

Some Marriage Statistics

About 50% of 1st marriages end in divorce

“ 67% “ 2nd “ “ “ “

“ 73% “ 3rd “ “ “ “

Why? From 1960-'90 the Div. rate doubled

- Rebound Relationship/Time not taken to recover
- Learning(s) not Done; Discounting of Psych/Emo
- Stubbornness/Lack of Self-Awareness; I'm OK, they're crazy
- Different Perspective not developed
- D. is now “manageable”...I did it once...
- Changes in gender roles make it easier
- Less “Family” glue...History, Children

Trend of Mid-Life Divorces - >25yrs together; 1990-2010 Div. rate doubled

- Infidelity - most often a symptom; genuine/original problem deeper
- \$ - what it means not if have or not
- Communication – unhealthy interpersonal style; criticism/contempt/defensiveness/stonewalling
- Empty Nest – connection was lost
- Unresolved issues from past (often F.O. or intrapersonal)
 - Family Dynamics
 - Sex
 - Personality Habits/Values

So How to Keep Relationships Healthy

Yes, get education/experience in all areas below!

Communication – Clearly & Often; practice 2nd pos. thinking/speaking

Appreciate One Another in specific direct ways – More than I love you...

Time together – Date Nights; surprises, exercise, get-aways.

Time apart – Hobbies, interests, friends.

Intimacy: Sex & Connecting – intimacy is all levels of connecting more than just physical; watch language & focus – is it connecting, personal?

Understand what disagreements/fights mean/Love is stronger

Learn to Forgive& Reconcile. Don't just pretend it goes away.

Practice faith together. Discuss meaning/purpose/values in life

Vision/Purpose for the Relationship – understanding, goals, etc