

John Melody Mel.Eskholazht

Doctor Michael R. Conner

The Healthy Marriage

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A Healthy Marriage

A very healthy and happy marriage it begins when husband and wife treat their spouse as a person of worth in respect of placing spouse at the top priority. In every marriage there will be certain differences, disagreement that lead to arguments and conflicts. Most of the time when differences are viewed as assets, husband and wife work together in harmony. The same feeling on the first date, feeling of being enamoured during dating phase of the relationship have to remain and constantly prolong throughout the entire journey of marriage. Arguments never resolve anything; they only reveal conflicts. When an individual chooses the liberty to argue with their spouse, that individual is using the Judicial system in the argumentation to convince their spouse the validity of the position. Indeed arguments hasten charged with emotions, resulting in yelling, screaming, crying, verbally assassinate spouse's character; questioning his or her motives; and condemning spouse for the unloving,

unkind, and undisciplined. The only answer to conflict resolution is not in seeking to rid ourselves of our differences but in learning how to make our difference into assets rather than liabilities. The goal of a good marriage is for couple to learn how to work together as a team, utilizing differences to make life better for both spouses.

Marriage is about self-less, likewise care for spouse first before self. Each spouses have a choice to stand on either in an *attack mode* or a *resolution mode*. Love does not demand its own way but seeks the well-being of the one loved. It is an attitude of Love that moves us towards resolving conflicts. The attitude of demanding our own way leads only to arguments, conflicts, misunderstandings and even ended up divorce. Marriage is not about “**me** and **my** happiness”, yet is “**our** mission and **our** happiness”. Conflicts are inevitable, but if a couple is committed to working together as a team, they can tackle the problems and not hostile against each other. Also, it is problematic that our current society designed a world which less tolerance to marriage. Working hours prolonged, the time spent with spouse shortened.

CONCLUSION

Most marriage prioritize wealth before the rapport, the love and the concerns. Love and rapport are the factors in most of the marriage lacking. Our world have to move forward to a platform of “*family-friendly economies*” and eliminate the idea of “*economic -friendly family*” concept.