

The Cog Effect

Romantic Perspectives

Part 2

Context Knowledge for Nuptial Bliss

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Introduction

The Cog Effect is a Romantic Perspectives Part 2 penned to inspire couples to acquire authentic knowledge of themselves. The book helps people to improve and sustain qualities that promote love, affection, happiness, and lasting marriages among other related unions. The guide provides effective tools or perspectives designed with simplicity to help

individuals or couples to understand their behavioural traits in relation to promoting love, peace, happiness and everlasting marriages or similar unions. While the guide was initially planned to help men to elevate the quality of love, marriage and related unions, the writing process revealed that both parties will immensely benefit in contributing dignified and momentous efforts towards building loving unions. The guide provides insightful qualities that were dissected for people to recognise behavioural traits that bear impact to the quality of love, affection, and marriages. It became apparent during the writing process that every human being thrives for a happy and fulfilling life. It gradually emerged during the planning and writing that a one-sided effort would destroy enthusiasm and intended success in marriages. Therefore, the new approach guarantees that a symbiotic effort makes a huge difference in a couple's union. Since it takes two to tango, couples are obliged to play their part to provide everlasting happiness. The guide did not depart from the equitable notion that everyone must determine the level of their personal contribution to the strength and happiness of a marriage. While everyone is obligated to take a personal analysis, the guide also makes it possible for spouses to work together in providing personal opinions in few of the activities.

If a couple takes a coordinated effort, the result will become more accurate compared to working alone. Since marriage involves a 'give and take' for it to develop progressively, people in it must not underestimate an integral part of their efforts in asserting its strengths through their words and actions. Many couples struggle in their marriages due to a lack of accountability and structure. Accountability makes each individual liable for outcomes that arise from their words and actions. Therefore, the book focuses on spouses individually and collectively by enlightening them about their roles or contributions to love, affection and happiness in a marriage setting. Some spouses anticipate this kind of enlightenment from the book that gives wisdom and creates personal growth. The book provides a towering insight which is significantly magnified by some vivid frameworks specifically designed to develop knowledge and skills to achieve happiness, affection, and everlasting marriage. **This guide clearly points to each grain of love and the dynamics of unions in ways that awaken dismayed individuals.** The guide is presented in a way that helps to understand and cherish potentially superb qualities in people aspiring for deeper loving connections. **The**

perspectives on everlasting marriages and happiness are lucidly projected to capture the vivid imaginations of people. If readers concentrate on the concepts, the guide will take them step by step and they will be able to envisage the taste of happiness and everlasting success in their nuptials. The book, ‘**The Cog Effect**’ is a skills-based guide with practical steps to signpost using information expressed in ways that foster best characteristics and a spirit of love, tranquillity, and companionship. The value of this guide was predetermined thousands of years ago when human beings began celebrating nuptials. Since it was evident that marriages were considered as huge life achievement, the lifestyle meant that teachings were undertaken under the scope of religion, tradition, and culture. While forms of teachings and practices have changed; the fundamental principles in this book were merely adjusted according to modern lifestyles. The book was written using an approach that appreciates diverse emotions. The guide pays homage to the spirit of harmony being endangered by deteriorating faith in values that cement happiness, affection, and lasting marriages between couples.

While human beings have continued to celebrate marriage as a huge achievement, there has not been enough attention given to the reasons for many failures. As a result, there has been a growing trend where some people have begun to undermine the value of marriage in the society. People that choose to remain unmarried for personal reasons may have acted within their rights. However, some people decide against marriage because of subconscious learning from society. Historically, many communities had traditional systems that focused on educating people from a suitable age to understand values and practices of making marriages satisfying and everlasting institutions. Most communities in Africa valued roles played by aunties and uncles in guiding their nephews and nieces for marriage. The family systems were consistent with cultural practises that ideally promoted everlasting marriages. The success of the cultural practices was dependent on values and morals that were tried and tested over centuries. In recent decades, societies gradually undertook small changes on the cultural front to allow the practice to remain relevant to the evolving world. Traditional systems begun to change with speed during industrialisation and urbanisation respectively. When life started changing, negative forces started affecting to family values.

Gradually, it is becoming impossible for extended family members to provide guidance to each other due to changing perspectives, practices, commitments, priorities, and distance. Some families began to migrate in search of work or greener pastures. Family settings became victims of urbanisation and land apportionment laws among other changes. Eventually, many people started struggling to understand and finding ways to solve modern problems. As a result, traditional systems continue to disintegrate, and new value systems are constantly getting adjusted or replaced. Societies still fail to cope with fast changes that continue to affect community values. When community leaders and families ignore the need to analyse the impact of social changes, they fail to mobilise ideas and provide relevant assistance. People get surprised when new moral values start to influence the living dynamics in institutions or systems such as marriages. Societies fail to realise the power of new morals being taught mainly through social media. Old values are being rendered obsolete and quickly so because they were not properly recorded and accurately taught to the new generations. Therefore, the new generation cannot creatively infuse the best parts of the values to come up with society's best new morals. There are many traditional values such as respect for family and community dignity that can be used to minimise excessive practises of selfishness or individualism. When people fail to emphasise the importance of old values, they continue to lose opportunities to disseminate and empower societies with new thinking fused with relevant traditional practices. Consequently, there are many distortions being circulated that seem to contradict the significance of equality and human rights. Arguably, older generations require support to use new channels in disseminating information about valuable traditional systems. Some societies continue to debate on laws others perceive as contradicting some fundamental principles of human cohesion. As a result, many countries have countless changed marriage laws across the world to try and capture the old essence and meaning of moral values. Few communities operating from strong traditional or religious positions can protect their practices by disseminating important information that would inspire people to follow sensible values that promote happiness, dignified and lasting marriages among other related unions.

Previously, people believed that higher qualifications and income meant that they were beyond reproach. Gradually, some young people have begun to realise that they were being

stubborn because of ignorance. Many communities were getting accustomed to higher levels of divorces borne out of ignorance and stubbornness. People in these societies were unknowingly accepting lower standards in circumstances where divorces could be prevented by the couples. When divorces are preventable, it means couples have chances of improving the dynamics in the marriages. Instead, couples were adopting imaginary assumptions they were exposed to by people who created them for entertainment. The imaginary assumptions that were presented as reality provided unattainable, intangible, and fairy-tale feelings of love, happiness, tranquillity, and unity. When many people became fluent in reading romantic books and magazines as well as accessing similar movies, television programmes, and other audible materials, the practices started changing people's expectations, perceptions and demands. When society demands reasonable standards, some people start creating unintelligible ways to avert pressure and to continue the path of confusion that destroys everlasting love, affection, honesty, happiness, and a genuine spirit of marriage based on some good old principles.

Societies that allow very low standards from its people face too many challenges that destroy human morality and replaces it with instinctive values. Human beings are so intelligent that they cannot base their reactions and responses on intuition alone because it lowers their analytic prowess, decision-making abilities, and the power to make best alternative choices. Current societies have accepted the insatiable appetite for extreme material values and people of low-income are not hesitant to live beyond their means. People have become greedy and blindly cruel to the point where they are retrogressive and dangerous for society that had its dignity stabilised by values from marriages, community leaders, religion, cultural, and traditional principles. When individuals create new set of morals, their focus on achievements change to suit their fresh aspirations. Arguably, people with an uncompromised individualistic preference do not worry about the consequence of their choices on others. People that consider the plight of others prefer doing things that bring positive impact to the community and their families. Currently, societies are experiencing beyond measure issues of jealous, betrayal and destruction from relatives, friends, and spouses because of the promotion of excessive individualism. The family is

breaking down and no longer being regarded as the fabric of a society. Professional services are now the only reliable and available forms of advice for everyone.

Professional advises are good in part because they try to use the guidance from the statutory instruments and ethics from their governing bodies. However, professional services on their own are limited because they lack the humane and organic nature expected by society. As a result, the gap has been filled by self-proclaimed gurus on social media that are not controlled by people with wisdom. Instead, they do not allow sensible debates to take place on their platforms. The self-appointed practitioners do not have any meaningful experience and no suitable education. They wrongly pick and interpret new belief systems and disseminate disinformation to impressionable young people. The misplaced practitioners are helping to destroy the virtues of society under the banner of free speech. As a result, new and amended values are being distorted and packaged in ways that continue to weaken previously revered traditional and religious methods. The old beliefs used to depend on the values that were used by families and communities to promote decency and common ways of living. Currently, married people cannot seek advice from their extended families as much anymore because most people they will approach are either ignorant, disrespectful, or uninterested in helping them. Many people now consult professional people if they can afford the services. **However, this guide contains information that can be read and stored for future use. Its content is based on experiences that produced common good solutions generated from real life experiences.** In addition, some solutions were processed through original tools such as theories and frameworks. The author worked through real problems of several people over many years. He used practical frameworks and tools to dissect problems and produced solutions that helped many people to attain personal growth and improve their marriages. Specifically, the book provides principles that allow individuals to evaluate, appreciate and improve their circumstances. The guide encourages readers to produce suitable resolutions that are relevant to their issues using the illustrated tools and outlined concepts of common good doctrine.

The book emerged from the recognition that many problems come from misinterpretations, ignorance, selfishness, and clashes of personalities. Mostly, when people lack the ability to

understand the origins of their problems, the conflicts never end. Spouses have a duty to understand the basis of their contributions to emotionally charged conflicts. Sometimes two people can be saying the same things in different ways, and they get frustrated because of failing to understand each other or reach a helpful decision. Spouses get angry when they feel that their principles are being violated by the partner. People struggle to effectively engage in a mutual discussion when they feel undermined or disrespected in a union such as marriage among others. Mostly, when people become emotionally bruised, their communication skills get impeded, and the effect might result in unnecessary brawls. If spouses could understand the part they play to any problem, they would gently contribute to peace and tranquillity within their homes. A spouse that understands personal contributions to successes and failure would wisely help by dealing with individual flaws. Everyone uses their expectations to demand a certain level of performance from people they love and share a home. While it seems obvious that every person has a right to choose, people have a tendency of forcing others to accept their standard of expectation without working out a compromise. If spouses do not listen or consider each other's opinions, it means their attitudes only promote single, myopic, and possibly destructive views. When household decisions are made by one person when there is an opportunity for another opinion, they run a risk of disenfranchising possibly useful contributions. Human beings face the challenge of discounting other's feelings for short-term gains. The gregarious nature of humans should make them accommodative to each other's opinions if they want to maximise progressive gains. As such, people should take voluntary action to solicit ideas in earnest to create a supportive environment. Hence, this guide is written with the aid of frameworks that provide realistic perspectives for use in managing romantic experiences to achieve best outcomes. If it can be realised that everyone has negative and positive traits, it becomes reasonable to consider the two competing sides to achieve the best results in a marriage.

While this book directly addresses couples, single individuals will benefit from reading it, as its content describes the way to behave and handle general characters of people. In other words, the ultimate goal of this book focuses on helping couples to understand and improve the strength of their love and marriage. The author believes that spouses must put

effort to make each other happy and be committed to achieve everlasting and successful marriages. The Cog Effect guide is more of an educational book aimed at improving conscious and subconscious perceptions and attitudes that promote happiness, love and unity in a marriage or any related unions. The frameworks in this book give couples tools to use in learning and developing attitudes and behaviours suitable for handling discords that threaten love, peace, and happiness in a marriage. A spouse might not succeed in satisfying the other's expectations if there is no understanding of important personality traits. The author changed the book's focus on directing men to satisfy women and begun emphasising the elements for both spouses in a domestic setting. Nonetheless, the scope of the guide was maintained to remain relevant in educating spouses on recognising challenges of both patriarchal and matriarchal societies. Some people do not see the impact of patriarchal and matriarchal settings, as they believe that happiness in a home is dependent on the commitment, personality, and ability of the couple in promoting love, harmony, and humility.

Spouses that are loving and committed argue further by stating that when a patriarchal individual demonstrates devotion, love and respect to an appreciating partner, the children will regard him as a role model. Hence, all genders will benefit from reading this book so that they could be helpful in promoting positive elements that some spouses must exhibit to their partners. Couples must not be ignorant of issues that might help to prevent a miserable life in a marriage. Everyone is obliged to provide clarifications and relevant information so that they do not operate from an unenlightened position when it comes to meeting spouses' expectations. The author made sure that the books unlock the essence of security, peace, confidence, respect, and support for couples to enjoy immensurable benefits offered by the frameworks that promote everlasting and satisfying marriages. The Cog Effect is a more appropriate book for people that are also interested in learning and gaining awareness on preventing domestic violence. Most people believe that marriages are difficult to run, maintain and enjoy because of perceived immanent problems. People develop wild notions because they do not undertake self-introspection to understand the challenges caused by their personalities. Almost every individual is more likely to become a

perpetrator of domestic violence if they do not apply emotional intelligent to achieve levelheadedness and self-control.

It has been identified through research that many people do not realise that their actions amount to **domestic violence**. When people shrewdly use some form of coerciveness to achieve selfish goals, they will be perpetrating domestic violence. **People that perpetrate domestic violence disregard other people's feelings.** If perpetrators of domestic violence fail to realise the importance of compassion and respecting different views, they will continue to be ignorant and dangerous. Normally, people who verbally abuse a spouse and continue to protect their uncompromising ego, will need help to stop domestic violence. Domestic violence can be eradicated if people appreciate differences in personalities, views, and approaches. People that continue using domestic violence have no idea about applying subconscious skills to regulate overarching egos. None among all people should be excused for exerting emotional or physical pain on another individual. Hence, the book provides guidelines on ways people can apply specific frameworks to help spouses to coexist peacefully and lovingly in a marriage. The frameworks in this book were drawn in ways that would help couples to exercise selflessness and to become champions in promoting perpetual harmony, tranquillity, and love. The book indicates that if spouses do not understand methods to apply and achieve fairness, it would be difficult for them to encourage others to become fair. Equally, a person that exhibits ignorance have inclinations that can be different from others and would find it difficult to listen and compromise with a spouse.

Hence, the Romantic Perspective series were written using multi-dimensional standpoints to address common challenges that face many people in marriages. It comes as a shock to many couples that the nature of problems in many marriages are almost similar. It would be surprising to many individuals to know that common problems deepen due the lack of a conciliatory approach from each spouse in a household setting. When a couple faces problems, their challenges can only get resolved if their personalities and egos do not seek to outmanoeuvre each other. Married people are supposed to take any gain as a success for the couple as opposed to monopolising household wins. The guide addresses issues

regarding dominance and selfishness among other elements that impact on the happiness and longevity of a marriage. As such, the guide provides frameworks with the idea to effectively eliminate misconceptions and to promote strategic approach to promoting favourable impressions, respect, and unpolluted love. The frameworks offer answers that epitomise the best principles for purposes of inspiring and promoting the dignity of marriage. Families are the embodiment of any principled society and when many couples are happy, organised, and hopeful, they give a positive outlook to humanity. When spouses enjoy being in love and married, their positivity strengthen the essence of diversity that is complemented by different types of household settings.

Since this book is a continuation of part 1, it uses more advanced concepts to illustrate the difference between lovers at different stages of a relationship. The book will highlight that people at dating phase normally react differently to those living together or married. A person that devotes time to learn from this guide will realise that it is important to understand the nature of problems that relate to these stages of romantic affairs. Each stage of a relation presents some common problems in many relationships. Spouses continue to encounter new experiences at every stage of their affection. As a result, people find it confusing to dissect and resolve the problems. As such, it should be helpful to know the right way to react in different circumstances. If people knew how to react at each stage of a relationship, they would not find it problematic to solve their problems. Consequently, some people face permanent damages to their relationships because of problems that incessantly attack their love and unity. If couples have more knowledge about the challenges, they will easily resolve them. Some relationships are failing to survive because of the impact of the new problems they face at certain stages of their relationships. In other circumstances, spouses' bad reactions cause some household settings to continue facing conflicts in the life of their marriage.

Two people that live together in a romantic setup inevitably will face some positive or negative influences from both sides of their families. Families from both sides may exert negative influences using emotional blackmail or assaults to register their protest or displeasure of their relatives' spouses. Therefore, couples that seek to prevent negative

influences in their household settings must take the opportunity to learn some coping strategies that are the main feature of this book. In most cases, selfish people are bigoted in that they may use negative influence to destroy a relationship without considering the emotional damage they may cause to the person they seek to protect. Hence, the book seeks to develop skills in people so that some copying strategies could be helpful in their household settings. While couples might not succeed in providing direct advice or guidance to their spouses, they would still be able protect their own humility and emotions from hurt and despair. Couples may also use the concepts from this book to find solutions that may help in balancing undivided love for families from both sides of the household setting. A person that benefited from part 1 of the book series would be acquainted with frameworks for identifying and evaluating personalities and complementary preference or attributes.

If individuals get to know their personality traits, they would be able to effectively communicate and reach amicable solutions. Equally, spouses would also know that when they fail to reach a compromise, it is imperative to employ measures that minimise negative impact to their relationship. Some couples may need to revise concepts in part 1 of the Romantic Perspectives series to understand the elements that would make spouses considerate to their partners when it comes to love obligations in a marriage. Individuals that choose to commit to love obligations in a marriage are always keen on learning. People that devote to acquiring suitable creative strategies will likely achieve happiness within their household. If a couple feels incompatible, they have an equal duty to work towards narrowing the wide gap. When couples manage to reduce the wide incompatible gap, they will increase the potential to succeed in promoting affection, happiness, and unity. A couple that managed to win over each other by understanding personal and collective personality will feel much closer in the relationship. Many couples will achieve compatibility if they effectively apply the frameworks from this guide. The guide goes beyond compatibility and captures the essence of developing skills to manage personal emotions which are useful when dealing with people in private and public places. As such, the book prepares individuals for occasions when they will feel overwhelmed by their emotions of happiness or pain. The guide provides methods and tools for individuals that seek to exercise self-control, promoting happiness, and protect their marriage from unnecessary damage.

The author advises readers to take the greatest pleasure in reading this book with enjoyment. The book was written with light-heartedness, excitement and deserving effort for people committed to the ideals of exemplary marriages. Nonetheless, the author cautions that when reading the book, the concepts must be taken seriously so that they can become part of the working frameworks in resolving problems. It should be reiterated that every union encounters problem during the life journey of the marriage. Therefore, the book seeks to **promote long lasting and satisfactory marriages**. If a couple decides that they have no love for each other, they will still benefit from the guide in their future relationships and when dealing with friends, family, and people in their communities. The guide will also help them to realise that they explicitly made an admirable effort towards making the best out of the desire to promote unity. If a marriage fails to work, a couple should use the frameworks to identify the elements that could have improved the relationship for the benefit of the future. When an individual uses the guide's frameworks, it would help to identify the contributions both former spouses played in the destruction of the marriage. Mainly, the former spouse can use the frameworks to identify possible changes that could have been made to help keep the marriage intact. The guide helps people to reduce the level of their stubbornness and make them realise that if they get too comfortable, they will damage a great marriage.

If individuals understand the concepts in this book, they will learn not to disregard their own traits and that of their spouses. When people overlook relevant traits, they run the danger of behaving in detrimental ways to their marriages. Individuals that cannot be remorseful for behaving badly are likely to face more problems in future. Thus, this guide evidently helps people to potentially become geniuses in effectively managing and interacting lovingly with their spouses. The guide also helps more people to aspire for dignity, cohesion, and affection in a relationship. Its tools provide positive impact to the striving effort to achieve a long-lasting marriage. The guide also advises people in despair and assures them that calmness or sobriety helps the mind to easily work out solutions for challenging situations. As such, concepts in this book can be made relevant to different situations if the reader connects them to different circumstances and contexts. It is important to highlight that

amicable solutions can be achieved in any situation. Essentially, the book highlights that people that consider all relevant facts can foster positive outcomes from different scenarios.

Most people will benefit from the book that inculcates capabilities and disciplines to make wise decisions. Everyone has a complementary role of promoting the interests of a union with considerable affection, genuineness, and commitment. Unions are promoted to succeed by players who aspire for victory and greatness. If spouses are equally committed and their feelings are matching, they will set their objectives within the spirit of love, peace, respect, happiness, and aspiration for resilience. People want to feel desired to gain the energy to love and commit to a relationship or marriage. Hence, when some spouses feel accepted after using words that assure their partners, they will feel unhesitant to commit to the marriage. However, some people want to continue hearing and seeing that there is security in the nuptials. When spouses hear words that express admiration for beauty, hard work and love, they feel valued, and they will subconsciously develop faith in the prospect of a long-term marriage. It should be noted that admiration using superlative words is usually welcomed if coming from a person who is liked or tolerated by the adored spouse receiving the messages. As such, the book will highlight the importance of promoting a similar response from a spouse so that a domestic environment can become lively and enjoyable. Mostly, people forget that when they were the only responsible persons promoting the love from the beginning of a relationship, it might be a role that they will play alone for the life of that relationship. Some people are not capable of verbal expressions but can demonstrate their affection through action. The book provides awareness to less expressive spouses and gives assistance to those that also lack the physical ability to show affection through action.

The author explained the importance of understanding the dynamic roles of each person in a relationship to prevent expectations that are unrealistic. Some relationships fail because individuals are irrational in expecting another spouse to be equally exceptional beyond their ability. As a result, they engage in endless conflicts that can only be resolved if realisation sets in that abilities can never be the same. Mostly, individuals that fail to accept shortcomings often demand unjust treatment because of selfishness or ignorance. Some

individuals resort to minimising the effort of the other's contributions in an act of cowardness. Hence, the author highlights ways to understand and appreciate each person's strengths and weaknesses and promotes working towards complementing each other. When individuals realise some weakness in their spouses, they capitalise on issues that give them selfish advantage. Instead, some honourable spouses respectfully intervene by stepping up to support and handle issues for the survival and happiness of their relationship. People that are thoughtful and helpful, are normally ready to protect their love and the dignity of their relationship. Importantly, the guide will reveal that there are limitations to the abilities of human beings. People were born with choices and some handicaps which might prevent them from reducing conflicts and achieving happiness. As such, the book features common buzzwords such as tolerance, calmness, respect, and love in ways that enable people to develop or reinforce the behavioural traits in very simplistic ways. Ultimately, the reader will discover that the book provided sound, helpful and practical advice in ways that developed behavioural skills beyond belief. The guide certainly fulfils its main goal of promoting healthy relationships in domestic settings by guiding readers to appropriately apply its **introspective perspectives**.

Chapter 1

This chapter covers two key principles of simple human foundations at the beginning of individuals' lives in marriages. The principles are very basic, but they cause a huge ripple effect if spouses mishandle them. Few spouses strongly recover from the challenges that

occur at the beginning of a marriage. Many people will go through life with initial challenges hanging over the marriages because they fail to understand the source of their problems. Since spouses fail to trace the complications with honest, they do not rectify them in the early stages to get closure. Consequently, many people go through life being controlled by pain because they did not get closure to forget and start afresh in the same marriage. Therefore, it is important for people to learn and establish consistency when doing better, and if anything, they must in large part improve on their mistakes to enrich their abilities. On the other hand, many spouses do not realise that they are likely going to face too many compacted problems in too short a time at the earliest stages of their marriages. Many spouses are less experienced to deal with new problems over a short period, especially during the earliest stages of their marriages. Everyone will make some innocent mistakes from ignorance and trying too hard to do good or simply to impress the partner. Couples are supposed to help each other learn and they can do so if they are patient and tolerant. Hence, the two primary concepts in this chapter focus on promoting tolerance so that spouses can learn and go on to live happier, affectionate, and lasting marriages.

Consistent Effort

The consistent effort measures the level of determination and evenness as the name suggests. This framework provides means for readers to undertake introspections by tracing back from recent history to current position how they were consistent on a specific behaviour, trait, or task. Consistent effort concept is applicable on any framework as it helps reflects by way of the size of waves to show levels of sustained effort on specific performance over a period. When providing answers to the question of consistency, if waves are wider, it means the effort is more inconsistent. Performance level is measured by percentage of changes in height or colours (*figure 1*). The reader can ask a question based on performance changes by virtue of levels on the y-axis as emphasised by the colour signals. The perspective on consistent effort (*figure 1*) is directed at people that undertake a self-assessment, as it guides them to interpret the evaluation of their ability and the coherent manner of their effort. If a person cannot objectively evaluate personal elements

by answering questions that relate to their personality, aspirations, performance, abilities, and commitment, they may struggle to make good choices in life. The “Consistent Effort” is one tool that works on its own and alongside other frameworks for people to generally rate their average performance measure over a set period.

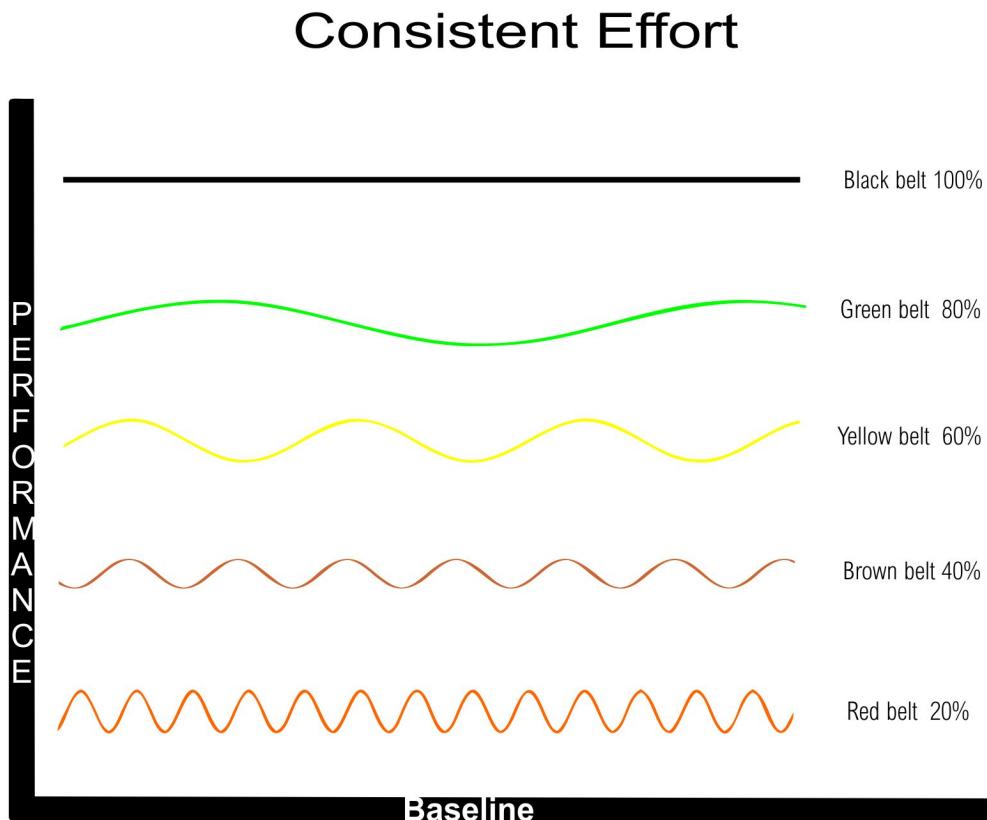


Figure 1: Consistent Effort Graph

The concept does not require deep thinking, calculation, or research to establish an opinion. It is basically a feeling and common-sense type related assessment. The illustration vividly shows the consistence as depicted by the frequency of the waves or undulation of lines to establish an effort. Various colours of the lines provide the symbol of reliability and strength towards the applied effort. When a person puts a strong and reliable effort, there is a chance of reaching a black belt also denoted by a performance of hundred percent achievement. Readers can benefit from remembering the performance and consistent levels of the concept and use it in relating their own effort to every issue under analysis. When a person reaches an effort of forty percent and below, it means the poor performance is

extremely low and needs improvement to attain best results for oneself and the marriage. It should be emphasised that the “Consistent Effort” tool must be used for evaluating almost every element listed on each framework in the guide. The concept can also be used in every endeavour taken by anyone in life to understand and improve performance level that brings desired results. The “Consistent Effort” tool should be remembered on every page of the book to help with problem solving and generating solutions for ultimate improvement. So, tolerance can also be evaluated using the “Consistent Effort” tool ([figure 1](#)) to establish progress, performance, and commitment in acquiring and discharging behavioural traits. However, a marriage normally starts with a combination of surprises or excitement depending on the way people meet and discover things about each other.

Surprising Qualities

Before people married, they preferred to get serious with a person they considered more ideal, but they might have faced some challenges. In general, some preferred qualities are difficult to identify because outside appearances are easier to establish than inner qualities. It is even hard for people because they rarely get an opportunity to meet, talk and possibly arrange for a date with individuals they find extremely attractive. People mostly meet individuals whose physical attractiveness is generally acceptable to engage in a conversation and possibly arrange for a date. In general, it is very unusual for most people to meet an ideal looking individual to date and marry. So, the issue of meeting and falling in love with the most ideal looking person is mainly not possible for many people. Few people that met and dated the most stunning individuals by physical attraction either failed to make the relationship serious or to marry the individuals. Hence, many people are not very much bothered about meeting, falling in love, and marrying a very attractive looking person. Many people usually prefer some desirable qualities in the form of personality, wealth, power, and educational standard among others. As a result, people simply put the idea of stunningly attractive as a minor element among the acceptable qualities. The most common factor among the preferred qualities people consider for dating among the above stated is usually the personality aspect. The part one book discusses at length the effort that a

person might put to understand a personality beyond the first impression. It helps to decide whether they can start, continue to date, and marry. During the period of dating, a person continues to assess a lover's personality to determine if the relationship can lead into a potentially loving marriage for eternity. The part one book also gives more details in this regard to make sure that an effort was made and created the confidence to marry a person that brings everlasting happiness. Generally, most people get into marriage with high expectations because they are usually confident of the personality and other assessments that brought them to the final marrying decision.

However, many spouses allege that after getting into the marriage or a long-time relationship, they notice some surprising changes in the behaviour of the partners. Most spouses state that the behavioural changes they notice from their partners mostly impacted negatively on their mental wellbeing. Individuals that get affected often feel betrayed by their spouses who might have concealed their bad behavioural traits to gain trust. However, it is imperative for people to understand some triggers that cause a behavioural variation in human beings. People are supposed to be knowledgeable about frameworks that explain individual behaviours in marriage setting or any other types of unions. It is important for people to gain the ability to analyse behavioural variations. The author studied some people over a long period of time and discovered that most behavioural elements can be improved for the benefit of the marriage. However, people can improve behavioural elements to levels that can be determined by mental health state or conformity to traditional and religious principles among others. People can notice behavioural variations over a long period as elements get triggered by different circumstances. It is imperative for people to continue with the process of gaining organic knowledge about themselves and their spouses long after marrying. Generally, people should feel obliged to gain organic knowledge about their spouses to help create better ways to enjoy loving relationships.

Organic knowledge refers to the retaining of information that was consciously and subconsciously collected from a person through interaction over a relatively long period. Put simply, organic knowledge could also mean an understanding of an individual through learning about their personality trait from practically sharing life experiences over a

significant period. People that are quick to learn about personality traits may generally confirm their immediate but cautious assumptions within 3 months of sharing life experiences with an individual. However, people in committed or long-term relationships may encounter behaviours from their spouses that may never cease to surprise them. It is common for spouses to continue gaining new realisations about the other throughout their lives. Some people begin to pay attention to personality traits as they get more mature and experienced about life. Most people do not realise that specific personality traits are dominant at different times due to environmental changes or experiences. The author generally argues that personality traits that we can read from the beginning do not really change but get more prominent according to circumstances. The author deduced from a study that visible or dominant behavioural traits emerge according to prevailing conditions. The author established that when hidden behaviour becomes visible, it can hardly be called a completely new change of personality. While the word change may loosely be applied, it does not mean a dominant element cannot show an unfamiliar personality. Spouses experience different conditions that are influenced by place, time, people, and situations. Normally, the intensity of influential factors creates conditions that determine the nature and impact of dominant traits if a person fails to control by putting enough resistance. Spouses can manage to correctly realise dominant personalities if they accept to unlearn some biases. People should not shun perspectives in this book and neither ignore their experiences and beliefs as the combination helps them to be less subjective about their own behaviours and those of their spouses.

Bids of Tolerance

People must work hard to continue being satisfied with their personal growth and commitment to obligations such as contributing positively to happy and more desirable marriages. Generally, some spouses get inspiration to excel in their relationship from parents, the community, and some family members. Spouses can be more satisfied if their decisions are based on having the right knowledge, trust, and respect for each other. It is important to find ways to nurture confidence, trust, and appreciation in the relationship.

Therefore, couples need to acknowledge and commit to continuous learning to achieve better understanding of characteristic variations forced upon people by circumstances. Additionally, people are supposed to understand variations of responses because humans behave differently while placed in the same situation, as we have different temperaments. Spouses usually anticipate some specific behaviour in certain circumstances, but they sometimes get surprised by unfamiliar characteristics that become prominent. If we understand this better, it becomes easy to control our reactions towards a new reality, which might be temporary. Most people rotationally experience characteristics or new **dominant personality** traits as they grow and develop mentally. There is need to learn to respond calmly to challenging experiences when a spouse's dominant traits continue to shift due to new experiences at different stages in life. The most common experiences are encountered when people are involved in activities relating to religion, cultural, career, education, and other social and commercial settings. Each activity has a potential to bring out overriding personality traits that may perplex a spouse, yet the behavioural trait might have been ignored when it was first noticed before emerging to become a leading trait. It is important to realise that human beings have many personalities that may be inactive until pushed to emerge more visibly. Most individuals would not know that they possess some traits until a point when they deduce from suddenly prominent actions. Individuals that understand the pattern of their behaviour are normally capable of reading some inactive personality traits. People that can read inactive personality traits of their spouses are usually capable of proactively controlling negative emotions. A person that develops negative emotions may act in an annoying or infuriating way. People have reasoning and self-restraining abilities, and they can consider the source of a dominant personality trait if correctly taught. The goal to learn gives an opportunity to acquire self-controlling skills when reacting to negativity. More so, individuals using self-restraint are normally interested in gaining more information before responding to a challenging or annoying issue. When an individual understands different dynamics pertaining to behavioural traits, it becomes easy to promote love and tranquillity. Some few individuals misuse their abilities and become manipulative and self-serving. People that encounter devious and egotistic individuals may take long before they realise that they were being emotionally or physically abused.

Importantly, if people can control negative emotions, they will help to defuse or prevent common tensions in any situation. It should be realised that the idea of controlling negative emotions is vital for harmony and progress in anyone's life. Tension in most cases can grow exponentially to destroy people's lives if they do not apply intelligent and use theories such as the behavioural barometer (*see figure 2*). It can be stressful to some people if they do not have the relevant strength, knowledge, and skills to control their behaviours. Most people can apply the behavioural control theory if they experience situations that are consistent with their personalities, desires, and norms. When some people are confronted with unfamiliar situations, they are unable to employ a level of restraint. Most people require training unless they are more familiar with situations from previous encounters. It should be realised that desirable behavioural control measures need skilful approach. The skills need to be developed from the dynamics depicted in the behavioural barometer and other frameworks. If individuals are determined to exhibit reasonable behavioural control abilities, they are likely to be comfortable around spouses, as they can understand and appropriately react to challenging traits. Usually, people that can intelligently exercise behavioural control are successful at undertaking analysis on personalities. It is important to formulate strategies that help people to show genuine love and promote kindness within a relationship. While spouses may find it difficult to create strategies, it should be noted that people that are committed to everlasting peace, love and happiness are always committed to finding ways to achieve better results.

Behavioural Barometer

The behavioural barometer (*figure 2*) highlights the changes that require actionable solutions to mitigate inevitable challenges. It should be noted that people that are conversant with frameworks from the 'Romantic Perspective' part 1 book such as complementary preferences, cluster dynamics and personality identifiers can recognise major traits that can affect happiness. Spouses should reconcile behavioural shifts from a position of knowledge. If spouses are familiar with dominant elements from the Cluster Dynamic Matrices (*figure 4*) frameworks, they will mostly be able to notice a complete shift

in behaviour since the couple started living together. Some personality traits become increasingly intensified or weakened when faced by conditions prevailing in specific marriage settings. People lacking knowledge or those not capable of deducing behaviours would often assume that personality traits of some individuals always get **completely transformed** at some stage. Many people hold the notion that every human being can assume new behavioural traits. Few people can completely transform or reinvent behavioural traits largely without major neurological disturbances to their mental health. Commonly, it can be argued that many people reveal some unknown personalities by behaving strangely when they encounter new and unfamiliar situations. Since human beings learn their behaviours from young age, many personality traits are vaguely noticeable until confronted with a situation that clearly brings the elements out. A significant number of people ignore potentially relevant personality traits because of their personal interests or merely lacking relevant skills to understand the prevailing environment. Some individuals become surprised when they notice behavioural traits which they think are relatively new. Some people mainly fail to realise that they were ignoring the same personality traits that have just become more visible. The **behavioural barometer** (*figure 2*) illustrates specific stages when some few behavioural traits become more visible.

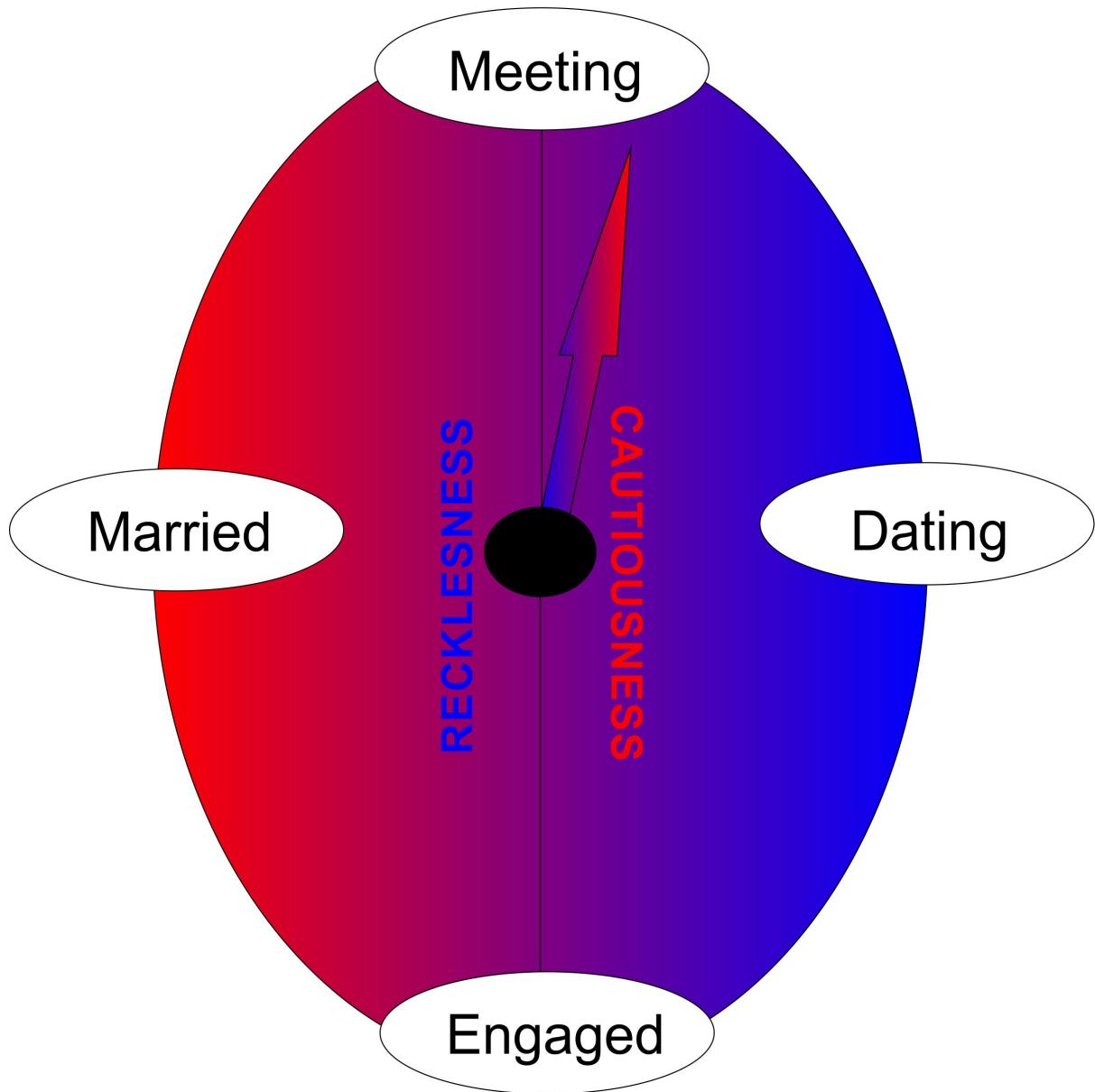


Figure 2: Behavioural Barometer

The behavioural barometer is a scale that works like a clock with two major sides entitled Cautiousness and Recklessness Phases. The framework provides the first important step towards understanding ways to promote happiness. The behavioural barometer illustrates the way personality traits are perceived at different stages of relationships. Individuals will understand that personality traits are also influenced by a timescale of the relationship. Spouses must study the behavioural barometer and learn to maximise the rewards of their wisdom. In particular, the barometer shows why there are many preventable challenges in marriages. If people would understand the dynamics involved in the two major stages of love unions, they would help to reduce conflicts and promote peace and happiness. If a

person understands the use of a behavioural barometer, it means the individual is likely to have eliminated ignorance. People that naively approach a domestic setting often invest their feeling in a way that makes them vulnerable to emotional abuse. While people learn from their experiences to achieve growth and maturity, the process does not have to be painful. Therefore, people must become attuned to understanding fundamental parts of relationship cycles to prevent unnecessary heartaches and despair. A person that seeks to commit to a marriage or relationship will benefit from understanding the psychological phases to overcome the impact of negative perceptions of most personality traits. Many individuals lack an understanding of behaviours illustrated in the behavioural barometer (figure 2) and if they study it, they will be able to understand and be guided by the concept. The framework helps people to relate to behaviours according to the length or stage of their relationship. When a spouse connects the relationship stage and behaviours, it becomes easy to control emotions and potentially encourage the creation of ways to prevent abuse. Therefore, it is important for any individual to become equipped with the knowledge of the behavioural barometer. When people gain the knowledge, it will help them to develop skills for regulating negative emotions and to prevent reactions that will be tantamount to abuse. It is inevitable that relationships or marriages will reach all the stages on the barometer. Some people reach the stages much quicker than the others. Those that reach the phases faster also encounter serious problems earlier and it becomes a huge challenge for them. Few couples that experience a delay in the movement of the barometer circle may reach challenging times after they would have gained a bit of experience. Mostly, when couples have a bit of experience, they may have gradually developed some self-control skills to handle conflicts better. Couples have a chance to make the barometer repeat the cycling process by continuing to revive the glamour while in the same marriage setting. This can be done by reviving interesting old themes, presenting new adventures, using inspiring discussions and discovering fresh interests. While some spouses may prefer activities like holidays, gifts and dinner dates, the effort should be presented creatively using attractive themes and enthusiasm to revive the great spirit of marriage. People are also thrilled by spouses that create new and interesting ways that eradicate monotony and bad memories. The idea of applying great efforts remains that of keeping the spirit of love and marriage renewed to maintain a novelty status.

Cautious Phase

The behavioural barometer is a scale depicting that most people are more cautious when exhibiting their behaviour at the beginning of a relationship. They gradually get less cautious as they gain more confidence at each stage of a relationship. Likewise, other people are less judgmental in the early stages of a relationship. They become more judgemental as they slowly move to the next stage of tightening the bond. When two people meet, they are both more cautious of the behaviour they are likely to exhibit in front of each other. The two people will subconsciously begin to lose a bit of cautiousness when they go on many dates or as the relationship progresses. Any individual that can be more attentive and curious can identify an effort to conceal behavioural traits that are intolerable. People that are less judgemental do not critic others unless they repeatedly witness unbearable behaviour. A person becomes less cautious about being judgemental as the dating process or the relationship continues to grow. People that are less cautious about their bad personality traits are easy to deduce from the beginning stages of a relationship. Conversely, people that are less fearful of being wrong when they judge others are usually determined to point out or work to achieve the best outcome. It is best for a judgemental person to reframe from unnecessary comments. If there is a need to state anything of importance, it is best to put across the concerns using soft words as a sign of respect to prevent serious conflicts. If a person makes judgements, there is need to consider a greater chance of being wrong. People should know that it is never guaranteed that opinions can always be right. It is risky to use instinct without applying other learned skills to prevent regrets. Many individuals have been losing potentially good spouses because they lacked skills to control emotions in ways that prevent conflicts. Some people pass judgements that are driven by misconceptions, self-serving notions, and ignorance. Basically, most spouses were socialised in ways that can influence the manner they judge others. Arguably, people that grow up in less loving or hard environments are likely to be unreasonably pessimistic. Since people initially go through the cautious period in the initial stages of their relationship, they have a chance to be more open-minded and be honest about their assumptions or notions. Some people refrain from expressing their feelings because they might cause a disagreement

which may lead to losing their lover and marriage. The cautious stage gives people a chance to develop skills and knowledge that will help them to prevent rigidity and dishonest.

Reckless Phase

As this book focuses on spouses that live together, the behavioural barometer shows that people gradually become more reckless in exposing their true characters from the engagement stage throughout to their marriage live. While the author prefers to use the word recklessness, others may want to substitute it with the word carefree. While the word carefree can be a good substitute, it should be noted that when people become confident in their prevailing state, they lose their protection screen. The word recklessness seems appropriate in describing the state that people take when they become comfortable in relatively predictable situations. Spouses become comfortable because they would have achieved some level of certainty regarding their marriages. People that are no longer cautious expose their traits in lots of ways than before the comfortable stage. Some individuals are even surprised by their behaviour under new circumstances than they previously could have predicted in the earlier stages of their relationships. There are personality traits that become more prominent when fear of losing someone takes over. Some individuals get surprised when they notice new intolerable behaviour emerging from a position of misinformation. Mostly, self-doubting people demonstrate fears by putting forward too many complains and using verbal or physical aggressiveness. Individuals that are in relationships with insecure spouses may initially disregard bad traits until they start feeling the effects of aggressive actions. Personality traits that emerge from insecurities force individuals to be defensive and aggressively react to threats that are not clear to others. As such, people tend to ignore behaviour they might not like when they are infatuated with love. Mostly, individuals tend to regret having ignored unbearable traits until when stress begins to affect their mental health and dignity. Ordinarily, some people are not able to control their wild imaginations when their relationships attain a *reckless stage*. The *reckless* phase mostly reaches its pick when people begin to live together and feeling a sense of possession in the relationship. This is the time when some individuals

realise that they should have noticed or acted when it surfaced earlier. Other individuals would be noticing the behaviour for the first time while it had been visible for a long time.

The reckless stage is the main part of the discussion where a lot of challenges are faced, particularly at the marriage stage. Most marriages are not peaceful because people fail to adjust and attain trust through exercising tolerance and honesty. Spouses have equal responsibilities to understand that the reckless phase helps people to live a more realistic life. If people were not able to achieve a carefree attitude, it would have been difficult to create unions that can construct peaceful societies. The only challenge that people can encounter in the carefree phase is the dawn of a reality. Individuals ignore bad signs or blindly judge others in an unrealistic manner when they get mesmerised by the mystery and attractiveness of a lover at the early phase of the marriage. At that stage, everyone will be cautious about the way their behaviour appears to the new lover. When people become accustomed to permanent state of their relationship, they become comfortable. They begin to exhibit specific behavioural traits that might be unappreciated or will be annoying to the other spouse. The barometer indicates that most behavioural trait that become noticeable at the reckless phase are not usually noticed in the early stages. It simply means that the conditions are conducive for some personality traits to become conspicuous. Some behaviours might only become visible because the individual has become comfortable to express the traits without hesitation. **Rhetorically, a behavioural trait is like a pattern under design that needs to reach its final form of smoothness and elegance to be displayed at the pleasure and pride of the admirer.** Some spouses cannot live without displaying majestic and dazzling personalities throughout their lives. However, many people experience more turbulent rides in marriage because they lack, or they overplay gradually diminishing but still admired powers. **Life is full of waves whose strength and height define the patterns which others can read.** Only when a person starts to exhibit undesirable behaviour with maximum negative impact do some spouses start to react defensively to it. Many people react sensibly to personality traits when their love dynamics are strong at the cautiousness stage. A loving relationship requires sober minds to discuss challenges they could be facing at the reckless stage. People become too contented and allow silliness to affect their deep affection. The reckless stage allows people to freely communicate but they must be cordial to solve their

problems if they are stronger and honest. When people become too comfortable at reckless stage, they allow their selfish egos to take over. They risk destroying a blooming relationship because they allowed interruption from flimsy and manageable egos to take control of their marriages. Spouses can manage to ignore undesirable elements that destruct their subconscious minds. Most people are surprised when traits that can be ignored begin to take charge of their lives. If they understand the behavioural barometer, they will desist from blaming each other. Instead, they will need to focus on blaming the circumstance befitting the reckless stage and try to adjust to the situation. Some challenges should be taken as opportunities to strengthen a relationship. Unless it is befitting, there is no point in feeling deceived by a spouse in terms of the behaviour that came out at the reckless stage. Of cause, people can be deceptive, but others are naïve because they ignore all bad signs in the name of love. When some individuals become overzealous, they may focus on one interesting thing and lose a sense of everything important until they enter the marriage phase.

Overzealous state

There are many reasons that lead many people to act naively in the initial stages of any relationship. The overzealous state in new relationships defines a psychological stage in which a person's mood may become needlessly overexcited before acknowledging or understanding the potential quality of the marriage. Most individuals that exhibit an overzealous behaviour are genuinely excited and pleased with the prospect of a fairy-tale love life. When spouses get into an overzealous state, their reasoning can often be clouded and therefore be prone to making bad decisions. Equally, a spouse observing a partner in an overzealous state can also be enchanted and it may develop trust and assurance. Some couples will begin to overestimate the quality of love in their marriage. In other words, an overzealous behaviour can be dangerous to the future state of a marriage. A person needs to safeguard current and future interests in a marriage while playing a significant role in building the union. It is usually difficult to prevent some costly mistakes because overzealousness can cause a loss of control or cloud the judgement. Most people get hypnotised and lose sight of the guiding principle. They let excitement take control of their

assumptions, aspirations, and decisions. When humans ignore fundamental principles that shape their behaviour, they change their focus and compromise on their aspirations. When reality dawns, it usually leads to disappointments, long spells of regret and unhappiness. Some people are unfortunate that they will realise their disarray state long after they have settled in a relationship. Others begin to realise their miserable life when they get tired of being patient. Some people will start to grasp the depth of their misery after the amplified excitement ceases to convey convincing justifications from their psyche. When individuals realise that the overzealous phase was a myth before serious commitments, they will protect their dignity and despair from the rage of the reckless phase.

Most people blame the overzealous period for previously blaring their vision and causing them to ignore undesirable personality traits that begin to impact on their domestic settings. Friends and family are usual the ones that notice and give warnings about the direction of a marriage. Arguably, if people were to take heed of the warnings from their friends and family, they would adjust their terms and negotiate a better treatment. When a person proficiently negotiates for a reasonable treatment with solid terms, a higher number of marriages would not end in divorce. It has been observed that few people have the strength and wisdom to reconsider and make wise decisions. The overzealous state is mostly interesting that people do not want to disrupt the moment. A state of excitement causes may people to ignore the most undesirable personality traits because they would like to live in the moment. Some people would prefer to face the tough moments in the future than interfering with the current happiness. When some individuals experience excitement, they focus on the most pleasant and charming elements of their lovers' personalities. There are many reasons for one or both spouses to get overzealous at the beginning of a relationship. People get overzealous or enchanted because they anticipate sharing a joyous family life that fulfils their dreams. Some couples that gladly agree to live together do so while they are still engrossed in infatuation or mesmerised by infectious beauty, charm, power, wealth, or the newness of a relationship among other things. There are people that falsely exhibit excitement to manipulate a spouse into making decisions in their favour for selfish reasons. Culprits that consciously mesmerise their new lovers with their overzealous approach act to confuse their victims. Most individuals that fake excitement only do so with

a sinister motive that usually harms the victim. Couples need to understand that innocent people can subconsciously inflict pain in the same way as a calculating villain. More innocent actions that seek to protect others might be perceived as cold, calculative, and selfish. The results of misinterpretation can also be as harmful as the situation caused by a bad person. It means people have an obligation to find solutions that eradicate problems of misunderstanding or mischaracterisations. Anyone can surf through and unmask prevalent traits of their spouses to demand responses that answer pertinent questions. Great responses at each phase of a relationship help to achieve strong affection, happiness, and lifelong relationships. People that are attuned to the dynamic state of overzealousness can capitalise on the excitement in the relationship phase. The reckless and the cautiousness phases provide a realisation that people madly in love with each other can potentially enjoy the periods. The zealousness state gives room for adventures that can presently be enjoyed and used to brighten the future. People in the overzealousness state can take advantage of their excitement to freely appreciate each other's company. The overzealousness state makes couples find fun in places and circumstances that are not possible for other spouses. The overzealousness period makes people light-hearted and be ready to enjoy their lives. When people enjoyed moments of excitement with great spirit, it can be possible to rekindle the fun in the future with the same person after experiencing some relatively bad phases in their marriage. Care must be taken with spouses that have a history of constantly dating new people more frequently over a short period of time. People with such proved history normally enjoy having new excitement more often and can hardly be permanent with one person. Some individuals are not interested in permanent relationships because they constantly seek thrilling moments for selfish fulfilment. The individuals regularly look for new people to join them on new adventure because they always want to maintain a higher level of excitement, mystery, and newness. It can be argued that people with such need for new relationships and adventures want to feed their extraordinary egos. Individuals with such disregard for other people's happiness unless they are central to the fun are mostly classified as narcissists with behavioural traits of psychopaths. They are not inhibited by other people's pain when they are having endless and senseless fun. People with psychopath or narcissist tendencies are normally insensitive to other people's predicaments.

Highlight

A behavioural barometer is a simple tool for people to become conscious of the challenges they might be facing in their relationships. The framework gives people a simple way of understanding situations according to phases of a relationship so that they can improve their fortunes. The tool also helps people to learn to anticipate dominant behavioural traits and learn to deal with personalities so that they achieve happiness in their relationships. The tool helps people to understand that some bad situations can be improved to become better in many households. When people notice and ignore some personalities, they lose opportunities to make the traits work for the best in their marriage or any type of a union. Instead, they get surprised when a personality they failed to work with turns to be a nightmare for them.

Chapter 2

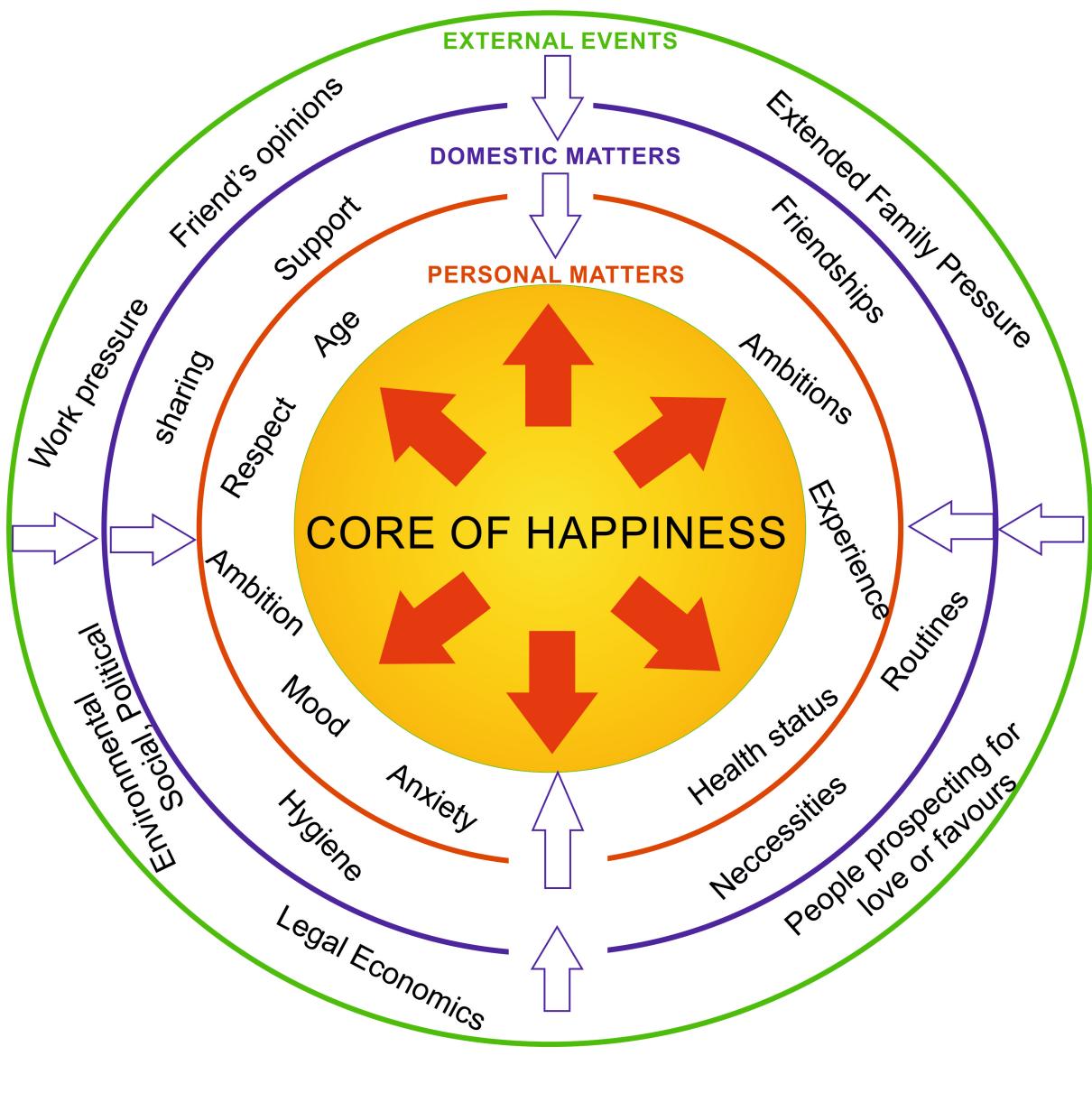
This chapter provides elements that should be taken seriously if spouses want to be generally happy. It supports the notion that individuals are responsible for their happiness. The framework will highlight that contentment in a person can be controlled by so many factors that spouses should identify and challenge to attain their happiness. If a person fails to understand the source of discontent, it is difficult to solve the unknown problem and work to achieve happiness. The chapter also shows classifications of elements to help spouses define the actual problem they need to solve to promote cheerfulness. If couples cannot identify sources of happiness, it will be difficult to even promote it in the domestic setting. The concept was designed in simple ways that can be understood without putting too much effort. Equally, some elements were picked from each group and used as examples of ways that can be applied to foster contentment. The core of happiness is important in that every concept described in this book can be applied effectively when people are happy. If people are sad, they struggle to concentrate or put an effort to learn ways of applying the theory for purposes of improving their circumstances.

Core of Happiness

Everyone on earth generally aspires to feel happy, hence individuals are always in search of activities that promote the preferred state. Couples always try to prevent any pressure that makes their lives unhappy. If a life is devoid of happiness, spouses will find it miserable and hopeless to even be in a marriage. A person will be as good as dead to choose a life of unhappiness without offsetting it with something they desire the most. Couples socialise because it mostly brings to the fore the ideals of happiness. If couples frequently interact with friends and relatives, they will understand that friendliness is one of the major activities that improves happiness. Spouses are by nature predisposed to promoting and making sure that their personal and marriage lives conform to ideals of contentment. Hence, the author provides a framework designed to clearly illustrate the way happiness can be explained, sustained, and improved in a personal capacity and in marriage. The

framework provides the assumption that the state of happiness is a default position for human since creation. The theory assumes that if human beings get all elements right, they will not know anything that may disappoint them or rob them of their happiness. The illustration shows a structure that symbolises the core of a human brain being affected by the increase or dwindling of electrons of happiness within its neurons and subsequently placed at the centre. The core of happiness becomes the human's central part of natural contentment which can continuously flourish when no other pressures disturb it. The degree of happiness is also determined by the amount of force that will be exerted by challenges in a person's life. If the forces are too many or too strong against filling up the core, it is unavoidable that the person will be unhappy.

The core of happiness framework is important to the guide because when people fail to manage their happiness, they will transfer or channel their sadness or anger at others who might also become miserable, fearful, or defensive. Since the book is directed at people seeking happiness in their marriages, the illustrations shows that a contented person will transfer positivity to others. The pressing demands that affect happiness for human beings are called in the book triggers of happiness. Triggers have the power to regulate the degree of **contentment** depending on the pressure they exert or release to the **core of happiness**. Generally, triggers can be overpowering in a positive or negative way to determine the quality of happiness or contentment. Since the core of happiness can be conquered, positive forces must defeat the negative ones so that contentment can be triggered to reach a higher degree. Positive forces must be resistant to the negative ones to become successful to uplift a relatively jovial state of an individual.



Maximising force

Minimising force

Figure 3: Core of Happiness

There are mainly three groups of triggers comprising of different elements within each category. A trigger becomes dominant because of the strength of its elements to generate a significant level of forces. A positive force means a trigger helps to move pressure in the same direction as the core of happiness. A negative force means that the pressure being

released by a trigger goes against the direction of positive forces from the core of happiness. When positive forces are powerful, the centre of happiness enlarges, and conversely, negative forces diminish size of the core of the framework. The triggers of happiness illustrated in [\(figure 3\)](#) depicts three distinct groups namely personal matters, domestic factors, and external events. The framework indicates that in the absence of major life challenges, a human being is generally joyful and gregarious. People that are always miserable usually project negativity and hostility. Generally, unhappy people normally lack a charming personality, are ordinarily pessimistic and frequently angry. As a result, individuals that mostly experience sadness ordinarily express disappointment in ways that cause conflicts and stress.

The onus rests with individuals from the moment they realise that their minds have been affected by negative triggers to convert to positivity. Spouses can recognise a negative impact to their moods when a [feeling of sadness, anger and impatience](#) dominate their minds. If a person delay switching from negativity to positivity, it will be difficult to prevent conflicts or abuse. When a negative feeling gets stronger, it increases unhappiness and possibly separation or divorce. This guide provides [ways to identify, understand and learn converting triggers](#) from negativity to positivity. When a spouse operates under negative triggers, it means that the person will face two or more challenges regarding mental health and level of affection. The impact of [negativity to mental health can include stress, depression, anxiety,](#) and related disorders. Negative triggers may cause a person to speak rudely or disrespectfully to others. Some people will become sad, silent, or dismissive when affected by negative forces from the unhappy triggers. When spouses face overwhelming negativity, they will become sad and respond in ways that potentially cause the marriage to fail. Generally, a miserable mood caused by negative triggers can make people quest for ways to damage a potentially fabulous relationship. A miserable individual can be abusive or might reach a state of hopelessness. A person feeling hopeless because of pain requires [therapy to prevent harm to themselves or the community.](#) When a person can trace specific elements of negative triggers, it becomes easy to resolve any unambiguous challenges that can potentially affect marriages. People that fall in love and decide to live together to achieve happiness have a strong need for the framework. Some spouses may think that

their relationships will always remain affectionate and mesmerising to each of them. Problems may sneakily attempt to affect spouses who may assume that they are both happy in their nuptials. A spouse might be surprised to know that someone may not have been happy for some time. It is imperative to be subconsciously vigilant to defend the relationship. Couples need to be prepared to notice looming problematic actions and feelings to prevent marriage problems. While some people rely on instinct, vigilance also requires knowledge-based skills to act proactively against gloominess or divorce. The framework may seem too simplistic, but if followed with commitment, it helps to achieve personal happiness and ultimately, lasting affection and strong union. Everything in a relationship must begin with personal commitment for internal peace and happiness before trying to project love and care to a spouse. Some people may believe in divine or traditional help, but guidance cannot be offered without personal effort to achieve happiness and success.

If negative triggers become overwhelming, some people usually lose hope. Most people surrender and become depressed when they face endless challenges without generating effective solutions. People that lose hope may also deflate the spirit of their spouses. Individuals that possess tenacity to achieve everlasting happiness and solid union are hardly discouraged but are patient to allow a spouse to reach a decisive level for the sake of meaningful progress. When the framework for principles of happiness is diligently applied, the person can prevent hopelessness, inconsistency, and ignorance. People studying the trigger elements and their impact on the core of happiness can potentially increase their self-awareness level. When a spouse comprehends and practices ways to improve happiness, the effort will renew faith about the possibility of enjoying love, the relationship and life in general. The core of happiness framework is more relevant to everyone's life. The concept can be regarded as one of the most **important tools for building confidence, contentment, cohesion, and love**. A person can effectively apply the model by adjusting or focusing on relevant personality triggers responsible for promoting or reducing internal and external happiness.

Trigger Elements

Personality triggers operate under three banners of personal **matters**, **domestic factors**, and **external events**. The banners get their strength to influence the level of happiness from pressure exerted by trigger forces. According to the framework, the core of happiness can operate by ballooning or shrinking to determine the level of personal happiness. The level of happiness cannot be static because of many forces working against each other. The framework helps spouses to maintain a favourable adjusting parameter. When the core of happiness attains a very small parameter size, it indicates that an individual has been affected and reached a desperate state of sadness. When the core expands to become wider, it shows that an individual has achieved a freer and happier state. **The dynamic reaction of triggers at any given time indicates their importance to the wellbeing and happiness of spouses and people in general.** If triggers are not regulated, they can get excessive in favour of happiness. When happiness gets too extreme, the overexcitement might lead to a sudden crush and subsequent grief. Individuals that get extremely sad also encounter mental challenges or even death. It is important for an individual to understand the impact of strengthening trigger elements to a favourable point to attain reasonable level of happiness. Many people value their happiness, peace, and mental health. When spouses get the opportunity to learn about the core of happiness concept, they will focus their priority on augmenting the benefits of personality triggers. Apart from cherishing the learning process, spouses will also feel confident to use the framework as a reference point for everything in their lives. The guide delivers a brief explanation on each category of trigger elements of happiness which include **personal matters**, **domestic factors**, and **external events**. Personal matters become the first category of trigger elements to receive a detailed explanation on their impact to happiness.

Personal Matters

Triggers for personal matters category define an individuals' identity as they involve elements that help to enrich inner souls. As such, triggers within Personal Matters are powerful forces that positively or negatively impact on an individual's mood and subsequent behaviour. The dynamics of trigger elements within personal matter category can be

peculiar to an individual. Each individual needs to understand the unique operation and impact of triggers to their sensibilities. It is vital for each person to know a suitable way to adjust or mitigate effects of possible impact from triggers on a union. Age is one of the six elements that completes the banner of personal matter.

⇒ **Age/Experience-** some people become more confident or pessimistic as they grow older. Age and experience are in this context almost the same and they are classified as triggers of happiness. Mainly, people experience a change in the way they understand the world around them, as they grow or encounter new experiences. Usually, when people encounter new experiences, they are likely to develop new interpretations of the world. Some individuals will develop or lose faith in others to the extent that it changes their interaction and approach to their spouses. When some people get older or more mature, they begin to evaluate their capabilities on almost everything. Once they suspect that their shortcomings are acute, they may lose confidence. Others may develop contentment with their capabilities to the extent that they become arrogant and self-centred. When people become overwhelmed with reality, their moods may change. The moods may affect their inner happiness and subsequently, the relationship may become miserable. When spouses experience a change in mood, their behaviour or actions will usually affect close people around them. As individuals exhibit inconsistent actions due to mood changes, they affect the reaction of spouses in a domestic setting. Therefore, it is important to examine any personal moods to establish and prevent conflicts or sadness in the household. People should examine if their moods are associated with age and use emotional intelligence or wisdom to eliminate characteristics that affect happiness.

Previous experiences may also influence personality traits, and it is important to become aware of behaviours connected to their history. It is vital to make suitable adjustments by reinforcing good and eliminating bad traits to enjoy a cog effect in the relationship or union. Since a habit is a strange commander, when people get used to their ways, they need to unlearn and instil new behaviour from ugliness or

reinforce good characteristics. Individuals should examine most habits to understand if happiness will always be the ultimate result of their actions. When the result of their routines indicates sadness and conflict, it is best for individuals to revise their actions. However, individuals will have to unlearn their behaviours if experience tells them that they derive pleasure from harming and infringing on the rights of other people. The revelation gives the individual the opportunity to change the unfortunate reality. Behaviours are also judged by the level or quality of feedback each person gets from childhood to current state of a union. While it is important to fulfil what a spouse wants or the community respects, experience should make them realise the impact of breaking the laws and cause unhappiness. Some spouses might be accustomed to doing things that are not agreeable with the dictates of the law and subsequently involve their spouses.

When the law is broken, justice will need to prevail, but spouse in the criminal world will subject their partners to perjury. Spouses who are criminals might be experienced but may use the ignorance of their partners to become unhappy accomplices. Some people might live in a community that engages in drug abuse or other unsavoury ways. If the bad behaviour leads to individual's happiness while damaging the common good element of life, it means the behaviour only meets selfish goals. In some instances, a community might be afraid of a criminal so much that they might go along protecting the culprit and will feel contented by the support. Equally, family members might protect a criminal due to misplaced allegiance without knowing that they are being used by a selfish person. The selfish individual should use the benefit of age and experience to change their priorities and adapt traits that espouse good principles. Things like drug abuse and other unsavoury ways might seem obviously bad to some, but other people engaging in the practice might not realise the impact to their spouses. People can use the advantages of age and experience to achieve honourable happiness. When spouses harness best personality traits after taking progressive introspection, they can achieve unimaginable happiness. A partner that attains happiness by improving

perceptions and conducts will succeed in bolstering affection to achieve the cog effect phenomenon.

⇒ **Health status-** It has been observed that an illness has a potential to cause discontentment within a domestic setting. The discord may come from any side between the couples. While people might not have an absolute power to control their health, they can imperatively commit to the best efforts. Couples may face illness among the two of them, their children, or members of the extended family. People can consider the best ways to monitor and promote physical or mental health so that the challenges can have limited impact in preventing happiness and the cog effect. When persons experience emotional or physical pain from financial pressure and abuse among others, they be unhappy. Spouses may shift their pain to closest individuals through being moody or sad. When some individuals can feel the need to help a spouse in a state of despair. Individuals that feel compassionate and commit to helping may become overwhelmed and depressed. Sometimes spouses that commit deeply to caring may eventually lose their individuality, mental strength, and happiness. Some individuals may feel under no obligation to help their spouses facing discontentment due to recklessness. Equally, a person lacking care will be angry at a partner refusing to give care. However, some partners may refuse care from their spouse because of existing marriage challenges. Once caregivers feel their help was refused, they will be hurt. When pain has been inflicted in the household, the couple's relationship will face a stalemate. Metaphorically, the motion of the levers on the cog system will become stagnant. When a spouse focuses attention on an ill partner, the individual will not feel neglected in the relationship. People need to understand the challenges that illness might bring in a domestic setting. When there is illness, everyone is expected to help. Unless support is arranged, spouses might be expected to present a high level of compassion. If spouses are anticipated to make too much effort towards giving care, it may affect their personal or collective happiness due to exhaustion or too much empathy that may impact on their mental health. Some people create ways to help their spouses that are giving or receiving care. It is essential that an effort towards care is given and received in the

spirit of love and lasting marriage. A spouse must promote recovery while being emotionally supported to prevent unhappiness and strain in the marriage. Any individual that promotes a selfish approach would mostly be responsible for destroying hope, affection, and happiness. As such, a health condition is an important element in the personal matter banner as it can trigger a powerful force to squeeze happiness out of an individual and the other spouses.

- ⇒ **Mood-** Since being moody can be a common state among many people, few individuals can realise how disconcerting it can be to the happiness of others in a domestic setting. People that are mostly moody do not realise the impact it would cause, and it will be helpful if they could accept to be advised of their state. More so, if there were a room for communication, it would allow the moody partner to reassure the other spouse that, there is nothing to worry. There is a notion that is generally shared within the medical sphere that some women get moody during their mensuration period. Men have an obligation to understand and provide support through being patient and tolerant when women are dealing with the biological force. There is mostly nothing the women could do to change their condition during this period. It should also be noted that every individual feels a bit low sometimes and they are not usually able to explain, justify or realise it when they are in that zone. As such, people need to develop mental strength to resist the impact on someone's bad mood. While a bad mood might dampen any spirit, it might only lead to a conflict if the other spouse frustrates the moody one by instigating unwarranted demands. Few people are unaware that when they insist on answers or reactions from individuals that are not ready or equipped to provide, the situation may degenerate into unnecessary and toxic conflict.
- ⇒ **Anxiety-** Many people would be grateful if anxiety as a condition would be permanently cured. However, when a spouse lives with an individual who encounters frequent state of anxiety, he must learn to manage their relationship so that the condition would not affect their happiness. Mostly, persons with mild anxiety might be able to learn to control its negative effect so that they may improve

and sustain their happiness. It should be realised that anxiety needs the intervention of professionals to improve the condition.

- ⇒ **Respect-** Some people are generally gifted with the awareness to respect other human beings or spouses. The individuals are naturally capable of treating any person they meet with respect. It has been observed in many circles that people that respect others have a sense of perspective, and they are humble individuals. In addition, individuals that can respect anyone are also confident, principled, kind and have self-respect. As such, most people appreciate the company of respectful individuals. Therefore, if an individual is respectful, he creates an internal space for freedom and happiness. Partners that exude infectious doses of happiness are mostly appreciative of being around spouses that radiate similar jovial qualities. The core of happiness can become livelier when respect as an element in the personal matter banner works in a positive and dominant manner in a union. When partners strive to achieve respectable status, it means that the element is a trigger to their happiness. Some people may derive their happiness from respectful spouses who understand the importance to their partners. Some spouses may benefit from accepting that their partners are incapable of giving them the level of anticipated respect. If spouses can realise the need to reduce an unsatisfiable need for respect, they can improve their individual or collective level of happiness in the marriage. A person with a respectful mannerism can be identified as adorable by others.
- ⇒ **Economic status/Ambition-** When ambition becomes a major force in one's life, it may cause unhappiness. A person with strong elements of ambition may promote or interfere with the happiness of a spouse. People with strong ambitions normally compel hearts and minds to become committed and resilient to challenges until they meet set goals. Partners that are ambitious can become unhappy if their plans are not going according to plan. Individuals that implement their plan may derive happiness from putting their desire into action. Some individuals can be happy when their actionable plan begins to generate significant income or profits. The idea to achieve desired success is the most driving factor behind most ambitious persons. A

person gets emotionally attached to the effort when working to achieve the ambition. Any ambitious individual faces many challenges such as overcoming outside factors. As such, people understand that external factors may only be surmountable when applying suitable personal skills and effort. People face a daunting task when trying to find the right balance to achieve their ambition. When a person with a desire to achieve a goal becomes desperate, it may cause the individual to become obsessed, miserable, and unsociable. Individuals that become emotionally attached or frustrated are bound to transfer their anger to others or may get stressed. Therefore, an ambition can affect the core of happiness within an individual and the misery will affect the dynamics of a marriage. Since most ambitions take long to achieve, people are bound to live in a perpetual state of sadness. If people understand the impact of being ambitious, they will learn to manage their expectations, emotions, and commitment so that they can live a happy affectionate life. Persons should desist from allowing ambition to dictate their happiness. Ideally, spouses that commit to humbleness do not usually lose their happiness. Since individuals derive happiness from their state of mind, people should control the emotional aspect of their ambitions. The core of happiness provides knowledge to develop coping skills so that over ambition as a trigger is deprived the power to dampen happiness. If spouses resist the controlling urge to satisfy a high desire to achieve big ambitious goals, they will enjoy fulfilling lifestyles. If people possess a reasonable level of ambition that promotes individual and spousal happiness, it needs to be harnessed for the benefit of the marriage.

Domestic Factors

⇒ **Routines-** A routine within a domestic setting can affect or promote a core of happiness within a person and ultimately inside the dynamics of a relationship. There are necessary routines that need to be established so that certainty can help shape a culture within a home. A life without a strategic plan and approach shows that it is disorganised and meaningless. A structure that culminates into a culture survives on a connection of carefully crafted plan. Any individual that eliminates a

routine which survives on schedule, promotes chaos, conflicts, and unhappiness. If spouses understand the need to create and promote meaningful routines within a domestic setting, they will be happy to work on common goals. Some routines distinctly cannot be desirable because they promote boredom, frustration, and anger. Some spouses opposed to routines expect spontaneity in their lives, and they often require entertainment that provides creativity and variations to gain pleasure and excitement. Most people that rely on repetitive routines for entertainment may be contented because they derive pleasure from simple and predictable activities. When people seek a sense of adventure, newness, and vitality, they mostly aim to eliminate predictable routines. Routines do not necessarily cause unhappiness; people need to learn to achieve satisfaction from repetitive and predictable procedures without being concerned about spontaneity all the time. If routines are a source of sadness, spouses can eliminate them by being more adventures. People should not overstretch themselves when eliminating routines before establishing the value to their lives. A routine might be boring but the benefit of following the schedule might be more rewarding to their lives. A routine might cause boredom, but its derived results might be offset by enormous happiness. If routines are understood, they can be eliminated after analysing their potential benefit to a person's life. When routines cannot be eliminated despite causing unhappiness, people need to cope by justifying their importance. If the need for the routine is overpowered by the damage it causes, the individual must completely desist from the habit and live with the consequence of the decision. It should be realised that change is usually painful, and it can be undertaken when there is a serious need for it. The goal of the exercise should be based on accomplishing happiness.

- ⇒ **Necessities-** When people are deprived of essential things in a domestic setting, they will experience unhappiness. Marriages can be damaged if people are limited from accessing essential things that are mainly available in their marriages. If possible, a relationship should not lack food, companionship, sex, involvement, affection, shelter, freedom, and care. Any individual that deprives the other of these fundamental elements will be promoting discontentment in their spouses or

domestic setting. When the so-called basic needs are inaccessible beyond anyone's control, everyone within the marriage is obligated to help each other find solutions. People should not ignore the important role of the essential elements in any relationship. Necessities, as the name suggests are crucial elements within a marriage for a couple to live an affectionate and happy environment. Everyone should establish their role in availing the necessities to themselves, spouses, and children. People should develop a strong desire to learn and improve on ways to gain or allowing necessities to exist in the marriage. People give excuses to obviously hard and miserable life when they lack necessities. When spouses lack basic needs, they get troubled by their lives. Some couples can easily shift blame when they lack necessities in the marriage. Progressive people assess their performance in delivering the vital elements to their spouses. A domestic setting cannot be sound if couples carry too many secrete from each other. The element of involvement is important among the necessities because it enables the success of other elements within the category.

⇒ **Sharing-** The spirit of sharing binds spouses together because recipients would feel valuable, honoured, favoured, and loved. When a recipient accepts the gesture, the giver usually feels happy to have expressed a sense of appreciation for the connection between them. While sharing is like most acts of gratefulness, it creates a sign of togetherness. Sharing also presents an opportunity for spouses to demonstrate selflessness. When people in a marriage share, the bonding between the partners keeps strengthening. People that share news, gifts, food, and the need to have many things, they usually have a lot to appreciate about each other. Spouses that share many common things might both have a strong affection for each other. Spouses that take into consideration the value of sharing usually feel happy to give and ecstatic to receive irrespective of the monetary value. People that love to share revere the thoughtfulness the action. The act of sharing does not involve demeaning, demanding and unappreciativeness. When spouses share, they value the favour and the encouragement for reciprocity. People with a propensity for sharing do not justify their anticipation of receiving or being invited to partake in anything because

they once gave to that person. Sharing must be a voluntary act which is not driven by a duty of servicing a liability. Of course, there is a case of acting completely unappreciatively and a partner may suspect a lack of sincerity and affection. When it comes to sharing food from the same plate, the sharing can be driven by care and affection. A person should feel eager to share anything with a spouse. The idea behind nuptials is based on declaring among other things the importance of oneness. Spouses are generally compelled to share, but everyone retains a degree of autonomy to choose their actions. Mostly people derive pleasure and trust from sharing with a loved one. When partners create a sharing environment, it promotes an endless phenomenon of happiness. A sharing relationship makes one appreciates the value of affection. Sharing has physical and mental benefits as it enriches the soul if it is genuinely and fully practised.

⇒ **Hygiene-** Hygiene is generally one of the most crucial elements that most people focus their attention to remain sane and happy. Some people become agitated being in a dirty and disorderly environment. Spouses that face some form of discomfort in unhygienic places have a duty to organise their surroundings. A potentially toxic and littered environment can affect the physical and mental health of people unless action is taken to improve the place. The same action must be taken for the cleanliness of body so that people around such as spouses can feel happy, refreshed, and affectionate. Everyone has a duty in the relationship to take the responsibility of maintaining hygiene in the surround environment and personal body. Many people get affected when they continuously clean after a person who does not pay attention to the surroundings. A person that does not bathe causes the room or bed sheets to smell. A smelling environment affects the happiness of others and subsequently the dynamics of the union. When tidying or cleanliness gets practised within a domestic setting, it eliminates one element that can impact on people's happiness. Once there is excessive lack of hygiene, some people can be affected by mental or emotional challenges to the point where they might be considered as abusive. A domestic setting constantly requires a high standard of hygiene for sanity to always prevail within the union. When some people gradually become unhygienic

or disorderly, the laziness or disinterest can be attributed to stress or misery. Spouses that are knowledgeable and known to have been actively hygienic do not usually change their behaviour unless there could be a reason. Therefore, if the issue of hygiene and orderliness are not addressed, the core of happiness would be severely affected to the detriment of a nuptials.

⇒ **Communication-** The communication element has been extensively discussed in the previous and the coming chapters. However, it is discussed here to demonstrate that poor communication severely reduces the prospect of happiness in a person and the marriage. When couples lack effective communication, it affects their planning, respect, care, sharing and expression of affection. When couples that cannot communicate face problems, they find it hard to solve and reach closure. People that encounter communication challenges struggle to manage situations. Married people need to communicate for purposes of compromising, understanding, appreciating forgiving and to become compassionate. People get angry when they miss a chance to give the side of their story. When spouses feel heard, they expect their points to be considered before reaching a decision. Some people need to analyse their abilities so that they can judge their personal growth. However, spouses may not be happy if they feel that their performance on listening, explaining, and clarifying issues is very poor. Spouses have a duty to communicate fairly and effectively to promote the happiness of their partners. Any individual surviving in an environment that lacks communication will always be frustrated, feel unappreciated and miserable. As such, the communication element has strong impact on the attainment of happiness as illustrated on the framework (figure 3). When some people are dating, they avoid discussing serious issues until they are married.

After they marry, it may take many conflicts and sometime serious ones if not divorce for some to develop an inkling that their spouse or themselves are incapable of communicating. Naturally, communication involves active listening, explaining and generally engaging to facilitate a flow. Some people face problems because they do not want to be asked to explain or verify anything. When some individuals get

questioned, they despise being interrogated, feel being unbelieved, or assume being accused of having done something terrible. Spouses usually feel as if their partners are getting intrusive. Most individuals develop a notion that their partner simply avoid responding to keep secrets. Some people hate the idea of being answerable to anyone as they treasure their freedom. Other individuals believe that their ways are the best and only worth considering. Spouses that act as if they know everything usually base their notions from the rate of decisions that yielded the best results. Some spouses underrate the intellect and opinions of their partner because they feel only their opinions are superior. Some people do not like communicating because a spouse always give a long and winding lecture instead of equally engaging the partner. Similarly, some individuals feel, and at times justifiably that when they engage their partners in a communication, they can be manipulated in favour of their partners and not the relationship. Therefore, communication in terms of bringing happiness can be very complicated if everyone fails to access their performance in creating the cog effect through attained happiness. When communication becomes curtailed or lacks fair engagement, it destroys happiness, understanding and freedom among other disadvantages.

⇒ **Support-** Support can be given in many ways and on various issues such as health, career, emotional and social aspects among others. People do very well in life when they get support from a very close individual that mean well. It is mostly expected that a spouse should be more supportive than any other individual. When human beings receive support, they feel more encouraged, appreciated, and loved. The person receiving support at a given time does not have to blindly take anything said by the other part. People giving support may cautiously express things they know the other person would only entertain. Many people provide measured support because if they state something in the spirit of constructive criticism, they risk being banished as a friend or a confidant. So, some confidantes are always hesitant to express their true feelings, assessment or give a suggestion not preferred even if it might provide the best result. Some people would rather let their situations get worse than feel like they have a part to blame in the mishap affecting their nuptials. People that provide

support have a duty to be courteous, unassuming, and encouraging, but they are forced to be biased just to appease the friend. Similarly, support does not have to be one sided and patronising. When supporting a spouse, it is important to project a sense of genuineness so that the other person would count on the assistance. People that do not get any support are supposed to be among the least happy individuals. Therefore, the onus rests with the individual that wants to be happy in the marriage to accept honesty and work towards utilising the benefits of support. People that are constantly receiving negative criticism, being denigrated, undermined, and underestimated end up feeling hopeless. A person criticised more and as a result feeling hopeless may not have the confidence to express or engage in active communication in providing support. Similarly, a person is ignored and as a result feels hopeless would not listen when a spouse tries to engage in a communication in the name of giving support. As such, spouses are obligated by natural law of love and marriage to play a positive part in seeking and providing helpful support to each other. Exceptional circumstances dictate that outside support should be requested from trustworthy, mature, and respectable people or professional counsellors or therapists. People that enjoy a great internal and external support feel happy, confident, and loved.

External Issues

External events are associated with negative and positive forces that come from outside personal and domestic settings. The core of happiness can be negatively affected if everyone fails to control the impact of external forces. Spouses can improve their happiness by harnessing external forces to achieve positive results. People can be successful in attaining happiness if they know how to control the impact of each element in the external forces banner.

- ⇒ **Family pressure-** Family pressure is mostly an element that comes from people outside the marriage. Family members feel they have the right to give support to their relatives concerning marriage. Most parents and siblings think of their support

as giving protection to their relative. Support from parents and siblings is usually biased and antagonistic against their relative's spouse. It is usually difficult to be impartial from issue they get told as the analysis and advice would be in the context of advancing the interest of their relative. Very few people are capable of being impartial when it comes to issue concerning a close family member's nuptial. In most cases each spouse may want the support and protection of their relative in spousal conflicts. As such, family pressure can be divisive because they do not share the same aspirations of the two people sharing a life together. In such a scenario, family members put pressure on their relative to consider and act on their views. Since the family views may not be consistent with the aspirations of the spouses, the support from relatives might be in the form of an imposition. Families do not realise that asking one to disregard the opinion of the other may make their relative the sole decision maker in the marriage.

The pressure from families can create conflicts that may be difficult to resolve. Spouses have a duty to preserve their dignity, happiness, and relative privacy about their marriages. When couples need assistance, they should seek constructive advice from people that encourage spouses to consider each other's opinions when they communicate to resolve their problems. If the pressure from a family seeks to protect one spouse from abuse, the affected individual should immediately seek professional help to make prompt and informed decision. When it comes to help from family, a spouse must consider the impact on their happiness by critically assessing the challenge and the quality of assistance. The individual must consider the impact of advice and conflicts to mental health and aspirations of their union. The goal for each spouse should be based on finding the balance to prevent family intervention from creating a negative impact on happiness. When family pressure is aimed at protecting a relative from abuse, it is important for them to encourage professional support as a focal point. Mostly, people facing abuse might be manipulated and fail to believe in the help given by the family. Therefore, each spouse needs to be aware of the impact family pressure can have on their happiness if professional help is not sought quickly to solve the problem.

⇒ **Friends' Opinions-** The opinion of friends can be like that of family pressure although their views might have varying points of concern. When a person understands the character of the friends, it will be easy to understand that their views require scrutiny. Mostly, friends are peers that might be equally inexperienced about life and marriage. Besides, the advice from some friends may not relate because they would not have experienced similar challenges. They may give advice from an emotional standpoint to support their colleague. When friends ignore facts or fail to ask relevant facts, their advice would be exacerbating the conflict, stress, and anger. It usually takes long for anyone to see the impact of their advice on friend's emotions. The advice from friends might lead an individual astray without anyone realising it. People get blinded by trust and ignorance leading to making friends seem infallible, yet such a mistake affect a person's happiness. Therefore, everyone has an obligation to realise that friends provide advice and support based on the nature and ways they receive the information or according to their own experience. A spouse should also realise that a friend will give you the advice that the individual wants so that they remain close friends.

Few friends will be brave to ask questions and give impartial advice. Most individuals face the challenge of experience to be able to evaluate and determine the quality of advice from friends. Most young couples give themselves pressure about expectations when they will still be learning and growing in a marriage. Mostly, when the individual and friends are still in the bubble of fallacy about nuptials, they present unsustainable and impracticable demands that jeopardise personal and spousal happiness. Some people advance a notion that jealousy friends can give cleverly crafted advice with the hope of worsening the problem. When jealousy friends suspect that clashes between the spouses have ceased, they will inflame emotions to cause a conflict. Some friends enjoy playing a supportive role and when the position gets threatened by the resolution of the conflict or being replaced by another person, they will create ways at any cost to maintain their position. Individuals have a duty to protect their happiness to prevent others from playing

havoc with their lives. However, some friends can be a good source of inspiration because of the way they handle adversity to remain contented in their lives. It is important to learn ways to create, nature and improve the great values and principles of being happy. People can guide their aspirations using valuable traits to promote happiness.

- ⇒ **Love prospectors** - Most people get affected by listening to advice that comes from admirers. In most case, admirers do not openly state their intentions, yet they place themselves in an advisory position in matters of love concerning their pray and a spouse. The person who is being prayed on would not know that the individual has ulterior motives. When some people want to be accepted in a similar way or much more than someone's spouse, they use denigration to place themselves in messiah position. Some enjoy using divisive ways to get a better chance of carrying favours. When the admirer gains an advantage of being trusted, it becomes easy to work towards receiving the desired affection. Mostly, people that are prospecting for love may give an advice that will place them in good light against the individual's spouse. The individual that receives the advice usually gets emotionally bruised thinking that the spouse is the worst evil person on earth. Mainly such people give compassionate support to create the impression that they are the best option on earth. People need to desist from trusting and confiding in people that should not have any business in their lives. If they want to quickly restore happiness in their lives, they should always define goals and seek specific help that guarantees consistent and suitable action from most reliable professionals or credible supporting systems.

- ⇒ **Work pressure**- Work pressure has become one of the most common forces that affect happiness in the lives of individuals. Work challenges needs to be managed carefully so that its effect get prevented from affecting happiness and nuptials. Decisions need to be based on the level of ambition and economic circumstances. When work interferes with life and domestic settings, it is vital to evaluate economic aspirations and the desire for happiness to prevent further damage to personal ego and the union. People need to be composed when making decisions that involve

work and home balance to prevent making catastrophic decisions that destroy bliss. If work interferes with happiness, people need to evaluate their positions so that they can create means of survival that bring contentment in the process.

- ⇒ **Environment-** Forces that emerge from culture, laws, political, social, and economic environment can negatively or positively impact on individual's happiness. Money problems can be caused by rising prices, unemployment, or increased family responsibilities. Equally, old cultural practices may conflict with new ways in a way that people may fail to reconcile. It involves hard work to choose a best way forward from external forces to achieve happiness. Similarly, when people understand the political and legal aspects that govern them, they can work on the challenges to soften or eradicate the pain. Since changing circumstances is not usually easy, people should understand specific sources of distress and create ways to improve the situations. It is also important to understand and accept conditions which are mostly beyond control. It never helps anyone to stress over something that the individual cannot control. When an individual faces a problem that requires someone for it to change, it always helps to direct an effort and passion towards something that can minimise the pain and within the individual's control. If an individual fails to find alternative means to soften or eliminate the pain, it still would not be proper to get angry over the problem. The environment presents many challenges due to reasons that include poverty, limited or scarce resources, competition, greediness, hate and dishonesty among many problems. Social pressures can be troubling for some individuals, and it takes aligning personal, community and spousal values and aspirations to configure the best position that brings personal happiness. It takes wisdom or good advice to work out priorities of dealing with forces that destroy happiness. Generally, people should realise their responsibilities to eliminate destructive pressures in their lives to be happy.
- ⇒ **Distance-** Spouses that live far apart due to professional or other reasons may face many emotional moments due to the yearning or wishing to be together almost every day. When a person yearns for the presence of a spouse, they would be

missing the personal's affection in the form of physical things such as touching, face to face communication, sharing food, experiencing things like movies, asking for a glass of water, sex and feeling the lover being in the house. When an individual wishes a spouse to live in the same house most of the days, the desire will be driven by the principle of couples demonstrating a sense of belonging to each other in the physical sense. Most people argue that couples that live together solve problems better than those that live afar. Some couples have a gift of solving their problems better than others despite their proximity. However, the pressure of lacking close companionship has a bearing on many people's happiness. Distance needs people that speak every day, update each other on many activities and planning most things concerning life together. A spouse can easily forget activities planned without their involvement but just got told in a casual or impromptu manner. When couples limit each other's involvement, they carry the burden of reminding their spouses. The spouse that plans will need to desist from accusing their partners of showing disinterest over their planned activities.

When couples live apart, frictions between them can be more distressing than when they can observe each other's physical response and mannerisms. When a couple lives together and get into a conflict, the assurance of respect and love can be demonstrated by observations such things like doing routine stuff for each other without guessing their availability and accessibility. Spouses can promote personal happiness by demonstrating or teach each other the way they want partners to fulfil their specific expectations. When examples are given through doing, the spouse will be fulfilling the duties of creating a functional union without being affected by the negative impact of the troubling distance. New technology has been helpful to people that can easily access phone handsets, electricity, and internet network to communicate through audio or video link. Technology helps in that the cost of calling is lower than it was decades ago. Costs are the most restricting force to people living in poor countries because they pay more than those living in relatively wealthy nations. Some people cannot be reached more frequently in a day or a week because of work commitments. When a spouse is hardly reachable because of busy

schedule, it needs the partner to understand and give support. It is hard to determine the level of tiredness unless the assessing individual can physically observe the spouse working through a tiresome workload. Spouses should help each other to find ways to mitigate circumstances that cause sadness and loneliness.

Summary

The illustration of the core of happiness as a philosophical concept depicts a natural part of human emotions. It indicates that everyone has a capacity to regulate emotions if there is enough grit to control some overpowering forces. A human being can allow happiness to operate at maximum level after adopting coping strategies. People that are capable of distinguishing problematic forces are most likely able to create suitable strategies that can help to suppress negative emotions. It is most common for one or more forces to concurrently exert excessive negative forces to overpower positive emotions. The philosophical illustration helps readers to empower their brains and hearts. Every effort must be geared at positively releasing massive emotional forces. The framework provides ideas for individuals to widen the core of happiness and become optimistically influential to spouses that can also make effort to accomplish contentment and tranquillity. The main highlight is that everyone can experience happiness or gratification if they work hard towards achieving it. Naturally, if a person experiences a lack of basic needs such as hunger, it becomes challenging to overcome its force against happiness. Most human beings are not capable of attaining happiness if they have not resolved the source of negative emotions. When a person identifies that the source of his negative emotion is irreparable, his effort should be directed at other trigger elements to compensate by creating a coping strategy.

Since some problems can be endemic and perpetual, the effort to resolve them would be emotionally draining. Every individual needs to develop the competence to evaluate the nature of challenges from each zone. If a person identifies the complexity of any force, it calls for diverting attention to coping strategies rather than resolving prevalent and unending problems. Mostly, people always get surprised when they notice behavioural changes in their spouses. People seem to change their behavioural traits in response to overpowering forces from personal, household, and external matters. Arguably, people do not change their behaviours in adulthood but can react to pressure in the best way dictated

by their personalities. The author argues from a philosophical understanding that dormant personality traits become noticeable when they are pushed to the surface. The former dormant trait becomes more suitable tool to possibly subdue a challenging problem. Therefore, it is always beneficial to a spouse to refer to the Personality Identifier Metrics (*figure 5*) to identify possible characteristics being applied as a reaction to a force that impacts on happiness. If a personality trait were to change, an individual's ***equilibrium of identity*** would be lost. A person's equilibrium of identity involves a specific balance of personality traits that helps to define an individual. A habitual thief would be identified as a criminal and the dominant characteristic of the individual would all point to the behaviour. Everyone has an equilibrium of identity from different personality traits and can be distinguished by observing behaviour, predispositions, and determinations of the individual. A person that understands personality traits can recognise strength on specific elements and can predict a response in relation to its impact to happiness.

When an individual identifies personality traits which align with some characteristics of the spouse, the person will be able to make personal adjustments to achieve happiness in the marriage. As highlighted in part 1 of the book's series, the aspiration phase helps an individual to evaluate dominant elements that motivate a lover to exhibit some specific behavioural traits at any given time. The Personality Identifier Metrics expressed in lucid terms in the Romantic Perspectives Part 1 book continues to be a vital tool for couples that intend to enrich their happiness and romantic flames for eternity. One example of human behaviour could be identified when a person gets deeply engrossed in religion. Some hidden elements of a personality trait can emerge to the surface and surprise the individual, family, friends, and a spouse. Most people will not have guessed the potential of a behavioural trait that exists within themselves or another individual. Mostly, people ignore highlights of a trait or give excuses on behalf of an individual. They get surprised when a trait becomes dominant due to some circumstances. Most human beings are good at suppressing some behavioural traits for reasons that vary from status, expectations, and aspirations among other things. People can openly show their traits when their circumstances and identity become common knowledge. Nonetheless, some individuals can manipulatively suppress their bad personality traits for as long as their circumstances can allow them. Some people

get tired of pretending to act in a certain manner despite their success in being deceitful. It may take too long for certain individuals to visibly expose their bad personality traits to their spouses.

The core of happiness could be a vital tool for people that possess the willpower to constantly evaluate different life events and accordingly mitigate the impact to their happiness. It can be very difficult for some people to reduce the impact of some life events to their happiness. When spouses realise that they can express the challenges they are facing to another individual and get help, they will be delighted for the prospect to overcome personal and nuptial hurdles. People that fail to identify and express their problems often encounter a prolonged period of unhappiness. Since humans have not developed instruments that can read the degree, source, and specific nature of individual's emotions, it is instinctive to rely on communication. When people express problems with some high degree of precision, they can get suitable advice. It is normally difficult to communicate emotions associated with specific problems. Most people could precisely express their problems with the help of a professional. However, many people cannot afford or do not have courage to seek help from a professional. As such, the framework for happiness helps people to dissect elements from the three distinct categories and work out ways to gain or improve their happiness. A person that effectively uses the framework would be able to promote happiness within himself or in the marriage. More importantly, a person capable of promoting his own happiness is also likely to tolerate others who are less capable of understanding the challenges that make them unhappy. The core of happiness framework is important for any individual that seeks to work happily and succeed in most endeavours in life. Few people can enjoy a marriage in which one or both spouses are always sad. Couples that endure long period of miserable life can manage to do so when their minds are focused on work, children, personal development, and other activities unconnected to family or marriage life. Some couples will be able to live longer in an unhappy marriage because they feel hopeless living alone. Several individuals are incapable of imagining a contended life without familiar settings around them. Few individuals stay longer in loveless and unfriendly marriages because they fear a violent or abusive individuals. Other people fear living a destitute life when a spouse uncompromisingly

controls finance and wealth. There are spouses that cannot get a divorce because of peer pressure, religion, and personal principles. Spouses can develop mental health problems if they live in an unhappy marriage for a long time. People are expected to seek help to prevent mental challenges in their lives. The core of happiness framework supported by relevant sections of explanation in this chapter can help individuals to work out ways to be happy while putting effort to eliminate strong depressing forces that constantly minimise the effort.

Chapter 3

The Cog system

Many societies feel that marriages are important for their dignity, humanity, and identity. Some people believe that love helps them to decide if they like going into marriage, while others trust that love grows over time when spouses are already living together. The bottom line being exposed by this guide is the argument that, people's individual personalities make those situations possible. The two scenarios of the correlation of love and marriage are mostly dependent on personality traits rather than the starting point of the relationship. The guide brings the fact that people enjoy successes because they understand the dynamics of their union and if they are committed to work hard within oneself, the union will be emotionally rewarding to the body, spirit, and mind. **Generally, love gives strength to commit and so is the desire to get married, but knowledge and developed skills help to achieve success.** Some people begin marriages while radiating with infectious enthusiasm; especially when both spouses were reciprocatively receptive to each other's love. However, spouses quickly face challenges of continuing to maintain inner happiness, as demonstrated in the core of happiness. When one or both spouses draw close to the state of despair, they would need ways to regain strength to overpower negative forces that suppress contentment. As demonstrated in the core of happiness (*figure 3*), the events that define the framework are not only ignited by one single thing. A marriage gets stronger depending on the manner each spouse feels when being treated by a partner. Spouses will identify that happiness relies on two overall characteristics namely, a resonance with a symbiotic state of a marriage and a manifestation of many other variables. Individual spouses may not stop all challenges that occur in their lives. Couples only have control over the way they will feel after few moments of experiencing a depressing situation. Most of the dynamics that spouses encounter requires cooperation, consultation, or fair dealings, all conducted in the interest of the union. When any spouse faces challenges, it becomes pertinent to fundamentally get an understanding of the main requirements to achieve a fair dealing. If the individual lacks useful knowledge and skills, the unawareness will eventually impact on their happiness. When each spouse continues to make effort to promote harmonious and

loving union, they contribute to a motion force that turns a marriage wheel relatively easy. The spouse will keep the wheel in motion if they continue working in unison, as demonstrated by the cog effect (*figure 4*).

Cog Functionality

The cog effect is a metaphor the author used to depict the manner two people use their effort to make a marriage or any union work in a desirable manner. The framework shows a system of two wheels placed in a format that enables them to pull together to produce a motion called the ‘cog effect’. The two wheels labelled as levers or gears signify a husband and a wife in a system called marriage. The gears in the system are meant to support each other to turn and produce the motion or cog effect in the life of a union. The gears are put into motion by forces that make the wheels turn around. The forces depict the personality traits that spouses commonly employ to make the relationship or union achieve a smooth flowing effect. When the two gears help one another to move, they facilitate an easiness to turn, and the collaborative motion can be adjusted to achieve a desired speed. The forces on the lever can regulate motion and speed. One cog that becomes weak on the synchronisation power despite turning may affect the momentum of the other lever and slows down the speed. The speed may become too slow that it might eventually stop meaning that negative forces may have taken control of the marriage. When a cog fails to work coherently the impact might be catastrophic as discussed under the perspective below. Factors that could prevent levers to set the clogs in motion might include forces like weight and power from personality traits. When levers of the clogs fit and there are no resistant forces to prevent the motion, the cog effect means a couple will enjoy working on their union.

The perspective

The cog effect demonstrates the impact of negative and positive forces in determining the nature of a union or marriage in relation to its functionality. A cogs system is supposed to

respond to forces by synchronising the wheels to turn around. The cog system will not function if forces impede one or both wheels from turning in a coordinating fashion. When wheels turn with a harmonious rhythm, the motion will be smooth. The wheel can spin in a momentum that can be controlled or uninterrupted by the nature of operational forces. One cog may make the whole system functional if the other wheel is not affected by any force. If a cog stands unaffected by any force, it can turn in any direction as it may feel dependent on the other. A cog can feel dependent out of faith, indecisiveness, or challenging circumstances. If one type of force operates without the interference of the other, the cog system can function with relative smoothness. However, the function of a cog system must be influenced by the right type of forces for the result to be favourable. When negative forces cause the system to function while the positive forces are dormant, it may make people admire the functionality from afar and assume that the outcomes are positive. When one or both cogs are affected by unstable and unpredictable forces, the system will be ineffective and unproductive. Conversely, when positive forces influence the cog system to turn effortlessly, the outcome is usually desirable. When negative and positive forces collide, it can ignite a spark that signifies deadlock or indicating resistance and disharmony. Mostly, conflicting forces produce the most potentially damaging outcomes if not wisely or intelligently managed by the couple.

Forces that work in conflict at the same time allow the wheel to try turning to a locked opposite direction. Since the cog system is meant to turn in one positive direction, the effort to move in opposite ways will not produce any motion. Forces attempting to move cogs in conflicting directions will also produce stagnation. Since the wheels will be forced to try turning to non-movable directions, the pressure may produce a frightening spark and potentially break the cog system. When the cog system fails to get into a motion, it means corrections may make it move again. Once conflicting forces cause a spark, it signifies the pain being experienced within the relationship. If the cog system breaks, it means that there is damage to the marriage. The level of force for the spark and damage can also determine the ‘haunting’ degree of pain and damage. If the conflict is not communicated and resolved thoughtfully by compromising in earnest, it may temporarily or permanently damage a relationship. Normally, unions are permanently damaged by constant conflicting forces.

When conflicting forces are not controlled over a long period, they cumulatively inflict serious impairment. A spark produced by positive forces alone indicate the harmonious synchronisation of the cogs. A wheel that continues to melodiously synchronise provides an anticipated memorable, impactful, and lasting union. Some couples learn from the impact of a negative spark to prevent a repeat of the same experience in the current or future relationships. A positive spark also provides the following, assurance, a desire to continue improving and hope for a brighter future.

When couples fail to effectively operate the levers of a system that makes a union functional, long, and joyful, they endanger the survival of their marriage or union. Couples that lack a collaborative working approach deliberately or subconsciously provide evidence of a toxic or non-functional relationship. The impact of a harmful relationship can include physical or mental problems to any of spouses or the children. The cog system theory was developed to emphasise the importance of communication, compromise, and collaboration. If individuals begin by understanding personality traits with help from the personality identifier (*figure 5*) and cluster dynamic metrics (*figure 6*), it becomes possible to find a common ground expressed in the individuality framework (*figure 7*) to achieve an agreement as illustrated by the compromising theory of negotiation (*figure 8*). The tools are applied to create positive forces for the cog to turn longer and smoothly in the right direction. When a person acquires knowledge from this guide, it becomes easy to commit to finding better solutions. A cog effect can be achieved by a couple that works individually and collectively to change their operational style and personal behaviour. A successful union mostly defines the voluntary and enthusiastic contribution of every individual to power clog into motion. A couple can identify their happiness and enthusiasm by the power and rhythm of their turning cog system.

When everyone is joyous because of their voluntary success, it means the union is being continuously fed with countless positive forces. Couples can acquire a high level of understanding by sharing or exposing each other to right information so that they can willingly seek and gain the right knowledge and skills. Individuals that gain the right knowledge and skills from theories and frameworks in this book can make the cog system

advantageously functional. The cog system captures the manner two people are supposed to live when they decide to form a union. When the levers demonstrate their functional purpose by getting into motion at the rhythmic speed, the operation will affirm commitment, agreement, and contentment. The framework below (*figure 4*) is vividly depicted in a colourful illustration to demonstrate the operational system of the cog effect. The arrows show the type of forces that impact on the motion of the cog system. The forces are depicted in different colours to distinguish their utility values to the operational system.

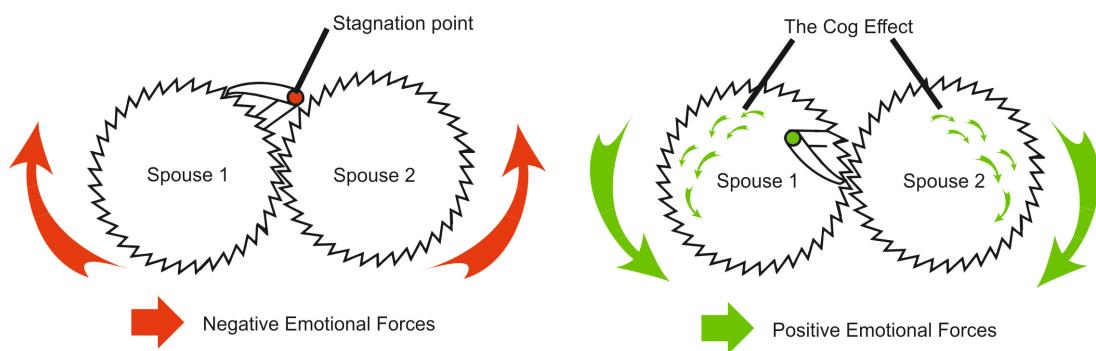


Figure 4: Cog system

If a gear or cog that represents any of the couple fails to perform its duty, the previously attained motion could be halted or slowed down. It should be noted by every individual in a union that when one's effort represented by a gear were stopped or slowed, it causes frustration that might lead to resentment. A person usually direct resentment at the closest individual, and spouses are usually the victims of such tendencies in a marriage. Consequently, when two individuals begin to experience challenges in their relationship, it means that their mechanical operation were becoming less effective in its function. Therefore, couples have equal duties to play their part in making their forces stronger and flexible. Partners can work hard to acquire knowledge through sheer determination if their union were to achieve a cog effect. A person that can apply suitable knowledge will be able to make appropriate adjustments to bring out personality traits that are of complementary value to the union. The framework demonstrates the need for spouses to produce almost complementary or compatible of traits to match the other's behavioural response. If people could understand that both gears may fail to match the turning momentum, they will understand the importance of an emotional investment to benefit the marriage and to

promote personal growth. Couples committed to the union will always focus their attention on building a successful and long-lasting union. Since each gear will not always get into a motion, it is unwise to underestimate the potential damage from opposite forces to the union. Conflicting forces are normally generated by people's selfishness, cruelty, ignorance, or pain. Everyone can appreciate the need to understand the value of compromising in every union. It must be noted that everyone has an emotional role in making a relationship treasurable, respectful, enjoyable, and long-lasting. Two fortunate cogs have a duty to assist each other to achieve desired motion with finesse.

Blame Game

The cog effect operates using a language of fit to depict two individuals working together. Forces must be improved to become forceful for gears to effectively gather power to turn at relative speed. It should be noted that most people neglect their role and focus on blaming the other gear for failing to perform effectively. When people employ such a blame game, they forget their complicity to the problem. Consequently, some people have a tendency of renegeing on their obligations, thereby failing to realise that they are equally driving the cogs to a halt. People can contribute to the death of their union and still feel as if their apathy was a mere demonstration of despair. The individuals will continue to feel as if they were the saints in the dynamics of their marriage. Some knowledgeable individuals can self-introspect to identify their contribution in halting the mechanical movement of the union. Individuals involved in a union that was blessed with love and understanding should be glad that their survival is based on their collective effort. The spouses should be impressed that their system operates flexibly rather than as a struggling system. A bond can only become more functional, strong, and enjoyable when personal choices are collectively recognised, acceptable and encouraged by the individuals involved in the union. A person can recognise and encourage a spouse to fulfil their ambitions if they understand the need for making life interesting and fruitful.

Individually, spouses can potentially influence the mood of the other to become or continue to be bubbly, flourishing, loving, kind and ambitious. It all needs knowledge, skill, and effort for happiness to be at the centre of the union. A cog effect hinges on each person understanding their own weaknesses and to appreciate other's strengths that might be resourceful in their union. If a person knows that everyone has a weakness in some areas, the individual must handle issues with a high degree of tolerance. Of course, individuals have a right to live by their principles and they must determine the degree of their patience and tolerance. When a spouse is willing to give assistance, sometimes the individual must understand that the recipient has a right to accept or decline it. The cog effect can happen when solving problems involve both spouses voluntarily and willingly apply appropriate adjustments to fulfil the needs of their union. If a person could appreciate that there are limitations to the abilities of every human being, it would help in reducing conflicts within home settings. People that operate with buzzwords such as tolerance, calmness, respect, and love are likely to be successful in contributing towards an enjoyable household. Thus, a person with a strong and persuasive attitude also needs a degree of vulnerability to express affection. A healthy relationship needs constant enrichment to permanently experience the cog effect.

Positive Motion

There are different forces considered positive that put the cogs or levers into motion for couples to begin living a life of happiness, affection, and a prospect of eternal marriage. Emotional forces such as tolerance, determination, kindness, respect, and forgiveness create positive emotional motion to define a marriage as happy, lasting, and affectionate for the spouses. The cog effect achieved by positive forces is illustrated below (figure 4b)

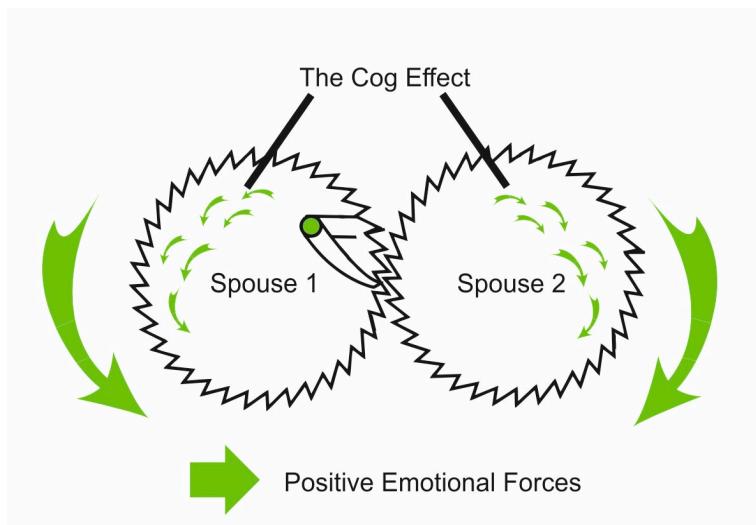


Figure 4b: Cog Effect

Positive emotional motion indicates that the relationship is flowing with a high degree of harmony, hope and reliability. When a couple experiences a positive emotional motion, it means that the forces are almost equally coming from both people in the relationship.

If a positive emotional motion is heavily dependent on forces from one person in a relationship, it means the balance of love is unhealthily and skewed to one side. When a person works too hard for a relationship to work, it might eventually collapse. It may take too long for the relationship to break because of the resilience of one or both spouses. While they might be some challenges, the spouses might be working hard to achieve joyous and lasting marriages. A marriage might eventually break down when the strong force of one individual stops working hard. A person that stops trying hard would have been exhausted and weakened by the partner that failed to produce positive forces. A hard-working person mostly aims at achieving noble and enriching goals of enjoying a beautiful marriage. A spouse may not work hard for the marriage because of being tired of living a pretentious loveless life. The couple in a relationship must be willing and devoted to applying all the five positive forces to create and maintain a positive motion for their relationship. There are five positive forces that can effectively lead the cog to achieve an appropriate functional motion.

Five Positive forces

Emotional forces such as tolerance, determination, kindness, respect, and forgiveness create positive motions for a relationship to become meaningful, interesting, and joyful to couples. While one determined individual can produce positive and powerful forces, a corresponding cog can be turned into positive motion if it was at a state of neutrality. A neutral position can be turned effortlessly because it does not produce any resistant forces. The cog system was created with an ability to turn in a synergetic and progressive tempo to produce an easy flow of positive emotions.

- 1. Tolerance force** - Couples cannot run successful marriages if they do not take time to understand relevant habits from their spouses. There are tolerable habits that others may not accept depending on individuals. A person may regard one form of habit as extreme while another may see it differently. People should be aware that habits are innate, or they were acquired through different life experiences. Spouses could be affected by a perception that a person's habit might have been deliberately created to annoy others. Most people may change their perception after gaining exposure or becoming acquainted to knowledge about the origins of the habit. Spouses can become accustomed to habits by learning from different types of exposure such as lived experience, observations, and education. People must develop tolerance from an understanding that human beings make mistakes, act from a position of inexperience or they come from some societies that accept certain values and practices. While one society loathes some practices, the values might be acceptable in other communities. Spouses from some societies should take the lead in changing deliberate or subconscious habits of intolerance. Societies need leaders to help change habits of passing unfair comments without gaining enough knowledge of a behaviour. Couples can succeed in learning to tolerate the habits of others if they unlearn old perceptions. It is also important to understand that tolerance means allowing spouses to express themselves in their best possible ways. If a partner had some unwelcome but not on the extreme end behaviours and attitudes, it is important to help them gain exposure. People do well when they are given time to gradually unlearn old and learn new behaviours and attitudes. It should be

recognised that some people were born with some characteristics or were socialised to some mannerisms. Some mannerisms are considered undesirable and can be unlearned over a relatively lengthy period.

During the period of unlearning and learning, a spouse can succeed if the other partner behaves in a supportive manner. Spouses must learn to be patient while a partner is unlearning some old traits and learning new desirable characteristics. A partner can be tolerant to some behaviours and attitudes by showing interest and not disrupting the process of change. Tolerance in this case means allowing some inconsequential mistakes to pass without repercussion. A partner can also show tolerance by discussing a mistake in a polite way using communication tactics that do not display confrontation. More so, spouses must communicate misunderstandings over habits without using demeaning words and approaches. A spouse should desist from suggesting or initiating frequent discussions of reprimanding nature to the other a partner. Discussions should be occasional, polite, and sometimes being commenced and led by a person that needs to change. A person learning to change can gain a positive understanding of why change is necessary over long periods. People socialised in a certain way would think of their behaviour as the most correct because of the society or family that accepted it as the norm. People learn differently, others are quicker, but ultimately, knowledge and skills will eventually be acquired through education, experience, training, coaching or exposure. It is vital to understand that people are students of life, and they deserve a benefit of doubt over some issues. Couples have an obligation to learn, be patient, accept and appreciate behavioural differences. As such, tolerance is an important emotional force for strengthening a marriage.

2. **Determination force-** Human beings achieve their desires through working hard, being persistent, applying strategic planning and creating relatively flexible standards. When a person possesses the will to succeed, they will use their fortitude to reach intended goals. A relationship can be kept in motion by demonstrating a willingness to achieve a goal through learning, teaching, negotiating, and reaching

compromises between spouses in a marriage. People that resign easily are untrustworthy and uncommitted as they are dangerous to invest feelings in them. People devoting to an individual that resigns quickly will be hurt when their love is tossed as useless. Individuals willing to show determination to achieve a constructively functional marriage deserve unflinching and reciprocal commitment to their effort.

3. **Kindness force-** The act of kindness is a huge demonstration of love, giving and understanding. A person that derives pleasure in doing good, being caring, thoughtful, and supportive may be regarded as expressing humanity in abundance. Kind people do not look at the reciprocal action for any good act. The act of kindness is usually for the benefit of the receiver, and the giver would feel more fulfilled by undertaking the action. A spouse acting in kindness does not seek reward and does not hold receivers in debt for the action. A kind person gets satisfied by observing the receiver feeling happy and it ultimately fulfils them too. When receivers feel appreciative for being valued, they will be hampered by the act of kindness and may be inspired to learn from it.
4. **Respect force-** When it comes to dignity, every person expects to receive some acceptable level of respect. People understand that respect comes in different forms as it depends on the nature of relationship, religion, culture, tradition, social norms, and personal principles among others. The nature of respect given to a friend must be different from the type given to a spouse. A friend usually gets respect which may seem ordinary, but it must depend on the value and depth of the association. Similarly, gender differences also define the lines of friendship that should determine the level of respect for married people. Since respect for all people should start at human level, it means that every person deserves a dignified treatment. However, spouses deserve more than an ordinary level of respect. A spouse must be given a special type of treatment by a partner. Partners expect a special type of respect that denotes the nature of love believed to be consistent with the oneness in a marriage.

When couples are in marriage, the respect gets elevated to a level represented by an embodiment of shared aspirations. Spouse present respect in the form of personal and family dignity, reverence for special legacy and promotion of individual value and happiness. While respect is a reciprocal act, each person has an obligation to understand the manner they are individually promoting it. Spouses need to feel the respect being discharged by the partner. The act of respect can only be believed and understood if a partner discharging the behaviour improves communication and awareness. Spouses feel respected when they receive treatment and admiration that embodies maturity with assurance of consistency and effortless. It is important to make each other feel treasured through different actions. A spouse must speak or comment responsibly by preventing words and views that hurt the other's feelings. A considerate person will learn about the needs of the other and work hard to fulfil them. It is important for a person to openly communicate their shortcomings and seek help or understanding when they feel that their behaviour is falling below expectation. Spouse should not forget to take respect in the context of the discharging partners' beliefs, socialisation, and personal principles among others. Couples should understand respect in marriages from the perceptions of mainstream media, international laws, and universal broad narratives of social media. If spouses understand the dominant narratives of respect, they will make dignified gestures at their partners to become fulfilled in the establishment of marriage. Every individual has an obligation to learn, compromise and support partners on issues of respect and happiness.

5. **Forgiving force-** Forgiveness should not be demanded but politely cultivated by those that seek to gain from it. A person that forgives should have reached a voluntary position to extend it. It can be achieved by observing the genuine remorse of people that should be forgiven. A person that requires forgiveness must demonstrate an understanding of what they did wrong. The person must also remorsefully acknowledge the wrong. Some people extend forgiveness despite the remorseless of the person that wronged them. Sometimes spouses choose to forgive

regardless of the remorselessness of their partners because of love, kindness, and the desire to free their heart from pain. Love and the importance of a peaceful marriage makes some spouses feel that forgiveness enriches the spirit of their union. The act of forgiveness is not something that usually happens abruptly. Many spouses prefer a healing process to take place so that they can forgive a partner. A person heals quicker if dependant variables are less impactful. A spouse can forgive speedily when the healing is faster. Many people face challenges to heal quicker because of overpowering dependant variables such as emotional depth of pain, the length of being in pain, culprit's disrespect while causing pain, the degree of lost dignity, the value of material loss and the period for allow healing from the pain.

When a person has been deeply hurt, it takes long for the individual to get comforted and heal before extending forgiveness. It is also hard to believe that a person could be genuine in asking for forgiveness especially if the individual repeatedly inflicted pain for a prolonged period. Some partners face difficulty in reaching a forgiveness position when dealing with a person that had been too demeaning and arrogant. Individuals suffering from wounded dignity need to recover before forgiving their spouses. Normally, people enter a renewed and healthy marriages after extending forgiveness. If spouses believe that extending forgiveness will be beneficial to their happiness and dignity, it is important to proceed because it may help to improve trust between the spouses in the marriage. When an affected spouse lost things of great value, the recovery might take longer. If a wrongdoer had caused a heavy loss, the forgiving person might need to regain lost trust and faith that they will not be a repeat of the previously experienced pain from the wrongdoer. If the forgiver feels fully ready to forgive a genuinely remorseful person, the act may open a new chapter of respect and improved affection. It means that people involved in the matter would have reached closure. Forgiveness is a powerful force and when it is not given, perpetual hurt may turn into animosity, distress, and possibly a breakdown of a marriage.

Negative Motion

When a marriage lacks interdependent power to achieve any slight motion, it means negative forces have caused stagnation of cogs. Negative forces come from bad elements, and they create stagnation because the cogs cannot get into motion, as they get locked. In simple terms, when the emotional state of spouses fails to coordinate, the cog system will lock. If couples fail to understand the value of positive emotional forces and their applicability to the spirit of marriage, they will experience tumultuous and possibly short-lived nuptials. A cog can be moved by positive forces, and negative ones prevent motion from taking place. In most cases, negative emotional stagnation exists in loveless or abusive marriages.

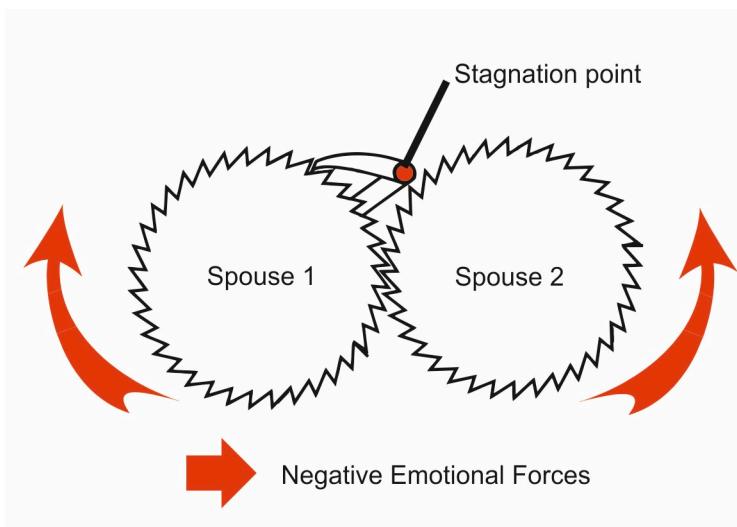


Figure 4c: Cog Stagnation

The relationships such as those with negative forces will enter a stagnation but may continue to exist because of conformity to governing principles namely religious restrictions, traditional norms, and family principles. Spouses may keep a marriage going because of fearing problems such as reduced household income, single parental responsibilities, shame over divorce, being coerced or loneliness. In some cases, couples may remain in a toxic marriage to avoid having their personal egos deflected by a divorce.

Six Negative forces

The six negative forces include intolerance, impatience, indifference, spitefulness, disrespect and unforgiveness. Negative forces can try to turn the cog, but the system only works in the opposite direction. Negative forces cause the cogs to stagnate as the marriage becomes counterproductive, sad, and unstable. Since negative forces disrupt the motion in a marriage, a static condition shows a couple's affection has been greatly degraded. Couples in marriages will face doom if they fail to understand the impact of emotional forces to their marriage. Most couples allow negative emotions to gradually gather momentum because of ignorance or stubbornness. Some spouses take too long to realise that they allow outside influence to empower negative forces in their marriages. When negative forces are left to get stronger from the early stages of a nuptial, a couple will become accustomed to a gloomy lifestyle. Spouses that get used to a bad relationship are likely to live in a terrible situation for many years. When some couples live with negative emotional forces, their interior lifestyle in the marriage might be gloomy, but they might show a superfluous image of happiness to the community. However, some people will eventually know about the state of the marriage as negative forces are noticeable because they are visibly awful. Therefore, the following negative forces are explained to help couples to understand, learn, and improve their attitudes. Couples must improve their attitudes to make their personal and marriage lives joyful and peaceful.

1. **Intolerance** - If there is intolerance from both or just one spouse, there will be a possibility of abuse in the relationship. There are few types of intolerance that might be accommodated in a marriage. Abuse will exist whether the action or behaviour from one or both spouses have been deliberately or subconsciously reckless. A reckless behaviour is usually unjust to the affected partner. The wrongdoer has an obligation to change the behaviour to prevent or protect a partner from any type of abuse. Any type of abuse, mostly acted out of intolerance makes the affected spouse feel a lack of appreciation from the other partner. A person who is highly intolerant exhibits a lot of abusive tendencies towards a partner. Spouses can make their partner feel harassed and unworthy in every way. When a partner receives an

intolerant attitude more often, it brings a feeling of incessant abuse and unappreciation from the other spouse. Spouses should always question if their actions amount to intolerance, especially when a partner previously complained about it. Sometimes spouses act unintentionally to appease their egos. Some couples may justify the behaviour by providing myopic reasons just to persuade partners to accept their ways.

Several people might respond favourably to justifications from partners leading to them disregarding a broad impact to their emotions. Some spouses are gifted in using manipulation tactics to make their stories sound credible to their partners. When a person relentlessly focuses on the narrow and selfish intentions rather than the broader impact to their marriage, such a partner shows a high degree of intolerance. In other words, a person that selfishly dictates or insists on their selfish goals subconsciously implants a spirit of intolerance. Some actions may seem flimsy, but the consequences might be detrimental to the happiness of a partner or the spirit of a marriage. When a proactive spouse predicts repercussions of an unwarranted behaviour and gets ignored, it will cause the other partner to disregard the presumed innocence behind the disapproved action. Instead, any affected spouse will get angered by the inconsiderate and intolerant behaviour. When some spouses get impatient with the constant intolerance of their partners, they might adopt the selfishness behaviour in defence or revenge to the treatment. When one or both spouses become intolerant, it usually develops into a huge conflict.

Notably, stagnation due to lack of the cog effect will cause the marriage to experience turbulences during its life. If an individual takes heed of a partner's feelings, the spouse can certainly admit the mistake as well as the broader impact of the behaviour to their happiness, affection, and the potential for a lasting marriage. Once couples are highly intolerant, it means that they do not consider the impact of their hurtful actions. People lose compassion out of hurt, hate or inflated ego and particularly if they were not born or socialised in familiar environments to the spouse. While it is important to understand human imperfections, it should not be a

reason to accept and live through abusive marriages. Spouses should always consider the possibility of their actions in destroying affection and cohesion. Couples should seek help if their abusive actions are caused by a consistent propensity for unfounded suspicion. Generally, some people lack an aptitude to learn, change, accept and appreciate differences in people. Intolerance as a negative emotional force is very destructive to potential happiness, lasting marriages, and affection.

2. **Impatience** – A spouse considered impatient is one who does not take time to listen, understand and provide the other a chance to give a detailed explanation of a new account, disputed or misunderstood occurrence. Most people have some insignificant traits of impatience that can be triggered in many ways. Some unintended traits of impatience might emerge from tiredness, disinterest, multi-tasking, overbearing, hunger, displeasure, illness, and a protection instinct among others. If impatience becomes a frequent or permanent state of a spouse behaviour, it becomes problematic in the marriage. When people act impatiently all the time, they will come across as abusive and unaffectionate to their partners. Those that demonstrate impatience through verbal or by visual expressions such as gestures and throwing things create fear or uneasiness to their spouses. When spouses frequently receive too many expressions of impatience, they become unhappy, lose confidence, and feel unloved by their partners. A person can also strategically use impatience as a tactic to take advantage of a spouse. Partners can manipulate a spouse using emotional intelligence to impatiently express views that will force a partner to surrender to their selfish needs. If a person constantly shows a disparaging attitude due to impatience, it means their approach will be disheartening to the other spouse.

Impatient individuals may perceive spouses' ways of doing things as too slow, unintelligent, careless, trivial, distrustful, competitive, and possibly egotistic. Once people possess the impatient trait, they may exhibit attitudes such as disapproving spouses' knowledge and instead appreciate the support from other individuals. If they do not get outside help, they would rather do everything for themselves than

feeling submissive to a spouse. They can take risk by doing everything rather than accept help from a spouse who might perform better. Impatient people mostly prefer gaining credit for excellence achieved by other and their own. They like to decide on leading, creating, changing, implementing, processing, and claiming ownership of a successful development. Impatient people are happy when dictating strategies, setting objectives, and enjoying the outcomes. They like to feel in control of everything and everyone around them. They never allow others time to learn and improve on their shortcomings. However, most people do not realise that the act of impatience destroys affection and impedes learning, teaching, negotiating, and compromising. Many spouses unanimously agreed that impatience reduces the chance of achieving happiness and lasting marriages. It is difficult to rely on people that are impatient because their attitudes are commonly destructive to any potential progress that undermines their self-importance. After couples agree to improve their relationships, impatient spouses are likely to derail the progress if the process is perceived too slow or seems working against them. Impatient people are extremely sensitive, and they potentially derail the possibility of achieving or sustaining a cog effect in their marriages. As such, people with characteristics of impatience have an obligation to learn about the trait and work hard at making a sustainable improvement.

3. **Indifference** – Some spouses are generally insensitive in the way they exhibit their behaviour towards a partner. People can be cold to their spouses as a sign of displeasure over past or current treatment. Spouses that are insensitive to a partner because they are trying to resist assumed power dynamics in the marriage might be facing problems related to egos. Mostly, couples can be indifferent to each other as an adaptation to the prevailing environment in the nuptial. There are individuals whose insensitivity can be based on the way they were socialised from childhood. It becomes important for each partner to deduce the existence of the trait and to find ways to weaken its impact in the marriage. Many people may not know the extent of their behaviour from a victim's perspective as they would be adamant because they can justify its origins. Since people must work to improve and maintain their happy

marriages, they need to find ways to identify the existence of bad characteristics and create effective ways to eradicate them. When people experience the indifference from a partner, they are likely to get affected by stress because the impact can be strong. Some people are not indifferent, but their mannerisms make them look distant. If a spouse does not understand the individual that looks detached, they will feel affected, and the impact may unnecessarily cause a conflict. People with a mannerism of aloofness potentially confuse their spouses so much that they end up being uncooperative, distrusting, and feeling unworthy. Indifference creates a toxic environment for spouses as they will not work effectively together. People affected by indifference will not consider the importance of an issue when they decide that they are rivalries. Naturally, couples operating in environments with prevailing indifference adapt to an uncaring and selfish attitude against their spouses. As such, indifference breeds hate, anxiety and loneliness in a marriage. If couples are interested in seeing emotional connection prosper between them, they must eliminate apathy in their marriages.

4. **Disrespect** – When spouses constantly undermine the dignity of their partners, the individuals will feel undervalued and despised in the marriage. Relationships are supposed to operate from a balanced or equilibrium position. If any spouse perceives unfairness in the marriage, the feelings of the partners will produce negative emotions. A disrespectful person produces negative emotions which become responsible for leading the cog into stagnation. A marriage which gets controlled by a strong component of disrespect makes the responsible spouse appear inhuman and undignified in the eyes of their partners, friends, and relatives. Spouses feel disregarded and unworthy if their dignity is constantly under attack from their partners. A bad treatment can be demonstrated by the way one speaks to, or about the partner. If spouses avoid talking to each other in the home, it means they have lost respect for each other. When couples ignore the feelings or problems expressed by the other, it also shows that there is a strong element of disrespect for each other. When spouses feel estranged, yet they are married and expected to have a special connection, it means that one or both have lost respect for the other.

Disrespect might impact on both or one individual to the point where animosity can develop in the marriage. Mostly, disrespect is a selfish act of disobedience to the natural and unwritten rules of love and marriage. Some people remain in the formation phase of understanding parameters of disrespect to other human beings and in particular, spouses. In some societies, disrespect is defined based on violations of old rules and principles of culture, tradition, religion, economic status, and age. In the modern context, patriarchal and matrimonial reasons are causing debates on defining respect in a marriage or other types of relationships. Couples need to understand the seemingly shifting values relating to relationships being led by noble ideas of equality and feminism. Spouses must investigate their potentially disrespectful behavioural ways in marriages and eliminate the unfavourable ideals with principles dovetailed from modernity and old practises of culture and religion among other forms of principles.

When couples define disrespect in the modern context, they need to be careful on where to place old values. Some narratives concerning new values are evolving and people are not fully acquainted with the new norms. People can review new values in terms of their understanding as individuals and couples. The idea of common good is largely relative due to an increased number of diverse people who expose liberal, conservative, or progressive practices amongst others. Spouses interested in acquiring more knowledge on the subject can search credible literature from world renowned organisation such as the United Nations and their country's constitutions. While some old values are not as useful in today's life, others are still relevant because of common good. The values of modern life can be confusing for some people because of social media influence where everyone can present issues according to their experience. Since respect is gaining new type of values, relatively old people are trying hard to navigate through the transitional period. Previously, parents used to impart knowledge relating to values to young adults. Currently, parents are being schooled by the young people as if the elders have less experience

and wisdom. People must understand the elements of respect they should expect to receive or give to their spouses.

The elements of disrespect are supposed to be obvious, but the new context must be understood by interpreting current laws and ethical dynamics that largely are being influenced by secular perspectives. In the olden days, a spouse only considered in extreme cases the repercussions of sex without the consent of a partner in a marriage. Then, marriages were interpreted through the eyes of religions and traditions amongst others. In the modern context, human right trumps other arguments as defined by national and intergovernmental laws from reputable organisation such as the United Nations. If a person does not understand the associated values, it is easy to act disrespectful or to break the law. When a person fails to comprehend and abide by the modern values, a partner can easily feel disrespected and despondent. People need to understand how they might disrespect their partners, and they must be accustomed to values related to modern laws and other softening subservient standards from religions, traditions, personal and community principles among others. Spouses also need to learn values that their partners were socialised, so that they can understand and uphold them within the boundaries of their own personal dignities. Individuals experiencing a dynamic cultural transformation should adapt to the pace of changes. It should be a priority to understand partners at all different levels of transformation. Since some spouses are pacesetters, they adapt to changes faster. Laggards do take long to understand the need to change because some people are generally not risk takers. If a person lives with a laggard, it is sometimes helpful to support the partner with information relating to new values. If a spouse does not assist a partner, the negative force from disrespect will contribute to elements that affect happiness, personal growth, and the potential to achieve a lasting marriage.

5. **Unforgiveness-** Some individuals instigate unforgiveness due to their impoliteness, sense of entitlement, and inconsiderate nature to the spouses they might have wronged in a marriage. Other individuals naively trigger unforgiveness because they feel being

pardoned should be a must regardless of their guiltiness over the exhibited behaviour or their remorselessness. Several spouses find it hard just to forgive because of being strict or their revengeful nature. Few individuals may remain unforgiving because the wrongdoer may be demanding the purest form of pardon without expressing any regret. People requesting forgiveness may also not genuinely express remorse and the person affected may feel more disrespected by the condescending behaviour. As a result, the wronged person may not feel ready to extend any forgiveness. In some cases, a person can be considered unforgiving because enough time has not been allowed for the individual to voluntarily feel the need to extend the clemency. Some spouses cannot forgive before they carry out their revenge on the partner. The individuals with revengeful feelings derive justification from the pain they experienced over wrong caused by their spouses. People who are revengeful may not consider whether they misinterpreted something which resulted in their pain. They cannot exonerate a partner for the wrong done by mistake because the act still caused them pain. Revengeful people remain unforgiving until they are satisfied that the wrongdoer felt the same pain that they also experienced from the partner. They need to see the agony in their partners to feel that the individual paid the debt.

However, other individuals dislike people who cannot forgive because they delay or make closure unreachable. People who hate unforgiveness understand that it prolongs disunity, conflict, impasse, and animosity. It has been experienced in many marriages that when there is unforgiveness, problematic issues remain current and relevant to every conflict within the marriage. Consequently, unforgiveness impacts on the long-term survival and happiness of people intending to achieve lasting marriages. Spouses living with unforgiveness in their hearts will continue to carry and bring up old issues in each amicable conversation or disagreement that occur within their marriage. Individuals may prolong unforgiveness without knowing that the wrongdoer does not understand or know what they did wrong. So, some people continue to be unforgiving without addressing the problem because the challenging issues were not communicated to the parties involved in the conflict. There is no point of continuing to hold on to pain if the individuals have not been given a chance to express their remorse. Spouses need to

be given a chance to acknowledge the wrong and possibly express the need for a new beginning. Some individuals are perceived as unforgiving because they cannot abruptly fulfil the expectations of people seeking mercy. Since, unforgiveness may at times indicate a state of unhealing, couples have an obligation to identify and work out issues that impede growth and fun in the marriage.

A partner must clarify the reason for failing to forgive a spouse. The other partner also needs to explain the objectives behind lacking remorse over the alleged problematic issue in their marriage. A state of unforgiveness holds the marriage in a stalemate and it may be difficult to resolve if it drags for a very long time. People may also find it hard to forgive because of dependant variables such as emotional depth of pain, the length of pain, contempt from the wrongdoer, a severe loss of dignity, the value of material loss and the shortness of time allowed for healing from the pain. Since some people need closure, others will continue carrying a burden that can only be honourably emptied by the act of forgiveness. If a partner prefers unforgiveness over harmony, the couple will live in a scornful environment. If revenge is considered as the only option to resolve the problem, there would be a chance of catastrophe striking the marriage. A marriage which is controlled by unforgiveness involves too much pain, unhappiness, and distaste. When unforgiveness is allowed to take control, the spouses may develop a distance that might be difficult to reconcile. Unforgiveness produces a negative force on the cog system, which might prevent the cog effect to take place.

6. Spitefulness – It might be surprising for many people to know that there is a lot of spitefulness in some marriages. People have been emotionally hurt in marriages and have not been able to discuss, express or receive remorse, forgive, or gather energy to promote happiness. While others bring spitefulness from their past experiences, the pain that exists between spouses can be very unhealthy in a marriage. Spitefulness is a strong negative force that can destroy happiness and affection. Spouses must identify reasons for their spitefulness and resolve the matter if they want to be happy, affectionate and enjoy a lasting marriage. A person that got bruised will cause or become sensitive to tension when living in a toxic marriage.

When spouses live with spiteful partners, they will feel the impact of hatred and it will give them a reason to jump on the bandwagon and return the vindictiveness. Once partners begin to feel the spitefulness of their spouses, they normally will be experiencing abuse in emotionally unhealthy marriages. Spitefulness has many characteristics which are consistent with abuse. Spitefulness is a negative force which involves reactions or responses that are associated with hate. People that exhibit spitefulness can only feel happy if they find peace by improving their attitudes towards love in their environment. A marriage controlled by spitefulness will most unlikely achieve a cog effect because of lacking motion on the system of marriage.

Couples living in a pool of negative emotions will always experience stagnation in a marriage because they lack happiness. Spouses must make effort to improve problematic feelings that affect them. Partners will transfer their unhappiness to each other if they do not gain contentment to become stronger against negativity that may impact on their marriages. Couples need strength to find ways to heal their souls and it takes solid information to choose the best options. Married people can be helped by therapy, counselling, personal development, communication to achieve compromise or closure. It takes commitment for the union to remain contentedly intact. If this guide is rigorously and seriously read and followed, spouses will achieve massive improvements in the way they behave towards their partners and marriages. Negative emotions can be changed by taking an inside look and improve some unfavourable behavioural traits. Forces that affect a smooth flowing of the cog can be improved by engaging a spouse in a communication effort to achieve responses such as a compromise (*figure 7*), happiness, tranquillity, affection, and lasting marriage.

Communication for motion

Negativity can be removed by many forms of communication if a couple wants to make positive elements the dominant forces in their marriages. Spouses must use teamwork and foster an understanding for the cog to start and continue the motions in a rhythmic flow.

The cog effect can be achieved by employing effective communication to convert all elements to positivity. When a couple consciously applies positive forces, the effort will eventually translate into a habit that will become a permanent feature in their relationship. A person that communicates, negotiates, and compromises in good faith naturally elevates the value or quality of a marriage. Some people communicate in bad faith, and they use manipulation to achieve selfish goals. When they fail to achieve their selfish desires, they normally resort to some form of abuse to remove the impasse and gain their preferred result. A fair and honest discussion helps to remove sticking obstacles. When every individual in a relationship remembers the functional flow of a cog and its forces, it will help them to decide a suitable action to achieve set goals. A vivid visualisation of the cog can enable many people to evaluate and think in terms of enriching communication to achieve consensus. If a person is interested in achieving selfless goals, there is need to appreciate diverse views to reach harmonious and sensible decisions. Spouses can provide evidence of maturity by progressively working to create a stable, truthful, and loving environment. People can confidently demonstrate flawless communication skills through using appropriate words, signs, mannerisms, and any other suitable methods. Couples can make headways towards their set goals if there are genuinely interested in using productive communication strategies with their partners. Couples may experience painful hinderances if they lack a good level of communication ability. Spouses that lack communication capabilities mostly encounter endless conflicts in their marriages. It is rewarding and powerful to demonstrate a natural flare for creativity in communication by effectively using verbal, body expressions or gestures among other methods. When a marriage gets defined by its growth, love, confidence, happiness, and mutual understanding, it shows that the couple relentlessly use communication proficiencies to add value to their life.

Chapter 4

Aspirational Fulfilment

The aspirational phase was an important milestone in the dating process of those that were looking forward to marrying a suitable lover. A person that maximised an opportunity to benefit from an aspirational stage is more likely to have effectively defined, identified, and married the potential lifelong suitor. The aspirational fulfilment is a stage where an individual begins to work hard to fulfil and enjoy aspirations that came to fruition. It is no longer a stage for evaluating the accuracy of a previous determination, but a moment to harness and improve the relationship so that it gets elongated and continues to grow throughout life. Aspiration fulfilment is a stage of making oneself grow in affection, understanding, patience and tolerance. As such, the aspirational fulfilment is devoted towards enriching personality traits that promote compatibility and personal growth. If spouses understand each other and adjust accordingly, they will gain positive attributes to achieve the cog effect (*figure 4*). The cog effect is evident when couples are happy and affectionate without being disingenuous. When an individual was single, they would have sharpened their knowledge and skills in defining and identifying compatible personalities as illustrated in the Personality Identifier Metrics (*figure 5*). When a person enters any type of a union, the focus grows from realisation of one's personality to developing the art of adjusting and compromising in a way that makes a union enjoyable and fulfilling. Since the tools at the aspirational phase helped to identify compatibility elements, the adjustment process from the fulfilment stage becomes more intensified to achieve a strong team spirit without feeling too dependable and too vulnerable. A person with the ability to be genuinely and reasonably vulnerable, compassionate, and reliable can manage to be considerate of other people's feelings to harness compatibility. Couples can demonstrate the success of their marriage as one of the main benefits they gained from utilising perspectives like the Cog Effect (*figure 4*). The guide's Personal Identifier Metrics as an assessment framework illustrates the value of couples' potential abilities to operate their marriages with relative success. A spouse may show seriousness in the desire to achieve personal happiness, endless affection, and lasting union by using progressive frameworks in this book.

Personality Identifier Metrics

PERSONALITY IDENTIFIER METRICS

Category	Elements	Level of strength 1-33%	Dominant personality
1	Religious		kind & keeper
	Honesty		
	Patient		
	Total		
Category	Elements	Level of strength 1-33%	Dominant personality
2	Adventurous		Hospitable or Reckless
	Friendly		
	Fun		
	Total		
Category	Elements	Level of strength 1-33%	Dominant personality
3	Political		Assertive or Arrogant
	Academic		
	Opinionated		
	Total		
Category	Elements	Level of strength 1-33%	Dominant personality
4	Rebelious		Inconsiderate
	Moody		
	Impatient		
	Total		
total			

Figure 5: Personality Identifier Metrics

Interpretation

After couples live a married life for at least a year, it is mostly helpful for individual spouses to gain a fresh perspective over their compatibility in their household. The spouses must base their partners' scores from their own personal assumptions. The individuals must undertake the scoring exercises and analyse the results obtained from the *Personality Identifier Metrics* (PIM) (*figure 5*). If individual spouses still have or can remember old results from the PIM, they must compare with the current ones to ascertain the possibility of any differences to determine growth or retrogression. Since the PIM was used to establish characteristics of a person being courted, the approach might have previously helped to decide on a potential suitor. The individual might have interpreted result from the PIM and developed a certainty that the lover could be the right future spouse to marry. Therefore, if an individual builds a union with a desired spouse, it is generally hoped that the person will strive to maintain the attractive personality traits. Since some people assume that happiness can be transferrable, it is hoped that results from the Personality Identifier Metrics (PIM) will bring confidence in the marriage. If spouses begin with the idea that they are compatible, it means the couple may promote suitable elements to maintain the happiness in loving nuptials. Mostly, traits that were attractive to the spouses at the beginning may remain so if analysed from a new perspective that may include more thoughtfulness, marriage responsibilities and accountability, as well as a wider family values.

Married people must be able to promote esteemed values that are consistent with the new role of a progressive and loving union. The Personality Identifier Metrics (PIM) is a helpful approach mostly useful as an evaluation tool. The PIM provides an opportunity for the evaluator to get results of personality traits with a degree of relative accuracy. If evaluators are truthful about their assumptions and being knowledgeable about the scope of their marriage, they will produce helpful results. As such, the PIM framework will also help an individual to continue gathering helpful information about similarities of personality traits to avoid distress from undesirable dominant behaviours that may suddenly come to the surface by surprise. Spouses have an opportunity to learn and adjust elements to remain

coherently intact. If couples stop working on their personal traits in the context of their new roles, they will potentially become selfish, inconsiderate, and bigoted without realising it. If a person takes fair assessment and obtains bad results from the PIM, it may mean that the spouse needs to try many things to remain attracted to the partner. Sometimes spousal make assumptions of the person they want without being realistic. If individuals try to evaluate themselves with honesty, they will realise that they were too hasty in judging a spouse. The spouse must repeat the scoring exercise using adjusted assumption and being truthful by determining scores from real behaviours which were demonstrated from specific events. A spouse that continues to get incompatible results from the PIM have a duty to find ways to be considerate and adjust their approach from qualities deduced from the CDM (*figure 6*) results. Since no individual can profess to be perfect, the PIM gives an opportunity to know elements and to find ways of improving undesirable personality traits.

A marriage is more purposeful when spouses are friendly, committed, affectionate, and generally compatible. Couples are mostly proud of living in a happy and respectful environment where both parties often experience the release of oxytocin into their bloodstream. Scientifically, **oxytocin** is released from hormones as a response to appreciating and being excited about love and possibly care. As such, **oxytocin** can be released in appreciation of the love being received from another individual. When spouses receive oxytocin in their bodies, they mostly get inspired to achieve spousal bonding for eternity. The oxytocin releasing process makes couples feel emotionally enriched and fulfilled in a romantic way. If the wisdom from the PIM is not effectively applied, spouses will continue to experience severe emotional stress as the body encounters **Takotsubo cardiomyopathy**. Generally, **Takotsubo cardiomyopathy** is the weakening of a left ventricle because of severe emotional stress, in this case caused by insensitive attitude from a spouse. Individuals that use knowledge from PIM would be able to reflect on the incompatibility elements and apply relevant actions to prevent unnecessary and avoidable reactions. People have an obligation to present themselves as honest and humble as possible. If spouses choose to be transparent and honest about themselves, they will make effort that leads to happiness and affection. Sometimes the obligation to change some personality traits might not be as colossal due to the understanding of specific goals. In the

old days, spouses face less challenges because they used to align their collective choices to accustomed social norms. Couples did not have huge incompatibility issues because they conformed to their revered traditions which they were socialised from young age. Currently, couples that understand the roots of their traits and the reasons for desired adjustments will jointly work to reach their goals. The idea to adjust personality traits shows confidence over the possibility to operate under congruous norms. Apart from individuals aligning their personality traits to the social or traditional norms, they also need to keep abreast with the changing aspirations of their spouses. Couples should maintain their noble identities that provide common standards of compatibility. The spouses should also make suitable adjustments on specific issues related to behavioural characteristics. When couples could adjust, it shows that they can be flexible as demonstrated by reaching a compromise on matters they differ in opinions and beliefs. It might be argued that adjusting is not the same as changing to become a completely new person. Every individual has an obligation to work on their personality to be happy in circumstances obtained from outcomes achieved by compromising. Arguably, the **general ethos of modern life** involves achieving personal happiness from making best personal choices without infringing on other people's rights, being good at creating coping strategies, and showing an appreciation of the intricacies of love.

Everyone should learn to extend their knowledge and understanding to achieve personal and shared growth. Couples must refer actionable choices to spouses so that they may jointly work towards set goals. The pair should also adjust their behaviours at the fulfilment stage and commit to contributing anything possible to enjoy a strong marriage. Spouses can also consider that adjustments should relate to mutual understanding based on shared goals. In other words, the life of a single person can be different from that of a married individual. Therefore, the PIM is useful in helping a spouse to maintain their individuality while adjusting some few elements to achieve the cog effect. When a person preserves individuality, it means that qualities that attracted the other spouse will remain active. If spouses forget forces that might have attracted them to each other, it diminishes the value and strength of their connection. It is important for spouses to utilise the PIM framework by rating and calculating scores to determine the degree of compatibility from each category. If

a person attains score that reflects admirable qualities in each specific group, it means the individual has personality traits that can potentially and continuously assist in building contentment in a marriage. It should not be considered a mammoth task to complete the scoring exercise for the elements in all the categories. The highest total from each category indicates the dominant personality traits that can be evidenced by their behaviour. The middle to lower total scores shows the level of influence of each group within a person's total behaviour. When a person determines the scores, it should be done with honesty for the results to reflect a good estimating effort relative to observable personality traits. When a person obtains a score at 60% or above, it indicates that the category has dominant traits known as **absolute personality traits**. When two or three categories indicate high scores or dominant traits, the rating may denote a **non-absolute** but detectable personality traits. In the advanced framework of the personality identifier metrics which are provided during training, an activity is used to reveal the following interpretations. If a result produces high scores in categories 1 and 4, it indicates the scoring may contain **untruthful ratings**. When a person attains relatively high scores among categories 2, 3 and 4, the interpretation indicates negative personalities that define **recklessness, arrogance, and inconsiderate traits**. However, if category 1 is identified alongside 2 and 3, it means positive personality traits that specify **kindness or commitment, hospitable and assertiveness**. The advanced PIM merely puts the framework into perspective for spouses to understand the combinations to focus on when making efforts to learn and adjust their personality traits to more desirable level.

Chapter 5

Cluster Dynamic Metrics 1

Cluster Dynamic Metrics are divided into two groups of merit and emotional clusters that help spouses to determine their strength in contributing to a stable and respectable marriage. The Cluster Dynamic Metrics (CDM) (*figure 6*) is based on self-rating in the similar way as the Personality Identifier Metrics. The CDM can be periodically undertaken to review performance in attitudes and traits for the benefit of personal growth and long-lasting success of the marriage. The score results from the Cluster Dynamic Metrics can change over time due to developments such as maturity, social influences, economic impact and other individual or collective life transforming experiences. Cluster Dynamic Metrics are personal appraisal frameworks that couples can individually or collectively use to evaluate the performance of their behavioural traits in a marriage. The elements in CDM determine the level of behavioural performance so that everyone can identify their contribution to the happiness, tranquillity, or other negative emotions that result in violence and gloominess in a nuptial. People that believe in the revered value of a romantic union fulfil desired goals of their partnership through the best elements of their behavioural traits. When people desire the best, they take no exception on their obligations to achieve the best results. If couples are confident of their behavioural attributes, they would boldly, creatively, and effectively use their dominant traits to promote happiness, affection, and lasting marriages. Relationships work extremely well in the presence of compatibility, overwhelming affection, and commitment to achieve set goals. Everyone that identifies their most dominant cluster and gets to know their spouse's, will be able to establish the best functional marriage if they collectively work hard to make it better. The clusters offer people the best opportunities to evaluate their chances of living the best desired lives in a marriage or any type of love relationships. When spouses evaluate scores from clusters, they will make informed decisions from a position of knowledge and preference. Couples can also identify incongruous positions and create alternative solutions for their desired goals. Decisions are easier to make when people use information derived from a credible source. The cluster dynamic metrics will help a couple to understand the reasons a relationship did not break at

a fragile stage of dating. Equally, the married people will be able to establish from the results of the CDM that their behavioural traits are not as irreconcilable as they might have thought before undertaking the scoring exercise.

Hence, clusters are tool that provide spouses with methods to score, evaluate, understand, and improve behavioural traits to achieve relationship goals. When everyone knows the quality of their traits from the listed elements, it provides them opportunities to create strategies that improve their behavioural traits. Love can only be demonstrated by behavioural traits and without showing the best of it, spouses are likely to be miserable in a relationship. People that work hard to improve their performances on each element within clusters can accomplish great success. Couples can continue to help each other when using the CDM as tools to achieve openness. People that are open-minded are likely to insert truthful data to achieve results that reflect reality. It is advantageous and fun for couples to take turns to score for each other, as it helps to identify, clarify, and remove misconceptions between them. Additionally, teamwork in scoring helps spouses to analyse and advise each other on specific needed improvements. When working as a team, it is easy to reach compromises when the spouses identify a troublesome issue that might destroy their marriage. When a couple decides to use the framework together, the scores they achieve form the basis for discussion to improve the elements. The CDM helps couples to develop a stronger bond as they undertake the process together for a common and noble cause. It is advisable for interested couples to become experts in scoring and analysing results from the Cluster Dynamic Metrics to be able to help others benefit from it. The Dynamic Cluster Metrics is important in this guide because it helps readers to identify the logic and benefits of theories such as the cog effect, compromising concept, consistency effort, the core of happiness, PIM, and behavioural barometer. People that are interested in becoming Cluster Dynamic Metrics Experts can undertake an advanced computation course to provide relationship coaching services. The advanced course will involve the computation of data to establish compatibility, personality strength and spousal influence among other issues of importance for personal and marriage growth.

Merit Clusters

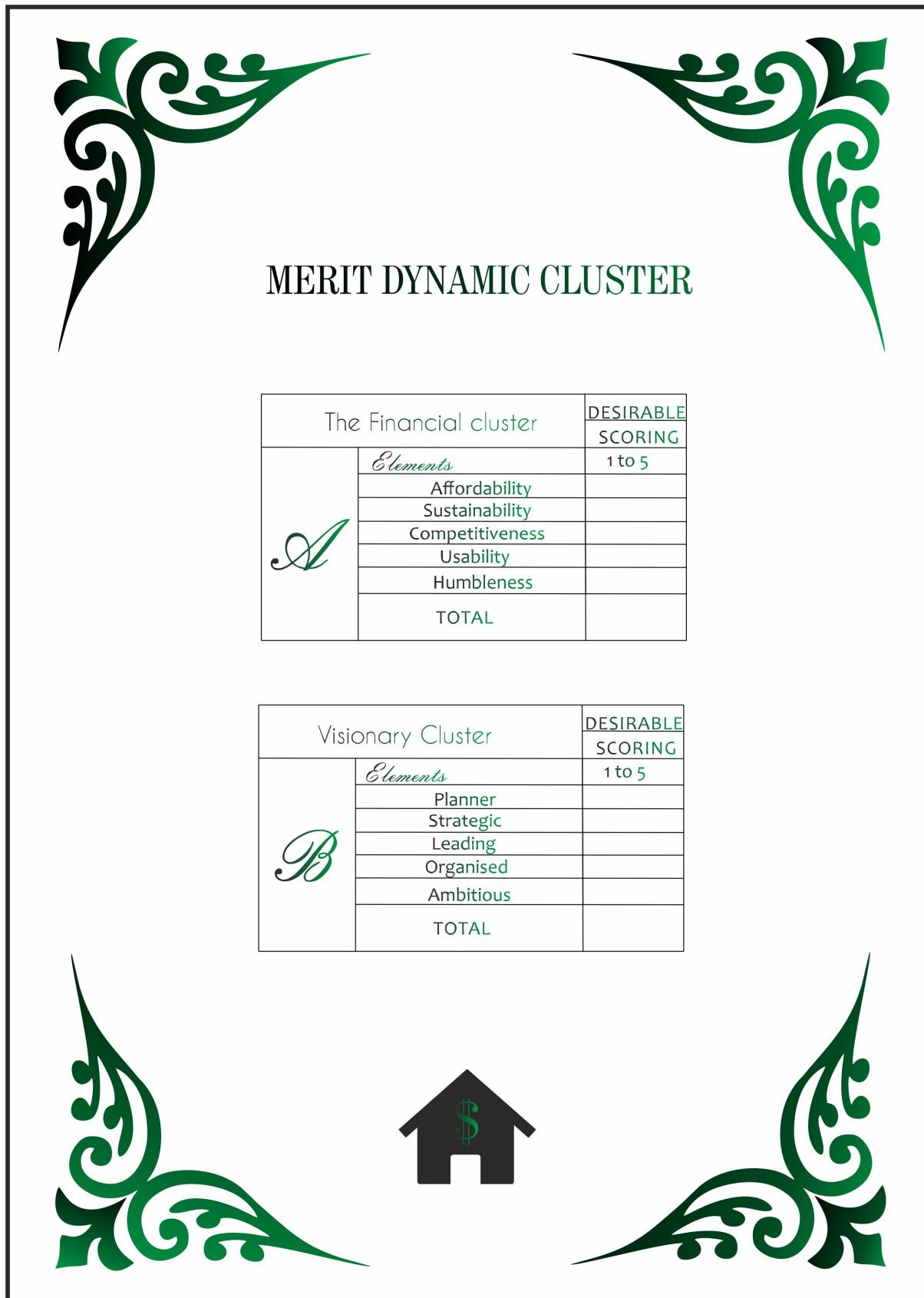
Merit clusters comprise of sub-categories with elements that are dynamic as their impact of proactive and reactive responses are dependent on personal, societal, and economic backgrounds of the individual spouses. The results of merit clusters are obtained through using Cluster Dynamic Metrics scoring approach from which the result can be interpreted to give useful interpretations in relation to spouses' marriages and personal development. When individual spouses analyse scores from all merit clusters individually, they can deduce the power of their contributions to the dynamics of the relationship. Spouses must take the scoring exercise as an opportunity to learn their current performance and find ways to improve their personality traits in relation to personal and nuptial positions.

Scoring clusters

A person undertaking the scoring must rate each element from their personal understanding of themselves. Elements can be scored from the lowest of 1 to the highest of 5 depending on personal knowledge on that day. The highest score for each cluster can be 25 with the lowest being 5. A cluster can be regarded as dominant if the score is higher than others. A score of 13 on each of the clusters indicates the average strength of a person in that segment. When a cluster indicates strengths, it reveals a person's main thinking or behaviour. It becomes the spouse's prerogative to decide the need to make the decision for maintaining the behaviour or seeking to improve for the sake of the marriage. When poor scores were established, weak elements that were identified must be further analysed to create ways for improvements. One spouse can undertake a scoring process of the other based on personal assumptions to compare and improve individual performance. When one decides to score the other spouse based on their assumption, it helps to identify and analyse dominant and weak codes that may influence their developments and adjustments. When one spouse rates, calculates, identifies, and analyses a partner's attributes, it helps them to find elements that require collective effort to achieve a fulfilling marriage. The

results of merit clusters scores can be improved through training, hard work, networking, reading, and practising.

It is important to give context to personality elements in the merit clusters comprising of financial and visionary categories for couples to understand and dissect their performance levels and obligations towards personal and marriage growth. The confidence cluster has been moved to the emotional categories because of its arguably intangible nature. Elements in the merit clusters are of high value to both couples in a modern society because of the nature of life that advocates success and status. People place different degrees of value to the merit clusters. Generally, children are being raised with the notion that education will bring them economic success and freedom to do as they please. As such, some people are justified in believing that the merit issues are more important to their personal and marriage lives than anything else today. The merit clusters indicate that couples can achieve a fulfilling and happy relationship if they collectively support each other on financial and visionary decisions that can impact on their household. In most cases, the merit problems always invoke problematic issues from the emotional ones. When a couple starts dealing with problems from both groups of clusters, it exacerbates the challenge to a point of negatively affecting the marriage. The merit framework recognises all levels of couples' ambitions and individual results help spouses to work on improving specific elements that are dominant in their marriages. The merit frameworks which include financial and visionary clusters are outlined in much depth below for clear understanding of the reader.



The image features a central title "MERIT DYNAMIC CLUSTER" flanked by two large, symmetrical green scrollwork designs. Below the title are two tables, each with a decorative letter ("A" for the first, "B" for the second) on its left side. The first table is titled "The Financial cluster" and the second is titled "Visionary Cluster". Both tables have columns for "Elements", "DESIRABLE SCORING" (with a "1 to 5" header), and a "TOTAL" row.

The Financial cluster		DESIRABLE SCORING
<i>A</i>	Elements	1 to 5
	Affordability	
	Sustainability	
	Competitiveness	
	Usability	
	Humbleness	
	TOTAL	

Visionary Cluster		DESIRABLE SCORING
<i>B</i>	Elements	1 to 5
	Planner	
	Strategic	
	Leading	
	Organised	
	Ambitious	
	TOTAL	

\$

Figure 6a: Merit Cluster Dynamic Metrics

Financial Cluster

Historically, women have generally been expected to accept marriage from suitors that were relatively privileged in terms of their economic status. Today, both sexes rather than one may in some communities promote the idea of wealth as a condition for marriage. Generally, modern couples may consider financial status because they value household income from 2 people to meet the high cost of living and to achieve a more affluent life. Poor communities still consider the financial status of men for potential marriage because women are given fewer economic opportunities such as jobs and access to capital. In some relatively affluent societies, an increasing number of women are working while few husbands are more responsible for the children and other household demands. Societies are gradually accepting that a breadwinner in a domestic setting can be anyone between a husband and a wife. Some couples may agree for one spouse to remain on the job if the salary can sustain them. Mainly, the income-based decision may help a couple to solve issues of being away from their children for too long due to work commitments. Couples normally choose finance as a suitable yardstick to decide the best alternative for spousal availability to manage the daily domestic settings. When the couples choose factors that save their families best, they pick from options that hardly base the decision on patriarchal perspectives, but on modern and credible merits. As a result, they are more men being responsible for their children at home while their spouses are away at work than before the year 2000.

The financial cluster has more influence on the other visionary category because of the type of elements that can be interlinked in interpretation. Statistics indicate that financial issues play a significant role in strengthening the resilience of many households across the world. As a result, issues of finance are problematic in many marriages. Therefore, financial cluster provide important elements for spouses to understand their performance in satisfying their personal and marriage aspirations. When spouse have full information, they can adjust their ambitions according to prevailing situations on a personal and nuptial level. When progressive couples realise the significance of finance in their lives, it becomes important to work out ways to resolve potential problems. If major problems from the financial cluster

are left to grow, they will be difficult to control or resolve. The financial cluster has elements such as **affordability, sustainability, competitiveness, usability, and humbleness**. The elements of the financial cluster need further analysis for applicability purposes.

⇒ **Affordability**

A direct quotation from the part one of this romantic perspective states that, “People generally define affordability according to the quality of life they lead or what they desire their life to represent”. As such, when couples begin to live together, they focus on the affordability element to enrich their union. The affordability element brings to light being able to pay for expenses such as utilities, groceries, clothing, movable assets, furniture, mortgage, holidays, insurance, tuition fees and meeting other financial aspirations. Couples are also supposed to save some money and make investments for emergencies and future needs. Ideally, couples in the household are supposed to plan their budgeting strategies together. Couples face challenges if they do not work as a team to meet their financial obligations. The value of contribution from one spouse may sometimes be based on financial engineering skills and a breadwinner will benefit for having a capable spouse in dealing with financial issues. Some people are skilled at allocating resources, cutting costs, saving, and making investments. Consequently, a household income may cover double its value on expenses and can be comparable to families receiving twice the amount per given time. Therefore, a family might be blessed to have an individual that can promote their affordability status. When scoring on affordability elements of the framework, spouses might rate their performance using the degree of their financial planning skills as contribution to the household income. In some cases, the scoring might be paramount in establishing the strength of the couple’s teamwork. In patriarchal societies where men are considered as providers, they make spending decisions, and the affordability scoring is always unfair to the disadvantaged women. If men are favourably judged, the performance of women should be given the same score on the affordability scale. The men must provide an accurate scoring based on the benchmark in the society. Generally, a high affordability status improves chances of growth and happiness in the household. Mostly, spouses may rate their performance on the affordability scale based on the appreciation given by a

partner. However, when a spouse has a high appetite for spending, a poor performance of the partner may reflect a conflict point rather than the inability to afford necessities. In some communities, a spouse with a high affordability status attracts more attention from people because of the opportunities that can be gained from the individual. People with high affordability status have numerous advantages because they can afford to acquire and gain more access to many things.

According to people in patriarchal societies some spouses may attract many partners because the household can afford and access many things money can buy. If mishandled, affordability as a performance can give some selfish individuals undiluted power to abuse their spouses. Abused partners will lack stability and feel insecure in situations where they do not have affordability influence. People who depend on their spouses due to perceived lack of economic success are mostly controlled, disparaged, and abused in some societies. Partners that are made to feel financially powerless are often treated unpleasantly in economically chauvinistic households. When a partner feels disrespected, they lose confidence, and the marriage may become undesirable. Some spouses that cannot be held at ransom because of money may leave the marriage. People that fear a worst life for their children and themselves may continue to live with the abuser. Most people may take unworthiness as their curse when they have nothing significant to hold as leverage in a marriage with an abusive individual. People taken by a spouse, or another member of the family as worthless are mostly susceptible to physical or emotional abuse. It may often be a wise idea to possess or develop leverage because selfish people, narcissists or sociopaths will always try to take advantage of what they perceive as weakness. The issue of leverage on the point of affordability for individual spouses helps them to use a strength that promotes personal growth and possibly lasting marriages in modern societies. A person with high leverage is one who contributes greatly on affordability scale in terms of income level, budgeting skills or enabling a partner to perform better. Affordability is not restricted to the monetary value but extends to other types of efforts that give spouses a leverage to the expenditure in the household. Therefore, affordability in the cluster dynamic metrics is one of the most important elements often ignored by people. The element plays a significant role in the personal and nuptial happiness of spouses. The CDM (*figure 6*) provides couples

an opportunity to evaluate results of a scoring effort and use the knowledge from the affordability status to make some adjustments for personal growth, happiness, and affectionate marriages. Similarly, when the scoring is undertaken in a team effort, it gives an opportunity to the couple to discuss relevant issues that include some insecurities within their household. When people understand the affordability status, they will become more attuned to the modern life that champions dignity, respect, and equality between spouses.

⇒ **Sustainability**

Since sustainability relates to maintaining a certain lifestyle under the financial cluster, very few people can continuously spend lavishly over a long period. As the ability to provide a decent or high life over a length period might not be possible, couple need to constantly review their income from salaries and investments to identify any need to reduce or potentially increase their expenditure. Usually, people do not consider the possibility that the quality of life may change if they fail to predict and take proactive measures. Often, most people expect life to keep improving. When lifestyles get affected by changes of income in the household, spouses tend to encounter serious problems that may destroy their happiness and faith in lasting marriages. Spouses may get affected after losing their jobs or when they face viability problems in their businesses. Some partners feel hopeless when they suddenly lose the ability to continue providing the same standard of life to their spouses and family. When people determine their score on the CDM framework, they must base their sustainability performance on the potential to provide the same or improved life to themselves, spouses, and children. When individuals consider their current and future affordability, they should extend their sustained potential to cover periods between 5 to 10 years in advance. The cluster scoring process helps people to consider problems of overstretching their resources to make an impression to peers, families, and spouses. When people are using the cluster dynamic metrics, couples must learn to avoid false impressions of abundant wealth that can be based on unimportant material possession such as cars for private use. People living on false premise of wealth are usually unrealistic and they get affected when they lose their exterior status to unfortunate incidences. When sustainability is defined in terms of the future, it means that a certain lifestyle must be projected and

substantiated to last for a very long time. The focus to improve sustainability includes a meticulous plan that the spouses can collectively execute with the strength of their collaborative support. Normally, sustainability assures couples that they can maintain and improve their level of income so that the preferred lifestyle can exist for a long time. If financial stability were to be sustained, each spouse must possess the ability and skill to manage risks. Spouses must employ useful tools to control by averting or minimising the impact of financial risks. A couple should put defensive measures that maintain or improve their income to continue sustaining them for a long time. Spouses should also get updated information from the government, reserve bank and other authorities to be able to deal with overpowering challenges beyond their control. If a spouse undertakes a scoring on the sustainability element, all the discussed information must be considered to determine performance level. It shows that sustainability element will remain a focal point in the success of a marriage as it impacts on the future of a relationship. Spouses can define their contribution to the quality of life they need to maintain for a foreseeable future. As such, the effort of each spouse must match the couple's desired outcome, or the abilities must be measured against the performance of their best societies.

⇒ **Usability**

When scoring the usability element, the focus should be on the ability to manage personal or household income. When many couples start spending, they do so without considering that there have limited resources and to allocate some funds for the sake of the future upkeep. When a spouse causes financial hardships because of overspending, it will instigate unhappiness in the relationship, especially when the partner disapproves the behaviour. Similarly, a relationship can get into trouble if there is stinginess in the household. When a family is heavily deprived of a decent lifestyle by one spouse who feels reluctant to spend for no apparent reason despite having the money, the other spouse will feel abused, and it will affect the quality of their marriage. When one or both partners undertake scoring on the Cluster Dynamic Metrics, they must examine a reasonable spending habit per given time while considering the size of their family which must be consistent with their income level. Couples must examine their appetite for spending while pondering over their commitment

to saving and making investments that provide them with safety net in the future. Married people should develop principles that they should never strain or go beyond their budget but stick to what they can afford. Spouses need to judge their consistent level of determination to always choose buying sensible things against prioritising luxurious goods that make them poorer and worried about money. If partners understand the impact of their usability on their marriage and personal peace, they will award a suitable score on their performance. When a family gets affected by the behaviour of a tight-fisted person, the process of rating opens communication on the subject to resolve the issue. Spouses need to be accountable for their actions and the scoring effort will determine if they are financial flaws in the marriage because of the usability behaviour. When partners fail to cooperate in managing their affairs, they are bound to run a dysfunctional home. Spouses have a responsibility to identify their contributions to the spending problem in the household. The CDM process helps a person or a couple to introspect so that they can correct their behaviour to protect their happiness in the marriage. Some partners are incapable of communicating or compromising to effectively manage their available resources. Spouses that have behavioural or understanding problems are usually responsible for causing conflicts. Spouses may become impatient with partners that fail to understand the damage they cause to the marriage because of spending habits. Married people are supposed to acknowledge their strength and weaknesses by reflecting through a scoring exercise to determine their performance on the element. When a CDM scoring process is being undertaken, a spouse will identify the opportunity to learn whether it is overspending or thriftiness behaviours that need improvement. Couples have an obligation to reflect and agree to help each other making appropriate adjustments as responsible and accountable marriage entities. Since habits are hard to break, a collective unity presents a strong bonding effort to promote a lasting marriage through wise usability strategies.

⇒ **Competitiveness**

In a marriage or similar situations, some people face different kinds of avoidable competition that usually arise from lacking control of egos or greediness between spouses. Some individuals develop a propensity for competition against their spouses and their

partners must realise quickly before they subconsciously become active participants of the divisive behaviour. Few couples that get into financial competition between themselves allege that it results in motivation and hardworking. Most couples stated that they experienced resentment and distractive behaviour due to financial competition. Financial competition involves making effort to receive or earn the most money or wealth than the partner. Couples living in competitive environments adopt a divided approach to the management of their household such that if there are any consultations that might be conducted, the response should be a confirmation of the existing idea without offering alternative suggestion or pointing out potential problems. As such, spouses that inform their partners about their intentions expect being unreservedly supported without additional suggestions. If the spouses were to accept suggestions, they will risk feeling underrated and defeated by their partners. Gradually, the couples will develop tension which potentially lead to resentment, abuse, and subsequently divorce. When couples reach a stage of resentment, it becomes difficult to work for the good of the household. Similarly, when financial competition creates division which gets supported by friends or families, the resentment grows within the household.

A couple living under a toxic environment puts unbearable pressure on each other and they may relent by divorcing or ignoring one another. Many married people are living unhappily because of unbearable pressure brought about by competition. The couples develop unkind communication approaches by using abusive language that may lead to physical violence. Competitiveness among partners in the same household will end up displaying resentment for each other. The marriage will become a bedrock of disrespect, blameworthiness, and undermining tactics to outdo each other. It becomes important for couples to evaluate their team spirit for the good of their family, financial standing, and their future welfare. Some spouses will ignore suggestions from a partner and implement them at a later stage for their selfish benefit as their own original ideas. Other spouses will immediately accept the suggestions for personal gain from their partners, but they will credit themselves for creating the implemented ideas because of dangerous egos. Couples are unaware that current deeds will affect their future at a personal and marriage level. The partners might start living a disheartened and goalless life because of too many discords in the marriage. If

a marriage lacks common purpose because the couple fails to collectively work together, the marriage gets reduced to a statue a status. It will also mean that the couples are not invested in the marriage, and they both can afford to be reckless because they are left with few things to damage among too many already destroyed over the years. Spouses that become rebels because of frustrations will destroy the few standing things remaining in the marriage such as mental health and the outside perception of the marriage. Individuals should refrain from undermining each other and instead put effort to show to a potentially sensible partner that competing destroys the very common goal they are supposed to share and achieve it together as one force. While partners have a right to defend an attack on their financial status, they should act in an honourable manner. A reasonable individual can control the impact of competition from a sensible but temporarily confused partner so that when the antagonism vanishes, successes can be presented as family attainments. Couples should always work for the family despite the conflict so that all benefits become the collective achievements of the spouses. Married people need to judge their own individual performance by determining their scores based on the level of support and receptiveness to ideas for the collective development of the marriage.

Spouses should feel obligated to contribute to a partner's personal development without feeling jealous or acting in an undermining way. It is important and valuable to behave constructively and highly positive as the achievement of a spouse will be prestigious and beneficial to the partner and the marriage. Individuals focusing on supporting their spouses' development for the good of the marriage should put a high score despite a possible competition from their partners. Supportive partners should score high on the performance scale because they possess productive attitudes for the benefit of the marriage. Spouses demonstrating the need to maintain happiness in the spirit of marriage should award themselves high marks. Couples focusing on external than causing an internal competition are normally inspiring to each other, and they deserve warding themselves high scores. Supporting partners are highly skilled and knowledgeable about opportunities that can come from positive attitudes to enrich happiness and lasting marriages. When married people fail to attain consistent scores in line with a positive effort, they should consider improving their performance. A relatively high score should be given for resisting to be

drown into competition among spouses. Couples living without competition are likely to be satisfied by a happy and fulfilling marriage. In that respect, spouses that put collective effort to eliminate competition between themselves can promote their goals for a better marriage. Couples putting effort towards collaborative support will always experience high level of satisfaction that can translate into happiness. It is the duty of everyone to assess their level of contribution in causing competition that negatively impacts on affection, contentment, and lasting marriage. If a couple eliminates unhealthy competition, they will enjoy the affection and happiness in a marriage.

⇒ **Humbleness**

Couples that have a humble approach mostly exhibit positive attitudes when communicating to each other about issues relating to finance. Spouses can face problems if they ignore frustrations that need resolving to remain humble and respectful. Married people need to develop the wisdom to exercise restraint where possible and promote humbleness for the benefit of maintaining affection and contentment in the household. Few modest people tolerate being close to constantly bragging individuals that feel snobbishly wealthy and selfish. If a spouse gets easily impatient with an immodest person that always speak about their wealth, possessions and other achievements, the couple will always argue with each other. When a spouse constantly shows-off, the couple will always be having conflicts within their marriage. Married people with immodest behaviours usually undermine their partners who they feel did not achieve any meaningful financial success. Arrogant people deliberately become emotionally inaccessible because they prefer the company and recognition of individuals with similar status as themselves. Some bragging spouses are not compassionate to people that are less fortunate or poorer than them. Spouses that feel poorer, undervalued, and insecure always bring their frustrations to their partners who might be humble and unnecessary problems may develop in the household.

Some spouses may hate the attitudes of a partner to poorer relatives and the issue might cause a wide rift between them in the marriage. Some spouses are arrogant and pretentious so much that the attitude may also cause a conflict within a marriage. If a spouse resists a

pretentious way of exposing their life to the world, a partner may become irritated and cause conflict in the marriage. When individuals take the scoring task, they should consider whether there is continuous violation of humbleness through showing off, being jealousy or simply demanding things beyond the reach of the marriage. A person that behaves arrogantly due to financial privileges is often not kind to their partners or family members. Equally, spouses that demand more financial freedom and an appetite for ostentatious lifestyles without making a productive effort can be rude, impatient, and angry with their partners because of frustration and ego problems. Spouses experiencing a lack of humbleness from their partners are always fearful of emotional or physical harm. Some people exhibit a lack of humbleness by expressing anger and abuse towards their partners in part because of failing to meet their financial needs or simply using a diminishing attitude as a tool for intimidation.

Several partners can be so overexcited by the acquisition of an expensive thing so much that they might lose sight of ways to respect their partners. Partners may get unhappy because of the ways their spouses express their overexcitement as they feel they are always the target of disrespect. As such, a lack of humbleness can be perceived in many ways by different people. Some couples experience negative perception over a show off associated with their financial status from their partners. Partners being treated badly may appear unaffected because of different possible reasons. A partner may get used to a way a spouse speaks in terms of finance and will get over it by ignoring it. Other spouses have a high tolerance level, and they will let their spouses express themselves the way they feel fit. Some spouses have a certain way they relate to each other so much that a partner will dismiss it in playing as a joke. Some people show their principles by challenging or choosing to divorce when a lack of humbleness becomes too much to bear. Partners that refuse to be subjected to abuse from wealthy people will demand their unequivocal respect from their spouses despite the financial position. Therefore, when individuals rate their performance on humbleness, they must ask themselves about the way they speak and relate to spouses and other people who are less privileged or viewed from a stereotype perspective as poor.

Visionary Cluster

A visionary aspect in this context relates to the way a family create or support each other to attain financial success. Some people hardly think of a future without preparing for it through creating ideas, visions, and aspirations. As such, the visionary cluster provides an opportunity for spouses to focus on creating strategies that help to achieve a better and more interesting future. Human beings derive their strength and motivation from hope so that they can begin to make effort in planning and working towards their goals. People strive on hope and expectation that their future will be better than the present. As such, people demonstrate their vision by presenting plans and make effort to achieve future goals. A relationship has more chances of lasting longer if couples continue to create or pursue their goals with hopes for a happy and successful future. A visionary spouse may need support to create business ideas, pursue further studies, or choose a longer road into a career or promotion. If the vision is not shared in the household, it is difficult to implement and to work hard to achieve it. A spouse that understands the importance of taking risks will be more attracted to a vision than a potential life of mediocrity. However, some spouses may not want visions to disturb their current comfortable lives without a guarantee of success. Some partners understand that viability of visions can only be tested by undertaking an implementation phase of an idea. There are partners that can assess and determine viability before taking an idea to the market. When partners undertake scoring on the elements, the visionary cluster gives them a chance to define their performance in relation to promoting happiness and viable marriage. The score on the elements under the visionary cluster will indicate suitable adjustments that might need to be undertaken by the spouses to make the union successful. The visionary cluster helps couples to potentially inspire and motivate each other to set goals and work hard to attain them. Similarly, individuals that experience a lack of vision from their spouses are likely to get frustrated or end the relationship if their compatibility gap is too wide to adjust. Therefore, couples can improve the quality of their relationship if they focus on improving or strengthening elements such as **planning, being strategic, leading, being organised and ambitious** in a marriage.

⇒ **Planner**

Planning is the bedrock of any execution for people that wish to accomplish their visions. People that plan are mostly meticulous, thoughtful, and effective in their approach to set goals. However, if a spouse does not appreciate planning, the planner might be considered rigid, not spontaneous, and very conservative. While some people do not believe that everything needs serious planning, the cluster dynamic metrics helps couples to evaluate the aspect of vision and provide meaning or purpose to life in a marriage. A family can benefit from a visionary lifestyle because it reveals to readers the importance of continuous development. Most visionary people look at life in a logic way and they plan before implementing ideas. Visionaries are usually good at inspire others as they are likely to be great leaders. Therefore, spouses need to think of how good they are at creating visions or supporting their partners. If the spouses are poor at supporting or creating, they must give themselves very low scores on the CDM framework.

⇒ **Strategic**

As stated in part one of this guide, the strategic element helps an individual or a couple to evaluate their wisdom and intelligence in planning for their future. A strategy indicates the manner individuals or teams draw and execute their plans. The idea of being strategic is shown by considering all relevant needs, paths, and constraints so that the implementation becomes less strenuous and less costly, while producing the best possible result. The results must reflect or supersede the initial plan. If spouses can admire and emulated their strategy, it means that their cooperation inspires them. When a strategic element shows such great performance, it shows that it contributes strongly to the happiness and the potential to achieve lasting marriage. When spouses cooperate in creating a strategy, it shows that they can perform the implementation of the plans with a great spirit of teamwork. A couples can demonstrate strategic prowess if they can creatively navigate through the planning stage in harmony. Married people that show astuteness in working together or providing support on making strategic decisions show that the individuals have the potential to resolve issues

when faced by difficult circumstance. As such, people that show a high degree of performance in this element are more likely to succeed in promoting their own happiness and to improve in providing affection to each other.

⇒ **Leading**

Spouses are leaders in their marriages, and they should possess qualities that help them to motivate each other. Leaders are normally expected to be good motivators, communicators, and hard workers. A relationship works when each person has an opportunity to lead on visionary issues which they have competence. A great leader is also a great follower when roles are reversed. Leadership can be demonstrated by motivating and participating in drawing strategies, organising, and implementing plans. The most important aspect to the leading element is the motivating and being fearless in tackling a task. In some societies that follow a patriarchal system, women expect their husbands to demonstrate strength in leading. Women that were taught to submit to their husbands are more attracted to men with 'strong power vibe' of leadership. Equally, men from patriarchal societies are mostly attracted to submissive women. Women from strong patriarchal societies identify leadership abilities in their husbands by observing additional qualities such as confidence, charisma, and people's skills. Therefore, when scoring the leading element, spouses should generally evaluate their strengths and weaknesses by following leading issues in the household. Couples may evaluate the leading element as possibly dictated by personal, community, secular or religious principles. It is important to work on improving the element for the sake of experiencing a successful and long-lasting relationship.

⇒ **Organised**

In the visionary cluster, being organised play a big role as the elements indicate that a marriage benefits from clarity and purpose of spouses. It is importance for couples to be able to create a system that enables their home to function with simplicity and attention. If a person approaches a task in a haphazard manner, unless deliberately done for

predetermined outcome, the results are usually shabby and undesirable. People that are not organised usually can hardly plan, execute, and patiently wait for a result. As such, people that can be identified as visionaries are meticulous in the way they organise their plans, implement and process them. Individuals with the ability to identify the degree of organisation have ways to trace and verify progresses. Organised partners can establish if notable chains of activities can be coordinated according to original or revised plans. In some instances, organised spouses can set timeframes on their household activities and implement using flexible and consistent ways that eliminate constraints caused by money, space, and other domestic dynamics.

People prefer being in relationships with individuals they can understand, and trust based on their abilities or ways of doing things. Human beings are hard to trust if they display behavioural traits that make them highly unpredictable and suspicious. The organised element under the merit cluster may not be valued by a spouse that cannot comprehend or get committed to it. When a spouse cannot understand the value of organisation despite the other being good at it, ways must be found to prevent conflicts. When couples encounter a bad outcome, a bad planner would usually blame the other spouse regardless of the known constraints. Spouses that can create a great organisation plan and implementation should make efforts to promote coordination and help the incapable side to learn appreciating surrounding facts. It is easy to impress organised individuals because they can generally identify best attributes. Organised persons can also identify constraints when a spouse fails to succeed in some endeavours. Therefore, when spouses are individually scoring on the organised element, they should be able to recognise all abilities and challenges that affect organising performance to a satisfactory level.

⇒ **Ambitious**

Ambition complements other elements in the visionary cluster, which cannot be defined without it. Generally, the effort to achieve success begins with the desire to accomplish a goal. Spouses use numerous ways to identify and evaluate if a partner is ambitious enough for their aspiring life. A person may conjure up some ideas but the reasons for conviction

and dedicated effort can explain the ambition of a spouse. Ambition can also be determined by the way some spouses develop their knowledge and skills to perform competitively on the job market or in business. Many people pursue career developments by acquiring relevant qualifications and investing in some suitable tools. If ambitious people were to encounter failure, they would learn from the experience and improve on their weaknesses. Individuals can also determine if they are ambitious from the status of their professional or business connections. Spouses can also show ambition by their patience and creativity that goes towards planning to achieve a goal. When ambitious persons involve others in their activities, they demand excellence. It does not matter how hard it may get, ambitious people always show grit, they work hard to solve problems, they are not afraid to fail, and they are not so hesitant to start again. Spouses can also identify ambitious partners through their determination to meticulously create, implement, and execute plans. The energy that drives a person to attain some greatness regardless of some obstacles is referred to as ambition. Ambitious people do not get deterred, as they continuously seek opportunities. Go-getters are individuals willing to learn new skills and acquire knowledge to achieve the set goals.

Mostly, ambitious people can identify a person with similar characteristics, hence some couples are happy when they are married to a 'go getter'. Some couples start their nuptials while accommodated by parents or relatives. Other spouses start their marriage while living in a place suitable for one person and without furniture, kitchen utensils, or both. People start married life at different stages and their discussion and planning are not the same because of financial status. Some couples establish basics that are suitable to their situation. Partners that start the union without material possession may discover a spouse's higher level of energy to achieve much earlier than couples that might feel comfortable at the same stage. Ambition changes people's standard of living although it may take long to bear fruits. Ambition involves taking risks and success is not always guaranteed as there is a danger of giving up due to tiredness, lack of capital or losing interest among other reasons. When a person takes the scoring process to determine individual performance on the element, it is important to rate the level of passion to achieve a decent or lavish lifestyle. All ambitious persons work hard to achieve goals that they set after coming up with an idea. Couple or

individuals can identify if they are ambitious by observing or analysing the quality of futuristic or long-term ideas and the level of determination to succeed on the plan. People are often attracted to individuals that have similar traits such as ambition. Spouses feel inspired and hopeful when they are married to ambitious partners, as they get assured by a compatible trait that they have a potential to succeed. When rating the ambition element, it is important to be honest and to rely on both some general and specific evidence throughout individual spouses' life. Ambition may promote happiness because it brings sparkle in some marriages.

Chapter 6

Cluster Dynamic Metrics 2

As Cluster Dynamic Metrics are divided into two main groups, the merit clusters were extensively covered in the previous chapter. The focus in this chapter will be on emotional clusters. This chapter follows an elaborate approach to help readers to establish and rate their strength by judging the level of effort they put in contributing to a stable and respectable marriage. The Emotional Cluster Dynamic Metrics (*figure 6b*) continues to be a self-rating in the similar way and can as well be used periodically to make a review on performance in the nuptials. The Cluster Dynamic Metrics score system provides results that can help spouses to determine their maturity and self-control in a marriage. Couples will individually discover the way they use their personal wisdom, social influences, and their intelligence to go through married life.

Emotional Clusters

Emotional clusters comprise of elements that relate to the way individuals connect with their spouses. The emotional elements from the cluster dynamic have a strong relationship with forces that impact on the cog system. Emotional elements represent the way spouses discharge their mannerisms using noticeable personality traits. The cog system does not give an opportunity for spouses to individually rate their performance. The cluster dynamic elements provide the scoring and allows the interpretation after using the Consistent Effort (*figure 1*) measurement framework that helps to determine the score. The measurement tool allows people to use scores as determinant factors for judging their own abilities under the Emotional Dynamic Clusters (*figure 6b*). Mostly, individual performance of the emotional elements can be improved through learning, training, practice, getting advice, receiving coaching, and counselling.

Scoring clusters

Individual spouses can rate their performance on each element under the emotional cluster to determine their effort from the total score. When each individual spouse undertakes the rating effort, the effort must be based on reality from historic to current events. Elements will have scores and the individual will start picking the lowest score point at 1 and the highest point at 5 depending on the memory of the person to judge past events of 2 years and above. When undertaking the totalling the points, the highest score for each cluster will be 25 and the lowest point will be 5 points. When an individual gets a total score of 13 as an average point, it means that the spouse is performing within the acceptable level. So, the higher the total marks, the more dominant the cluster so much that the individual would only face problems if the married people are not at par with each other. The scoring process is helpful for people to learn and develop a plan to improve on their behaviour. As indicated earlier, high score on a cluster indicates strengths of thoughts and action for a spouse. When spouses learn about their abilities, they have a duty to make necessary arrangements to work on their improvement for the benefit of their growth and happiness for self, partners, and the children. When a spouse gets poor scores on any cluster, it means that the weak performance on the element must be analysed to identify and create suitable strategies for improvement. If individuals identify reasons for poor performance, they will have to research and apply ways that can make them better. The emotional clusters are very relevant to the way married people live. Therefore, spouses must take the emotional clusters seriously to be able to regulate and assist partners to correctly direct their emotions to each other. A spouse may also try to rate their partners to determine their assumptions about the way they seem to relate to each other. When spouses score for their partners, it gives them an opportunity to know how they think of each other. The calculation gives a picture of the level of peace and affection within the household.

EMOTIONAL DYNAMIC CLUSTERS

Confidence cluster		DESIRABLE SCORING
<i>C</i>	<i>Elements</i>	1 to 5
	Excitable	
	Eloquent	
	Trustworthy	
	Self-aware	
	Tidy	
	TOTAL	

Emotional Intelligence Cluster		DESIRABLE SCORING
<i>D</i>	<i>Elements</i>	1 to 5
	Polite	
	Attentive	
	Humorous	
	Forgiving	
	Accountable	
	TOTAL	

Caring Cluster		DESIRABLE SCORING
<i>E</i>	<i>Elements</i>	1 to 5
	Romantic	
	Generous	
	Reliable	
	Comforting	
	Respecting	
	TOTAL	

Figure 6b: Emotional Clusters Dynamic Metrics (EDCM)

Emotional clusters indicate the ability of a spouse to develop meaningful connection with a partner. People find elements from emotional clusters more helpful because they test resilience based on the way spouses discharge affection. If a couple considers the spirit of love and lasting nuptials, they will find out that harmonious and reciprocal affection thrives on fairness and honesty. A relationship that lacks strong emotional elements is usually weak, gloomy, and mostly shorter in length. Emotional clusters provide a person with an opportunity to observe ways the other spouse expresses or demonstrates affection. In a marriage or a union, couples must work hard to give attention and be available to connect emotionally just as they should do physically. Emotions may also involve egos and vulnerability which define other states of a person's ability to connect with others. Ego and vulnerability are traits that are negatively or positively used by other people to their advantage. Strong people rely on their ego for confidence in as much as it can negatively impact on the vulnerability of others. When ego affects the vulnerability of a partner, it can potentially destroy the faith and affection. The aspects of faith and love from one spouse provide warmth and a sense of belonging in a marriage especially if they are accepted and reciprocated.

When spouses are selfish, they may not care about the long-term damage they might cause to the emotions of their partners. When a person's ego and humanity is crashed, it takes a lot of effort and a long period to emotionally recover. People may have developed dominant personalities that can be permanently or temporarily shifted to a previously weak one by a bad experience. Mostly, when a spouse has incessantly been affected by cruelty over a long period, a shift in dominant personality might be inevitable. When emotional scares are created irrationally, reactional traits will emerge as defence from attack. However, a reactional personality trait might also affect people that were not part to the original problem. It might be helpful for partners to learn and support spouses from embarking on self-destructing behaviour and attitudes without realising it. As such, the emotional cluster has elements that allow an individual to undertake an effective introspection and adopt a helping mood. Since love is defined in terms of emotions, the emotional cluster provides the means to relate, treat, and accept a connection in a marriage. Emotional clusters comprise of individual elements that can be studied to gain an understanding of their

meaning and impact. Furthermore, the clusters present an opportunity to rate personal performances on each element and calculate the overall score for analysis.

Emotional Intelligence Cluster

People can coexist with minimal friction and relatively solvable problems when they can use emotional intelligence. A person can use emotional intelligence when interacting, negotiating, and reaching a compromise. It is always important to evaluate the impact of discharged words or exhibited behavioural traits to a spouse. When a couple applies emotional intelligence in their relationship, they are likely to avoid or solve problems that can destroy other marriages. Couples that use emotional intelligence promote the strength and fulfilment of their relationship. Emotional intelligence allows spouses to develop an intimate connection based on respect and consideration of possible fragility. While it takes some time to learn the temperament of a partner, it is also incumbent upon spouses to exercise some limits over their actions and words. As such, emotional intelligence involves a person exercising self-control, calmness, and respect always despite receiving hostility from other individuals. In a marriage, when a spouse gets a kind treatment conceived from emotional intelligence space, the partner also needs to be able to detect and understand the sincerity. A spouse that can detect and understand the sincerity of a partner has an obligation to respond in a manner that promotes harmony and love. Emotional intelligence can be evident where a spouse avoids an antagonistic approach and be led by kindness to achieve cohesion of purpose in a marriage. Emotional intelligence helps in any situation irrespective of the flimsiness of the issue behind an interaction. The cluster provides a balance of casual and formal worlds to enrich the quality of a connection in a marriage. Readers of this guide will benefit from learning and practising to use emotional intelligence in their lives. It is an important cluster that must be promoted so that the performance on each of its element can remain very high. The emotional intelligence cluster has five elements which include politeness, attentiveness, humorous, forgiveness, and accountability. The elements should be understood and utilised to improve or adjusted the use of emotional intelligence in a domestic setting. The CDM (*figure 6b*) assists individuals

and couples to determine their performance from the introspection and make necessary adjustments to improve the emotional intelligence.

⇒ **Polite**

Couples that are polite promote peace and harmony because their responses consider the emotional impact to their spouses. A situation that may potentially become violent or abusive can be calmed if a partner or both spouses use politeness in their approach. Politeness might be misconstrued for sarcasm if a spouse is generally known to be rude and unkind. Spouses that are accustomed to people being rude can hardly believe the politeness of their partners. People that are accustomed to cruelty or rudeness may assume that their partners are passing passive aggression as politeness. In some instances, politeness might be mistaken for manipulation because a spouse will fail to reconcile the new approach with the old behaviour. Spouses that are generally negative, insecure, or canny hardly recognise polite gestures. Similarly, bullies and condescending people are very selective in recognising politeness from their partners. Politeness can be identified in a person if qualities such as calmness, level-headedness and respect are noticed in the approach or response given to a spouse. The act of politeness is acknowledged when the approach shows the consideration of other people's feelings. When a spouse chooses politeness instead of confrontation, it means the effort is targeted at conducting a sober interaction to achieve a progressive outcome. Politeness needs to be a consistent act so that a spouse can believe even if it is exercised during a potentially heated conflict. Spouses can become accustomed to politeness if they know that their partners can show genuine contrition where appropriate. Couples can achieve consensus when they use unpretentious feelings to exercise reciprocated politeness during potentially volatile moments. Politeness is a great quality, and many spouses should work hard to improve and maintain the trait to achieve a happy environment in their marriages. The element helps married people to overcome many emotional challenges between them. If politeness is uncommon in a marriage, couples will always escalate tensions and cause irreparable damages to their union and individual happiness. When spouses are rating their performance on the politeness element, they should consider major incidents such as failing to control outbursts among others.

⇒ **Attentive**

Couples owe to each other a high degree of attentiveness to continue being attractive and connected to one another. People are naturally drawn to individuals that are attentive especially through active listening. Everyone loves their views to be heard and considered as meaningful. When views are taken as meaningful, it does not mean the opinion can be taken as the best solution. A view might influence a completely different decision so much that people may not believe that the evidently unrelated opinion might be responsible for the final resolution. Couples can achieve progress on most issues if they are genuinely attentive to each other. It becomes easy to weigh facts justly if the attentiveness involves comprehension of the essence of a discussion. When a spouse fails to be attentive, it may cause a misunderstanding and it will potentially create bitterness, frustration, and insecurity. Some people assume that couples that lack attentiveness are selfish, arrogant, and possibly ignorant. Most individuals feel that a spouse does not give attention because of discrimination tendencies based on age, sex, race, class, religion, and other identities used as excuses for asserting dominance. People that are attentive create an enigma persona in the eyes of their admirers, as they are perceived to be composed well-mannered engaging and respectful. Attentiveness is not restricted to communication as words can be meaningless without action. Attentiveness can be demonstrated by placing a meaningful value of a partner's presence in the spouse's life. Spouses can show attentiveness through noticing a partner's needs such as any assistance or emotional support. Couples can improve their emotional intelligence for the benefit of their relationship when they are effectively attentive to their spouses. Individuals can show their performance on the attentive element if they think of the times, they have demonstrated it to their spouses.

⇒ **Humorous**

It can be argued that being humorous can be difficult because the skill involves the ability to choose the right moment and relevant issues that can be accepted in a joke. A joke also

needs a delivery skill for it to be considered humorous. Most people are not comedians, and they would not know the right way to express an issue, make it sound funny and be acceptable to their spouses. Some people make mistakes of failing to distinguish if the humour can be taken as sarcasm by a spouse. When spouses detest being associated with a particular issue, it becomes inappropriate to incorporate it in a joke as it might be demeaning or traumatising to the partner. Humour can be entertaining when expressed to a person who understands its context, agrees with the inference, and enjoys the vibe. Couples need to know if they understand the level of their spouses' sensibility on certain issues so that they choose and use humour intelligently. Similarly, a spouse who is attentive would eliminate sensitive issues and politely defuse tensions especially if the intension of a humour was innocent. If the humour from a partner was taken as offensive, the offending spouse must show contrition and politely seek forgiveness. A spouse can use creativity to competently express a humour without negatively impacting on a happy and affectionate marriage. Spouses can prevent conflicts by being in control of their emotions and narratives while striving to achieve happiness in their marriages. Humour helps couples to relax, play around and sometimes defuse tense moments. Humour can also be used to express closeness and freedom in each other's presence. Couples use humour to bring in laughter and friendly moments so that they deflect from issues that bring sadness and tension. People that use humour in their relationship create great moments and memories in their lives. When rating the element on the cluster dynamic metrics, the element must be judged from the ability to make others laugh, smile, wink, or any correlated response.

⇒ **Forgiving**

Forgiveness is a powerful element, and it should not be taken for granted by a recipient. Forgiveness has the strength to heal broken hearts in marriages and many other settings. A person who forgives gets liberated from the burden of pain and possible hurt, in the same way as the recipient can be liberated from guilt and agony. The rating system on the element gives spouses a chance to understand the humane feelings inside their hearts for purposes of healing and achieving closure. People rarely forgive before deliberating on the reasons for the act of kindness. Spouses that genuinely forgive are also capable of giving

affection, kindness and they mostly act in selfless manner. Forgiveness is born out of applying common sense to gain emotional strength against negativity. When rating the element, the scores must be based on the level of realisation that it takes more energy to liberate a soul from pain. Couples must consider the level of their ego, as it can make them refrain from extending forgiveness to their spouses. Since people are not perfect, forgiveness helps to promote love and happiness. It takes a high degree of vulnerability to find a compassionate justification to forgive. Forgiveness is one of the most repeated elements in different theories because it helps to promote social cohesion. Some people perpetuate complications by preventing closure so much that the intention to forgive remains a far-fetched dream. When individuals get to award scores for their performance on the element, consideration should be made on how easy they find forgiving in their hearts.

⇒ **Accountable**

People that accept accountability acknowledge their responsibility over success, failure and other actions directly linked to their obligations. The element of accountability falls under the emotional intelligent cluster because people are generally tolerant to actions that show vulnerability and reliability. A person who has a combination of vulnerability and reliability in a romantic setting is one that genuinely regrets when a spouse feels wronged by an action or spoken words. Individuals that are honest are willing to accept blame when they are wrong, and they show remorse. Conversely, people who are accountable do not usually seek to be applauded when they do good deeds. Normally, people that do not accept accountability usually shift blame to others. Spouses that feel accountable cannot go through life with their partners without having been liberated from shame, regret or hurt. Accountability is an act that enriches the emotional state of individuals, and it brings thoughtfulness in a marriage. When dealing with spouses that disregard accountability, the partners need to be strong because the wrongdoers cannot identify with hurt and its damage to the soul. Similarly, when dealing with persons who cannot be accountable, a spouse must be skilful in navigating through life with an ignorant or abhorrent person. Some people cannot be accountable on things they do not understand. Ignorance is not usually

faked unless some benefits will come out of the action. Spouses may find it hard on some matters to understand the level of knowledge their partners may possess to feel accountable for their actions. Some people do not realise that accountability is a prerequisite in a marriage for both spouses. Therefore, in rating the element, individuals must examine their weaknesses in terms of hiding secrets, willingness to accept blame and the ability to be genuinely regrettable. The act of accountability usually promotes acceptability, respect, and harmony in a marriage. People with leadership qualities act in defining the role of accountability by being exemplary to their spouses. On the CDM (*figure 6b*) spouses may decide their accountability scores that define their degree of openness and truthfulness.

Caring Cluster

When spouses show a caring trait in a relationship, they metaphorically provide therapeutic and massaging treatment to souls. A caring environment improves mental health of spouses in a marriage. Caring is an assuring quality that expresses respect and kindness to a spouse in a marriage context. People that experience the best quality of affection understand the virtues of love given through the caring experience. Caring enriches love because of the impact it has on a person's mind, body, and soul. When spouses experience a high caring quality, they mostly feel a strong sense of belonging, recognition, respect, and affection. Spouses that lack a caring trait are rarely happy and hardly satisfied by their emotional experience due to many reasons. When people have been unfortunate to meet heartless individuals for a long time, they may stop believing in the possibility of receiving a caring treatment from anyone. A person that has never received a caring treatment for a sustained period would mostly be incapable or willing to extend it to anyone. Some people have an uninformed notion that caring endorses weakness, untruthfulness, and spoiling. It shows that the caring cluster is very important to a couple's introspection process. The elements under the caring cluster are important to understand so that appropriate changes can be made to promote caring and happiness. People should place value on learning and development to enrich the quality of caring in a marriage. As such, individuals can reflect

their performance through scoring if it is done earnestly to depict the appropriate level of previous experiences in their marriages. Once individuals begin to rate their performance, each element must be scrutinised through a visual realisation or context of past actions. When spouses evaluate their performance on caring, they must realise that the five vital elements of the caring cluster namely romantic, generous, reliable, comforting, and respect must be taken seriously to achieve useful results.

⇒ **Romantic**

Love can be expressed and promoted in many ways for people who are already in a marriage. When a person is in love, they can provide fuel for it to be more interesting by implementing befitting ways. A spouse has an obligation to often find creative ways to promote their love. Love can be promoted by expressing affection in many ways. The idea of being romantic creates an aura of love, passion, and pride for the couple. A person gets romantic through physical contact, creative activities like dinners, holidays, buying gifts and verbal expressions, and attentiveness through telephone calls or texts among others. People take opportunities to express their affection through on occasions such as birthdays, anniversaries, Valentine's Day, Christmas, and Mother's Day among other important days. Some romantic expressions may include gifts of sentimental value such as undergarments or jewelleries to bigger things like cars and houses among other things. A romantic expression can be presented in creative and dramatic ways to show thoughtfulness in a rhythmic feel of love towards a spouse. A romantic expression is meaningful if a spouse accepts, appreciates and in some ways get thrilled by the act. If a romantic expression has a comical aspect, the idea and its delivery must be mind-blowing to be appreciated by the other spouse. Some creative romantic expressions must carefully be presented or avoided to prevent infuriating a spouse and causing conflict. Several people might be good at appreciating the thought behind a gift, but few others concentrate on the financial value, and can be thankful when they receive ostentatious and expensive presents. Some spouses might rightly argue that partners that understand their standard of life and appreciate them as they are, would know the taste that satisfies their status. However, they are people that are hard to satisfy because they over expect without being realistic of their financial situation. Spouses that

exclusively appreciate ostentatious gestures and expect them more frequently must be sure that they are wealthy. Some partners may take the previous effort for granted because the romantic expression was below their standard. People that never encounter romantic experiences from their spouses normally feel unloved and undervalued in the marriage. Therefore, the explanation on this element provides the basis for rating one's ability to be romantic. When scoring, it could help to think of all the occasions when these ideas discussed on this element have been thought of and acted on.

⇒ **Generous**

Generous partners are defined by their attitudes of kindness, giving and uplifting. Generosity can mostly be felt or seen as it can be experienced through action. Acts of generosity include appreciating, recognising, giving, supporting, and empathising with others. Spouses can feel the warmth of their partners through the generosity shown to them. Generally, a person that supports friends and relatives can go as far as participating in social causes to alleviate the plight of others demonstrates generosity. A generous person does not look for recognition or reward but responds to needs. In marriages, generous spouses do not go around announcing to everyone how best they treat their spouses unless there is a strong justification for few incidents. Generosity is not an act for proving anything but a sincere expression of kindness and affection in the context of marriage. If generosity contributes to problems because of conflicting behavioural traits, it may mean that it is being used as a manipulation tool. Equally, if a spouse always receives a generous treatment after a conflict, the sincerity behind it will always be questionable. Some people become generous because of the benefits the expression gives but the act does not come from a sincere and noble place. The goal of a spouse in being generous should come from the idea of giving meaning to life or providing relief over some prevailing issues that are not directly involving the behaviour of the giving partner. If the act is associated with the behaviour of the giving partner, it becomes compensation or buying of favours rather than generosity. A generous spouse feels genuinely inspired when seeing others happy or relieved from any pressing issue. Generosity includes sharing time, knowledge, resources, or protection among others. Most individuals with generous traits were mostly born with the inclination

to do good. Some people were taught, or socialised to become sympathetic, selfless, or kind. Generous people are respected in the community and by their families because they inspire hope, love, and dignity in the society. Most people that possess the genuine trait have a predisposition to fall in love with generous individuals. The knowledge of generosity helps to discourage cruelty, greediness and manipulation in marriages and society at large. Generous people do not give up easily and can promote a relationship to be everlasting and fulfilling. Generosity gives value and dignity to spouses, and subsequently to the family and community. Therefore, the generous element contributes massively to defining the caring cluster. When a spouse undertakes rating for their performance on the generosity element under the caring cluster, they need to consider all their generous acts that might be appreciated by other loving spouses in general. The scores must be commensurate with generosity as a consistent behavioural trait, and not basing the high performance on a single or rare obligated acts.

⇒ **Reliable**

Reliability as an element is one of the focal points in demonstrating compassionate, dependability, honest, and helpfulness. The reliability element can be connected to aspects contained in the tones of accountability, although it carries its exclusive meaning. Spouses can be described as reliable because they do not break promises, or they always act at the expected time. In some contexts, reliability may exactly mean following a routine without breaking expectations. Reliable spouses fulfil established plans through maintaining routines such as cooking time, picking up kids, paying bills or any related matters. A reliable spouses will not cause anxiety, stress, or frustration to their partners by failing to fulfil a duty or promise at all or on time. Reliable people might be usually principled to do the right things. In other words, they are individuals that care about the feelings of other people. When it comes to marriage, reliable partners value the contribution of their spouses. They aim to make their partners happy and fulfilled through their honest actions. Spouses that value reliability usually get emotionally connected to similar partners or motivate those that want to learn and make them see the importance of the element. When a person that values reliability lives with a very unreliable individual, they get extremely frustrated, and it causes

conflicts in the marriage. Some people tried to establish reliability of prospective partners through checking their credit rating. The spouses might get some hints from credit ratings, but it can never be a full proof to guarantee the reliability of a partner. It might be considered extreme for people to check a person's credit rating for marriage. However, some few spouses take the reliability element very lightly because they cannot see how it affects the emotions of those directly connected to them. The author established that reliability is important to many spouses because it reflects behaviours that show honesty. It was also established that some people would not hesitate to divorce a habitually unreliable person because such individuals make them constantly anxious. It is important for people to acquire knowledge about reliability and learn to instil it to become part of their behavioural trait. It usually takes longer to learn and be trusted as a reliable person by a spouse. It is obvious that unreliable people are hard to give affection, respect, and to treasure because they often make people unsecure. As such, spouses can only predict disappointments from the actions of unreliable partners. Reliable spouses always act in the best interest of their partners, and in so doing, they subconsciously promote happiness, peace, and affection in marriages. When rating reliability, individual spouses must evaluate their frequency of breaking promises and the number of times they have been accused of being unreliable. The rating process should reflect performance as accurate as possible for the partners to understand their traits and decide on how they intend to improve for personal growth. A high score means the person is reliable, can commit to tasks and is not selfish, and is considerate of the partner's feelings.

⇒ **Comforting**

Spouses may experience many challenges in life to the extent that they can become stressed and develop mental health problems. Arguably, some people owe their growth and mental strength from problems they have faced and solved throughout their lives. Most married people become better at solving and coping with challenges because of experiences they encounter in life. Since people encounter personal, social and professional problems, they develop coping strategies by accepting that there are many ways to solve challenges in life. However, it is usually too hard to witness a loved one going through agony caused by

bad experiences in life. More so, when a spouse is going through some hard times, it affects the whole home dynamics. A spouse must find ways to comfort a partner, as it helps to calm and refocus attention to happiness. Some spouses are lucky to be married to partners with comforting abilities. It takes being compassionate to provide a great comforting experience. Spouses find it uplifting to be around partners that have developed comforting skills. It is easy to be comforting a spouse when the partner is not directly or indirectly responsible for the pain. Spouses that have a kind heart and a clever mind can provide the comforting effort without being intrusive. Generally, most spouses expect to be comforted by their partners, but few would welcome the gesture when there is a deep conflict between them. Spouses can provide the comforting effort by using direct or indirect approaches. The approach usually depends on the position of privilege such as the state of their relationship at a given time. A partner can use an indirect approach to comfort a spouse who might be distressed but not willing to engage with the individual or anyone at that given time. The comforting partner must use an indirect tactic to gain attention yet circumventing the main issue. When comforting a spouse, it is imperative for the other partner to avoid demanding to know the cause of the pain until the distraught individual is ready to divulge the issue. The individual comforting a partner should quickly realise the reluctance to disclose when someone becomes evasive with the truth behind the pain. People trust individuals that respect their choices as they might share at their convenient time. Most people are always flattered by the idea that a spouse devised an ingenious and meticulous way to comfort them without demanding more information. However, when the issue seems serious, it is important to encourage partners to seek professional help or speak to closest individuals they trust.

A direct approach comes when a spouse is willing to discuss the distressing issue openly without being pushed by a comforting partner. It takes the comforting partner to actively communicate by giving more chance to the spouse to speak while engagingly listening to the issues of concern. The comforting spouse can express empathy while cleverly guiding and encouraging the distressed partner to come up with solutions. A spouse providing the comforting effort should express empathy and encourage the distraught partner to use strength in finding solutions on the issues. Sometimes a troubled spouse may find it painful to speak repeatedly about the concerned issue. However, the direct approach is generally

acceptable between married couples because they are supposed to share most things. Also, it is during depressing moments when a marriage bond is tested. When they say a spouse is my pillar, my best friend and confidante, it means that their lives are strongly connected to a point that they comfort each other more effectively in their marriage. It is important to evaluate if the comforting method used on a spouse does not cause conflict in the marriage. Some people use the comforting moments to deal with unresolved problems if they are related to the depressing issue at hand. If couples stop sharing issues of importance, a spouse will suffer alone and in silence. Some partners believe that many spouses pretend to listen and become dismissive of the plights because they do not genuinely care. When a person lacks the ability, they will need to acquire the knowledge and develop the skills to pick suitable comforting methods. Therefore, it is important to undertake the scoring by analysing the effectiveness in providing solace to a spouse. The comforting elements is complementary to other behavioural traits that promote emotional intelligent. If a spouse lacks the comforting quality, it affects the marriage as it may become unhappy and retrogressing. When partners rate their performance on the comforting scale, their scoring should be reflective of previously exhibited traits that made a positive or negative impact to a spouse. It is also important to consider the observed responses and feedback to be able to award an appropriate score.

⇒ **Respecting**

Spouses are reflective in their marriages, and they analyse issues of emotional nature to understand their value to their partners. Humans establish their value by the way they are treated by other people. The way humans treat each other determines the level of respect they have for one another. In patriarchal and religious societies, some women feel less respected because of attitudes related to misogyny. Most of the stereotype attitudes were derived from scriptures, traditional principles, and cultural beliefs. Women suffer disrespect in some societies because of biological assumptions of strength and superiority complexes accorded by the origins of some beliefs. Similarly, some couples with huge age differences, tribal, social class and racial differences may experience disrespect because of the stereotype notions. Some people in other societies disrespect men that are not wealthy,

uneducated, unsophisticated, unemployed or do not own any meaningful assets such as cattle, cars, houses, land, equipment, or businesses among other things of material value. Disrespect can be witnessed in the manner a spouse is spoken to, ignored, or disregarded over different issues. If a person is undermined, insulted, and silenced, it means the culprit partner has no respect to the spouse. Once a couple is immersed in problems relating to disrespect, they are likely to forget that the challenges diminish the strengths of their love as highlighted by other elements within the caring cluster. The respect element is very important in marriage hence the scoring must be taken seriously. If spouses could reflect on their behaviour and attitudes, they will understand the impact they cause in relation to respect in their marriages. The points that were enunciated above should be taken in the context of promoting happiness, affection, and lasting marriages. Couples must correctly evaluate their individual performances in relation to respecting a spouse. If the scoring should depict poor performance, a spouse must make effort to improve and strengthen the respecting element for personal growth and promoting a lasting marriage. Partners in a marriage have an obligation to be respectful to each other. If spouses get easily frustrated, they need to examine things such as their attitudes, the strength of their love and affection, and the condition of their marriage. Couples should be able to identify constraints that prevent them to attain high performances. The spouses must discuss and resolved issue that prevent them to accomplish the desired state of their marriage.

Confidence Cluster

The confidence cluster involves a personality trait that portrays certainty over the ability to achieve or succeed in meeting goals of a specific plan. People that exude confidence can be believed if they provide substantive evidence of their abilities. Evidence can be provided through showing accomplishments in a specific or general areas of life. In marriages, confidence saves as an inspiration trait that helps some spouses to emotionally connect with an assertive and assuring individual. Spouses expect their partners to strengthen believes that the connection will make their marriages long-lasting, affectionate, and happy one. Most confident people project the image that they know what they want, they have

what it takes, and they will continue to thrive in the way they know better. As such, spouses are assured that being in the company of a confident partner will continue to give them salvation they desire. As such, married people always examine the current and future possibilities of their happiness, hence they always seek inspiration to enjoy today and hope for the best in the future of their marriage. Some spouses always wish for their partners to express certainty about the vision for the future. If marriages are deprived of the desired confidence, many spouses will develop insecurities as uncertainty breeds fear. When a marriage lack confidence, couples will assume that they are in a directionless marriage. The spouses will feel that they were duped into meaningless marriages by partners that were confused about their personal lives. Some people confuse cockiness for confidence because the words are loosely used in some circles. Cockiness is an exaggeration of confidence, and the latter is more pleasant and desirable in most settings. Therefore, the confidence cluster is projected by elements that make it more definable by the spouses. The confidence cluster can be differentiated from arrogance because of its elements which include excitable, eloquence, trustworthy, self-aware, and tidiness.

⇒ **Excitedness**

The excitedness trait is one of the most revealing qualities under the confidence cluster as it shows through the elated mood. Spouses that are excited fail to hide the mood from their partners and everyone that pays attention. Married people normally demonstrate passion through a combination of reactions such as triumphs and contentedness. Once the excitedness element is detected from couples, the reactions are supposed to be exposed in the spirit of pleasantness, liveliness, and gratefulness. When spouses falsely display excitedness, it can usually be spotted through lacking a combination of the reactions. Spouses that exhibit the excitedness element subconsciously react with triumphs and contentment to their personal and marriages growth. If spouses lack enthusiasm, they will fail to inspire their partners. A spouse might be deprived of the liveliness if the partner shows indifference to the marriage. People can show excitedness most of the times and it does not mean being overly energetic. Spouses love being in the presence of pleasantness to feel comfortable and grateful. A couple may have a way of livening each other up to

create a sense of fun. If a partner knows how to present fun into the marriage, the couple will remove drabness from their life. When living in an environment of excitedness, spouses will interpret assurance, appreciation, and affection from it. The moment a couple knows that they feel comfortable and happy around each other, the element of excitedness becomes lively in them.

Most people resent a life of drabness, and it is every spouse's duty to show interest in livening up the marriage. Spouses should know that everyone expect a life full of fun. Hence, partners love to see a spark of light in the eyes of their spouses. Life may throw some challenges, but spouses need partners that do not drag them into a perpetual state of lifelessness. Spouses that prefer a life of purpose and meaning put effort at creating plans for ways to make it satisfactory. Partners like to witness the excitedness brought by people that have faith in the plans they create to achieve fun in the marriage. As such, a marriage is formed out of faithfulness, love, and excitement, and both partners must inspire each other. Since the two people became ready and sure that their plans would be fruitful, they were excited about creating the marriage in the beginning. It becomes an obligation for the couple to maintain the spark in the marriage. Spouses must understand their level of excitedness to establish the impact of inspiring zeal into their household. Spouses that exude excitedness express the language of confidence in their union. While excitedness does not fully define confidence, it produces the fun that helps to increase the anticipation to achieve a lasting marriage. Couples have an obligation to project the genuine animated feeling for each other. Spouses may find that rating their performance on this element is difficult because it might be hard to decide the basis for scoring. Individual spouses should consider their realisation to the fact that they are in love and married. The partners must also look at the feeling of victory over the fact that they married the person they love and admire. Additionally, spouses should also ask themselves if they always feel happy being in the current marriage dynamics. When undertaking the CDM rating, spouses must also look at excitedness in respect of the frequency of their happiness. If the spouses feel happy all the time and their partners notice it too, it means the individuals can decide a better score for their performance. Lastly, the spouses should also question their creativity in generating

fun into the marriage. If partners are good at creating fun, they must also ask if they succeed in making their partners join them.

⇒ **Eloquence**

In general, people gifted with the brilliance of inspiring others normally express their ideas, thoughts and aspirations with logic and clarity. Spouses with communication fluidity deliver their intentions or achievements in a way that eliminates doubt, expresses love and promotes commitment with believable certainty. If a spouse has communication challenges, any attempt to speak might be hard to understand or can be misconstrued by a partner. When a partner gets a different meaning from what was intended, a problem might arise in the marriage. If spouses use different ways to communicate yet partners fail to understand, they need to create better strategies to deliver the messages. Sometimes a spouse speaks in a boring or unintelligent way that the listener loses interest to listen or follow the conversation. Once a spouse delivers an unintelligible message, a partner might fail to understand the essence or meaning being conveyed by the individual. When a spouse cleverly delivers a message, a partner might draw attentively to the conversation. The delivery of a message must be convincing and inspiring to the listener. People with the gift of eloquence can deliver their deep feelings in a way that emotionally touches the heart of a spouse. As such, spouses that are eloquent can win faith and attention of their partners. If spouses have a goal to be understood in relation to their position regarding the marriage, they can motivate their partners to treasure the nuptial in the same way or better than they do.

When partners take a cue from eloquent spouses, they develop faith from the conviction. It is usually very hard to compete against an eloquent spouse unless the partner uses wisdom to seek an agreement or compromise. When spouses are blessed with eloquence, intelligence, and wisdom, their abilities will provide great value to the happiness, tranquillity, and progress of a marriage. People struggle to express great points that can help them to enjoy a happy, affectionate, and lasting marriages. If spouses can positively enlighten their partners with clarity, the couple will have a better communication in the

marriage. When a spouse is better informed, decisions are easier to make and there will be a high possibility of gratefulness in marriage. Intelligent and eloquent spouses are mostly capable of adjusting their communication approach to suit the comprehension capability of the listener. Spouses that speak intelligently and eloquently usually learn quickly to adjust and become certain that they will be understood by their spouses. However, the spouse must also play a part in adjusting to the communication ways of their partners. Most spouses that are eloquent and intelligent also develop the ability to dissect information and deliver it with simplicity and clarity. However, some spouses misuse their eloquence especially if it is combined with high intelligence to manipulate their partners for selfish gains. Spouses should use their eloquence to introduce good communication culture rather than manipulating their partners and endanger a potentially happy and lasting marriage. Some spouses do not trust eloquent people because of bad experiences, or they have a stereotype impression that they are manipulators. When people become sceptical and fearful of eloquent individuals, it is difficult to verbally convince them.

It may take a lot of effort and time to demonstrate truthfulness through behaving and communicating honourably in the presence of a spouse all the time. During the communication effort, a spouse must effectively use perspectives that bring unity, happiness, and longevity of the marriage. As such, married people might find rating the eloquence element difficult because it involves what a spouse might want to hear from the partner. However, spouses can rate their performance by judging the responses of partners especially on issues concerning some conflicts within the household. Married people face crisis on several occasions and a partner might be compelled to clarify or provide strength so that the issues could be solved using a collective force. A spouse must derive the score from the nature of responses given by the partner. If it has been determined that the response is always negative, the spouse must use a reasonable discretion to rate the performance. It is important to realise that even if a partner has comprehension or trust issues, the prerogative remains with every individual to improve communication in the marriage. It should be noted that people speak differently with friends, work colleagues, family members, their children, and spouses. Therefore, it is unwise to use the eloquence assumed in some settings and relate it to a situation with a spouse. If the performance

rating is based on outside assumptions, the score on the eloquent element will possibly be wrong. The rating should be focused on the performance of spouses in a marriage.

⇒ **Trustworthy**

Trustworthiness is a preferable quality that spouses expect from their partners in a marriage. However, this guide provides ways married people can examine and judge their level of own trustworthiness in a marriage. The question on the CDM (*figure 6b*) seeks to make spouses evaluate their contribution to the happiness and stability of a marriages through their trustworthiness. If spouses always pass the test of being trustworthy, they will not carry the burden of guilt on their shoulders. A person feeling free from guilt always present an aura of assurance unless the individual destroys it with arrogance. Some people are arrogant because they feel blameless. People with an attitude of arrogance subconsciously make their partners feel degraded, mistreated, and less perfect. Some spouses create exaggerated impressions of their own trustworthiness. Spouses must reflect on their behaviour to examine their own trustworthiness during the dating and the marriage periods. When undertaking the scoring on the CDM under the [emotional clusters](#), spouses do not have to compare their honesty with their partners. When spouses judge their partners' trustworthiness, they might be wrong. Generally, people should eliminate their assumptions of others by basing their judgements on irrefutable evidence or if the individual previously accepted their responsibility over considered issues. It helps for individuals to remember everything irrespective of the ugliness of events so that they get to the truth about their own trustworthiness.

People that are known to be trustworthy add an element that inspires confidence over their persona. Trustworthy people are very rare to meet and when a person meets them, it is hard to identify or believe them. Spouses can gain trust from their partners for consistently being trustworthy over a long period. As such, trustworthiness cannot be based on using reassuring words without consistent deeds over a lengthy period. If partners ignore the importance of trustworthiness, the evidence, and the length of time it takes, spouses will be shocked when they suddenly face betrayal. When examining personal performance on the

trustworthiness element, spouses must think deeply about their own expectation from their partners. The history of individuals makes it hard for their spouses to trust them. It is hard for spouses to trust their partners when there were previously untrustworthy incidences such as stealing, lying, or cheating among others. Many people have trusting issues of cheating because they might have witnessed infidelity in their family or personal life. Spouses that previously had knowledge of parents cheating will find it difficult to trust their partners. Cheating is a big problem in many societies especially currently where internet provides cheap and effective communication channels. People get access to instant communication methods such as social media platforms and software application where calling is possible by video and audio as well as texting. Patriarchal communities that socialised people to believe that polygamy is a traditional practice struggle to believe that males cheat.

Some societies believe that any of the affairs potentially lead to polygamous marriages. People defend the behaviour by saying that the process of courting cannot be taken as being unfaithful. Polygamous societies in the modern age provide different classes of marriages for couples to choose their preferred statuses. As a result, many people are insecure because they believe their partners are always having extra marital affairs. Consequently, it takes too long and extremely hard work for some partners to gain the trust of their spouses. If a spouse is distrusted by an insecure partner for cheating, the individual may suffer incessant abuse especially when the suspicion is based on false or unproven information. When distrust becomes excessive, the couple may deeply and unnecessarily hurt each other. Couples experiencing distrust may face irreparable damage to their marriages when the conflict becomes toxic. Couples that experience distrust in their marriage may end up choosing to protect their sanity, dignity, and peace through divorce. Everyone has an obligation to prove their trustworthy without being forced to act in a manner that only suits the demanding spouse. People need to act in ways that always indicate honesty to prevent unnecessary conflicts in marriage. Spouses that believe in the value of their truthfulness must remain honest and respectful to themselves and the spirit of their marriages. People with integrity always strive to consistently act in ways that demonstrate respectable pride. When spouses get to rate their performance of the

trustworthy element on the CDM (*figure 6b*), scores must be reflective of the true behaviour of their own. Individuals must consider the past behaviours as very important to deduce the previous performance. The trustworthy element falls under the confidence cluster because it inspires assertiveness and a sense of security for the benefit of personal growth and lasting marriage. People who feel trustworthy and have been consistent over a long period help to improve the mental wellbeing of their partners. As such, the trustworthy element falls under the emotional cluster because of its impact on the feelings of partners.

⇒ **Self-aware**

Self-awareness as an element under the confidence cluster and relates to the conscious knowledge of one's strengths and weaknesses. When self-awareness is positively taken to project an inward knowledge of oneself in as far as pleasantness, others will mostly be drawn to the person. Sometimes a person might be positively aware of their enigmatic presence without directing anyone to one specific thing about them. It becomes the onus of the reader to derive the source of the self-awareness. Some people might be self-aware of their brilliance in something and people such as spouses might be more drawn to the person they describe as confident. Most people that are self-aware in a positive way are perceived to be usually humble and respectful. A person that displays self-awareness in a positive way is normally comfortable and possesses a controlled and assured demeanour. Once a person appears to be obsessed with abilities and appearances, they cease to be confident but arrogant. When people portray self-awareness in a negative way, they are likely to drive partners away. If people show the self-awareness element in an ignorant and distasteful manner, they will unknowingly portray a bad assumption. In some cases, self-aware spouses may display the element in negative ways, and it may cause partners to dislike them on things they seem subconsciously portraying. A person gets to be relatable and lovable when their self-awareness originates from a humble and consciousness state. Therefore, spouses that undertake the rating for their performance on the self-awareness element must consider the impact of their demeanour on their partners. Some spouses are self-aware of their towering presence, and that may intimidate a partner. Mostly, partners that are intimidated by a gigantic demeanour of a spouse might feel insecure and detached to

protect their self-esteem. As such, when spouses promote attitudes that negatively impact on the happiness and pleasure of their partners, it means the demeanour is poor and self-defeating to the spirit of marriage or any type of unity. When an individual is undertaking scoring, focus must be placed on when and how a spouse has known to be wrong and sought to make amends or forgiveness before an individual highlighted the issue. Equally, some score might be awarded for realising that respect is due to the spouse and show by refraining from doing it.

⇒ **Tidiness**

There is a justifiable notion that has been common in many societies since time immemorial about tidiness in general. At one time it became common to say that cleanliness is next to Godliness in tribute to the value of tidiness. The saying was used to encourage people to become generally smart and tidy. Tidiness is considered by some people to be the best way a person can achieve or maintain a clear focused mind in a suitable setting. However, some spouses promote untidiness and unpleasantness because of laziness so much that they can ignore advice on health matters from other individuals. If both spouses respect and maintain the condition that tidiness brings to the household, couples will minimise potential threats to their marriages. Tidiness as an element contributes to warmth, pleasantness, and tranquillity in most marriages. When tidiness is preferred and maintained by only one spouse, it has a potential to negatively affect the happiness in the marriage. If a spouse fails to be inspired by the effort of a partner that devotes effort to promoting and maintaining tidiness, the marriage may experience frictions which may negatively impact on the happiness of the individuals. Tidiness is expressed in terms of presentation from clothing, home appearance- indoors and garden, vehicles, garages or shades and other places in the domestic setting. Tidiness helps many people to enjoy clarity of the mind, self-respect, comfortability, and wholesomeness whenever they are in the house or around the family. Some people believe that spouses that respect and treasure their wellbeing can be identified by the way they promote and maintain neatness around the family and the domestic settings. Tidiness is one of the best things that spouses can use to illustrate their personal growth, dedication, and organisation skills. As such, tidiness inspires a sense of

direction, order, and the love to live a great life. The power of tidiness is underestimated because it rarely gets mentioned as a direct cause of some divorces. Many married people do not realise the ripple effect that tidiness causes to many marriages. Additionally, when a couple is constantly involved in conflicts relating to neatness, they do not realise the impact it has on problems that already exist in the marriage. In other words, conflicts from tidiness can exacerbate existing problems and severely impact on personal contentment and peace in the marriage.

Married people start by hoping that the untidiness will change, but the tolerating spouse eventually gets tired of being responsible for the mess of a partner that continually makes the situation worse. In most cases, spouses may have noticed the untidiness of a partner during the dating period hoping that it will change after they get married. Generally, most people take tidiness seriously. If some people notice unacceptable level of untidiness during dating, they will normally terminate the relationship. However, it is hard to find elements of untidiness during the dating period especially if there were few opportunities to determine the tidiness abilities. When people are married, it is important for spouses to understand each other's weaknesses and give support. At the same time, each person has an obligation to learn personal weaknesses and make effort to improve so that frictions can be minimised in the marriage. There has been some unsubstantiated assertion that very tidy people are intelligent and ambitious. People that struggle with tidiness can as well be as intelligent and ambitious as anybody else. Few individuals also wrongly believe that all very tidy people have obsessive-compulsive disorder (OCD) and that it negatively impacts on marriages. People that have the assumption about OCD and tidy individuals should know that there are many reasons that cause conflicts. When some people with OCD or tidiness tendencies get into a conflict, the cause will most likely be the attitude used to address the problem. After some very tidy people use bad attitudes, they might feel justified without realising that they are the ones that fuelled or worsened the conflict in the marriage. Sometimes when spouses get into a conflict, the reasons might be linked to a lack of compromising skills (*figure 8*).

In some cases, untidy people might be very impatient with an orderly partner who will insist on maintaining a specific standard in the household. Some people have a wrong impression

that obsessive compulsive disorder could be the cause of many conflicts for spouses that maintain extreme tidiness. However, there are some people with OCD or tidiness tendencies who are excellent at using tactics that prevent potential conflicts. Some spouses are inconsistently tidy as they may concentrate on cleaning their bodies, but they may not do so in some aspects of their lives. When spouses face poor or deteriorating tidiness, they may get frustrated, and the attitude ends up negatively impacting on the marriage. Many people frustrate their spouses because they are generally disorganised, disoriented, and inelegant in the way they do things. Nonetheless, some spouses admire tidy appearances and presentations of their partners, and they are keen to learn or develop the skills associated with tidiness. Therefore, when spouses begin to rate their performance on the tidiness element, they must consider many factors. When carrying out a personal introspection on tidiness, spouses must examine cleanliness and organisation from items like clothes, body, wardrobe, laundry, plates, home, garden, and cars. Individuals must determine their performance or ability to clean, arrange, organise, maintain, or upgrade to a preferred standard. Many untidy people ignore cleaning or washing walls, floors, carpets, doors, windows, car interiors, hair, and many others in parts of their lives. When people are honest about their performance from personal assessment, they will give themselves relatively appropriate scores. Spouses that are also undertaking a performance rating on the tidiness element can use the feedback they received throughout their lives to determine a suitable score. The CDM exercise will help spouses to learn their weaknesses relating to their personal tidiness. The goal for spouses to undertake a scoring exercise is based on understanding their potential contribution to reasonable tidiness to achieve personal happiness and tranquillity in the marriage.

Summary

It is also important to analyse each cluster to determine the dominant elements which might be more than one. Dominant elements usually define visible traits at any given time, which become the basis for people to judge their own behaviour. A dominant cluster is confirmed through the highest showing score on the CDM. A dominant element is also shown from the highest awarded mark. A person that undertakes own personal scoring

needs to analyse the dominant score and determine the value of it to understand the overall contribution to peace, personal growth, happiness, and lasting marriage. A person undertaking the elevation would also need to understand the weaker elements and clusters so that the individual can start working to maintain or improve them. It is essential for spouses to maintain a good performance on dominant clusters and improve all the weaker ones. When a spouse can achieve a balance on the clusters, it improves the chance of achieving the best possible personal happiness and fulfilment, which might normally add value to the partner and the marriage.

Chapter 7

Compromising

The compromising concept provides insight into the most transparent and easily digestible experiences of people trying to enter into an agreement. Most spouses that apply the outlined experiences under this theory will find that the scenarios can be applied to any situation to produce positive results in many marriages. The compromising theory uses techniques that can be understood and applied in any unique situations to achieve desirable results for many couples. The author identified the compromising challenges of couples during many relationship coaching projects. This resulted in the creation of an effective graphical illustration to demonstrate that agreements or compromises are easily attainable in most marriages. The author experienced that a nuptial involving any average to above intelligent people that are committed to achieving a satisfactory and long-lasting marriage can learn and successfully apply the compromising concept in their lives. A marriage comprises of more than one person. In this section, we focused more on unions between two people to avoid confusions. A union of two people in this context allows readers to understand and grasp the concept provided in this chapter. The art of compromising is a very pertinent concept in any situation. Most people are not aware that it requires a skill to compromise on issue that individuals may have different opinions and still want to make a progressive decision. In general, compromising is a process of finding an understanding between two or more people. Compromising in practice has never been an easy process for many reasons. People are born and brought up in environments that teach them to promote their safety from danger. Individuals are also brought up being challenged about their personal feelings to different situations. More so, people grow up being taught to protect their personal interests before they consider the feelings of others.

Children are taught to become the best among others. Students go through life being taught to perform better than others in assessments such as assignments, test, exams, interviews, and other competitions. Kids will grow to become adults being expected to compete by attaining top grades or marks. Therefore, schools, homes and workplaces among others

teach or encourage people to attain the number one spot on almost everything. We might argue that in the greatest part of our lives, we are taught selfishness. It is after we have excelled in the skills that promote selfishness would we become accepted as productive or high achievers in most societies. Human abilities are also tested when they work in teams. Human beings put themselves in competitive situations to identify effective and creative people that excel in their personal journey so that their skills could blend, complement, and promote personal, family, and societal developments that improve the quality of lives. When individuals work hard to demonstrate innovativeness, effectiveness, and efficiency, they want to reach the epitome of imaginable success. Most people naturally become competitive against anyone in the same environment where they are all working to get a reward such as job promotion, praise, recognition, award, or any kind of prize worth the effort. The nature of a union such as marriage or other types of partnerships work best when the fruit of their effort is meant to benefit them as a collective household. It is almost impossible to find two people with virtually all homogenous characteristics such as personalities, ambitions, predispositions, and choices. Consequently, everything that a couple does involves decisions that go through scrutiny from one or both individuals to reach a collective decision.

A final harmonious decision can mostly be reached after a debate, which could potentially be heated and tiresome. Some debates may require convincing the other that one perspective brings more beneficial results than the other. In other debates, it is rare for two people to come up with agreeable solutions. Sometimes disagreements are not based on ideas but misunderstandings due to poor communication or inabilities to comprehend information. In other instances, disagreements may be caused by individuals that thrive on undermining other people's ideas because they want to be recognised as having superior minds to other persons. Some people do not want their ideas to go through scrutiny because they want to take credit for being the ones with the best solutions regardless of the opinions of everyone who will be affected by their decisions. In a business scenario, it is difficult to reach a win-win situation without a thorough research. Executives normally collect evidence as leverage to support their ideas and to dispel those from the opponent. At times, information obtained from research can help to affirm support for own ideas and

to dismantle those being pushed by the opposite side. Sometimes, a debate will turn into a negotiation where the issue departs from finding collectively beneficial solutions to trying to incorporate everyone's ideas just to appease egos in a marriage. In general, negotiation involves pushing for recognition to achieve a superior leverage and maximising personal or team benefits better than the other side on a deal. Therefore, a negotiation entails thriving to reach a final decision where each part to a deal gets results as separate entities. A debate in this context entails discussions that seek to benefit both parts working as one entity rather than a negotiation that involves adjusting demands and leverages to attain the best benefits for a winning side. However, the whole process of reaching a decision means that some compromises have been made to achieve an outcome. A compromise in essence means people involved in a deal have reached an agreement after starting from different points of opinions or from demands that were too far apart.

When couples communicate clearly, honestly, and fairly, they can realise the importance of working as a team. If a couple works towards the same purpose and expect outcomes that fulfil a shared goal, they will not fight for power or dominance. People that work for collective purpose and not interested in getting personal praises are expected to inspiringly communicate with respect. Spouses working for a common purpose do not clandestinely present issues for selfish gain against their partners. Honest spouses present issues and allow their partners to deliberate on the pros and cons so that the discussions or debates can yield desirable results from a position of constructive wisdom. If a spouse suddenly presents a difficult issue to a partner and demand an immediate solution, it is usually suspected to be a ploy. People that use ploys normal intend to gain leverage and use a one-sided decision as a solution to the problem. Sometimes, couples may get wrong-footed by emergencies that need quick decisions to prevent catastrophes in their lives. Some people disguise their manipulation and dishonesty by falsely presenting emergence issues so that they gain an opportunity to quickly make self-serving decisions. Manipulative spouses are always looking for ways to gain advantages. The spouses have tendencies of eliminating their partners' opinions with the aim of driving discussions. These manipulators are comfortable with a situation where proffered solutions only come from them to achieve preferred outcomes. However, some individuals resort to manipulation as a surviving

strategy when dealing with selfish and very difficult persons. Nonetheless, when some couples face challenging issues that require competent solutions, they make decisions after consulting trusted and respectful individuals or professionals to make major decisions.

A couple may encounter moments that require **surrendering decision-making powers** to one individual in the marriage. When a household confronts a moment to give decision making powers to one individual, the impact of a disastrous outcome must be examined to establish if the strategies to minimise risks are relatively strong. Couples should always control risk by proactively creating suitable strategies to counteract future challenges that may arise while working towards their goals. Shared goals are not easy to achieve so it is in the best interest of love, peace, happiness, and the spirit of lasting marriages to put most recognisable safeguards in place. In most cases, couples should always proactively discuss creative strategies that can help to achieve shared goals. Normally, spouses will always face challenges that can be solved through predetermined solutions that can be achieved by using appropriate tools such as money, assets, or ideas. As such, couples should always be clearing implementation paths so that problems can easily be resolved even by one spouse when emergencies suddenly arise in a marriage. When a couple is faced by any form of emergency, each spouse must know what the other will do to achieve the outcome they always share.

No spouse between the couples would guess what the other will do if the marriage is run by people harbouring secrets, who are too scared, too hungry for power and who promote internal rivalry. When circumstances demand an emergency power from one spouse, the other partner that hands willingly to the one assigned should not be too apprehensive about the likely outcome. If there is trust and confidence over the ability of the individual as proactively prepared, solutions will unluckily get to adversely impact on their marriage. Couples are supposed to know when it is appropriate to start discussing and planning for eventualities in their marriages. If people are realistic about life challenges, they will start sooner and continue to plan to counteract future problems. Couples should always note that decisions are always supposed to be beneficial to their marriages. Hence, spouses should learn to spot issues that require negotiations or discussions so that advance plans

can always be in place. Importantly, when spouses embark on negotiations or discussions, it is important to know the time and methods to compromise at the stage where they have reached optimal point for a favourable outcome in accordance with their goals.

Individuality framework

In a marriage, there are two components which are illustrated by the **individuality framework**. Couples need to remember that the framework helps them to work together to reach desired compromises on issues of importance in their marriage. The first component of the framework involves understanding that the coming together of two people should not destroy their individuality in the marriage. The second component demonstrates elements that bring a couple together to be defined as married. The **individuality framework** only serves the purpose of illustrating that married people should maintain a substantial level of their own persona while creating a purposeful bond for now and the future in an affectionate marriage. A couple that creates a common ground will have a connection that will continue to promote or influence the strength of their future. When a couple establishes a common ground, it means that they created a strong identity for their marriage.

INDIVIDUALITY FRAMEWORK

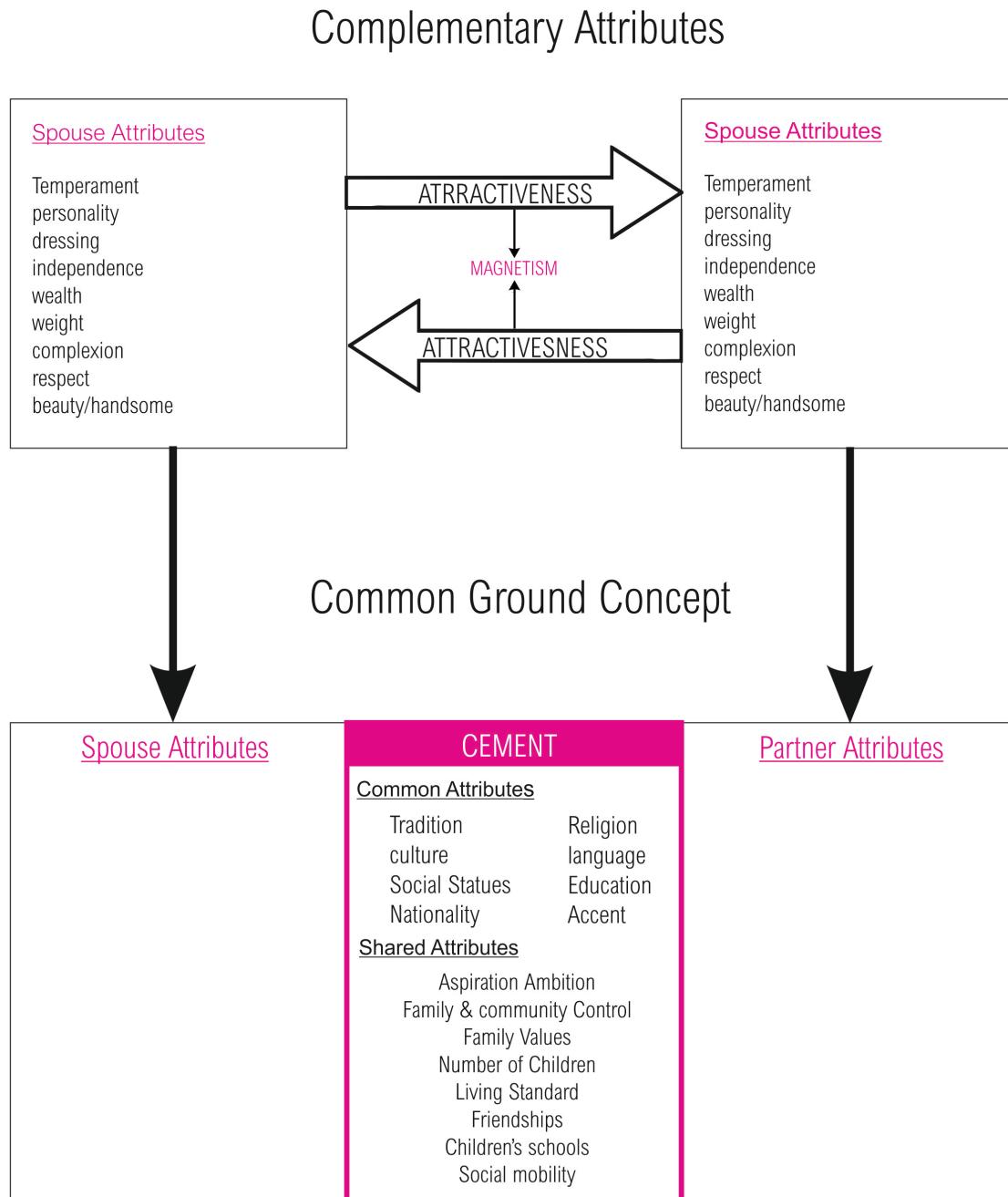


Figure 7: Individuality Framework

A **common ground** is created from common attributes and shared goals. As such, spouses in the marriage should bring their individuality in the discussion to improve chances of generating a better outcome in establishing **common attributes** and **shared goals**. A couple

should identify common attributes that work alongside their shared goals to make the marriage a strong force. A combination of **common attributes and shared goals** known in this book as the **cement** will bring together factors that will define the identity of a marriage. **Common attributes** comprise of values based on tradition, language, nationality, education, religion, culture, social status, and age among others. Similarly, **shared goals** include aspirations and ambitions such as number of children, family and community contributions, social mobility, schools for children, friendships and living standards among others.

Cement and Magnetism

The individuality component of the framework comprises of complementary attributes which indicate the availability of attractiveness between individuals in the marriage. Complementary attributes should generate reciprocal attractiveness between the spouses to create what is known in this book as magnetism. Magnetism is a collective force from a combination of complementary attributes such as personality, beauty, freedom, independence, wealth, height, complexion, accent, and many other elements from merit and emotional clusters under the CDM (figure 6a & 6b). Some complementary attributes are not relevant to few individuals as they do not have huge influence (weak magnetism) in their marriages. As such, everyone has some form of complementary attributes in their marriage. Decisions that are influenced by complementary attributes can be powerful to others because of their level of magnetism or force. Collectively, the cement and the magnetism are influential forces that add value to contentment, affection, and desire for longevity in marriage. People that are brought together by love may have strong elements of cement and magnetism because they derive power of reciprocity and common purpose in equal measure to enjoy their friendship, affection, and marriage goals. Couples whose love is defined by strong influence of cement and magnetisms are usually capable of disrupting or defeating problems that threaten the strength and prosperity of their marriage.

People who go through arranged marriages might be among the highest number of couples that immediately start to discover after their nuptial that they lack the skills to connect or create a common ground involving common attributes and shared goals that bind the marriage together as the cement. The newly married couples from the arranged marriages may also discover that they possess insufficient qualities for reciprocal attractiveness known as magnetism. In other words, couples without magnetism mostly lack the inability to share strong affection. Many people in arranged marriages argue that they start their nuptial at a loveless and incompatible stage. However, some people can change the level of lovelessness and incompatibility to attain the cog effect by strengthening magnetism and cement over a long period. Couples will need to start early to develop magnetism and cement before conflicts degenerate into animosity. Animosity grows according to the intensity of conflicts or when sustained by adding problematic issues over a long period. When people take too long in a conflict, it becomes difficult to remove elements of hate or unforgiveness within them even after resolving the main problematic issues. If a spouse or a couple were to follow all theories in this book with vigour and commitment, they will significantly increase a chance to improve the magnetism and cement to achieve a cog effect in their marriage. People need to realise that hard work helps to understand and improve all components to achieve personal growth, contentment, and lasting marriage. As indicated by the individuality framework (*figure 7*), when spouses understand their collective and individual responses, it means that they possess a **structural identity** for their marriage. Once a couple understands individuality and common elements, it means that they can discuss any issues to reach compromises that promote the spirit of their marriage. Couples can be guided by their goals against the knowledge of their specific dynamics or structural identity to embark on a productive decision-making process for the good of their marriages and personal growths.

Advanced Compromising Theory

A compromise involves a person recognising the need to move personal or team demands from a desirable position to an area that accommodates the desires of others. When a

couple is involved in a negotiation or discussion, the spouses must depart from adamant personal positions to a place of relative common interest. When one spouse relents from entire personal demands to a position strongly advocated by a partner, it means that the shifting individual was convinced or saw a higher value in the other person's choice. Mostly, spouses negotiate or discuss to find compromises on issues such as personal or collective needs, perceptions, aspirations, and desires. In some cases, a compromise may involve changing a position to settle at a point that gives a spouse an advantage and agreeing for the partner to enjoy the favour in the next issue that will imminently come in the marriage. A couple might agree to celebrate festive holiday at one spouse's parents in one season and return the favour to the other partner's father and mother in the next one. In other instances, a spouse might compromise by accepting to align with unfamiliar religious values because of the importance and symbolism to the partner. If a spouse cannot eat certain type of food for religious reason, a partner may stop preparing it in pots used to cook the accepted cuisines. In some cases, a partner will entirely stop preparing and eating the food that a spouse does not eat for religious or traditional reasons. Similarly, a compromise might involve agreeing to expend on things that were not initially desired because a partner has traded for something that was also resisted by the other spouse. A compromise is meant to be voluntary than coerced in a marriage. Mostly, coercion may come in the form of bullying, blackmail, or manipulation among others. They are people that use betrayal, withdrawing privileges, and shaming to force others to comply on issues they would never have accepted under normal circumstances.

In few marriages, a spouse that understands personal weaknesses is usually thankful when a partner manipulated them, and result comes back victorious for the couple. The act of manipulation might be considered acceptable because of the triumph to the marriage. In this case, the defence lays in the victory and the personal weaknesses of the partner than the manipulating behaviour. So, the couple would feel that if manipulation had not been applied, the important decision may never have been taken and implemented to attain the current happy position in the marriage. In most cases, it is considered risky to take unilateral decisions by manipulating or betraying the trust of a partner. Many spouses would feel betrayed if manipulation was employed irrespective of the victory attained because of the

behaviour. Some spouses will never gain trust from partners they manipulated or betrayed for whatever reason. A spouse that uses some form of manipulation to achieve a compromise from a partner may cause huge and possibly unsolvable problems between the pair when the other finds out, even when there has been a victory in the deal. The act of manipulation normally implants feelings of mistrust, despondence, and hate. When a manipulating spouse fails to achieve the goal, the couple might get into a serious conflict. Sometimes a conflict might become too bad because of the size of exposure to the risk. If a partner gets angry over the size of exposure to the risk, it requires a sincere remorseful expression of apology for the spouse to be forgiven by the partner. If the risky partner fails to attain the goal, a partner might feel more justified to paint a picture of dishonest and disrespectful to the marriage. In other instances, people may tend to frown at some few marriages because they may fail to understand a couple's dynamics. Some couples have a unique relationship that they instantly compromise by letting a spouse take charge of things she has interest or feels capable of doing. The couples will value commitment and a desire to learn from mistakes. As such, each partner will be designated an area of responsibility and will receive help upon request. People that enter such types of compromises are unique and lucky to have met and gotten married to each other. Some spouses have leadership qualities so much that they can inspire rather than manipulate a partner to be an active participant in a marriage. Some couples may espouse values of independent mind and freedom to act in the best interest for the prosperity of the marriage.

As such, a graphical concept on compromising (*figure 8*) known as the compromising theory indicates positions of each person on the matter under discussion. When a matter is first tabled, the perception of each part to the discussion is assumed to begin at far ends of the diagram. The positions located at the far ends of the graph are usually assumed to be a default position at every start of a negotiation. However, the position might sometimes reflect a true position. When the default position persists long after negotiations started, it may show that an impasse is imminent. While the far ends are default positions at the start of the negotiations, others may use the starting points for tactical or as strategic opportunity to portray huge differences so that they can negotiate favourable terms. Some people may not begin with a position that gives a 50% favourable result because of many

variables. People naturally seek results that place them in the best positions because they want to gain the best possible advantage. While a marriage is supposed to provide the best synergy, some human beings are petty due to selfishness. Some negotiators start at a position where they feel the negotiation will inevitably break down. So, they will begin with a hostility approach to intimidate the opponent into submission. Nevertheless, a compromising theory is a work of art which is applicable in many negotiating situations. Couples negotiate among themselves when planning a wedding, buying a house, purchasing furniture, going for a holiday, deciding a school for a child, and changing employment or career among other eventualities of life in a marriage. Individuals with qualities such as honest negotiators, progressive thinkers or those that are formidable communicators with strong analytical minds usually get the best outcome. The compromising concept will help people that need to develop negotiation skills as well as those that want to maintain the standard of excellence.

A compromising theory helps a partner to review sincerity or challenges from the manner a spouse operates in the marriage. Some spouses observe the way partners shift between positions from uncompromising to a semi compromising and finally to the compromising regions. People can reach a 100% position when they are in total agreement, as they would consider the deal to be fair. Other positions indicate the degrees of winning within the compromising regions. When negotiators attain a position other than the centre at 100%, it means that each party to the discussion will lose something to reach a fairer position within the compromising region. If a spouse hardly compromises and the partner also stays stationary within the uncompromising position, it means that there is an impasse and negotiations may break down. The region of semi compromising zone indicates that negotiators can only select parts of the deal they like and suspend or abandon many parts of disagreement. In some other cases, the semi compromising zone may help negotiators to postpone the discussion because it showed that there was a potential for agreement if the time had been right or some revisions had been carried out. The negotiators will intend to present revised proposals with the hope that they will get a finalise deal in the future. The compromising theory helps people in a marriage to find common grounds on any specific issue. A compromise theory helps people to follow an uncoerced path by reflecting on their

progress and performance. The concept below (*figure 8*) vividly illustrates the possibility for individuals to reach a compromise or an agreement with each other.

The compromising theory

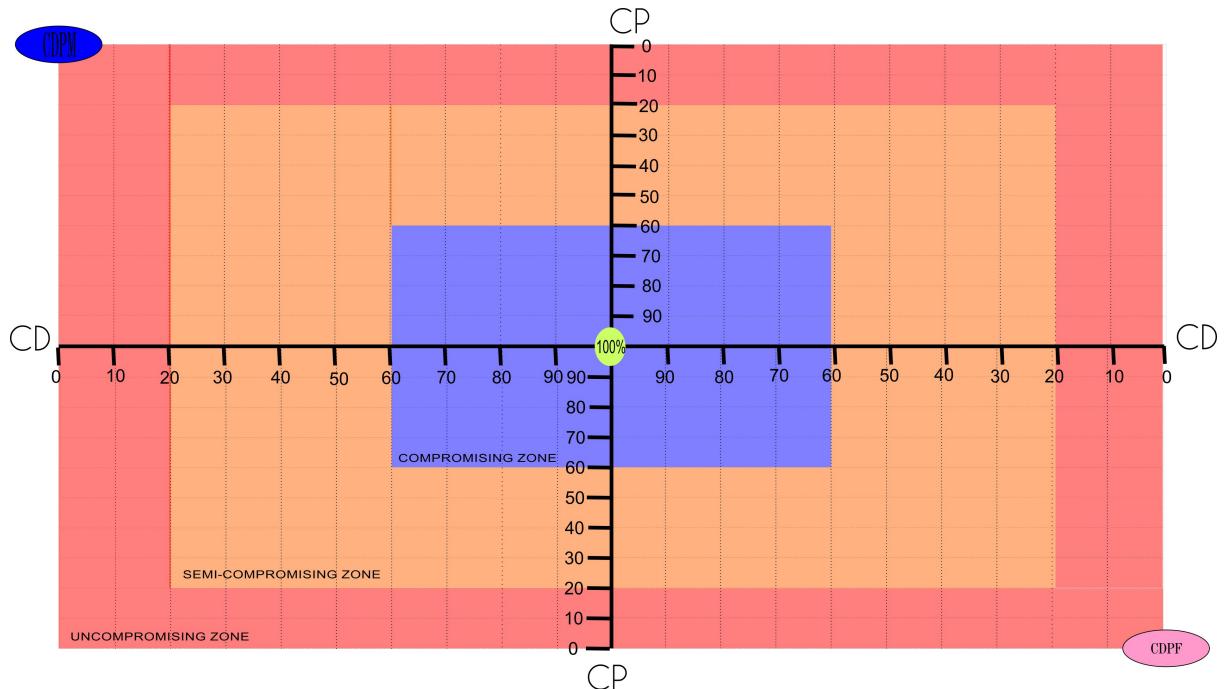


Figure 8: Advanced Comprometre

Comprometre summary

As illustrated in the above diagram, a ‘comprometre’ is a simplified framework that explains the manner a compromise can be reached. The horizontal line shows the compromising distance (CD) that an individual must travel from the starting position to reach the centre of agreement. The centre marked by 100% is the compromising point that represents an ideal point for the best win-win situation. When an issue is outlined, parties to the discussion would each move from the left Compromising Distance Point for Male (CDPM) and the right Compromising Distance Point for female (CDPF) to take their initial preferred positions. The one that starts from a faraway point might have to work harder to come closer to 100% compromising point. Once two parties reach a 60% and above points each, it means that they are reaching a reasonable position for an agreement. When a couple fail to attain a 100% point, but remain in the favourable region, one of the parts may choose to accept the

terms presented by the other. A spouse that accepts some enforced terms might agree for the sake of progress because an impasse could cause a huge conflict. Couples should not consider any discussion as a form of competition or as a way of exerting revenge on the other. Some spouses might choose a lesser compromising position as a sign of goodwill in a relationship. When one spouse becomes adamant on a point that seem unfavourable, it may cause the other to revert to a difficult position, making a compromising effort very difficult. A total compromising position of 100% can be accomplished when there are no final differences in opinion. As such, when spouses move to a 100% position, it means that they would have adopted an absolute win-win spot for a victories agreement that promotes peace, affection, and lasting marriage.

Chapter 8

Family dynamics

The family-settling phase comes after the honeymoon period where newly married couples would have gone through the adjustments to start a constructive, societal building and happy life together. The honeymoon period involves celebrating a new life and tasting what the life can offer. A family-settling phase entails the entry into a concrete and collective decision-making lifestyle. When making decisions in a marriage, its impact to the household members must be considered by both spouses. Most belief systems place a man as the ordained provider and protector of his family. However, some societies promote a modern lifestyle that gives spouses same responsibilities in a marriage. The modern lifestyle encourages a couple to make collective decisions and face challenges as a team. The definition of a family-settling phase provides an insight into the possible complexities that require a kind and patient heart. The context of this book seeks to encourage couples to take their part in helping to manage the dynamics of their relationship in a marriage context. The emphasis in this book takes the form of encouraging spouses to take the responsibility to manage the flow of the relationship to achieve happiness and fulfilment. Thus, the book gives prominence to accountability that defines trust, complementary, and dependability achieved through commitment to common purpose. Ultimately, the effective effort of collective personas determines the level of success.

If success is a result of collective effort, it can also define the quality of balanced and genuine compromises involved in the marriage. However, if success would be limited or becomes an individual achievement, it indicates huge problems in the marriage. Mostly, a competition between a couple would become the focus of destroying or discrediting each other. When people are engrossed in a conflict, they will prefer that as a default position rather than promoting peace, love, and a progressive marriage. When a couple fails to work as a collective entity, the marriage would further be riddled by incessant conflicts. The tipping point comes when each person feels threatened by the other and further maintains an individualistic identity. Since the guide is directed at spouses, they have an obligation to emphasise the role they should play to promote a fulfilment in a marriage. A spouse must

realise that individual perspectives enrich the results of brainstorming during a decision-making process. Therefore, spouses do not give personal opinions with the aim of causing a conflict. Spouses that discuss from a position of tolerance, maturity, and respect to the relationship understand that differences in opinions help to build a progressive and tranquil atmosphere. When spouses notice debates becoming heated, they should first consider the passion and emotion behind the subject to progress gracefully and impersonally with the discussion.

It helps to remain focused on achieving the best progressive solutions or the spouses should take a rest and re-engage using a different strategy. Mostly, there is value in every divergent view, and it takes respect, dedication, intelligence, and love to unlock useful facts. When people share the same view on everything, there is always a possible danger of making bad decisions that hinder progress. A person that encourages and respects individual perspectives can promote and celebrate the achievements of a spouse. Individual perspectives are by no means a gateway for competing against each other. There are instances where people use their expressive ability to register their feelings, but it may vaguely sound like an unfriendly demand. However, some partners mischaracterise the expressions for being problematic without an attempt to consider the value from the perspective. While there are many spouses that can be abusive, it always helps to give a benefit of doubt and be gregarious to a person that needs peaceful cooperation. Often, the length of time and the language used in each debate helps to determine if there is abuse or unpredictable unpleasantness in the incidents. When a person uses impulsively insulting language, it indicates that a debate has degenerated to an abusive conflict. Therefore, when a situation becomes noticeably degenerative, it often calls for retreat and only re-engage at a later stage to normalise the flow of a relationship. It is important to only re-engage when it is evident that tempers have calmed down. Whenever there is a discussion, spouse needs to decide if the subject invokes undesirable emotions. A person must evaluate to establish if the issue has negative connotations that may affect peace if left unaddressed by both parties. People in marriages need to realise that if they ignore a passionate expression by relegating it to pettiness, it usually impacts negatively on the person. Thus, a successful

union is one that spouses prefer to mainly feature respect on opinions and give attention to each other when they are discussing ideas.

A couple can maturely deal with misunderstandings if ideas and opinions are respected in the marriage. Some couples need to stop continually using assumptions that seek to exaggerate their logical thinking power because they undermine their partners. The approach from such people should always be to try to eliminate annoying attitudes that usually impacts on the mental well-being of their partners. The society has been recommending since time immemorial for spouses to change their dictatorial approach and become mutually considerate to partners. When an observation was undertaken, it was established that couples that are compatible usually experience less conflicts because of similar ways of perception, language, and goals. Spouses that are compatible are normally expected to have developed a similar way of contributing to views that enhance discussions in ways that promote positive outcomes. It was also observed that couples can easily minimise conflicts when undertaking a decision-making process to reach a final solution. When couples fight for the idea of being given a superior role in the decision-making process, they create conflicts in the marriages. Couples need to desist from preferring to dominate in decision-making processes involving domestic issues. Spouses that insinuate that they know better than their partners will always undermine others' efforts on many things. A marriage cannot be functional when people are fighting for power and influence. Spouses should realise that if they apply equality, respect, and a sense of shared principles in their marriages, they will promote an organised functional system to exist for the couple to support each other in making constructive decisions.

Many people expressed that it is often difficult to agree and reconcile with perspectives that are associated with greediness, competitiveness, and jealousy mentalities of some spouses. Individuals that like to copy almost everything done by different colleagues will always frustrate their partners as it shows that they only wait for outsiders to think, and they will follow suit. Some partners like to come up with something that indicates originality, independence and expressing their identity rather than adapting to changes that happens to the lives of friends and relatives. Some partners would not appreciate being forced to act in

a way that are inconsistent with their values and exposure because a spouse always want to follow what close friends and families have done in their lives. Consequently, many people feel frustrated by their partners' expectations, but they always fail to react in ways that prevent conflicts. As a result, some spouses will become confused because they are not accustomed to ways they are expected to act. In some spheres, people that understand some domestic roles will find ways to influence priorities in decision-making to avoid direct conflict on issues of principles. Many people fail to understand that a social environment also has a bearing on ways that spouses make their decisions. Often, when spouses misunderstand or disregard a major influence, it leads to dismissing a potentially best solution. Spouses should not dismiss ideas from partners as it is a great injustice in a marriage. People need to appreciate the decision-making abilities of spouses so that they can help each other to create best solutions that will benefit their marriage. Some spouses are often accused of malicious behaviour because they exerted their imaginary superiority power on their partners. At times, partners with similar characteristics may exert self-proclaimed superior thinking powers on each other and it affects the vibrancy of their marriage. All human beings share a critical and logical thinking abilities and people ignore the fact that they possess intelligence that almost performs at the same unless impeded by a disorder. Some people accept a universal confusion created by individuals that fail to recognise the intelligence of others. The educational system has been responsible for creating the notion that people that are not competent in academic subjects are dull. In fact, people are competent in some things that others may not be because no one would be good at everything on earth. As such, people are ignorantly bound to make unfounded assumptions if they never witnessed a person excelling at a particular domain.

The idea of acknowledging abilities of persons that have shown exceptional competences in familiar spheres has led to mischaracterisations and disrespect of some spouses. A few spouses feel jealous of their partners that expose supreme intelligence and they would resort to undermining them. Most individuals feel insecure, and they misguidedly choose to seek the approval of others to develop temporary confidence in their own abilities. Individuals that are self-centred have a challenge in promoting mutual relationships. When self-centred people have spouses that cleverly deal with them, they will leave a relatively

peaceful life. If self-centred spouses have partners that challenge them, their behaviours will also be the source of many frequent conflicts. Individuals that are selfless and respectful often believe that people are uniquely intelligent and if they get exposed to their main areas, they will always excel. People become the best they can be when they are performing tasks they love and enjoy. Therefore, couples have an equal duty to promote the idea that the skills of individuals are meant to be complementary to those that of their partners.

If spouses realise that issues have different shades of colours, they will consider anyone's facts from all angles to achieve best solutions. Everyone should be encouraged to participate in decision-making with confidence, commitment, and zeal. Naturally, anyone that participates in a decision-making process would increasingly place value at the results. If individuals use the PAM and the CDM tools, they will face less challenges to achieve collective results with their partners. A spouse must apply the compatibility frameworks that infuse tolerance and patience. More so, if compatibility frameworks were used from the beginning of a relationship, the couple would have contributed congruous views to their decisions. People must use decision-making approaches that minimise inevitable conflicts between married couples. Furthermore, when spouses acknowledge differences in influences on views, they should do so with considerable respect. The opinions of people are likely to change because of influences that would be present in an individual's life at a given time. However, people that are compatible do not necessarily have exact personalities that maybe considered as mirror image of each other. It simply means that the couple's values are closely linked, and they can easily facilitate a compromise unlike incompatible people. Incompatible people with high emotional intelligence can manage to live peacefully with most relatively reasonable individuals.

A spouse blessed with a compatible partner never stops promoting harmony, tranquillity, happiness, and lasting marriage. Most people would flourish when given love, respect, and attention. Conversely, if a person's effort remains unappreciated, the PAM and the CDM tools must be revisited to analyse personality changes. After respective spouses identify changes in personality traits, they must evaluate and try to adjust to reasonable levels. There is a universally acceptable notion that personalities transform with age, exposure, and

experience. Once individuals fail to adapt to a few strategies such as using maturity in communication, they will struggle to accept new norms from their spouses. When conflicts arise, an immature partner will always fail to prevent or defuse volatile clashes. People that quickly notice changes must employ emotional intelligence to control and promotes peace and progress. It is vital to exercise control especially when facing an oblivious person driving the misery. A person who is oblivious to causing a problem in a marriage will never accept such an allegation because of lack of awareness to the issue. It is pointless to make an accusation to a person who is genuinely ignorant to such facts. When couples are faced with a confusion that seems to arise from possible adjustments to personalities, no one should ever use any confrontational methods to settle the problem. Marriages can be interesting when spouses use good communication skills to bring peace, harmony, and affection. Every person must understand that communication ability is demonstrated through composure, clarity, willingness to learn, listening, emotional intelligence, vulnerability and understanding.

Communication Context

People need to communicate to settle conflicts and it requires honesty, willingness, and commitment to achieve better results. It is not good for persons involved in a conflict to begin communicating while still too angry and apprehensive. People need to be calm to start communicating so that they do not easily lose their temper while at the middle of resolving the conflict. Spouses need to realise that they both have a responsibility to solve a conflict without disrupting the flow of communication by easily losing their tempers. After all, a couple that considers itself a team accepts accountability for causing instability or conflicts in a marriage. If people in the household exercise peace and humility, they will achieve growth in the marriage. Every couple needs to exercise restrain and display maturity when communicating to resolve conflicts. Couples have a duty to control their emotions and egos to prevent conflicts, as they may degenerate into a physical and verbal abuse. When people begin to experience verbal and physical abuse, it become more dangerous because it affects mental and physical health as well as negatively impacting on people's dignity.

Couples need to be truthful to each other if they are genuinely interested in solving their problems. When people deliberately use wrong information, they will get answers which will not resolve the actual problems troubling their marriages. If people argue on the validity of the events behind the problems, it will be difficult for communication to flow when the information is based on wrong context. People should not purposefully disregard the actual context of events so that the disagreement can be resolved using suitable solutions. When a problem is solved by tackling the actual issues, it improves chances of completely ending the specific conflict. A person that understands the actual context of the problem can create the best possible approaches to a solution. When couples base their communication on the actual context of the problem, both spouses will be equally familiar with the event so much that it will eliminate ambiguity and confusion. Couples will be able to dissect the root of the problem and discuss the actual emotions that took control of their minds when the conflict began between the spouses.

People that use and embrace their lies face the danger of holding to a wrong notion that they can dodge the problem and yet they will remain frustrated because of the conflict. When spouses promote their ignorance, they will not achieve closure and the problems will never end. Spouses that are interested in using lies about the origin of a conflict usually want to be vindicated and put the blame on their partners. A spouse that needs to use the correct context of events get more frustrated by the ignorance, lies and the sinister motives behind the manipulations. Couples will always encounter some degree of conflicts because they have obligations to find solutions on challenges they face when trying to achieve their personal and shared goals. People can easily become frustrated and tempted to blame each other when things do not work well. Since life is full of new experiences, people are constantly learning, and they can never get everything right especially the first time of attempting something. Couples ignorantly and subconsciously place mandatory burdens on each other and expect the partners to get immediate solutions. Usually, people are assigned to issues they either do not clearly understand or they lack the skills and tools to solve the problems. When people face pressure to perform, the issues become overpowering to the point that they will fail to withstand the burden. As a result, a spouse may feel that a partner failed them because of disinterest on productive issues. In most cases, some

spouses will challenge using a confused or ignorant context. When some spouses feel that their partners have failed them, they may challenge the individuals when they are already angry. In such situations, conflicts are unavoidable because the partners will try to defend themselves without knowing that they are fuelling the anger of their spouses. The partners will also not understand the nature of a problem that might have angered their spouses to that level. The accused partners will be puzzled because the issues at hand would not warrantee the seriousness of the conflicts being portrayed by their spouses. If spouses continue to communicate without giving the actual context of their problems, they will continue causing confusion and extend the depth and length of the conflict. When a couple has one or both spouses that take honesty for granted, they will not be bothered about causing damage to their marriage. A dishonesty partner will never be interested in real solutions because it will defeat their selfish goals. Naturally, a partner dealing with a dishonest spouse would perform better outside the communication because dealing with an untruthful person over an issue they are both acquainted with would be frustrating. Most people would feel belittled and frustrated being amidst a conflict that has been exacerbated by falsehoods.

If a spouse pushes unclear and unagreed obligations against shared aspirations and goals, the couple will never conclusively solve many of the problems in their marriage. The couples will always have misunderstandings because they lack a **sense of direction and purpose** to their union. It will be better to have a business-like setup which shows direction based on shared plans and goals. A couple always need to operate under a unity of purpose to have cohesion, discussion points, hope, and to share excitement over some collective accomplishments. According to traditional, religious, and cultural beliefs, men have a provider and protector status in a family. However, most modern families share all the responsibilities that separately used to belong to men and women respectively. Therefore, spouses can operate together effectively as a couple when they develop and work together towards accomplishing **shared goals** and satisfying elements of the **common attributes** that **cement** the marriage together. If a couple fails to find areas of common interest to work on in their marriage, they will have to rely on other things they can use to cement their union. A marriage without common interests to work towards will eventually have to re-invent

their union if they will want a happy and lasting union. Some couples that also fail to find a strong purpose to work towards will be bored. The couples will give up when they have no accomplishments to celebrate and admire together for now and in the future. People that rely on a combination of intelligence and wisdom would certainly work to enlighten young couples about the importance to work towards a common purpose.

Young couples need to know the consequences of absolute freedom, independence and senseless approach to self-aggrandisement while living with a spouse in a marriage setting. The people that may impart their knowledge will be able to enlighten the couples of unending conflicts and undignified image of a marriage run under an incoherent structure. A marriage which is run under a coherent structure will enable honest and sincere communication to take place between the spouses. When an honest and unselfish couple has an existing solid context, they will be able to communicate smoothly. If a marriage has one or both inflexible spouses, weak solutions might be achieved from any communication approach. Therefore, couples need to continuously evaluate themselves and the use of the PAM and the CDM tools will be helpful, because they will understand their part to the existing and future problems in the marriage. When one or both spouses lack a sense of context, the individuals may lose the ability to wholeheartedly express their commitments to the marriage or issues within it. Couples have a responsibility to approach matters in their marriages with humility, kindness, and sincerity to effectively manage their marriage affairs. When couples recognise their obligation to each other and the marriage, they will manage to prevent domestic abuse, which is usually associated with some conflicts. Couples can always find ways to prevent domestic abuse by having clarity of purpose, respect, and an obligation towards teamwork. In other words, couples have an equal role to promote harmony, freedom, and contentment to achieve a possible fulfilment in a marriage.

Mindfulness

It should be noted that if a couples understand the personality traits of partners, they will know what makes them happier. Spouses should learn to promote each other's happiness

through understanding their complementary attributes that were depicted on the individuality framework (*figure 7*). Morden couples should understand that some spouses are still in the transitional phase of adapting new expectations from old and obsolete ways that used to govern marriage dynamics. Couples are facing transitional challenges without realising the source of many conflicts. Some individuals are still believing in the old ways while others have already forgotten them. Other problems relate to new ways which younger couples are in the process of learning while older people who are meant to help with their wisdom are equally confused because they are accustomed to relatively old values. Young couples also face compatibility issues because of differences in societal values they acquired while growing up. When couples lack **common attributes** depicted on the individuality framework (*figure 7*), they will have to work hard on the shared goals while gradually learning some elements that may improve their **common attributes status**. While some traditional norms are gradually fading, some people treasure centuries old values that are passed orally, practically and in written documents. Other couples are supporting each other to amend previously oppressive norms so that they use them to strengthen the sanctity of their unions.

In the old days, couples never dealt with financial matters in many societies. As such, couples must be creative to balance new and old norms so that the combination works effectively for them. If a spouse finds out that a partner supports some old oppressive norms, they must discuss them so that they eliminate some ambiguities and undesirable elements. If a spouse tries to force some unacceptable old values into the marriage, a partner must use mental strength and emotional intelligence to disassociate or persuade the individual into making some adjustments in implementing elements of the customs. Couples will continue to be frightened by some choices if they do not challenge oppressive customs. Some dejected spouses will become nervous, spiteful, and hateful when they fail to push for changes to the practises that are not in the best interest of their marriage. When it concerns financial abuse and infidelity issues in the household, it has been reported that some partners become rebellious and engage into alcohol and drug abuse. Some spouses that feel betrayed may engage in self-harm, suicides, choose loneliness, or opt for divorce. When couples encounter endless negative emotions and loss of hope, people can get

depressed and hopeless. Couples can continue to use the compatibility under the PIM framework (*figure 5*) and the core of happiness framework (*figures 3*) respectively to evaluate personality traits and gather mental strength against the realities of life. The tools demonstrate the deliberate power of choice for couples to live with hope, self-love, and contentment. Spouses need to learn that a joyful, positive, and vibrant mind creates a force of power to raise the spirit of endurance without tolerating abuse.

People in a marriage can extend love and inspiration in ways that bring meaning to humanity. When individuals face challenges, they should rely on advice, therapy, and skills to eliminate pain. It is important to find ways to cope when feeling the pain due to challenges. Spouses can use coping strategies which may include the following: mental strength, self-assurance, patience, and tolerance among others. Couples owe a duty of care to their physical and mental health, and they should learn to ignore irrelevant issues, challenge their mental strength, and reject any form of abuse. Spouses can get preliminary assistance from the core of happiness theory (*figure 3*) to work on their happiness and mental strength. However, spouses must also seek professional help when they experience severe symptoms of stress, anxiety, and depression among others. If spouses learn to give due care to their health and wellbeing, they will understand the need to graciously give support to their partners. People should always analyse the consistence of their effort as measured by the consistent effort framework (*figure 1*) and determine the need to maintain good mental health. When people feel depressed, it means their circumstances need to improve or change. Once depressed spouses recover, it becomes unsafe to return or remain in an unsafe environment as it endangers their mental health. Since people mostly learn from challenges, spouses should not ignore their experiences because they will develop unique wisdom, which they will use to help others. If spouses are reasonably patient, they will allow some degree of learning to take place for their partners to grow and change from negative extremes to maturely bring peace, love, and affection in a potentially lasting union. Sometimes a grateful and reflective person will learn to be appreciative, express love and give second chance to deserving people.

Children

Couples have different approaches to the idea of having kids and there are surprising facts that many people subconsciously ignore. A great number of people across the world hardly discuss the number of children they would want to have to complete a family. There have been many reasons attributed to failing to decide the number of future children. Some people believe that children come from God, so it is difficult to decide the number in advance. Others have the notion that since some people are unable to have one or more children, it would be difficult to predict the total number. A few people believe that the one that carries the pregnancies usually determines the number of children they may have in future. However, people are making use of contraceptives to delay, space and control the number of children. Couples can go for option that range from condoms, sterilisation, implants, pills, to withdrawal methods among many. More people are using different ways to have children such as adopting or fostering, surrogacy, storing eggs for future use, In Vitro Fertilisation (IVF) treatments, and artificial insemination among other methods. Therefore, any marriage with or without the prospect of having children are now able to plan their goals. As such, the issue of children becomes a shared goal if the couple is capable of planning together as illustrated under the individuality concept (*figure 7*). In the same vein, couples can plan ways they would like to provide for their children. Couples make decisions about their children on issues that may include places of giving birth, religion to bless the children, schools to attend, countries to live, health issues, food, leisure, and disciplining methods. Couples may plan or work on issues as they go along, but the bottom line is that they will discuss their interests and abilities to meet many of their needs.

Couples always have different opinions to work through since decisions are usually hard to make because of surrounding constraints. If none of the spouses has a dictatorial approach to problem-solving, it is usually easier to get to a collective decision. To that end, everyone can examine their effort through the consistent effort concept (*figure 1*). In general, couples are supposed to reconcile their viewpoints and come up with a suitable plan. Couples must understand that the planning process is usually not easy. When people start from different perspectives, it takes convincing to reach a consensus for individuals with opposed

aspirations and different assumptions of the reality. When couples share similar viewpoints from aspirations to reality, they will discuss their issues in ways that will not put a strain on their marriages. When a couple has different perceptions on reality, they will have to discuss and negotiate their differences to reach a compromise as depicted by the comprometre (*figure 8*). Ultimately, when spouses make decisions together, there will be a possibility that the implementation and outcomes will get them closer. When couples agree on a shared goal, the agreement becomes the first half of accomplishment and when they achieve a positive outcome, they will both be proud of the complete achievement. When a couple fails to achieve a good result, reasonable people will not apportion blame but will comfort and motivate each other to work harder for a better outcome. When couples love working together, they will always aim to improve their situations. In most cases, people that enthusiastically work towards a share goal will generally enjoy the idea of a collective effort on something that belongs to them. If they try, couples will always realise that working towards a shared goal enriches the purpose of living their dream through a marriage.

Home & Work balance

Home and work balance is a concept that recognises direct or indirect clashes between employment and domestic issues for couples. Home and work balance as a concept is more defined in relation to clashes between roles and duties performed in the employment and domestic settings. Individuals that experience clashes between the two settings mostly feel impacted in their personal lives. Spouses in most households have a duty to make effective use of their limited time in both worlds. When people are committed to two or more duties from home and work, they are likely to become burnt-out. The results of being burnt-out may include being ineffective and irritable. Equally, spouses may face challenges to adjust their behaviour mostly influenced by the roles at work. Many people forget that a relationship with a spouse and children is dissimilar from the one that usually exists with work colleagues and in particular, subordinates. Mostly, some spouses face adjustment problems as they exert the same power they use at work to their families. When spouses

act as if they are at work, the work approach is not usually consistent with the expected informal behaviour. In most cases, authoritarian or regimental approaches at home as an extension from work behaviour brings discontentment, disharmony, and destruction between spouses in a domestic setting. When a spouse extends a work approach to a domestic setting, it eliminates the power of some complementary attributes relating to attractiveness as illustrated on the individuality concept (*figure 7*). As a result, partners will always be disenchanted by the unattractiveness of the behaviour of spouses that carry work attitudes to their homes. The home and work balance needs to be effectively managed to prevent it from destroying affection and happiness in marriages. Couples need to be aware of negative impact from conflicting roles and duties as spouses can portray attitudes that can show tendencies of domestic abuse. Some couples must learn to leave their authoritarian approach at work and get home as partners or parents. A spouse that leaves their career status at work can easily get into a caring and loving mode at home.

Caring spouses are simple and helpful at home, and they work within the reasonable dictates of their families, partners, and children. Most sensible spouses will assist in similar activities being partaken by their partners irrespective of old cultural norms that used to control their expectations by ascribed identities. As such, anyone with a superior skill such as cooking might make some cuisines for the family while the other partner assists on some domestic chores. Couples have a duty to support each other according to the demands of their household and dictates of their common grounds. If the couple fails to consider issues of burnout, the spouses may unknowingly cause a mental breakdown to their partners. Spouses must learn and understand a balance that works for their household to avert predictable conflicts. Work and Home balance also requires a couple to create socialising and entertainment opportunities away from home with a spouse and sometimes including the children. People can be happy and invigorated if they create time to refresh their bodies, minds, and souls. Spouses must realise that time is very important for individuals and couples to improve their mental health, happiness, and affection in marriage. Some spouses have a habit of overworking and in doing so, they deprive themselves time to recuperate from work exhaustion. Couples can undertake leisure activities such as 'eating out', going on holidays, socialising or mere watching movies or television programmes.

When spouses spend quality time with their partners, they may feel relaxed, and it can help to recover from boredom and exhaustion. People that develop an obsession with work normally limit their time for interacting with friends and family outside the work environment. Consequently, most spouses perform poorly on social interaction as they gain a reputation for being less fun as judge by their partners. Some individuals make their partners unhappy because they are impulsive and at times rude to their spouses. Normally, people fail to plan yearly activities despite having 12 months to prepare in advance for the following year events. Ultimately, couples should identify and eliminate difficult attitudes within their homes and promote fairness, dignity, and love within the respectful boundaries of a marriage. When couples live in happy surroundings, it becomes easy to feel motivated to plan for adventures and become excited to experience it together.

In the old days, men needed their patriarchal status and general efforts to be appreciated and supported by women and children as a sign of respect from the family. Back then, women were expected to accept being protected by their husbands. Females were socialised to become submissive and accept being directed to maintain the house and provide care to the children and vulnerable family members. Currently, some spouses anticipate being given love, affection, support, and a leeway for personal freedom. Since the modern values are still being challenged by some people who believe in traditionalism, it is causing confusion on some couples. Many spouses are facing problems to understand diverse viewpoints from partners, and it gets hard to reach a consensus. Similarly, some people trying to adapt to new values are also finding the process challenging because they must negotiate through the transition from old to new customs. Couples that experience home and work balance face challenges when navigating through professional, personal, and family demands. Most spouses will find that they can solve much of their problems by discussing the realities of their challenges if they are committed to finding solutions for the benefit of their marriages. Everyone can understand that there is need to find time to rest, and if domestic chores are shared, both spouses will benefit from the time created through planning and implementing with fairness.

A spouse that spends more time with little children would need the same resting time as the one in employment or business. In most cases, a person that spends the whole day managing toddlers might have more challenges because of the level of attentive care needed to go through the day. In the United Kingdom, there have been too many incidences of children that faced severe harm and death in the hands of their parents. As such, parents feel they are always under the watchful eye of the law enforcement agencies and safeguarding professionals, and it makes spouses act extra vigilantly when looking after the children. When parents face any suspicions of abuse, the children may be taken until they conclude their investigations. Parents are also apprehensive about the prospect of being found negligent when any of their kids get hurt through any accident. Since some jobs might be less intensive than looking after children, couples have a duty to respect the value that each spouse contributes to the marriage. Spouse must support each other to care for their little children in the same way they have to help in making the home run smoothly to reduce pressure in the household. Some couples may consider making alternative arrangements that suit their circumstances such as one or both spouses having demanding jobs among others. Nonetheless, the couple will also have to discuss and agree on ways they can fulfil their shared goals in the best interest of their children. Spouses will need to make sure that they find time to bond with their partners and children. If both individuals are formally employed, it becomes necessary to actively show interest in sharing responsibilities when they get home. In general, couples should not please their spouses without evaluating the long-term impact of everyone's mental and physical health in the household. When a couple does agree on anything, it should neither be a health hazard nor a danger to the spirit of a happy and lasting marriage. A couple that takes a shortsighted approach to any arrangement may cause an everlasting negative impact to the whole family.

Marriage privileges

Spouses enjoy receiving privileges given to them as special symbols of kindness, love, affection, and generosity. Partners believe that privileges make their spouses feel acknowledged and contented in a marriage. Couples that are enlightened on the values of

thoughtfulness and respect can fulfil romantic dreams by excitedly giving suitable privileges to their spouses. Spouses value different kinds of privileges according to their interests and circumstances. Some individuals feel having freedom and independence are best privileges marriages can offer them. Most spouses in the modern days do not want to feel owned or suffocated in a marriage. Couples enjoy experiencing privileges of freedom and independence to feel appreciated and happy in potentially lasting marriages. A couple that discusses mature values of successful marriages can gradually get to understand and agree on best respectable norms to live by in their marriage. When couples give each other the leeway to enjoy being an individual within reason, they will keep reminding each other of the complementary attributes depicted in the individuality framework (*figure 7*) that drew them to each other. Most kind-hearted, thoughtful, and loving spouses recognise the importance of giving things of value to their partners during times such as Easter, Christmas, Birthdays, Anniversaries, Father's Day, Mother's Day, and Valentine's Day among others. Spouses feel valued when their partners express thoughtfulness through gifts, meals, shopping, and holidays among others. Many spouses feel that there are several options for partners to use in expressing gratitude for the love they share. A spouse will always get confused or surprised by a lack of imagination when a partner fails to present a gratitude using any of the creative avenues available. Most partners that lack the initiatives to express love and gratitude through presenting some privileges are not considered romantic and caring. Some people call spouses that do not make romantic effort as boring individuals. Some spouses can creatively express their gratitude or graciousness to their spouses by spicing up their presentations according to available resources.

Some partners simply use surprises to do the same things that others do such as taking a spouse for dinner or a birthday party. Research revealed that many people feel excited and grateful when partners intimately show their thoughtfulness in buying such things like lingerie, jewellery, and game consoles among others. Some individuals feel enchanted and elated when a partner gives 'sweet' compliments. Couples may make expressions of admiration to their partners on beauty, dressing, kindness, and other performance acts. A spouse may admire performance on cooking, assembling things, repairing, gardening, and other obligations that enrich love, affection, and happiness in the marriage. In some

cultures, couples may feel happy that a partner expresses graciousness to the individual's parents and other members of the family. A spouse in some communities may also be thankful and happy if a partner buys gifts for the individual's parents and siblings. The spouse that buys presents will be regarded as a very considerate and thoughtful person who shows love through kind gestures. As human beings, spouses may have strong interests in pleasing and protecting their origins and they are happy when a partner helps them to express the feeling through showing appreciation to the parents. Religious people and some traditions teach that when two people get married, they become one entity that shares everything including the nature of relationship with parents. However, couples must understand that it is usually difficult to precisely share equally between two sets of parents. The effort of spouses should show that they both try as hard as humanly possible to fairly distribute between their parents.

Income

There are spouses that do not realise the importance of money to the current and future lives of their families. In a modern life, money has a current and future impact on health, social and private wellbeing of families. As such, couples have obligations to fulfil the demands of their lives. When a family is privileged to be living a relatively high quality of life, the couple will have an obligation to continue meeting their needs. Few societies that still live by olden ways follow the principles that financial obligation still rests with a man, because he is considered a provider. However, the structure of economies and opportunities in some societies gives financial responsibilities to both spouses to provide for the needs of the family. Most modern societies may only restrict roles to breadwinners because circumstances define according to prevailing situation without giving an outright obligation to a specific gender. A breadwinner might be a male, female or both spouses as it depends on the person covering the most household expenses. As such, couples will show their ability to manage their household income if they follow their defined strategies based on the idea of **common attributes and shared goals** shown on the individuality concept (*figure 7*). If spouses are unable to work as a collective entity, they will have to use

independent ways such as a business partnership approach that are effective in promoting a common purpose to achieve their financial obligations. When married people lack the ability to promote a common purpose, it will sadly mean that they will be three households to share their income. In most cases, when a couple operate three households, the supposedly common one will suffer financial challenges as efforts will be directed at the two independent ones. When people work on the grounds of common purpose, the dominant household becomes the shared one.

When a marriage gets to be operated like a business partnership on matters of finance, couples are likely to suffer the negative impact of complementary attributes as they might be a danger of feeling distant from each other. The independent approach will operate as superior to a confused and ill-defined common ground as illustrated by the individuality framework (*figure 7*). If a couple are so divided, it may mean that their marriage is at a stagnation point rather than a cog effect position as depicted by the cog effect concept (*figure 4*). As such, the marriage will need discussions or negotiations to reach a compromise as defined by the comprometre (*figure 8*) that will promote unity of purpose, affection, and lasting marriage. If the marriage has confusion and discords, it means the cog effect will be hard to achieve. A home without cohesion is likely to lack happiness at person level because the business partnership arrangement needs to be operated with great care. If spouse cannot work to improve their personal happiness as defined by the core of happiness (*figure 3*) it means that their financial planning will always cause problems. The spouse affected by the chaos is usually the financially dependent one. The affected spouse might get distressed and may face mental health issues. Sometimes a spouse chose to be financially independent from the household because a partner might be unproductive and wasteful. In other instances, spouses might become financially independent because one or both are greedy. However, couples may also face the issue of inadequate income to the point where it might be suspected that the breadwinner feels the need to be financially independent with the hope of attaining freedom from other household expenditures. Some people are wasteful that their income becomes inadequate unless they employ some good financial discipline. When couples adopt some financial discipline, they will notice an improvement in the quality of their household life.

Nevertheless, couples can apply financial discipline as a collective force for transparency and accountability purpose. When couples put ideas together and base their decisions on shared goals, they will achieve efficiencies in their approach. When couples work together, the importance of individuality concept (*figure 8*) will be incorporated in the planning while the common purpose ethos will dominate rather than the freedom and independence approach that may affect a great marriage. Couples need to start planning for common attributes and shared goals at the carefree stage of a marriage as indicated in the behavioural barometer (*figure 2*). If couples take advantage of the carefree stage, they will cover most issues because both spouses will be enthusiastic and pessimistic about the marriage. Spouses will be able to state their aspirations, visions, and dreams to each other with minimum restraint. When both spouses are free to speak to each other, they will discuss, debate, and negotiate common attributes and shared goals. The carefree stage allows the couple to discuss or understand the level of independence that might develop within the marriage. When the couple discuss the independence level or rather get the sense of it, they will understand the big part that feature the cement of the marriage. If the spouses understand the importance of promoting the cement part of the marriage as illustrated on the individuality concept (*figure 8*), they will respect their set boundaries. As such, the couples will still be able to enjoy their independence and freedom as revealed during the process of discussing, debating, and negotiating to establish their shared goals within the marriage.

Money is one of the most common elements that bring fierce conflicts in most marriages. Couples are not only driven into money related conflicts because of its scarcity but many other variables. Typically, some couples would inevitably get into conflicts because a change in income affects their personal attitudes. The most common attitudes associated with the recipient of money include dictatorial, disrespectful, and greedy tendencies. Ordinarily, some spouses espouse materialistic and excessively unrealistic tendencies so much that they would be difficult to discuss, debate, and negotiate with on matters of aspirations to establish and manage the processes of attaining shared goals. Mostly, materialistic spouses have a huge appetite for expenditure, and they will resist allocation that will reduce their ostentatious lifestyles. Since some spouses would fight to keep their exorbitant choices,

they may become unpleasant to get their way in the debate. When a spouse knows the only way to win is by becoming rude, they would not care if they sounded vindictive. However, some individuals with less income in a marriage may change their attitude to become jealous or insecure and that may lead to conflicts. The strategies used by people to conceal new attitudes include using dishonesty, argumentative, demanding and rudeness. It is vital for spouses to keep re-visiting compatibility tools such as the PIM (*figure 5*) and the CDM (*figure 6*) to understand the importance of adapting, learning, and developing skills that promote happiness, peace, and lasting marriages. Largely, spouses that are genuinely caring derive common sense from being realistic. Couples can be successful in dealing with money in their relationships if they are mostly mature or experienced about financial discipline. Some spouses might have derived their experience from learning or observing organised parents, guardians, friends or self-taught. Individuals should continue to identify and adjust their personalities or learn to cope with new challenges using relevant strategies. Every human being has a choice to control negative behavioural changes that are mostly influenced by an economic status. A spouse cannot control a negative behaviour of partner apart from offering support to a willing person. A spouse that understands negative financial challenges can only react maturely and intelligently when problems arise.

Striving for Economic Success

Couples always strive to get better economically, and it gets more serious when they begin to feel that they are growing closer to the retirement age. A couples' shared goals and common attributes illustrated on the individuality framework (*figure 7*) will make them get determined to achieve a safe landing into their retirement. Successful people may continue to seek opportunities despite the size of their wealth. Most people do not start in marriage with enough disposable income to buy a house, car, enough furniture, and investments. Couples that start off very well keep working hard because they want to get richer, they fear to lose everything, and they do not want their wealth to get smaller. So, most couples make hard decisions in building a better or strong future. Some people take more risks according to the level of their ambitions. In any case, couples are bound to

commit their time, money, second jobs, further education or living arrangements to facilitate for the achievement of their goals. When couples want to start a business, the first problem they are bound to encounter is reduced disposable income because the business needs investment. A couple living with a reduced disposal income will deprive their family many things. A business is a hard sacrifice because the spouses will face so many hurdles before and after achieving the success. The couple may experience a reduced income when they decide that one spouse can work full time on the business that has not yet started generating enough income to earn a salary or enjoy some withdrawals. If the family had not put aside enough money to live on for few years, financial challenges might affect the marriage if there are not strong, committed and do not operate as a team. When a spouse decides to take a second job, it means that the couple will have very limited quality time together as they will be working hard to earn more money. A spouse that works a second job may face exhaustion and it may affect the dynamics of their marriage. Business can be very difficult to start and may take too long to become lucrative. Sometimes, the business may fail after a long period of trying and putting up a huge financial investment.

Similarly, some couples may decide to improve their career opportunities by reskilling or taking up further studies. In any case, people usually make financial investments by paying fees, taking up loans, reducing working hours or increasing expenses because of living arrangements. When a person lives away from a family home, it means that living expenses may significantly increase and the family's disposable income may get considerably inadequate. Most often, people that decide to acquire some qualifications may encounter a prolonged period of hard work without earning enough money for the family. Couples can plan to reduce their lifestyles and give themselves more time to work towards their goals. When married people commit to something like education, they must make a provision that a spouse may fail to successfully complete the course. If spouses were to complete their education with distinctions, there may be few jobs for qualified people in the field. When a spouse fails to find a job or get one that pays a lower salary than expected at the time of taking up the course, a couple might be disappointed and regret the decision. A couple might have based their decision on the fact that there were many jobs for qualified people in that field. However, when the spouse completes the course, jobs may have started being

scarce. At times, people may find a job when salaries might have reduced due to a sudden drop in economic performance of a country. When people with specific training overflow the job market, jobs will become few, and salaries may also fall to unattractive level. When trained people become too many for a few jobs, it reduces the desire for many people to train for the field until salaries begin to increase to a desired level. Few males in traditional and patriarchal societies will afford to take risks in business or education if they are already married. The men will be ridiculed by their communities, families, friends and possibly spouses if his standard of life goes down. If people think that the man earns a decent money, they will accuse him of being tight-fisted, yet he might be going through some financial challenges. Similarly, when the society believe that the education a spouse is studying will not yield anything, people will believe that time is being wasted on nothing of substance. When females in traditional and patriarchal societies decide to train through formal education when married, they are also mocked for not being motherly. Therefore, a visionary couple must use clarity to communicate so that they minimise frustrations, confusions, and conflicts after planning or starting a project together. People should take a cue from the fact that when a spouse support a partner in the struggle to amass wealth, the individual deserves more attention after attaining success. Some spouses may find it unacceptable to undermine a partner by being tactfully absent, abusive, humiliating, and discouraging among other things. Equally, some partners have a habit of taking advantage of a supporting spouse during the struggling period and after attaining the desired success.

Parental involvement

Most people have a well-developed instinct in terms of maternal link because of the attachment they developed from childhood. Many individuals get attached to mothers or parents that brought them up and showed unconditional love since childhood. As a result, parents of spouse play a significant role in the stability of most marriages. Most spouses get approval from parents, mostly mothers, on some decision they make in their marriage. As a result, there are so many stories of conflicts between mothers-in-law, daughter- in-law and sisters-in-law. A spouse observing the conflicts can mostly take a neutral role but will still be

accused of taking sides because of failing to be vigorous in blaming the person each one wants to believe is in the wrong. A spouse being asked to intervene is not expected to be objective by all the players, but to react based on allegiance. In such circumstances, it can be difficult to be involved in issues that adamant adults can easily solve if they were to communicate and solve their problems. Couples also have a duty to acknowledge and love the roots of their spouses. A partner expects a spouse to be actively involved in matters that are of interest such as participating or supporting cultural, religious, and other traditional norms and activities. While many spouses do not expect a partner to abandon interests of significance from their culture, there should be a sign of respect and support from the other. In general, couples are supposed to discuss and find common ground elements to maintain and work on adjustments that can help their marriage to remain strong, happy, and everlasting. The individuality concept (*figure 7*) helps couples to think deeper and work out issues that will improve everyone's growth and strengthen their collective force. Couples may benefit from the wisdom of parents from both sides, but they also need to form their identity that fits into individual personalities and collective goals. The support from parents of spouses comes in the form of teamwork where they do not make the final decisions. Parents should expect that the couple will do the right thing in implementation and upholding their shared goals. Parents have a role to support, but they should also learn new approaches and beliefs from the couple. The approach is like the Nhimbe concept practised by subsistence farmers in Zimbabwe. A farmer would invite fellow villagers to a morning to afternoon feast that can be enjoyed while sifting seeds from the plant such as sorghum. The farmer chooses a plateau to undertake the process, decides the place to store and ways to divide the quantities for consumption and taking to the market. The Nhimbe concept comes from community togetherness which is typical of the way couples may get help but the final decision rests with them. Couples should not be forced into adopting practices of parents because both sides might have different practices. When the couple selects parts of advice that may work for them, they will then continue to create and enjoy an identity that suits their individual personalities, collective goals, and the current societal norms. Spouses can always learn new things to improve their situation and identity at personal and marriage level. However, couples can never reach perfection, but they can attain the best possible system in their nuptials.

Secureness

It is commonly true that every human being inevitably feels a little jealous over anything that appears to be a threat to their position. Something that might seem insignificant is likely to affect people's happiness. The infrequent need for some people to protect oneself from emotional pain might incorrectly be labelled as being insecure. People that are largely insecure show jealousy traits through incessant expressions or complain against someone being a threat to their dignity. However, some spouses are hypocritical towards partners that express their jealous in the hope of being taken seriously. Spouses that are mostly jealous take offense when their partners express the same in similar situations. It should be noted that couples have an equal duty to assure their spouses when they are experiencing jealous episodes. When people are insecure, they tend to obsess over an issue and fail to realise that they have eventually become abusive when they continue to complain about an issue. Equally, some people may cause another to become insanely jealous because of their mysterious and egotistical behaviour. Couples have an equal duty to eliminate habits that cause jealous by reflecting on examples that make them react in that manner. Spouses should be aware that most individuals are not appreciative when their partners are flirtatious or express kindness to friends of opposite sex. Most spouses would be justified to feel that almost everyone can be a threat or an arch-rival, but the idea of living with obsessions and fears can affect the mental health of the individuals. However, spouses should never put anyone in a position to compete for the attention of their partners. Couples should have the emotional intelligence to think and appreciate behaviours and boundaries that are generally acceptable with people that are not their partners. Spouses should be mindful of any form of expressions they may use to others, as that may be misconstrued as flirting. Couples must gain trust which is one of the most important complementary attributes discussed under the emotional clusters (*figure 6b*) and illustrated in the individuality framework (*figure 7*). When a spouse gains trust, it helps a partner from being insecure to become a confident individual with a positive spirit of lasting marriage. When a spouse offers a favour to a partners' friend, it is sensible for colleagues to make the

arrangements where possible. The couples should exercise compassion to each other, their families and society in ways that promote their dignity. Many couples should naturally be understanding, trusting, and caring to their community, families and to each other. The compassionate person should not hesitate to take the lead to help where the need has been identified, but it must be done with the consideration of a partner's reasonable comfortability.

Conjugal Rights

Most spouses have a challenge in understanding references usually made about sex where some consider it conjugal rights and others refer to it as marital privileges for married people. Couples try to derive specific literal meanings from the language and the general notions people make during casual discussions. When people try to dissect the issue further, they discover that interpretations from legal, cultural, traditional, scientific, religious, and other behavioural norms add to some people's confusions. Some people continue to experience confusions caused by some of these beliefs despite their level of education. While the rest of the norms are important and relevant to people's lives, they should all fall under the realm of legality. In other words, the legal interpretation provides expectations and control practices. People must confine their moral approaches to legal boundaries that cover sexual engagement in all forms than one specific belief. Some religions teach that couples should not deprive each other of conjugal right but some preachers do not elaborate and thereby create confusions. Religions must emphasise the issue of choice when teaching the importance of allowing each other the privileges that marriage brings to couples. Equally, some traditions and cultures are clarifying their teachings to conform to national and international legal statutes on choices. It should be expressed that individuals should grant permission popularly known as giving consent. In many countries, debates are ongoing regarding the minimum legal age to marry so that citizens can be given the right to determine their lives at a reasonable age. Some people take advantage of their legal rights to punitively ignore the moral and scientific challenges just to spite their spouses in a marriage. Spouses need to understand the issue of striking a balance where necessary, they

should avoid emotional tensions in the marriage. When a spouse is within the legal right to withhold consent, it should not be done just to spite a partner. When withholding sex is used as a tool to spite, it defeats the spirit of love, affection, and marriage.

Many couples are developing emotional distance between themselves because of failure to understand the importance of sex in a marriage. Sex is one of the main pillars that used to make marriages be revered because it was not readily available outside of it. While sex is commonly given at will outside marriage, couples must create their activities to become treasured, respectable, and fun so much that the quality, comfort, and emotion be beyond imagination. Couples must understand the individuality context (*figure 7*) that shows the binding roots of marriage between people. For spouse to reach the cog effect (*figure 4*), the enabling forces such as the complementary attributes should be promoted to become available and effective at making the wheels of love, happiness, affection, and the spirit of marriage continue to effortlessly spin. Couples need to individually consider and measure their continuous effort to promote happiness by using the consistent effort framework (*figure 1*). The core of happiness (*figure 3*) makes people identify elements that suppress their happiness so that they work on changing them for the better. Spouses need a degree of contentment to be interested and enjoy the sexual experience. Couples can improve their desire for sex if the individuals can make effort towards attaining happiness. Sex works when people are happy and making effort towards promoting and satisfying each other. Couples will discover that determination makes marriages worth the effort to each of the individuals. Couples should know that they both have obligations to put an effort towards getting the best out of their partners. Individually, spouses have the right to question their own effort in promoting the other to do the same so that love and affection can be given purely from the heart without coercion.

Many people believe that young and energetic couples should not be comfortable in sexless marriages. When the couples are facing challenges relating to sex in their marriages, they should urgently discuss and solve the issues associated with the problem. Sex can fit into all three categories with the individuality concept namely complementary attributes, common attributes, and the shared goal. Couples can fit sex in a respective category depending on

the issue under discussion. As an example, sex can be regarded among shared goals, especially if it is not coming out naturally or simply causing many problems with respect to challenges relating to frequency among other arrangements. Couples can refer to the elements of complementary attributes as illustrated in the individuality framework (*figure 7*) to discuss and include sex issues among the share goals. It is feasible to discuss and include sex in the shared goals because the challenges will need to be examined and decision should be based on the agreed solutions. Couples may deduce from their own experience that the issue may possibly be related to a medical problem. As such, they will need to consult a doctor or use any avenues that are acceptable in their community. On the other hand, a couple may identify that the issues are related to their behaviour and attitudes. A couple may decide to direct their focus to making improvements so that they eliminate the impediments and promote intimacy by projecting the right attractiveness to each other. Many problematic issues can be examined by reading and reflecting using the PIM and the CDM concepts (*figures 5 & 6*). Some people argue that the interest on sex has nothing to do with love. The statement might be true to some extend but eventually a loveless sexual experience may fade away. The desire for sex might be destroyed by some challenges which might be directly or indirectly related to the frequency of engaging in loveless sex or exposure to poor sexual performance in a marriage. They are many suspected symptoms that may develop from frequently engaging in loveless sex or poor sexual performance. The challenges may make having sex highly unenjoyable despite some artificial interventions that can be given by doctors to young adults.

Couples could be subjected to different types of medically related symptoms which must be confirmed before ascribing them to sexual challenges. Couples should prevent the temptation to attribute symptoms to specific problems related to engaging in loveless sex until they confirm from many medical experts. There is need for further research to confirm or dispel the suspected assumptions on symptoms of loveless sex such as early vaginal dryness, erectile dysfunction, early ejaculation, the lack of arousal and orgasmic dysfunction especially for younger adults below the age of 45 years of age in relatively good mental and physical health. The research might also be difficult to settle the debate because of differences in people's sexual drive and sexual chemistry, which might be unrelated to love.

There could also be a problem in establishing lovelessness between a couple as it can be impossible to estimate the level of measurement. The idea of research levels and impact of lovelessness might be extremely subjective, and any effort will produce results with validity and reliability problems. As such, the issue of lovelessness in relation to sex may remain heavily philosophical by virtue of its vast possibilities in terms of outcomes. If lovelessness does not affect sexual experiences of a couple, it may impact on their emotions because of lack of connection. Spouses can get constantly infuriated when being reminded by their actions soon after sex that they lack a meaningful connection for a married couple. The constant realisation after every sexual experience will gradually and severely damage the individuals and subsequently the marriage. Couples might feel hurt every time they finish engaging in the sexual experience because they will be yawning for affection and emotional connection. Spouses will be emotionally hurt during the cooling off and recovery period of the adrenaline rush after a sexual arousal and orgasmic experience or lack of it. During the aftermath of the sexual experience, loveless married couples might find it challenging to express their appreciation through a verbal and physical contentment. Most people want the settling back period to be emotionally soothing to feel the connection in rhythmic sound of romantic imaginations.

In some cultures, or religions, the idea of arranged marriage comes from the fact that love is less important in the beginning than the unit. The cultural beliefs make spouses treasure a functional household being the basis upon which love can emerge and grow. In such circumstances, people build a norm which makes them focus on the family goals and love might develop in the process. Some people may focus on prayers to let love and sexual pleasure be the gift from God. Similarly, spouses from traditionally focused communities will depend on natural herbs to empower their sexual drive despite having no known medical problems. Most societies will seek modern medical help as there are many ways doctors can try to improve the sexual experiences between partners. The most important issue regarding the so-called conjugal rights is the open communication between couples. Mainly, couples that experience some disorder like delayed or an absence of orgasm, erectile dysfunction, premature ejaculation, or delayed ejaculation should look for solutions together (Bressert, 2018; Psychology Today, 2019)). Equally, spouse should be careful in the

way they express assumed sexual problems of their partners. Couples should avoid statements that sound judgemental and disparaging because of disappointments they might have experienced during their sexual encounters with their partner.

Couples must put forward ideas in a way that sounds motivating and suggesting adventures for their pleasure. A spouse should make suggestions after having understood the moral inclination of the person. Equally, a partner receiving a suggestion should also be a listening, receptive and tolerant individual who must be highly confident, hardly intimidated, and not judgmental on the morals of the spouse. Couples can desist from disregarding a partner's feelings as it could be emotionally damaging. A person that was emotionally affected may take too long to recover. A spouse may recover with help from the partner in the form of apology, remorse, and reassurance as guided by the CDM (*figures 6b*). A partner may forgive after evidence of an effort that the spouse will never repeat the behaviour that causes emotional damage again. If the spouse accepts or is convinced of the remorse and promise of assurance, there will be a high chance of recovery. Couples should always understand when and where support is needed to be able to meet partners' expectations. If couples do not communicate and support each other to get over issues, some people will withdraw from sex and or they might feel restrained to bring fun into the experience. Consequently, spouses that feel deprived from sex might also act irrationally like being rude and uncooperative with their partners. The bad conduct of couples may further dampen love, affection, and interest in sex.

Married people should create opportunities to communicate and encourage each other to seek appropriate remedy from mediation, therapy, counselling, and medical attention among other efforts. Usually, people are unnecessarily stubborn in situations that lack transparency and mutual commitment (Matczak et al, 2011). When a couple lacks clarity and common purpose, it leaves each side feeling like victims of each other. Yet, if they are called to give individual accounts of the problems from the same event, they are likely going to give completely different interpretations. If couples communicate, they will share their different viewpoints and exhaust all possible answers before rushing to take regrettable actions such as revenge or divorce. Spouses that resort to revenge normally make the

situation worse because when both sides break the boundaries of respect and trust the anger feeling will continue to alternate between the partners at different times. When spouses alternate anger, they may never find enough moments of happiness unless they genuinely forgive each other. Several people prematurely divorce, regret it afterwards and get back after a short period. After divorce, one or both spouses may experience events that potentially impact on their chance to reconcile, or it will add new problems to the existing ones if they have not conclusively resolved the issues. Very few people can defy the conventional wisdom and fight for the right to become a couple again despite the challenges that happened after separation or divorce. When people get back together, previous issues will remain in the marriage until they are discussed, resolved and both spouses feel satisfied that they found solutions and closure. Couples will not ignore issues relating to conjugal rights if they never resolved them. The obligation to afford each other sex as often as possible will need to be given a reasonable commitment if possible.

Couples will also have to respect each other's right to give consent so that they remove ambiguity in the manner they conduct their sexual experiences. Generally, couples must understand each other, communicate, and respect a culture they both established as it might be unique from other couples. Conjugal rights come in the form of an obligation that operates effectively when there is transparency, consent, and mutual commitment to a couple's culture and practice. The right to exercise conjugal rights more frequently and adventurously is a privilege that possibly defines the quality of a marriage for couples. Spouses may talk of sexual privileges in the context of conjugal rights, and they can exercise their freedom to engage with the understanding that they practice with safety and observing legal boundaries. Sexual privileges and consent are at the discretion of each individual spouse within the marriage who may agree to engage in frequent adventures with the aim of enriching their emotional and sensual experiences. Couples should make effort to provide a committed participation to enhance the quality of their conjugal rights. The spouses must make sure that they exercise their sexual experiences with a flare of romantic aura. Married people have a responsibility to value their approach and make the sexual practice a pleasurable experience. Couples have the pleasure of making the marriage feel affectionate, lasting, and satisfying to each other. The ultimate goals for couples can be

interpreted as having the responsibility to continuously promote emotional connection through allowing exciting intimate experiences to take place.

Chapter 9

Final Comment

If spouses try to understand and adjust their notions and behaviour each year of living together, they will know when to be creative to maintain happiness in their marriages. By the time the marriage reaches 10 years, most spouses would know how to deal with partners' bad moods, which at times are induced by the environment or biological factors such as mensuration, lack of money, exhaustion or just a bad feeling among others. Spouses should know that most clever partners understand and can prevent conflicts caused by their spouses' bad moods. Some people fail to understand that bad moods can be caused by work problems and general life challenges that are not directly related to the couple's problems. If everyone knew that all problems are not caused or directed to them, they would help by comforting or giving time for the person to cool down as it will prevent conflicts. Some bad moods can be caused by the interferences to such things as person's ambitions, choices, freedom, and to a larger extend, loneliness. If spouses understand their partners' bad moods stem from problems related to ambitions, choices, freedom, and exhaustion, they will create clever ways to appropriately support each other. In general, people's ambitions and associated attitudes become less intense with age. The initially assessed PIM and CDM (*figure 5 & 6*) will eventually become easier to work on when the spouses have repeated the process many times and gained experience. When people's personality, attitudes and preferences become more realistic and less confused, their tendency would become less rigid. Each spouse will become more predictable because a pattern would have been established and interpreted many times before.

A repeat of the metrics exercises will become more of a reinforcement and the acknowledgement will also be helpful in giving the wisdom to other young couples. Therefore, spouses that updates their individual knowledge will display adaptability and keenness as interesting qualities. Mostly, some spouses find partners attractive when they have developed qualities such as adaptability and enthusiasm as they grow older because it makes them relevant, youthful, and timeless. Spouses will develop the notion that

adaptability and passion define people that value intimacy, as they are more in touch with their emotions. Partners that develop adaptability and eagerness usually work hard for the relationship to remain interesting, romantic, respectful, and considerate. However, if individuals inconsistently treat a partner bad, people will assume that there are more chances that the spouses are deprived of many things such as sex and respect among others. It is assumed that when many things are not common features in marriages some people become spiteful to outsiders. Other assumptions include the fact that spouses that espouse tendencies of undermining the value of partners will usually be incapable of nurturing children to become decent members of a society. Couples should realise that some partners may withhold conjugal rights or sexual privileges to demonstrate a lack of care. It is important for spouses to establish the reasons partners might not be giving conjugal rights or sexual privileges. There could be many reasons a spouse would deprive a partner some conjugal rights and the issue need to be discussed as a couple. If a partner is highly sensitive, a spouse might also withhold information to prevent an escalation of a conflict. Unless there is communication, openness, commitment and respect, spouses will not freely express their feelings and be strong enough to cooperate in finding solutions for the challenges.

Some spouses might feel shy or embarrassed to share biological or medical problems with their partners. If spouses do not make each other comfortable, they will continue to go through problems because they lack a partner who is prepared to work with the individual to solve a problem. As such, support should be rendered as much as possible between married people before anyone else could come to help them. Couples should work on developing strong emotional connections so that they can be free to share almost every challenge each one faces in life. The partners cannot be patient with each other if they don't share any connection. People will share connections if they establish common grounds by establishing common attributes and develop shared goals as stated in the individuality concept (*figure 7*). A connection does not exist in a vacuum, but it needs to be developed and nurtured so that a reason for a common purpose can be clear to everyone. When a couple lives for too long without having a connection, one or both may eventually lose interest in sex with the partner. Once a partner loses interest in sex with a spouse, the

sexual feeling would have involuntarily switched off in most cases. It needs an open-minded couple to discuss and establish the problem. If a couple goes deep into the conflict, they are likely to find the problem. Some partners are emotionally sensitive when they feel accused of being problematic. Spouses with a sense of blamelessness might prevent openness because they disrupt progress until it is clearly stated that they are innocent victims of their partners' evilness. Couples may not realise that problems initially identified in one person may have originated from the mistakes they both might have made since they got married. When a problem that seen to have originated from one spouse is identified, it becomes easier to trace the root of it. The couple may trace a problem by looking into a marriage's common purpose. Mainly, common purpose is derived from established **common grounds** comprising of groups such as **common attributes** and **shared goals** which need agreed modalities for implementation to achieve meaningful progress as illustrated in the individuality concept (*figure 7*).

Some marriages may seem flowing as if they are faultless, yet one or both spouses may be afraid to start issues they do not have faith in solving. So, many couples are happy when some problems can be ignored as if they do not exist. The approach may work well until something happens and takes the problem to the surface. Some couples are fortunate in that they can be successful in supressing a problem. Most people are unlucky because a long-suppressed problem can emerge ferociously to destroy a marriage. It needs couples with so much strength, wisdom, and honesty to solve the problem. The couple may have to invite professional assistance to help them. Some problems need a neutral expert to settle a conflict and save the marriage. Some spouses may think that a problem can be resolved by withdrawing sex as a form of punishment. The partner may take a unilateral decision without discussing with a spouse or seeking mediation from a respectable family member, traditional head, religious elders, or professionals. When couples live under an emotionally disconnected marriage for too long, they often struggle to find solutions on their own. Couples must solve problems in ways that restore respect, trust and understanding so that they genuinely open permanent clear lines of communication in the marriage. When couples can clearly communicate and establish emotional connections, they might not face problems such as suppressed sexual chemistry and lovelessness among other things. A

couple living with positive forces that cause a cog effect as illustrated on the cog effect concept (*figure 4*) will enjoy affection, contentment, and respect well into the empty nest phase or old age.

Empty Nests Phase

When couples reach old age, they usually become empty nests on pension, and they may only have emotional connections to depend on for mental strength. Couples who become empty nests may mostly depend on the emotional support of their partners especially if they are not strongly connected to some communities from local areas, religion, and tradition amongst other. When people are still young, working and living with children, they normally have a network of energetic and exploring people to engage for different activities. Once people reach a relatively old age, the number of suitable activities and people to engage with dwindle. Most old people may rely on the connection of their spouses and the support mostly of their children. In old age, people gradually engage in less activities to reduce their involvement in hectic life. The old people become slow and boring in the eyes of young and lively people. As a result, couples may live a happy life if they have a great emotional connection with their spouses. Most old people with little worries about financial issues may still live a poor quality of life because of lacking pure emotional connections. It is usually impossible for a spouse to repair a damaged emotional connection in old age after living for a long time without paying any attention to it. Normally, when a couple lack emotional connection, they would also have hurt each other. People that lack emotional connection are susceptible to hurting each other because their modus operandi is more likely to operate in an incongruous fashion.

It becomes too difficult for couples to start working on forgiving each other and then go on to begin building a connection within a short time. Nonetheless, some adults have nothing to lose but more to gain when they allow old wounds to heal through forgiving and forging a new beginning. Empty nests face the real test in building an emotional connection. However, couples can enjoy the wisdom from their age and experience to work out a

connection based on the new common ground and equally fresh shared goals. The individuality framework (*figure 7*) provides that people can create shared goals according to the purpose of their future. It is generally assumed that most elderly people will want to live a happy and healthy for the remaining part of their lives. While a couples' desire for a happy and healthy life could be their common attributes, a shared goal could be based on the food and exercises that they will seek to undertake on specific days. Some couples may devise ways or routines on activities associated with such things like improving physical health and implementing good eating habits. When an elderly couple engages each other on those goals based on their common ground of old age challenges, the process will bind them together in a vibrant manner to achieve emotional and physical connection. In the process the elderly couple may achieve the cog effect (*figure 4*) in a way that they never anticipated in their lives. However, if one of the spouses is naturally unappreciative or dismissive, it would be difficult to contribute towards improving emotional connection. In most cases, some spouses that lived a long life without love, respect, and emotional connection will undoubtedly be unsatisfied with an effort that betrays their consciousness to pain.

If a spouse is determined to regain trust, it will be best to steadily begin working on creating an emotional connection while improving personal happiness using the core of happiness framework (*figure 3*). Once a spouse understands that happiness is the source of strength for patience, tolerance, forgiveness, and confidence as determined in the CDM (*figure 6*), the challenges of empty nest will not be depressingly bad. A spouse that acts desperately without considering the emotions of a partner will potentially yield fruitless or disastrous results. A desperate spouse will unknowingly cause more hurt to a partner and in turn affect own personal happiness. Spouses that damage personal and collective happiness might cause mental health problems especially at an age where they are more vulnerable to strong forces against their wellbeing. When a spouse discovers that the effort would not help in restoring emotional connection, it means the situation had gone beyond anyone's control. Spouses can achieve tranquillity by logically using emotional intelligence to amicably withdraw the pressing effort and remain pleasant to prevent exacerbating the situation. It becomes prudent for a spouse to be genuinely supportive through demonstrating commitment, respect, and love without anticipating any reward for the

effort. Couples should know that a pressurised partner will be suspicious of the intentions of the individuals. Spouses that feel authentic in their approach are tolerant and patient as they regrettably realise that the past cannot be undone, but the future can be made better if a common attributes and shared goals have strong meaning to their collective lives.

As such, empty nests can live happily if they are used to respecting, caring and being attentive to each other. Life becomes less exasperating if couples could reach the Empty Nests Phase (ENP) after being accustomed to a life of caring, sharing and appreciating the strengths and weaknesses of everyone. It is never too late for a spouse to realise the importance of improving respect, care, and attentiveness towards a partner at the Empty Nests Phase. When a couple reaches the Empty Nests Phase, the effort to improve emotional connection can be easier even if sexual chemistry might not be rekindled as they could be some age-related health problems. A spouse might also fail to improve the emotional connection at the Empty Nests Phase if the disconnection was caused by a disorder or misplaced ego of one or both spouses. A person with a disorder may attract sympathy than anticipated emotional connection. Similarly, a person with misplaced ego may attract hostility or inconsideration without any hope for emotional connection. However, few folks can transform their personalities and if the change has been noticed, believed, and accepted to warrantee forgiveness, couples may reach a compromise and begin to work on emotional connection. When elderly people start working on building an emotional connection, they usually rely on their wisdom so much that they can achieve their goals faster because they do not have time to waste on petty problems.

Some people can change their hostile persona earlier in marriage while it takes longer for others. A few individuals that are spirited and peculiar may never change their hostile and misplaced egos. Spouses that can hardly change make it difficult for their spouses at the Empty Nest Phase to be sympathetic and considerate without necessarily aiming for emotional connection. Some partners might have been yawning for a special feeling that brings happiness, but history could have caused the individuals to bloat the expectation from their spouses. Hence, some couples divert their attention to activities or hobbies that bring happiness and a new feel to life. Most people at the Empty Nest Phase usually never

seek divorce because they might have adjusted and gotten used to a life that ignores emotional fulfilment from another person. When people become focused on providing their own fulfilment without expecting any emotional enrichment from anyone, the individuals would have attained an important stage of self- actualisation. It should be noted that, when spouses pass on and leave their partners behind at relatively advanced age, it should have been their goal to leave them with memories they will cherish forever. When aged individuals are widowed, their strengths and hopes for the future should not rely on any wild ambition. If widowed spouses decide to remarry, most of them should have gone through a period where they were alone before meeting a new person. People go through bereavement for different length of periods. When going through bereavement or before meeting a new person, some widowed individuals may base their strengths from the energy and happiness they shared with the deceased person. If some spouses experienced gloomy lifestyles with deceased partners, they would look forward to having their new partners with ecstatic and overwhelming anticipation. As such some spouses will feel overjoyed about a new future that washes away harrowing past experiences. As a result, most people will never stop having a flicker of hope for the future despite being at an advanced stage in life. The empty nest stage reveals that human beings are always in need of affection, and they will always treasure a person that gives them a marvellous sense of purpose on earth. Therefore, each spouse has a duty to help a partner to experience a life everyone would cherishing forever.

Poem

A King and a Queen are such with a kingdom

A spouse is such with a partner

Without an occupant, a home is not

Not without love, a home is gloomy

Peace and harmony warmth the love

To cherish is to treasure

Being joyous cherishes the love

Love pleasure, cultivates bliss

If treasured, love feels pleasurable

A mint feeling, the pleasure of love,

Reciprocated love, illuminates beauty

With endless love, rests fabulous stars

The key, wholehearted affection

Sincerity, pledges wholeness

Fearless affection, trust with pride

Docile love, destroys the kingdom

Depriving love, no empire flourishes

Forever harnessed, love is king

Happiness, the kingdom's glory,

Reciprocated affection, equals love

The best of love, equality

For my queen, it never relents

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Back cover

The author

Nixon Mandigo is an educationalist, coach, consultant, and author whose work focuses on developing skills and improving performance for people interested in achieving success in relationships, leadership, and business. The author develops simple tools to help individuals use creative ways to solve specific problems. The cog effect is a title derived from a concept which highlights the overall essence of the book. The book is written in the form of a guide to help married people to work for personal happiness, improve affection and achieve lasting marriages. The book, ‘The Cog Effect’ is meant to enrich people’s behaviours and perception so that they get fulfilment from their marriages to experience abuse free and happy lives forever. The book is a romantic perspectives part 2 series created for spouses that want to strengthen compatibility so that happiness, affection, mental health, companionship, and tranquillity become the hallmarks of marriages.