

the 7 principles of making marriage work

the 7 principles of making marriage work serve as foundational guidelines for couples aiming to build and sustain a healthy, fulfilling relationship. These principles emphasize communication, trust, respect, and emotional connection, all of which are crucial elements in maintaining marital harmony.

Understanding and applying these principles can help couples navigate challenges, deepen intimacy, and foster lifelong commitment. This article explores each principle in detail, providing insights into how couples can effectively implement them in their daily lives. By focusing on these time-tested strategies, partners can enhance their emotional bond and create a resilient partnership. The following sections outline the essential components of these principles and practical approaches for making marriage work successfully.

- Building Love Maps
- Nurturing Fondness and Admiration
- Turning Toward Instead of Away
- Letting Your Partner Influence You
- Solving Solvable Problems
- Overcoming Gridlock
- Creating Shared Meaning

Building Love Maps

Building love maps is the first of the 7 principles of making marriage work and involves developing a detailed understanding of your partner's inner world. This includes knowing their preferences, fears, hopes, and dreams. Love maps are essentially the mental database of each other's lives and experiences, which helps spouses stay connected on a deeper level. Maintaining an updated love map allows couples to respond effectively to each other's needs and emotions, fostering intimacy and trust.

The Importance of Emotional Awareness

Emotional awareness within love maps refers to being attuned to a partner's

feelings and stressors. Couples who invest time in learning about each other's emotional landscape can better support one another during difficult times. This awareness strengthens the emotional bond and reduces misunderstandings.

Practical Ways to Build Love Maps

Couples can build love maps by regularly engaging in meaningful conversations, asking questions about each other's daily experiences, and sharing personal thoughts. Setting aside time to connect without distractions encourages openness and reinforces the partnership.

Nurturing Fondness and Admiration

The second principle focuses on nurturing fondness and admiration, which are essential for sustaining positive feelings in marriage. Expressing respect and appreciation towards one another counteracts negativity and builds a foundation of affection. Fondness and admiration reflect a couple's positive view of each other and their relationship, which protects against contempt and resentment.

Expressing Appreciation Daily

Regularly acknowledging your partner's positive qualities and actions helps maintain a respectful and loving atmosphere. Simple gestures of gratitude and verbal affirmations contribute to a sense of value and belonging.

Maintaining Positive Perspective

Focusing on a partner's strengths rather than weaknesses encourages a healthy emotional environment. Couples who cultivate fondness and admiration are more resilient to conflicts and more likely to collaborate on solutions.

Turning Toward Instead of Away

Turning toward each other rather than away is a principle that highlights the importance of responding to bids for emotional connection. These bids can be verbal or nonverbal attempts to engage, share, or seek support. Couples who consistently turn toward each other reinforce trust and emotional safety, which are vital for a successful marriage.

Recognizing Bids for Connection

Understanding and responding to small requests for attention or affection strengthens intimacy. Ignoring or dismissing these bids can lead to emotional distance and dissatisfaction.

Building Habits of Engagement

Developing habits of turning toward each other involves active listening, showing empathy, and making time for shared activities. These practices create a positive interaction cycle that deepens the marital bond.

Letting Your Partner Influence You

Allowing a partner to influence important decisions is a critical aspect of the 7 principles of making marriage work. This principle emphasizes mutual respect and compromise, recognizing that both partners' opinions and feelings matter equally. Being open to influence fosters cooperation and reduces power struggles in the relationship.

Practicing Mutual Respect

Respecting your partner's perspective involves listening without judgment and valuing their input in decisions that affect the couple or family. This creates a balanced and fair dynamic.

Encouraging Shared Decision-Making

Couples who engage in shared decision-making often experience greater satisfaction in their relationship. This process involves discussing options, weighing pros and cons, and reaching agreements that honor both partners' needs.

Solving Solvable Problems

The fifth principle addresses the importance of effectively managing conflicts that can be resolved. Many marital issues stem from solvable problems such as finances, household responsibilities, or parenting styles. Employing constructive problem-solving techniques helps couples address these challenges without escalating tensions.

Effective Communication Techniques

Couples should use “I” statements to express feelings and avoid blaming language. Active listening and validating each other’s perspectives contribute to productive discussions.

Steps to Solve Solvable Problems

- Identify the problem clearly
- Discuss possible solutions together
- Agree on a plan of action
- Follow up to assess progress

Overcoming Gridlock

Overcoming gridlock involves addressing persistent, deeper conflicts that seem unsolvable and often relate to fundamental differences in personality or values. This principle encourages couples to understand the underlying dreams and fears behind their disagreements, paving the way for empathy and compromise.

Understanding Underlying Issues

Gridlocked conflicts usually mask unmet emotional needs or unacknowledged personal aspirations. Recognizing these hidden factors is essential for resolution.

Creating Space for Dialogue

Couples should create a safe environment to explore these sensitive topics without judgment. Open and honest communication promotes mutual understanding and reduces emotional stalemates.

Creating Shared Meaning

The final principle focuses on building a shared sense of purpose and identity within the marriage. Couples who create shared meaning develop rituals, goals, and values that unify them and give their relationship deeper significance. This collective narrative strengthens commitment and provides a

framework for facing life's challenges together.

Developing Rituals and Traditions

Shared rituals, whether daily routines or special celebrations, foster connection and continuity. These practices contribute to a couple's unique culture and identity.

Establishing Common Goals

Setting mutual goals related to family, career, or personal growth aligns partners toward a future they both envision. Working together toward these objectives enhances teamwork and satisfaction.

Frequently Asked Questions

What are the 7 principles of making marriage work?

The 7 principles of making marriage work, developed by Dr. John Gottman, include: 1) Enhance your love maps, 2) Nurture fondness and admiration, 3) Turn toward each other instead of away, 4) Let your partner influence you, 5) Solve your solvable problems, 6) Overcome gridlock, and 7) Create shared meaning.

How does enhancing your love maps improve a marriage?

Enhancing your love maps means knowing your partner's inner world, including their worries, hopes, and dreams. This deep understanding fosters emotional connection and helps couples navigate challenges together more effectively.

Why is nurturing fondness and admiration important in a relationship?

Nurturing fondness and admiration helps maintain a positive view of your partner, which acts as a buffer against conflicts. It reinforces respect and appreciation, keeping the emotional bond strong.

What does it mean to 'turn toward each other instead of away' in marriage?

Turning toward each other means responding to your partner's bids for attention, affection, or support rather than ignoring or turning away. This strengthens intimacy and trust over time.

How can couples effectively solve solvable problems according to the 7 principles?

Couples can solve solvable problems by using soft startup during discussions, listening actively, compromising, and avoiding criticism or contempt. These strategies help resolve conflicts without damaging the relationship.

What role does creating shared meaning play in a successful marriage?

Creating shared meaning involves building a shared sense of purpose, rituals, and values. It helps couples align their life goals and strengthens their partnership by fostering a sense of unity and belonging.

Additional Resources

1. *The Seven Principles for Making Marriage Work* by John M. Gottman and Nan Silver

This foundational book outlines seven essential principles based on decades of research by Dr. John Gottman. It provides practical advice and exercises designed to strengthen relationships, improve communication, and resolve conflicts. The book offers a scientific approach to understanding what makes marriages succeed or fail, making it a must-read for couples.

2. *Hold Me Tight: Seven Conversations for a Lifetime of Love* by Dr. Sue Johnson

Dr. Sue Johnson presents Emotionally Focused Therapy (EFT) in this influential book, emphasizing the importance of emotional bonding in relationships. It offers seven key conversations to help couples reconnect and build a secure, loving attachment. The book is praised for its compassionate and accessible approach to deepening intimacy.

3. *Getting the Love You Want: A Guide for Couples* by Harville Hendrix

This book introduces Imago Relationship Therapy, which helps couples understand and heal unconscious patterns that affect their intimacy. Hendrix provides exercises and insights to foster empathy, communication, and connection. It's a practical guide for couples seeking to transform conflict into growth.

4. *The Relationship Cure: A 5 Step Guide to Strengthening Your Marriage, Family, and Friendships* by John M. Gottman and Joan DeClaire

Expanding beyond marriage, this book focuses on improving all types of relationships through emotional communication. Gottman offers five steps to enhance emotional connections and resolve misunderstandings. The strategies are research-based and easy to implement for lasting relationship health.

5. *Love Sense: The Revolutionary New Science of Romantic Relationships* by Dr. Sue Johnson

In this book, Dr. Johnson explores the science behind love and attachment, explaining why we need emotional connection to thrive. It delves into how secure bonds are formed and maintained, providing tools to create lasting love. The book complements the principles of making marriage work by focusing on emotional responsiveness.

6. Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships by Dr. David Schnarch

Dr. Schnarch discusses the importance of emotional and sexual intimacy in long-term relationships. The book offers guidance on personal growth and differentiation as pathways to a passionate and resilient marriage. It challenges couples to confront fears and deepen their connection authentically.

7. Nonviolent Communication: A Language of Life by Marshall B. Rosenberg

While not exclusively about marriage, this book teaches essential communication skills vital for any relationship. Rosenberg's Nonviolent Communication model helps couples express needs and feelings without blame or judgment. It fosters empathy and understanding, key components in making marriages work.

8. The 5 Love Languages: The Secret to Love that Lasts by Gary Chapman

Chapman identifies five distinct ways people give and receive love, explaining how understanding these languages can improve relationship satisfaction. The book helps couples recognize and meet each other's emotional needs effectively. It's a practical tool for enhancing intimacy and connection.

9. Difficult Conversations: How to Discuss What Matters Most by Douglas Stone, Bruce Patton, and Sheila Heen

This book offers strategies for navigating challenging conversations with honesty and empathy. It provides techniques to reduce defensiveness and foster productive dialogue, crucial for resolving marital conflicts. The insights help couples engage in meaningful communication that strengthens their bond.

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