

# Making Your Marriage Happier, Healthier and Lasting

1. **Remember why you love your partner and why you chose to commit to them.**  
Feel free to write this down and review it from time to time.
2. **Create shared dreams.**  
Never stop creating new dreams, hopes and aspirations for your shared lives together.
3. **Spoil each other.**  
You know best how to make your spouse happy. Do it as often as possible.
4. **Communicate respectfully and honestly with the goal of reaching real resolutions.**  
A disagreement without resolution is pain without the gain. Be determined to reach a resolution that addresses each person's needs and feelings.
5. **Do not resort to name-calling during disagreements.**  
Respect each other even when you disagree. Name-calling typically takes you further away from a resolution and is usually quite hurtful.
6. **Have clear roles and expectations.**  
Don't share all responsibilities. Trust your spouse with some things and let your spouse trust you with others. By doing this, life becomes easier for both of you and your trust for each other builds.
7. **Be willing to sacrifice your wants and needs.**  
Take pride in your willingness to compromise and put aside your need to be right.
8. **Never say, "I told you so."**  
"I told you so" humiliates the other person and makes them defensive, which will only make things worse. When you are wrong, admit it freely and acknowledge your spouse.
9. **An apology is an act of generosity and a demonstration of commitment (over).**  
A high quality apology can have an enormous positive impact on a relationship. Remember to own up to your mistake, acknowledge the pain it caused, show remorse, explain your actions, and when appropriate, make reparations. The lack of an apology or a poor apology ("I'm sorry you feel that way.") can be quite toxic to a relationship. When struggling to reach resolution in a disagreement, each party should consider making a list of all the things they did or said that they regret and would do differently next time.
10. **Take risks and allow yourself to be vulnerable.**  
Let your partner feel safe to do the same.
11. **Go to sleep together and wake up together as much as possible.**  
This habit restores your connection with your spouse, on a daily basis.
12. **Make time for fantastic lovemaking.**