# Marital Happiness as a Function of Age[[1]](#footnote-1)



# Sternberg’s (1986) Triangular Theory of Love[[2]](#footnote-2)



# Lee’s (1973) Six Types of Love[[3]](#footnote-3)

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# Wong’s (2011) Four Types of Happiness[[4]](#footnote-4)



# Ten Commandments for Couples

1. Be a blessing, not a problem
2. Be a support, not a hindrance
3. Be willing to sacrifice for each other
4. Bring each other happiness, not sadness
5. Pursue common interests and common dreams
6. Seek to understand more than to be understood
7. Be quick to forgive and slow to get angry
8. Be quick to listen and slow to respond
9. Focus on the positive in communication
10. Remember the good times not the bad times

# Discussion Questions

1. From your personal experience, which are the best or worst years of your married life? Do you know why?
2. What kind of love best characterizes your present relationship? What would be the best way to improve your relationship?
3. Have you experienced all four kinds of happiness in your marriage? In what ways can you enhance these different types of happiness in your current relationship?
4. What aspects of the “Ten Commandments for Couples” are most helpful to you and why?
1. Rollins, B. C., & Feldman, H. (1970). Marital satisfaction over the family life cycle. *Journal of Marriage and Family, 32*(1), 20-28. doi:10.2307/349967 [↑](#footnote-ref-1)
2. Sternberg, R. J. (1986). A triangular theory of love. *Psychological Review*, *93,* 119-135. doi:10.1037/0033-295X.93.2.119 [↑](#footnote-ref-2)
3. Lee, J. A. (1973). [*The colors of love: An exploration of the ways of loving*](https://www.amazon.ca/gp/product/0887702228/ref%3Das_li_qf_sp_asin_il_tl?ie=UTF8&tag=drpawo-20&camp=15121&creative=330641&linkCode=as2&creativeASIN=0887702228&linkId=1df492e1b0e6c019c644ca9122347a4c). New York, NY: New Press. [↑](#footnote-ref-3)
4. Wong, P. T. P. (2011). [Positive psychology 2.0: Towards a balanced interactive model of the good life](http://www.drpaulwong.com/positive-psychology-2-0-towards-a-balanced-interactive-model-of-the-good-life/).*Canadian Psychology, 52*(2), 69-81. [↑](#footnote-ref-4)