




- ★ COMMUNITY
- ★ GUIDANCE
- ★ SUPPORT

WHAT CONTRIBUTES TO A STRONG MARRIAGE

While all marriages are different, many experts and happily married couples say that these factors contribute to the success of marriage in general.

-  Put a check next to the ones that are present in your marriage.
- Open communication (talking about your feelings and listening to your spouse, not assuming he or she “gets” it, finding ways to stay in touch; see page 4 for more on communicating)
- A shared commitment to making the marriage succeed
- Compromise
- Lives that are independent of each other
- Empathy (asking “How is this experience for my spouse? What would it be like if we were to switch places?”)
- Shared values, interests, and goals
- Mutual respect and appreciation for each other as people, and for a spouse’s work, sacrifices, and other contributions
- Willingness to get help if needed, whether from a support system or professional
- Fun!

Which of these factors could use strengthening in your marriage?

What else makes for a strong marriage?
