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## Choice Relationships: Is Marriage for You?

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### My Personal Insights:



June is just a few days away and the card stores are packed with greetings for Father's Day and graduation. Even though I got married in August, I always think of June as the month of weddings. Statistically, I don't even know if, in fact, June is the time of year when most marriages occur. But I'll use this newsletter to pass on some choice tips about marriage.

### Wedded Bliss

Even though the rate of divorce is still hovering around 50%, most people believe in the institution of marriage. And with good reason - all the research indicates that there are many benefits, both physically and psychologically, to being married. Of course, the high rate of divorce clearly indicates that many are not happy in their marriages. And, in my practice, I see many couples who are staying together but are far from satisfied.

I think the biggest problem is that you go into marriage with incorrect expectations. Perhaps the biggest misconception is that merely loving someone is enough to make a partnership work. In order for a relationship to be successful, you have to prioritize it and learn the skills to interact well with your significant other.

### Choice Tips:

1. Marriage is like a health insurance policy. Among other things, married people make lifestyle changes in their drinking and eating, have less sexually transmitted disease, and less mental illness. A lot of this is due to the fact that you are now accountable to someone else.
2. Happy couples have private, playful rituals or inside jokes and references that only they get. They also have their own secretive codes. This allows for a special bond between them.
3. When you marry, you do indeed also marry the extended family. Research indicates that the quality of the relationship with the in-laws will have an impact on your marriage.
4. Relationships grow and change. It's really

(To be fair, next month I'll offer tips for those of you on the list who are single to help you choose the right person!)

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helpful to do a check-up on your relationship from time-to-time just as you would service your car.

5. The grass is not greener somewhere else. It may look better from the outside. But the skills that are missing in your present relationship will also be missing in another partnership. What is needed is to learn to work on your present relationship.
6. Even when relationships struggle, if couples hang in, it has been found that five years later the couple is doing okay. All research indicates that staying together is better for the children. The only exception to this is an abusive situation.

#### **Additional Resources I Recommend:**

**Article on marriage as a health-insurance policy:**  
[Click to Read!](#)

**Article on marriage check-up:**  
[Learn More!](#)

**Article on in-laws:**  
[Read Here](#)

#### **Empowering Tools and Information:**

Many of the couples I work with just feel that their partnership has become hum-drum. That was part of the reason that I wrote *"Marriage Magic! Find It, Keep It, Make It Last"* with my co-author, Dale Klein. This is a great self-help book that allows you to revitalize your relationship - married or not! The tools provided in the book will work even if only one of you reads it. Find out more about the book by going here:

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Most everyone hates conflict. Yet it's an inevitable part of relationships. But when you have the right tools, a conflict can actually bring you closer together. I teach you these tools for FREE! Listen to my teleseminar, "The 7 Tools to Manage Conflict Communication in Your Relationship" by [Clicking Here](#)

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