

session 8 Part 2: **handout** CHARACTERISTICS OF LASTING COMMITMENTS

The following advice comes from a study of 50 “successful” marriages as reported in *The Good Marriage* by Wallerstein and Blakeslee:

1. Build a sense of togetherness — a sense of “we” instead of just a focus on two individuals. When making decisions, take into consideration what’s best for the relationship. Ideally, the sense of “we” should be created before the couple has a child together.
2. Make sure that it’s safe to disagree and have some conflict. Conflict is natural and normal as long as it is resolved in healthy, nonviolent ways. Learn to practice fair arguing.
3. Provide each other with emotional support, comfort, encouragement, caring and appropriate assistance. Always pay attention to each other’s feelings and emotional reactions to things. Think of each other as soul mates.