

Potty Pointers

How Does Your Marriage Grow?

Commitment is the strongest and most consistent predictor of marital quality.

Make the relationship primary. Invest significant amounts of time and energy in the relationship. Remember, “In marriage, the grass grows greener on the side of the fence you water most.”

Set limits on intrusions. Some spouses spend too much time focused on work, friends, hobbies, etc., and not enough time focused on building and maintaining the relationship with their partner. Be willing to set some boundaries on people and things that would weaken your marriage relationship.

Make couple time a priority and build rituals of connection. Relationships are strengthened through common, shared, regular activities. Sustain commitment through worship, classes, reading, running, or any shared activity you enjoy.

Build commitment with positives. Show interest, be affectionate, show you care, be appreciative, show your concern, be empathic, be accepting, kindly joke around, and share your joy.

Repairing commitment. Think about the best times in your relationship. Think about promises you have made. Think about the effects of relationship failure on your family and friends.

Reasonable expectations. No one is perfect. Choose to see your spouse through rose-colored glasses. When we compare our partners at their worst with co-workers at their best, the marriage is likely to suffer.



For more information about strengthening commitment in your marriage, check out the **Marriage Garden** at http://www.arfamilies.org/family_life.htm

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