experience take time to develop.
- Recognition of individuality** Allowed to be myself
Validated for who and what I am
Encouraged to pursue my unique dreams
- Personality** An understanding of each person's (the whole family) unique personality characteristics and skills in working with or around them.

Well how did you go? Don't feel too bad if some of these are missing in your relationships. The good news is, everyone of them can be grown and developed over time.

Related Reading

Relationships that work, H. Norman Wright