



Keep Your Marriage Positive

In researcher John Gottman's book, Why Marriages Succeed or Fail, he shares ways happy couples relate with each other. It is really the small things in marriage that keep us happy.

Show Interest

Are you really interested in what your spouse has to say? Nodding, looking your spouse in the eye and asking questions can help good feelings flow.

Be Affectionate

Touching, holding hands and other small acts of physical affection remind your partner of your affection.

Small Acts of Thoughtfulness

Thinking about your partner and making a short phone call, bringing a glass of iced tea to the yard, buying the favorite kind of ice cream are ways to boost positive feelings in your marriage.

Be Appreciative

Count the blessings in your marriage and share them with your partner. Let your partner know you realize you have a good thing with each other!

Giving compliments and expressing pride in your partner strengthen the bond between you.

Show Concern

When your partner has problems, be supportive and caring. Say, "Tell me more about it." Listening builds trust and knowing there is at least one person in the world on your side is awesome.

Play Around Together

Share a private joke with your spouse, laugh together, find something you enjoy doing together. Enjoy life, it's short.

Gottman says we need to have about five times as many good times as bad times in a marriage if we want it to be happy. Start to practice more of these small habits daily. Your spouse will begin to get the idea too!

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