



THE INSTITUTE FOR HEALTHY FAMILIES OF NORTH TEXAS

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IHF Newsletter, Vol. 1, No. 10

September 15, 2009

Marriage Agreements

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Beliefs: Check ten beliefs that you feel are most important to achieving a successful marriage. Compare your answers with those of your partner.

- ___ 1. Marriage is an agreement to solve problems together.
- ___ 2. Marriage means you help each other over life's hurdles.
- ___ 3. Marriage in the first five years is difficult, because you need to learn what is in your partner's head and accept "less than perfect" behavior.
- ___ 4. Marriage demands "give and take", but mostly giving 110 percent of the time.
- ___ 5. Marriage requires vision of what life can be like for both of you.
- ___ 6. Marriage requires boundaries and respecting each other's privacy and past.
- ___ 7. Marriage requires that you do not keep secrets from each other, especially financial standing and checkbook balances.
- ___ 8. Marriage requires positive communication and listening to each other's concerns.
- ___ 9. Marriage requires commitment to stay focused on improving the relationship over the long haul.
- ___ 10. Marriage is love and sharing in the good times, and support for each in the bad times.
- ___ 11. Marriage requires helping each other with household duties and chores; and taking care of the children.
- ___ 12. Marriage requires being emotionally available when a partner needs love and support.
- ___ 13. Marriage demands that you protect your children from marital discord.
- ___ 14. Marriage requires that you never demean or hold your partner in contempt. If that happens, be quick to apologize!
- ___ 15. Marriage requires trust that your partner will forsake all others and will hold you and the relationship in the highest esteem.
- ___ 16. Marriages are not "made in Heaven", but are a gift for life on Earth. A little romance with flowers, gifts, music and love-making will lead to happiness for both partners.

If you or anyone in your family needs marriage and family counseling or personal counseling to address changes in your life, check out our web site at www.texasicounselors.com. Our rates are affordable.