

10- Things I learn from the book “5 Simple steps to take your marriage from good to great”

BY Miguel De La Fuente

1. The three key reasons why marriages don't work out are: increase frustration, falling into a relationship rut, and loss of passion and sexual excitement. Small changes can easily reignite any marriage.
2. Frustration is the leading cause of unhappy marriages. It's not so much about money, infidelity, or one time huge events that break a marriage but as it is the daily little things and issues that erode a relationship. One of those things is *unrealistic expectations* about marriage and about their spouses. The easiest way to change this is to have *realistic expectations, by talking* to each other about what each other expects of marriage and of the other person.
3. Happy couples have a really great time together. They laugh a lot, smile and play jokes with each other constantly. They just enjoy themselves. *Happy couples love to spend time with each*

other, they tend to become each other's best friends. In the happy couples the spouse described each other as interesting, fun. To keep your marriage happy bring new activities and things into it.

4. *One of the things present in almost every happy marriage is the presence of mutual support and assistance to each other.* Happy spouses know they can count on each other for support and assistance, no matter what the issue is big or small. A relationship build on mutual support will overcome just about any obstacle. Support can be as simple as listening to your spouse when he or she is stressed out. In great marriages spouses ask each other for support and expect to be asked. The stronger the support the stronger the marital bond. The more support the spouse gets from the to her person the happier he or she tends to be.

5. *The happiest couples give constant positive affirmations to each other all the time.* They appreciate each other, give encouragement and say nice things to their partners constantly. They keep their criticism low, specific and constructive.

6. There are two types of support, instrumental support and emotional support. Instrumental is when the person is helping you solve a problems or situation. Emotional support is usually just to listen and empathize with the other person. This is the type of support most of the time women crave. When love to give instrumental support when most of the time a woman just wants you to listen to her. Ask your spouse, do you want practical advice or do you prefer I just listen to you?
7. Happy couples DO NOT GET IN A RUT, and if they do they change: they learn how to add mystery and novelty to their marriages and reignite the passion and sexuality constantly.
8. Happy couples they both have lots of love and lots of sex. The quantity is not as important as the quality.
9. Happy couples tend to divide fairly their tasks and duties. They both negotiate and agree to those tasks. In most happy marriages men help at home. The more men help at home the more sex they tend to have.

10. Happy couples TRUST each other. They are honest with each other. They hate lies and everything that comes close to that. They disclose their issues.

10- Things you can do today to start take your relationship from good to GREAT.

1. Sweat the small stuff. Contrary to public believe the most challenging times for marriages tend to bring them together, like bankruptcies, or death of a family member. On the other hand, small everyday obstacles and challenges is what erode a great relationship, unless you regularly communicate and solve those challenges. Make an effort to improve the everyday stuff. Pay attention to the little frictions, improve on them.
2. Expect less, get more. The fewer unrealistic expectations you have about marriage the better. The biggest reason marriages fail is frustration, by having unrealistic expectations. Transform

unrealistic expectation into realistic ones.

Unrealistic expectations are usually based on myths. Share with each other your expectations for marriage and for the other person.

3. *Give incentives and rewards.* Do simple things that keep your partner happy. Make your spouse feel value, loved and supported by simple acts and behaviors. *Simple acts of kindness make a huge difference.* Spend time with your spouse, have dinner, go for a walk, go on vacation far away from home. Give constant support and assistance. The most happy couples are the ones who offer constant support.
4. *Constantly reinforce your spouse giving affective and encouraging affirmation.* Say nice things. Appreciate every little thing he or she does. Say thanks and feel thankful about those things. Give constant *RECIPROCAL affective and encouraging affirmation.* Things like: you are sexy, you are handsome, you are my favorite cook, you are so much fun, and you are the best dad/mom. MEN NEED THIS MORE THAN WOMEN DO. If you are a wife, make sure you give affective and empowering affirmation on a regular basis.
5. *Communicate, talk, share opinions regularly.* Have drama free communication. Make

a commitment to talk to your wife and share with her.

Have the 10-minute power talk per day. What is a power talk? Is the one you talk about your life, your desires, your dreams and things you would like to do have etc. This talk is not about taking about the kids, the things have to be done, or complaining. This is 10 minute daily DreamTalk with your spouse to get to know each other and your dreams. This is not relationship talk; you are not talking about your relationship. You are talking about your life, your dreams, your values, etc. This is a way to keep knowing your partner, keeping your relationship fresh.

You can talk about things you are grateful, excited, proud, some frustrations you might have from the past, achievements etc. *This little activity is almost miraculous when practice daily.*

There are four important areas to know about your partner: Friends, stressors, life dreams, and values.

6. Implement change in order to beat boredom and keep your relationship fresh and exciting.
Introduce mystery and novelty into the marriage.

Most marriages arrived at a “happiness plateau”, which occurs for two reasons. One, falling in a relationship rut and second by letting passion and sexuality fade. Once a month do one or two activities than involve laughing and relaxing together.

Slowdown your busy life and appreciate your partner. Observe whether or she is wearing. Slow down and appreciate.

7. Make an effort to get along with your partners family. You don't have to be friends but at least get along with them.
8. Focus on the positive, what's already working. *Increase positive experiences and decrease negative ones.* Audit your relationship and behaviors often and the same with your spouse.
9. Trust your partner. Happy couples trust their partners. Emotions tend to be reciprocal, when you trust your partner, he or she tends to trust you too. Be the first one who does it. There is no happy marriage without trust.
10. Lighten up. Happy couples they laugh and joke all the time. They just have a good time. At the end of the day that's what life is all about, right? About having a good time. Watch funny

movies, go to comedies. Do activities that make you have a good time and make you laugh. Play and joke with your partner.

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