

# 11

## Rules For Happier Marriages



Marriage is a beautiful journey that couples embark on with the intention of making it last. It takes effort and dedication to make a marriage work, but the rewards of a happy marriage are worth the commitment.

**Here are 11 rules for happier marriages that married couples can use to ensure that their marriage stays strong and loving.**

### 01



#### ACTIVELY LISTEN TO EACH OTHER

Listening is just as important as talking. Take the time to truly understand each other's points of view and perspectives.

### 02



#### RESPECT EACH OTHER

Respect your partner's needs, wishes, and opinions. Respect each other's privacy and don't take advantage of the other person.

### 03



#### SHOW APPRECIATION REGULARLY

Make sure to let your partner know how much you appreciate them and everything they do for you. A small gesture like saying "thank you" can go a long way.

### 04



#### KEEP GOD AT THE CENTER

Whether it's a shared faith or not, keep your faith alive and strong by putting God smack dab in the middle. This act of faith will help keep your marriage strong.

### 05



#### COMMUNICATE OPENLY AND HONESTLY

Be willing to talk about any issues that come up, even if it's uncomfortable.

### 06



#### ACCEPT EACH OTHER'S DIFFERENCES

It's natural for couples to have different opinions, values, and goals. Embrace them instead of trying to change each other.

### 07



#### DON'T KEEP SCORE

Don't keep track of who did what, when, and how. Have faith in each other and trust that both of you are doing your best.

### 08



#### PUT YOUR MARRIAGE FIRST

Prioritize your marriage and make sure that it's always a top priority.

### 09



#### BE QUICK TO FORGIVE

Accept the mistakes of your partner and forgive them. Hold on to the positive memories of your marriage and not the negative ones.

### 10



#### DON'T COMPARE

Comparing your marriage to others or expecting perfection from your partner will only lead to disappointment. Everyone is different and you should accept and appreciate your partner for who they are.

### 11



#### MAKE TIME FOR EACH OTHER

Make time to enjoy each other's company, whether it's a date night or a simple walk around the block.

These 11 rules are essential for any marriage to succeed. Make sure to follow these rules and you will be sure to have a happier marriage.

-----  
**KINGSLEY GRANT**

Licensed Marriage and Family Therapist