

Meetup 2017: What Makes for a Happy and Healthy Marriage?

Lesson 1: How to Repair and Strengthen Your Marital Foundation

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Introduction

What are your beliefs regarding marriage? It matters what you believe. When you embrace myths or false assumptions, you are setting yourself up for disappointments and failure. However, when you choose to focus on realistic and positive beliefs, you will more likely enjoy a happy and healthy marriage.

Please complete the [Marriage Beliefs Test](#). Find out which beliefs are myths debunked by science, and which beliefs actually contribute to a happy and healthy marriage at this Meetup.

How to Repair and Strengthen Your Marital Foundation

Your marriage is as strong as its foundation. Are there cracks in your relationship? What does it take to repair and reinforce the foundation? Learn how to repair and strengthen your marital foundation.

If you are not yet married, are you ready for this major commitment? Do you know what it takes to build a sound marital house?

In this first lesson, you will learn the practical skills of:

1. **Assessing your marital beliefs.** Your beliefs shape your perceptions and actions. Complete the Marriage Beliefs Test and find out whether you subscribe to any myths that may hinder your marriage relationship.
2. **Identifying the fundamental problems in your relationship.** There are three types of fundamental problems: (a) Fundamental differences in culture, religion, values, personality, communication style, education level, etc.; (b) Level of annoyance on a daily basis—how much negative emotion does it generate? Is it tolerable? (3) Residual effects from unresolved past traumas, either from early childhood or from the family of origin.
3. **Knowing each other's strengths and weaknesses.** How much do you know about your partner's personal struggles, limitations, talents, and character strengths? How much are you aware of your partner's emotional needs and wants? How much positive emotion does your daily interaction with your partner generate? What is the ratio between your positive and negative emotions?
4. **Building common grounds.** How much shared values, meaning, purpose, and teamwork do you enjoy? How much time and effort do you spend in cultivating common grounds? Are your common grounds strong enough to sustain you during stormy days?

Resources

- [Top 10 Myths About Marriage \(Two of Us\)](#)
- [4 Myths About Marriage You Probably Believe \(Psychology Today\)](#)
- [Secrets to a Happy Marriage \(WebMD\)](#)
- [Recipe for a Happy Marriage: The 7 Scientific Secrets \(Observer\)](#)
- [10 Scientific Ways to Lead a Loving and Lasting Marriage \(Lifehack\)](#)