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The six pillars of a happy and successful marriage include communication, honesty, love, trust, respect, and loyalty. To build a healthy, long-lasting relationship, couples should spend quality time together, establish healthy, long-lasting relationship, couples should spend quality time together, establish healthy communication, and hold on to their vows. Kindness is crucial for a strong and lasting marriage, as it helps to maintain emotional emotional emotional emotional expect. stability and closeness. Intimacy is the glue that holds a marriage together, fostering emotional closeness, trust, and satisfaction. Nurturing intimacy is essential for maintaining a strong bond. Marriage is a legally recognized union between two individuals with legal rights, responsibilities, and obligations. It is usually formalized through a wedding ceremony or a legal process. Examples of healthy boundaries in marriage include physical and emotional abuse, commitment, starting a family, and love. Commitment is more than just wanting to stay together for a long time. Love is the emotional glue that holds all close relationships together. Communication, honesty, truth, and laughter are essential for creating lasting bonds. To maintain a healthy marriage, couples should spend time together, pamper each other, truly listen to each other, share intimate details, laugh, and be honest about their feelings. Physical proximity, such as eye contact, holding hands, hugging, sitting close together, and massaging one another, is also important. In conclusion, the six pillars of a happy and successful marriage include communication, honesty, love, trust, respect, and loyalty. By incorporating these elements into their lives, couples can create a strong and lasting bond that endures both good times and bad. LOVE LESSONS - 125+ Years of Marriage Advice in 3 MinutesHow did they do it? Three couples with over 125 years of combined marriage experience share the secret to their success....(Image Source: Pixabay.com)What are the five pillars of unity?Cod is. God is everywhere and always good. ... I am. Humans have a spark of divinity, the Christ Spirit. ... I think. ... Affirmative Prayer / I Pray. I live the truth.What is Unity?Values & TeachingsLeadershipHistory of the Unity MovementCalendar & EventsClassesMeditationResourcesEmailPrayer RequestsVolunteerFacility Rental(Image Source: Pixabay.com)How to create oneness in marriage, we must not have physical or emotional relationships with anyone online or in person who is not our spouse. We must not have physical or emotional relationships with anyone online or in person who is not our spouse. must never share our sexual desires. We should only love our spouse. This means avoiding pornography. If we are healthy and circumstances allow, we should also nurture sexual intimacy in our marriages. Sexual inactivity separates a couple. As Elder Jeffrey R. Holland. Holland of the Quorum of the Twelve Apostles said, "Such an act of love between a man and a woman is a symbol of total union." (Image Source: Pixabay.com)What makes a couple powerful?Power couples have a shared vision for their relationship and their lives. They talk openly about their dreams and goals and help each other achieve them. hard, which is why we spend so much time on this in our Crystal Clarity coaching program. Once aligned, a couple is truly powerful in their vision. TWO. Power couples are highly regarded. We define regard for it. What holds a couple together?Improve communication. Good relationships depend on good communication. Listen to each other and share your feelings. This makes the environment honest and open. Some people use phone calls during the day to settle family business so they can enjoy time together when they get home. Keep in touch by learning new ways to communicate better. Check in with your partner to see how things are going. Do you want to spend more time together? Do you share chores? Discuss changes that will bring you into harmony and decide on compromises. Adjust expectations. Accept yourself, your spouse, and your relationship as they are. We all want the honeymoon phase to last forever. People and relationships change over time. Each new milestone brings different dynamics and routines. Create rituals to help hold a relationship together. A goodbye kiss, breakfast in bed, crossword puzzles on weekends, weekly date nights, or a walk after dinner are simple things that can make a healthy relationship stronger. Plan dates and surprises for each other. Romance should be an ongoing part of your relationship, not just special occasions. Plan dates or surprises together to keep your relationship exciting. You could rent kayaks, get concert tickets, or turn your dining area into a fancy restaurant to wine and dine your partner when getting home from work. Be thoughtful and consider what your spouse enjoys. You won't always agree. Think about situations that cause friction and plan to treat each other with respect before a disagreement happens. Use "I" statements and focus on the issue. Look for your spouse's good qualities and show appreciation. Give each other space. Your relationship will be stronger and more interesting if you give your spouse time and space. One person can't meet all your needs. Keep and nurture outside friendships and interests. Be active together. Exercising with your pertner is fun and helps you feel better about yourselves, which strengthens your relationship. Know where to turn for help. Military OneSource can help you find resources and connect you with a counselor. Military and family life counselors can also help. For more counseling options, like chaplains and the Family Advocacy Program, see Military INSTALLATIONS. No matter how you feel about your marriage, it can get better if you both work on it. If you and your spouse are willing to work at it, you can keep your relationship. Read also: What Year Did Dennis Rodman Dress As A Bride? (Image Source: Pixabay.com) What makes a couples bond stronger? You communicate openly and honestly. Good communication is key to any relationship. When both people know what they want and feel comfortable sharing their needs, fears, and desires, it can build trust and strengthen the bond between you. Speak to a therapists for depression, anxiety, relationships, and more. Take the assessment and get matched with a therapist in 48 hours. Take Assessment. HelpGuide is user-supported. If you sign up for BetterHelp services after clicking through from this site, we earn a commission. Learn more.(Image Source: Pixabay.com)What holds a marriage together or doesn t?Build trust. If you criticize, disrespect, defend, or avoid your spouse, your marriage will fail. Couples who argue a lot are more likely to divorce. Studies show that couples who stay together know how to disagree without being hostile and take responsibility for their actions. They are also more likely to forgive. Everyone makes mistakes. Your spouse may upset you. But it's important to move on. Don't bring up the past.Stay committed to your spouse, family, and life together. Support each other emotionally and in everyday ways. Your marriage can stay successful over the years with these ideas. (Image Source: Pixabay.com) What is the secret to a successful marriage? Celebrate the good moments. "It's important to be there for your partner during tough times," says Pawelski. She says it's important to acknowledge good times, too. She says good things happen more often than bad, but couples often miss out on connecting. The next time your spouse shares something positive, focus on it. Ask questions and celebrate the good news. This shows you appreciate happy moments in your marriage. Appreciate each other. If you're with someone all the time, it's easy to take them for granted. According to MacGregor, you should praise your spouse for doing something nice or tell them something you like about them. Everyone needs to feel appreciated for doing the right thing, says MacGregor. If your spouse makes you coffee in the morning, say thank you. If we don't feel valued, we may become resentful and grow apart.Read also: What Can Affect The Validity Of Marriages require growth and adaptation. "Our needs change, we grow, and relationships evolve," she says. "What we need today may not be what we need years from now." Morris agrees. "It's important to adapt to each other," she says. In successful marriages, each person supports the other to grow and become the best person
supports the other to grow and become the best person supports the other to grow and become the best person supports the other to grow and become the best person supports the other to grow and become the best person supports the other to grow and become the best person supports the other to grow and become the best person supports the best person supports the best person supports the best person supports the best person s aren't the main reasons couples stay together. It's how a couple interacts that makes a relationship successful. Are you in a healthy relationship is healthy relationship? Take the quiz can help you understand if your relationship? Take the quiz can help you understand if your relationship is healthy relationship? The glue factor can also be marriage. Some couples who fall in love quickly realize it wasn't real. When this happens, some just break up. But some rush to get married, hoping the bond will take the place of their emotional one. That's not a good reason to get married, hoping the bond will take the place of their emotional one. personalities are the most durable forms of relationship glue. Without them, the external adhesives rarely hold. And if they do, you often regret it. The most important thing is how much you care for each other. Without that, a couple might glue themselves together with something, but they won't be connected. Read more Out of My Mind columns by Philip Chard here.What brings unity in marriage?In Ephesians 4:2, Paul listed four ways to show unity: humility, gentleness, patience, and tolerance. To see if you're building unity in your marriage?In Ephesians 4:2, Paul listed four ways to show unity: humility, gentleness, patience, and tolerance. To see if you're building unity in your marriage?In Ephesians 4:2, Paul listed four ways to show unity: humility, gentleness, patience, and tolerance. To see if you're building unity in your marriage? Are you willing to submit your desires to God's purpose in your marriage? Are you willing to submit your marriage. to serve your mate? (See Philippians 2:3-4.) Kindness. Do you argue with your spouse? Do you get angry when they challenge your ideas? What do you do when they wrong you? (Image Source: Pixabay.com) What's the most important thing in a marriage? Marriage is about commitment. Commitment is more than just wanting to stay together. ... Love: Most couples start out in love, but it takes work to keep that feeling alive. What are the most common problems in a marriage?STARTOTHERTAGLIST (Image Source: Pixabay.com)How to hold a marriage?STARTOTHERTAGLIST.(Image Source: Pixabay.com)How to hold a marriage?STARTOTHERTAGLIS believe in each other, and trust your partner. Without respect, you will doubt each other. You will judge your partner's choices and try to control them. You'll hide things from each other because you're afraid of criticism. This is when things start to go wrong. My husband and I have been together 15 years. I've thought a lot about what keeps us together while marriages around us crumble. The one thing that matters is respect, but that's not enough to just show it. You have to feel it. I respect my husband for his work ethic, patience, creativity, intelligence, and values. From this respect comes trust, patience, and perseverance. I respect his opinion, even if I don't agree with it. I want to give him some free time because I respect yourself. If you don't respect yourself, you won't accept it, and you'll try to get out of it. You'll always feel like you have to prove yourself to get love, but it won't work. An ORDINARYBEAUTIFUL MARRIAGEWhether you're still in the exciting stages of a new relationship or have been married for decades, everyone could use a little ... (Image Source: Pixabay.com) A couple, in the context of a romantic relationship, refers to two individuals who are emotionally and intimately connected. Relationships play a vital role in our lives, contributing to our happiness and overall well-being. Understanding the factors that contribute to a lasting and harmonious partnership is crucial for building and maintaining a healthy bond with a loved one. What Keeps Couples Together Relationships are the foundation of human connection, and for couples, building a strong and lasting bond is a shared desire. Understanding the key elements that keep couples together is essential for fostering a healthy, harmonious partnership. In this article, we will explore the vital aspects that contribute to the longevity and stability of romantic relationships, delving into effective communication, trust, emotional intimacy, shared values, and much more. Common Factors That Keep Couples Together 1. Communication forms the foundation of a successful relationship. Couples who openly express their thoughts, feelings, and needs to each other are better equipped to understand and support one another. Active listening, where both partners genuinely pay attention to each other's words and emotions, fosters emotional intimacy and trust. Sign up now and start your journey to meet your soulmate. Your happily ever after is just a click away! 2. Trust and Honesty Trust is the bedrock of any enduring relationship. Being honest and transparent with one another establishes a sense of security and reliability. Trust allows couples to rely on each other during challenging times and builds a strong sense of emotional closeness as well Emotional intimacy involves sharing vulnerabilities, fears, and dreams with each other. Physical intimacy, on the other hand, includes gestures of affection, warmth, and passion. Both types of intimacy contribute to a deep sense of connection between partners. 4. Shared Values and Goals Couples who share similar values and life goals tend to have more fulfilling relationships. Common interests and objectives create a sense of unity and purpose, making it easier for couples to work together as a team and support each other's aspirations. Sign up now and start your journey to meet your soulmate. is entirely devoid of conflicts. The ability to resolve disagreements in a constructive manner is vital. Healthy conflict resolution involves active listening, empathy, and a willingness to compromise, allowing couples to find solutions that satisfy both parties. 6. The Role of Love and Romance Love takes various forms in a relationship, and understanding these different expressions is vital. Robert Sternberg's Triangular Theory of Love identifies three primary components: intimacy, passion, and commitment is the decision to stay together long-term. Nurturing romance is essential for keeping the relationship vibrant and exciting. Simple acts of affection, surprise gestures, and regular date nights help sustain the romantic connection between partners. Sign up now and start your journey to meet your soulmate. Your happily ever after is just a click away! 7. Building a Strong Foundation often starts with friendship. Being friends first allows partners to know each other on a deeper level, fostering a strong emotional bond. Respect forms a consideration leads to a healthier dynamic. Supporting each other's growth and individuality is equally important. Allowing space for personal development and encouraging each other's interests and passions leads to personal fulfillment within the relationship. Sign up now and start your journey to meet your soulmate. Your happily ever after is just a click away! 8. Weathering Life's Challenges Together Life presents numerous challenges, and a strong partnership can weather these storms. External stressors, such as financial difficulties or career changes, can impact a relationship. However, facing these challenges as a team and providing mutual support can strengthen the bond. Couples must also learn to cope with major life changes together, such as financial difficulties or career changes, or dealing with loss. Navigating these transitions hand-in-hand fosters resilience and deepens the emotional connection. Sign up now and start your journey to meet your soulmate. Your happily ever after is just a click away! 9. The Power of Communication Effective communication Effective communication Effective communication involves more than just speaking; it encompasses active listening as well. thoughts and feelings creates a sense of emotional closeness. Regular, open, and honest communication can prevent misunderstandings and start your journey to meet your soulmate. Your happily ever after is just a click away! Trust is a fundamental pillar of any lasting relationship. Building trust takes time and consistent honesty. Being truthful and reliable cultivates a sense of security, allowing couples to rely on each other during both joyful and challenging times. Unfortunately, trust can be broken, and rebuilding it requires effort and commitment. Apologizing, making amends, and showing genuine remorse are crucial steps toward healing and rebuilding trust. 11. Emotional and Physical Intimacy Sign up now and start your journey to meet your soulmate. Your happily ever after is just a click away! Emotional intimacy involves sharing one's innermost thoughts and feelings without fear of judgment. This vulnerability deepens the emotional connection between partners. Physical intimacy, on the other hand, includes touch, cuddling, and sexual expression, fostering a sense of physical closeness and passion. Both forms of intimacy are intertwined and vital for maintaining a balanced and fulfilling relationship. 12. Shared Values and Goals Sign up now and start your journey to meet your soulmate ever after is just a click away! While individual differences can enrich a relationship, having shared values and objectives are better equipped to navigate life's journey together, supporting each other along the way. Finding common of involves open communication about one's values and aspirations, which can lead to a more harmonious and purposeful relationship. 13. Conflict Resolution and Compromise
Sign up now and start your journey to meet your soulmate. Your happily ever after is just a click away! Disagreements are natural in any partnership, but how they are handled makes all the difference. Engaging in healthy conflict resolution involves active listening, empathy, and a willingness to compromise. Avoiding personal attacks and seeking common ground fosters understanding these expressions can enhance a relationship's depth. Sternberg's Triangular Theory of Love identifies three primary components of love: Sign up now and start your journey to meet your soulmate. Your happily ever after is just a click away! Intimacy: Emotional closeness and connection. Passion: Physical desire and attraction. Commitment: The decision to maintain the relationship long-term. Recognizing and nurturing these aspects of love can help couples sustain a fulfilling and meaningful partnership. 14. Nurturing Romance in a Long-Term Relationship; it requires ongoing effort. Engaging in romantic gestures, surprising each other with thoughtful gifts, and planning regular date nights are ways to keep the spark alive. Sign up now and start your journey to meet your soulmate. Your happily ever after is just a click away! Romantic gestures need not be grand or expensive; it's the thought and effort that count. Simple acts of kindness and displays of affection show that partners care about each other. The Role of Friendship and Respect A friendship forms a strong foundation for any lasting relationship. Being friends allows partners to communicate openly, share interests, and enjoy each other's company. Friendships are built on mutual respect and treating each other with kindness and understanding. Sign up now and start your journey to meet your soulmate. Your happily ever after is just a click away! Respect is crucial in a relationship as it ensures that both partners feel valued and appreciated. Disrespectful behaviors can erode the emotional connection and trust between partners support each other's personal growth and individuality. Encouraging each other's interests, hobbies, and career aspirations fosters personal fulfillment. Sign up now and start your journey to meet your soulmate. Your happily ever after is just a click away! Allowing space for individual development strengthens the bond between partners. It's essential to recognize that both individuals in the relationship can pursue their goals while still maintaining a loving and supportive connection. Conclusion Building a lasting and fulfilling relationship requires effort and dedication. Conclusion Building a lasting and supportive connection. romance, maintaining a strong foundation of friendship and respect, and supporting each other's growth are equally crucial. Sign up now and start your journey to meet your soulmate. Your happily ever after is just a click away! By understanding and actively working on these factors, couples can create a loving and harmonious partnership that stands the test of time. FAQS 1. How important is communication in a relationship? Effective communication is the backbone of a successful relationship survive without trust? Trust is a fundamental aspect of any lasting relationship. Without it, the foundation becomes shaky, making it challenging for the relationship to thrive. Sign up now and start your journey to meet your soulmate. Your happily ever after is just a click away! 3. What role does romance play in long-term relationships? Romance keeps the relationship exciting and maintains the emotional and physical connection between partners. It's crucial for keeping the spark alive. 4. How can couples navigate major life changes together? Facing life's challenges together? Facing life's challenges together? Facing life's challenges together? after it's been broken? Rebuilding trust requires openness, consistent honesty, and genuine remorse. Couples should communicate openly, seek counseling if needed, and be patient throughout the process. Sign up now and start your journey to meet your soulmate. Your happily ever after is just a click away! The first few months of a romantic relationship can be such an exciting phase for both partners! There's a strong attraction towards each other, and the passion is intense. You want to know your partner and spend as much time as possible with them. Even though that initial spark does wear off eventually, there's still a lot of scope to be happy in your romantic relationship. If you're wondering what keeps couples together, this article is perfect for you. If you want to build a strong long-term relationship with your partner, there are some things, behaviors, and activities that you can incorporate into your daily life. This is equally applicable for you and your significant other. Related Reading: Making Time For You And Your Spouse Learn about what do couples do together to be content in their relationships. 15 activities that happy couples do to build a healthy, long-lasting relationship: 1. Spend time together Taking some time out from your busy schedule to spend with your partner regularly is very important. The importance of spending quality time together is unparalleled. Just as Christiana Njoku, a Licensed Professional Counselor, Relationship Coach, and Marriage Mentor, suggests As a couple, spending quality time with each other builds a healthy bond you both share together. Whether you're going out for a walk in the evening, or going for a romantic dinner date, or just talking to each other about how your day has been- all of this counts. When you both build a strong bond together. The most important part of spending time together regularly is to do it mindfully. 2. Pamper each other Pampering each other does not always mean something materialistic, such as expensive gifts. You can plan a chill day at home where you treat each to manicures, pedicures, massages, and so much more! Another great way to pamper your partner is by treating them to a home-cooked meal prepared by you! You can whip up their favorite dish or dessert! Pampering each other is what keeps couples together. When you pamper your partner to a day of self-care, it makes them feel special and cared for. It also helps in strengthening the bond between hearing what your partner is saying to you and truly listening to them. Active listening is how couples stay together. When you properly listen to what your husband or wife has to say to you, you communicate better. When you communicate properly, you feel content in your relationship 4. Share intimate details with each other Vulnerability is another very important aspect of what keeps couples together. Most happy couples feel secure enough with their spouses or partners to disclose intimate details about themselves. The sense of vulnerability and openness with each other can help you build a long-term relationship built on trust and open communication. 5. Laugh together Another big part of what keeps couples together is humor. Having your fair share of silly inside jokes or having a complementary sense of humor is what can make your relationship feel healthy and enjoyable! When you both share a good sense of humor and crack each other up, you enjoy each other's company and spend more time together! 6. Have common interests Having shared interests is another big part of a strong couple connection. Content couples often have hobbies and interests, you automatically spend more quality time with each other. And when you spend more time together doing things that you both love, you both end up feeling happier and fulfilled in the relationship? 7. Play games together One of the simplest ways to feel happy in your romantic relationship is to regularly plan fun activities like game nights or game dates with your partner. This is one of the most common things happy together! Playing games like chess or scrabble or tennis can also bring out the playful side in you and your partner. Check out these couple games and you can surely have a great time: Game nights also give you the opportunity to spice things up in your relationship which facilitates a lot of joy! 8. Hugs and kisses What do normal couples do? Do they often give each other warm hugs and cute pecks throughout the day? Yes, they do! Strong physical intimacy is very common among couples who are content in their relationships. When you and your partner take out that little bit of time to hug or kiss each other, it shows that you both care. It also shows your partner take out that little bit of time to hug or kiss each other, it shows that you both care. It also shows your partner take out that they are on your mind. This facilitates a strong sense of comfort and security in the relationship. Related Reading: What you be that they are on your mind. Is Security in a Relationship? 9. A sprinkle of PDA Married and unmarried couples who are happy in their relationships often engage in a bit of PDA. Engaging in some tasteful public display of affection with your partner can inject a sense of excitement and entertainment for both of you. 10. Set healthy boundaries Now let's get into some of the more serious aspects of a healthy relationship. Setting and maintaining healthy boundaries and vice-versa, it builds trust, respect, intimacy, and communication in the relationship. 11. Always resolve a fight before going to bed Having arguments and intense conversations with your partner is normal and healthy in romantic relationships. It is understandable that the idea of heading to bed without resolving an argument may be very tempting. However, if you do gather the willpower to actually resolve the argument before going off to bed, it shows that you're mature and you're open to communicating with your partner and that you value their point of view. This is what keeps couples together. Related Reading: How to Solve Repetitive Marital Conflicts 12. Stay present and attentive Although being comfortable around your partner is a very important part of
being in a healthy relationship, there is a fine line between comfort and taking the relationship for granted. A pivotal aspect of couples bonding is being attentive and present when you're spending quality time with their partners mindfully and on a regular basis. One of the easiest ways to be attentive to your partner when you're having a conversation or on a date is by simply switching off your phone. If switching it on silent mode. Mindfully attending to one's partner is what keeps couples together. 13. Give each other space As important as it is to spend quality time together on a regular basis, it is equally important to give each other space. This is one of the things married couples do to stay happy and content in their relationships. Having time to yourself to do what you like or need to do is very important to rejuvenate yourself. When you feel productive and rejuvenate yourself. space enables couples to take that time out for themselves and also facilitates that feeling of missing each other. This may help in keeping the spark alive. Also Try: What Do You Enjoy Doing Most With Your Partner? 14. Have your own life outside your relationship What keeps couples together is having their own lives, interests, obligations, and duties that are unrelated to the relationship. A romantic relationship or a marriage is a part of your life. However, your entire life doesn't need to just be about your marriage or relationship. When you have your own life on't put your life on the relationship, it also gives you things to talk about with your partner. Christiana Njoku adds here Don't put your life on hold because you are now in a relationship; Your life should not revolve around the relationship. It also helps you value the time that you do spend with your friends, having goals related to your career, your hobbies, etc, are all important aspects of your life. 15. Plan your future together Having conversations with your partner about your future together is very important in any long-term relationship. This is one of the things couples do together and dreaming about what the future holds can bring a lot of joy and hope to your romantic relationship. A big part of what keeps couples together is their ability to make plans for their future together. When you plan your future with your significant other, it shows that you value them and you wish to spend your life with that person. This can facilitate a lot of happiness and contentment in the relationship! Also Try: Dreaming Together: 3 Essential Tips for Having a Happy Future as a Couple Conclusion If you're in a romantic relationship or you've been married for a while, there's a lot of potentials to work on your relationship and feel more content with the same. Consider implementing some of the aforementioned activities or behaviors in your relationship. //www.researchgate.net/publication/314634799_Humor_in_romantic_relationships_A_meta-analysis Want to have a happier, healthier marriage.com course meant for married couples is an excellent resource to help you overcome the most challenging aspects of being married. Take Course 1 Cooking a meal with your partner, so try coming up with your own recipes, building off of online recipes, signing up for a meal kit delivery service if you need some help, or taking a cooking class together. [1] 2 Volunteering. Visit a dust to the world and support your neighbors, try volunteering. Visit a local soup kitchen or food bank, help at the animal shelter, or volunteer with the Human Rights Campaign.[2] Advertisement 3 Set couple goals. Setting goals has been proven to help with life progression, productivity, and even has therapeutic benefits. To strengthen your relationship and feel more fulfilled, try setting goals for your relationship. If you want to save a certain amount of money or lose weight, set a number goal and deadline, then encourage each other as you work towards it.[3] If you want to bring back the spark in your relationship, sit down with your partner and list places where you both can improve, then make it your goal to improve in those places. 4 Practice fitness with each other. If one or both of you likes to be active, practicing fitness together can be a great way to strengthen your bond. Try playing sports together, taking workout classes, or just going for a run with each other. Regularly exercising improves mood, boosts energy, and helps with physical intimacy, which can all strengthen your bond. [4] 5 Practice being spiritual together. Spirituality can help bring new meaning to life and your relationship. If you and your relationship. If you and your relationship. If you and relieve stress in your relationship and personal life.[5] 6 Get tattoos that are specific tcost that tcost tc your relationship. Tattoos that represent your bond can help deepen your relationship and remind you of each other in moments when you're apart. Get matching tattoos or side-by-side images that match when you two come together. But think carefully about this. Your partner is probably great, but make sure you don't get a tattoo you may regret in the future.[6] 7 Read a book together. Reading together is a great way to slow down after the end of a long day. You can also build your connection with your partner by reading the same book together, setting a date to finish it by, then coming together to discuss what you each thought. You'll have a deeper well of things to talk about, which can help strengthen the bond in your relationship.[7] 8 Start a new tradition together. Start a monthly or yearly tradition to have fun, spice things up, and strengthen the bond you have with your partner. Start off by visiting the same restaurant every Friday, surprising each other with small gifts every month, or gathering in the kitchen every Christmas Eve, cooking dinner, and baking pastries together.[8] 9 Go on a date to an art gallery or museums or art galleries with your partner can give you guys the opportunity to have conversations about things you've never discussed before, like an artist's interpretation of the meaning of life or deep philosophies that drive people. You can learn new things together and leave with a stronger bond.[9] 10 Visit each other's hometowns. Visiting each other's hometowns can bring back lots of old memories for both of you. This can be a great way to learn more about your partner's past and deepen the connection between you two. Share old stories, show your partner your old hangout spot or your favorite spot to eat lunch to help them learn more about you.[10] 11 Travel together. Not only does traveling with your partner give you a break from your bond. Fly to a new country or hop on a train to your favorite city to learn more about yourself and your partner.[11] 12 Start a project together. Whether there's a shed you've always wanted to build or a painting idea that your partner thinks you could help with, starting a project together can help some the bond you have with your partner. [12] 13 Go for a walk. Sometimes, all you need to bond is some peace with your partner. Going for a neighborhood walk can be a great way to get that peace. Talk to each other about the architecture, visit your local park, or just enjoy each other's company. Walking also boosts your immune system, so you're literally strengthening your bond![13] Advertisement Bonding strengthens trust, communication, and intimacy. It fosters a deeper connection. But what is it and how to we cultivate it in our marriage? Man Carrying Woman On His Back | Canva Pro | Barbara Ribeiro A successful marriage? Man Carrying Woman On His Back | Canva Pro | Barbara Ribeiro A successful marriage? another âf " it also requires a strong bond. Bonding is an essential part of any marriage, because it helps to create a strong foundation of trust, respect, and love that will last a lifetime. Without bonding, couples easily drift apart. When this happens, it creates feelings of loneliness, disconnection, and resentment. Couples can re-establish their connection and bring themselves closer together by bonding. Strengthening communication, resolving disagreements, and learning how to better support each other are all benefits of bonding, which is the key to a lasting, meaningful marriage. As the word implies, bonding is simply the connection a couple experiences. For example, I recently pu new carpet on our Pontoon boat. In order to make it stick to the flooring I used an adhesive (bonding agent) to make sure it will not come up when it gets wet. We will talk about HOW couples bond later. For now, it's important to understand what it is and why it is important. essential part of any positive relationship, whether it be romantic, platonic or familial. Bonding helps to create a strong connection between two people and encourages healthy communication, understanding and mutual support. When we bond with our spouse, we develop a deep emotional connection and attachment. It is a crucial aspect of a successful marriage, because it fosters trust, intimacy, and a sense of security. This provides a strong foundation for your relationship is built on something deep and strong that keeps you connected. Just like the carpet on my boat. It won't unravel when life happens, Just as individual threads are intertwined to create a durable and beautiful fabric, the emotional connection between two people creates a resilient and lasting bond. Each thread symbolizes elements such as trust, communication, love, and shared experiences. When these threads are skillfully woven together, they create a strong and intricate pattern that is difficult to unravel. The importance of bonding in marriage cannot be overstated. Like a finely woven fabric, a well-bonded marriage can withstand external pressures and challenges, providing a sense of comfort and stability for both partners. Want to know the secret of connecting with your spouse on a deeper, more intimate level? It's hidden in plain sight! The
intertwined threads of love, trust, and communication make the relationship resilient and adaptable, allowing it to grow and evolve over time. Bonding is what gives us the deep emotional connection that helps create a sense of belonging and fulfillment, ultimately fostering a happy and successful marriage. We bond on a number of levels. For this article, we will focus on two primary levels: Emotional and physical bonding. We use this term to talk about connected with your partner on an emtional, spiritual, and intellectual level. Being vulnerable with each other and sharing your deepest thoughts and feelings can be scary (especially for men). But itâ en s also incredibly rewarding. Communication improves Trust increases Love deepens Happiness grows Marital satisfaction improves That's just the tip of the iceberg. A strong emotional conversation, shared experiences, physical touch and eye contact, weât 1 help you build a foundation of trust and intimacy that will keep your relationship strong. Itâ end to your partner, itâ end to your partner, itâ end to your own emotions honestly and openly. Thatâ end to your partner, itâ end to your partner, itâ end to your partner, itâ end to your own emotions honestly and openly. challenges your way, youâ e motional bond, you can weather any storm that comes your way. Let's be real, a relationship without physical connection is like a car without wheels - it's going nowhere fast. But it's not just about truly connecting intimate. It's about truly connecting intimate. with your partner on every level - mentally, emotionally, and physically. Physical connection is not the opposite of an emotionally with your spouse. Get Your Results And Discover Keys To Improve Your Relationship On the other hand, physical touch and intimacy opens the door for a deeper emotional experience with your spouse. Simple acts of physical intimacy can create a bond between two people that is unbreakable. And the best part is that itât so not just about the physical intimacy can create a bond between two people that is unbreakable. on connection and understanding. The foundation of lasting love and security is built upon the bond in a relationship helps to hold two people. Without it, no relationship helps to hold two people. Without it is essential in making a relationship strong and lasting. The bond is formed by shared experiences and communication. It is nurtured by mutual respect and support, and it can be strengthened by open and honest dialogue. Just like glue, the bond in a relationship is like the building blocks of a successful partnership. It requires both people to invest time and energy into understanding each otherâ E^{III}s thoughts, feelings, and needs. When that investment is made, it can bring two individuals closer together than ever before. At its core, a strong bond involves trust, respect, and communication. So how does this happen? I love this quote from Peter Kenny, an adoption lawyer and foster care expert. He writes: Bonding occurs naturally over time by sharing important events in daily life such as eating, sleeping and playing together, getting to really know our spouse) is an impossible task. We wrongly believe it takes extra-ordinary events and things to create a deep bond. This is simply not true. The problem isn't that you don't love each other. The problem is that you don't have a system for maintaining and nurturing that love. Bonding happens naturally. You can't rush it. Time is required. The more time we invest in our spouse, the stronger the bond becomes. It's that simple. Another misguided belief we often have is that little things don't matter. This couldn't be further from reality. It is the little things that cease it to erode. You grow apart over time by neglecting the little things that cease it to erode. You grow apart over time by neglecting that destroy healthy relationships. It is neglecting that cease it to erode. the little things. You also grow closer over time by investing in the little things. This is why sharing a meal is such a big deal. A I go into more detail about his in the video below: Relationship Bonding | The Healthy Marriage We've already seen how things like physical contact (hugs or cuddling up close), eye contact and skin contact are all essential for developing an intimate relationshipâ? providing support and help us feel connected. By engaging in meaningful conversations and spending quality time together, couples are able to build a secure foundation upon which they can keep growing their bond for years to come. When you have a deep bond with someone you care about, it creates an teable sense of security within yourself as well as your partnerat allowing both individuals to blossom into their best selves while providing unwavering support along the way. As mentioned above, bonding requires both partners to invest in each other, to understand and appreciate the other personat "s thoughts, feelings, and needs. It also involves taking risks together and being open with each other about hopes and fears. I'm sure you've heard (or been told) to do things in order to feel closer to your spouse. Most advice goes something like: Get Your Results And Discover Keys To Improve Your Results And Discover Keys To Improve Your spouse. could go on and on. These are certainly not bad advice. They are things that WILL help you feel closer. But here is a list of 5 out-of-the-box ideas that will make you feel closer and more connected with your spouse: Spend time together discussing your dreams, goals, and aspirations. Then, create a vision board that represents the life you want to build together. This will not only strengthen your bond but will also help you work as a team to achieve your goals. Not just 'read the same book' as your spouse; read it together. As in, take turns reading to each other. I'll never forget the first time Michelle and I did this. We were on a beach vacation in Florida. She picked up a book at the local bookstore by Francine Rivers called, 'Redeeming Love.' Each afternoon, we sat on the beach and took truns reading that book to each other. Not only was it incredibly romantic, but it deepend our faith and made us feel close in a way we hadn't before. Create a unique tradition or ritual that is specific to your relationship. This can be anything from a weekly date night where you try new activities, to an annual weekend getaway to a place that holds special meaning for both of you. These traditions will create lasting memories and reinforce the importance of your bond. We were actually forced into this. together for the holidays at the same time. So we improvised. We created our own special ritual around Christmas and Thanksgiving. We also have a tradition. This is actually one of my favorite bonding methods. Michelle and I are both writers, so it comes pretty natural. But you don't have to be Hemingway or F. Scott Fitzgerald to write a love letter. In a world dominated by technology, handwritten love and appreciation for each other. Need to take action but not sure where to start? Our #1 Recommendation for couples in crisis is Save The Marriage System. Set aside time to write thoughtful, heartfelt letters and exchange them regularly. Ok. This may not be the most unique idea you've ever heard, but it is pretty important. Mealtime is an important aspect of life. In biblical times, sharing a meal was special. Almost sacred. We've writen about sharing meals here. Again, this is something my wife and I do several times a week. We turn on some romantic music (or whatever we are in the mood for), and create a meal (usually something new we want to try). Here's how to make it work: Designate some evenings for cooking and enjoying meals together. Experiment with new recipes, learn about different cuisines, and create a meal (usually something new we want to try). fun and relaxing atmosphere in the kitchen. Cooking and eating together can be a great way to bond, share experiences, and make lasting memories. These simple steps will help you create a closer relationship with your spouse, and healthy marriage, and taking time to nurture and strengthen those bonds is essential for the success of your marriage. It is an investment that will pay off in the long run. So take the time to make your marriage. It is an investment that will pay off in the long run. to know your healthy marriage score, take the marriage quiz. Youât Marriage doesn't have to be complicated. In this 5 part mini-series, you'll discover practical steps to redesign your marriage. Get Your Results And Discover Keys To Improve Your Relationship Marriage Communication BootcampCommunication issues do not have to wreck your relationship. Our communication bootcamp will equip you to connect on a deeper level and cultivate skills to help you create the marriage of your dreams. Healthy Marriage AcademyOur courses will help you build a strong marriage. Each course is designed to meet a specific relationship need. If you are having serious marriage struggles, we recommend starting with $\hat{a} \in Save$ the Marriage System $\hat{a} \in \hat{a}$ by Lee Baucom. The first few months of a romantic relationship can be such an exciting phase for both partners! There's a strong attraction towards each other, and the passion is intense. You want to know your partner and spend as much time as possible with them. Even though that initial spark does wear off eventually, there's still a lot of scope to be happy in your romantic relationship. If you're wondering what keeps a strong attraction towards each other, and the passion is intense. couples together, this article is perfect for you. If you want to build a strong long-term relationship with your partner, there are some things, behaviors, and activities that you can incorporate into your daily life. This is equally applicable for you and your significant other. Related Reading: Making Time For You And Your Spouse Learn about what do
couples do together to be content in their relationships. 15 activities that happy couples do to keep them together So, what keeps couples do to build a healthy, long-lasting relationship: 1. Spend time out from your busy schedule to spend with your partner regularly is very important. The importance of spending quality time together is unparalleled. Just as Christiana Njoku, a Licensed Professional Counselor, Relationship Coach, and Marriage Mentor, suggests As a couple, spending quality time with each other builds a healthy bond you both share together. Whether you're going out for a walk in the evening, or going for a romantic dinner date, or just talking to each other about how your day has been- all of this counts. When you actively take out time to spend with your significant other, it helps you both build a strong bond together. The most important part of spending time together regularly is to do it mindfully. 2. Pamper each other Pampering each other does not always mean something materialistic, such as expensive gifts. You can whip up their favorite dish or dessert! Pampering each other is what keeps couples together. When you pamper your partner to a day of self-care, it makes them feel special and cared for. It also helps in strengthening the bond between you and your spouse. 3. Truly listening to you and truly listening to them. Active listening is how couples stay together. When you properly listen to what your husband or wife has to say to you, you communicate better. When you communicate better. When you communicate better. other Vulnerability is another very important aspect of what keeps couples together. Most happy couples feel secure enough with their spouses or partners to disclose intimate details about themselves. The sense of vulnerability and openness with each other can help you build a long-term relationship built on trust and open communication. 5. Laugh together Another big part of what keeps couples together is humor. Having your fair share of silly inside jokes or having a complementary sense of humor and crack each other up, you enjoy each other's company and spend more time together! 6. Have common interests Having shared interests is another big part of a strong couple connection. Content couples often have hobbies and interests, you automatically spend more quality time with each other. And when you spend more time together doing things that you both love, you both end up feeling happier and fulfilled in the relationship? 7. Play games together One of the simplest ways to feel happy in your romantic relationship is to regularly plan fun activities like game nights with your partner. This is one of the most common things happy couples do! Whether it's badminton or tennis or board games, game nights or games like chess or scrabble or tennis can also bring out the playful side in you and your partner. Check out these couple games and you can surely have a great time: Game nights also give you the opportunity to spice things up in your relationship which facilitates a lot of joy! 8. Hugs and kisses What do normal couples do? Do they often give each other warm hugs and cute pecks throughout the day? Yes, they do! Strong physical intimacy is very common among couples who are content in their relationships. When you and your partner take out that little bit of time to hug or kiss each other, it shows your partner take out that little bit of time to hug or kiss each other. It also shows your partner take out that little bit of time to hug or kiss each other. Relationship? 9. A sprinkle of PDA Married and unmarried couples who are happy in their relationships often engage in a bit of PDA. Engaging in some tasteful public display of affection with your partner can inject a sense of excitement and entertainment for both of you. 10. Set healthy boundaries Now let's get into some of the more serious aspects of a healthy relationship. Setting and maintaining healthy boundaries and vour partner respects those boundaries and vice-versa, it builds trust, respect, intimacy, and communication in the relationship, 11. Always resolve a fight before going to bed Having arguments and intense conversations with your partner is normal and healthy in romantic relationships. It is understandable that the idea of heading to bed without resolving an argument may be very tempting. However, if you do gather the willpower to actually resolve the argument before going off to bed, it shows that you're mature and you're open to communicating with your partner and that you value their point of view. This is what keeps couples together. Related Reading: How to Solve Repetitive Marital Conflicts 12. Stay present and attentive Although being comfortable around your partner is a very important part of being in a healthy relationship, there is a fine line between comfort and taking the relationship for granted. A pivotal aspect of couples bonding is being attentive and present when you're spending guality time with their partners mindfully and on a regular basis. One of the easiest ways to be attentive to your partner when you're having a conversation or on a date is by simply switching off your phone. If switching it off is not feasible, you can consider putting it off is not feasible, you can consider putting it off is not feasible, you can consider putting it off is not feasible. to give each other space. This is one of the things married couples do to stay happy and content in their relationships. Having time to yourself to do what you like or need to do is very important to rejuvenate yourself. When you feel productive and rejuvenated, you automatically end up valuing the time you spend with your partner. Personal space enables couples to take that time out for themselves and also facilitates that feeling of missing each other. This may help in keeping the spark alive. Also Try: What Do You Enjoy Doing Most With Your Partner? 14. Have your own life outside your relationship What keeps couples together is having their own lives, interests, obligations, and duties that are unrelated to the relationship. A romantic relationship or a marriage is a part of your life. However, your entire life doesn't need to just be about your marriage or relationship, it also gives you things to talk about with your partner. Christiana Njoku adds here Don't put your life on hold because you are now in a relationship; Your life should not revolve around the relationship. It also helps you value the time that you do spend with your friends, having goals related to your career, your hobbies, etc, are all important aspects of your life. 15. Plan your future together Having conversations with your partner about your future together is very important in any long-term relationships. Planning your life together and dreaming about what the future holds can bring a lot of joy and hope to your romantic relationship. A big part of what keeps couples together is their ability to make plans for their future together. When you raignificant other, it shows that you value them and you wish to spend your life with that person. This can facilitate a lot of happiness and contentment in the relationship! 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Whether you're going out for a walk in the evening, or going for a romantic dinner date, or just talking to each other, it helps you both build a strong bond together. The most important part of spending time together regularly is to do it mindfully. 2. Pamper each other does not always mean something materialistic, such as expensive gifts. You can plan a chill day at home where you treat each to manicures, pedicures, massages, and so much more! Another great way to pamper your partner is by treating them to a home-cooked meal prepared by you! You can whip up their favorite dish or dessert! Pampering each other is what keeps couples together. When you pamper your partner to a day of self-care, it makes them feel special and cared for. It also helps in strengthening the bond between you and your spouse. 3. Truly listening to each other is essential There is a world's difference between hearing what your partner is saying to you and truly listening to them. Active listening is
how couples stay together. When you communicate properly,

you feel content in your relationship. Related Reading: The Importance of Art of Listening in a Relationship 4. Share intimate details about themselves. The sense of vulnerability and openness with each other can help you build a long-term relationship built on trust and open communication. 5. Laugh together is humor. Having your fair share of silly inside jokes or having a complementary sense of humor is what can make your relationship feel healthy and enjoyable! When you both share a good sense of humor and crack each other up, you enjoy each other's company and spend more time together! 6. Have common interests that they can do together. This includes activities like singing, playing instruments, working out together, and so on. When you have common interests, you automatically spend more quality time with each other. And when you both love, you both end up feeling happier and fulfilled in the relationship. Related Reading: How Important Are Common Interests in a Relationship? 7. 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Engaging in some tasteful public display of affection with your partner can inject and sense of excitement and entertainment for both of you. 10. Set healthy boundaries now let's get into some of the more serious aspects of a healthy boundaries and your partner respects those boundaries and vice-versa, it builds trust, respect, intimacy, and communication in the relationships. It is understandable that the idea of heading to bed without resolving an argument may be very tempting. However, if you do gather the willpower to actually resolve the argument before going off to bed, it shows that you're mature and you're open to communicating with your partner and that you value their point of view. This is what keeps couples together. Related Reading: How to Solve Repetitive Marital Conflicts 12. 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Also Try: What Do You Enjoy Doing Most With Your Partner? 14. Have your own life outside your relationship What keeps couples together is having their own lives, interests, obligations, and duties that are unrelated to the relationship. A romantic relationship or a marriage is a part of your life. However, your entire life doesn't need to just be about your marriage or relationship. When you have your own life outside your relationship, it also gives you things to talk about with your partner. Christiana Njoku adds here Don't put your life on hold because you are now in a relationship; Your life should not revolve around the relationship. It also helps you value the time that you do spend with your significant other. It is all about balance. Going out with your friends, having goals related to your career, your hobbies, etc, are all important aspects of your life. 15. 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People who are in healthy and happy relationships prioritize spending quality time with their partners mindfully and on a regular basis. One of the easiest ways to be attentive to your partner when you're having a conversation or on a date is by simply switching off your phone. If switching it off is not feasible, you can consider putting it on silent mode. Mindfully attending to one's partner is what keeps couples together. 13. Give each other space. This is one of the things married couples do to stay happy and content in their relationships. Having time to yourself to do what you like or need to do is very important to rejuvenate yourself. When you feel productive and rejuvenated, you automatically end up valuing the time out for themselves and also facilitates that feeling of missing each other. This may help in keeping the spark alive. Also Try: What Do You Enjoy Doing Most With Your Partner? 14. 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This is one of the things couples do together who are happy in their marriage or relationships. Planning your life together and dreaming about what the future holds can bring a lot of joy and hope to your romantic relationships. Planning your life together and dreaming about what the future holds can bring a lot of joy and hope to your significant other, it shows that you value them and you wish to spend your life with that person. This can facilitate a lot of happiness and contentment in the relationship! Also Try: Dreaming Together: 3 Essential Tips for Having a Happy Future as a Couple Conclusion If you're in a romantic relationship or you've been married for a while, there's a lot of potentials to work on your relationship and feel more content with the same. Consider implementing some of the aforementioned activities or behaviors in your relationships. //www.researchgate.net/publication/314634799 Humor in romantic relationships. about the state of your marriage but want to avoid separation and/or divorce, the marriage.com course meant for married couples is an excellent resource to help you overcome the most challenging aspects of being married. Take Course Emotional connection is the vital thread that binds couples together in a marriage. Physical attraction, shared interests, and chemistry often bring couples together. But, it's the emotional bond that sustains a relationship through life's ups and downs. Building and maintaining emotional intimacy is essential for a thriving marriage. This is true whether you're newly married or have been together for decades.Understanding Emotional Connection Emotional connection is strong, partners feel supported, safe, and deeply bonded. A lack of emotional connection can lead to loneliness and living like roommates. Even in the absence of overt conflict emotional disconnection can be devastating. Why Emotional Connection, and helps couples navigate challenges more effectively. Research consistently shows that emotional intimacy is one of the strongest predictors of long-term relationship success. Without emotional connection, couples are more vulnerable to drifting apart. Signs of a Healthy Emotional ConnectionMutual trust and respectWillingness to be vulnerableEnjoying each other's companyIf these elements are present, your emotional Connection1. Prioritize Quality TimeSpending intentional, distraction-free time together is one of the most effective ways to strengthen emotional bonds. Schedule regular date nights, take walks together, or simply share a cup of coffee in the morning. The key is to be fully present with each other.2. Practice Active ListeningListening is more than just hearing words and responding. It's about understanding the emotions behind them. your partner's feelings. When you reflect back what you've heard it shows that their thoughts and emotions matter. 3. Express Appreciation for both big and small things your partner does. A simple "thank you" can go a long way in making your spouse feel valued.4. Share VulnerabilitiesEmotional intimacy grows when partners feel safe enough to share their fears, dreams, and insecurities. Practice opening up about your inner world and encourage your partners feel safe enough to share their fears, dreams, and insecurities. could be a goodbye kiss before work, a nightly check-in conversation, or cooking dinner together. Consistent rituals provide a sense of stability and connection.6. Engage in Physical touch is so important. Holding hands, hugging, or cuddling, releases oxytocin—the "bonding hormone." These small gestures communicate love and reinforce emotional closeness.7. Practice Forgiveness. Letting go of grudges allows both partners to move forward and reconnect.8. Support Each Other's GoalsShowing interest in your spouse's dreams and supporting their personal growth strengthens . Celebrate their achievements and provide encouragement during setbacks. Overcoming Common ChallengesBusy Scheduling regular time together. This is important even if it's just a few minutes each day. Communication BreakdownIf communication feels strained, consider setting aside time for regular heart-to-heart conversations. Couples counseling can also provide tools to improve communication starts with small and consistent efforts. Possibilities are offering a kind word, planning a surprise, or initiating physical affection. Seeking Marriage Counseling for Emotionally despite their best efforts. When this happens seeking an experienced marriage counselor can be a beneficial step. These professionals provide valuable insights and tools to help couples navigate their challenges. Marriage counseling is particularly helpful for couples identify underlying issues that hinder their emotional connection. This process guides spouses in understanding can help couples identify underlying issues that hinder their emotional connection. their emotional triggers and patterns of behavior. This process of exploration is essential for reviving and strengthening the emotional connection. Wrapping it All UpBuilding emotional connection in marriage is an ongoing journey. This journey requires time, effort, and vulnerability. A deep and lasting bond is possible! Begin by prioritizing quality time, practicing empathy, and support. Emotional intimacy are greater happiness, resilience, and mutual support. Emotional connection feels strong or in need of repair Small daily actions can transform your marriage!Counseling Services at Valiant Couples Therapy and Consulting Have you ever witnessed something profoundly beautiful, like a sunset on a beach, and immediately felt a twinge of regret that someone you love wasn't there to share that precious moment with you? This feeling has a name, and we call it... Mutuality. Mutuality -The quality or state of being mutual or shared. A sharing of sentiments and experiences with another person that connects them together. As social beings, we yearn to share life's experiences with another person that connects them together. challenges that can strain relationships, there are four key elements of mutuality, or "glues," that, when shared fortify our connections despite trials. When a couple has mutual trust, they believe in each other's character and competence to face the world together. Healthy, long-term relationships thrive on shared trust, given and earned over time. Trust is
essential for growth functions in relationships, such as risk-taking, committing, and being vulnerable. Trust is established when consistently doing what you say you'll do and maintaining promises based on values, not circumstances. The ability to communicate, empathize, and connect at a deeper level, seeing the world from your partner's perspective. Mutual understanding leads to interdependent companionship. Healthier communicators listen more than they speak, creating safe spaces for open sharing without judgment. ACTION: Practice listening, think about your partner's perspective, ask questions, and accept their thoughts without debate. Couples seeking mutual benefit ensure that results in the relationship benefit ensure that results in the relationship benefit both parties fully. Instead of pursuing individual wins, they work together for the holistic benefit of both partners. Recognizing that motivation and commitment thrive when both partners see real, fulfilling benefits. Mutual trust and understanding pave the way for partners to build mutually energizing results. ACTION: Find ways to ensure your partners to build mutually energizing that motivations. Elevate your partner's needs as high as your own. The ideal that both partners are becoming their best versions, contributing to the elevation of the relationship. Requires openness, willingness to change, learn, and grow individually and as a couple. Involves tangible, incremental improvement over time, celebrating and supporting each other's growth. Demonstrates "eudaimonia" - flourishing through tough times, striving to be the best versions of themselves. ACTION: Identify areas for improvement, create plans, and work together on living and being healthier. Acknowledge and appreciate the positive changes you've seen in your partner. In essence, these four glues, when shared, create the most secure and connected relationships, providing a foundation for growth, understanding, and lasting love. Becoming One is the ultimate affordable solution for married couples looking to improve their communication, resolve conflict, & increase marital satisfaction, all from the comfort of your own home, and without having to break the bank. For roughly the price you'd pay for two, 1-hour, sessions with a traditional coach or counselor, you can now get a full YEARS worth of WEEKLY live group coaching sessions with me, where you can ask me questions, get individual solutions, AND learn as I coach other couples as well, that may be going through similar things Learn More The first few months of a romantic relationship can be such an exciting phase for both partners! There's a strong attraction towards each other, and the passion is intense. You want to know your partner and spend as much time as possible with them. Even though that initial spark does wear off eventually, there's still a lot of scope to be happy in your romantic relationship. If you're wondering what keeps couples together, this article is perfect for you. If you want to build a strong long-term relationship with your partner, there are some things, behaviors, and activities that you can incorporate into your daily life. This is equally applicable for you and your significant other. Related Reading: Making Time For You And Your Spouse Learn about what do couples do to keep them together So, what keeps couples do to keep them together So, what keeps couples do to build a healthy, long-lasting relationships. 15 activities that happy couples do to build a healthy some time out from your busy schedule important. The importance of spending guality time together is unparalleled. Just as Christiana Njoku, a Licensed Professional Counselor, Relationship Coach, and Marriage Mentor, suggests As a couple, spending guality time with each other builds a healthy going out for a walk in the evening, or going for a romantic dinner date, or just talking to each other about how your day has been- all of this counts. When you actively take out time to spend with your significant other, it helps you both build a strong bond together. The most important part of spending time together regularly is to do it mindfully. 2. Pamper each other Pampering each other does not always mean something materialistic, such as expensive gifts. You can whip up their does not alway to pamper your partner is by treating them to a home-cooked meal prepared by you! You can whip up their favorite dish or dessert! Pampering each other is what keeps couples together. When you pamper your partner to a day of self-care, it makes them feel special and cared for. It also helps in strengthening the bond between you and your partner is saying to you and truly listening to them. Active listening is how couples stay together. When you properly listen to what your husband or wife has to say to you, you communicate better. When you communicate properly, you feel content in your relationship 4. Share intimate of Art of Listening in a Relationship 4. Share intimate better. details with each other Vulnerability is another very important aspect of what keeps couples together. Most happy couples feel secure enough with their spouses or partners to disclose intimate details about themselves. The sense of vulnerability and openness with each other can help you build a long-term relationship built on trust and open communication. 5. Laugh together Another big part of what keeps couples together is humor. Having your fair share of silly inside jokes or having a complementary sense of humor and crack each other up, you enjoy each other's company and spend more time together! 6. Have common interests Having shared interests is another big part of a strong couple connection. Content couples often have hobbies and interests, you automatically spend more quality time with each other. And when you spend more time together doing things that you both love, you both end up feeling happier and fulfilled in the relationship? 7. Play games together One of the simplest ways to feel happy in your romantic relationship is to regularly plan fun activities like game nights or game dates with your partner. This is one of the most common things happy couples do! Whether it's badminton or tennis or board games, game nights or game dates with your partner is one of the easiest ways to feel happy together! Playing games like chess or scrabble or tennis can also bring out the playful side in you and your partner. Check out these couple games and you can surely have a great time: Game nights also give you the opportunity to spice things up in your relationship which facilitates a lot of joy! 8. Hugs and kisses What do normal couples do? Do they often give each other warm hugs and cute pecks throughout the day? Yes, they do! Strong physical intimacy is very common among couples who are content in their relationships. When you and your partner take out that little bit of time to hug or kiss each other, it shows that you both care. It also shows your partner take out that little bit of time to hug or kiss each other, it shows that you both care. It also shows your partner take out that little bit of time to hug or kiss each other, it shows that you both care. Is Security in a Relationship? 9. A sprinkle of PDA Married and unmarried couples who are happy in their relationships often engage in a bit of PDA. Engaging in some tasteful public display of affection with your partner can inject a sense of excitement and entertainment for both of you. serious aspects of a healthy relationship. Setting and maintaining healthy boundaries and vice-versa, it builds trust, respect, intimacy, and communication in the relationship. 11. Always resolve a fight before going to bed Having arguments and intense conversations with your partner is normal and healthy in romantic relationships. It is understandable that the idea of heading to bed without resolving an argument may be very tempting. However, if you do gather the willpower to actually resolve the argument before going off to bed, it shows that you're mature and you're open to communicating with your partner and that you value their point of view. This is what keeps couples together. Related Reading: How to Solve Repetitive Marital Conflicts 12. Stay present and attentive Although being comfortable around your partner is a very important part of being in a healthy relationship, there is a fine line between comfort and taking the relationship for granted. A pivotal aspect of couples bonding is being attentive and present when you're spending quality time with their partners mindfully and on a regular basis. One of the easiest ways to be attentive to your partner when you're having a conversation or on a date is by simply switching off your phone. If switching it off is not feasible, you can consider putting it on silent mode. Mindfully attending to one's partner is what keeps couples together. 13. Give each other space As important as it is to spend quality time together on a regular basis, it is equally important to give each other space. This is one of the things married couples do to stay happy and content in their relationships. Having time to yourself to do what you like or need to do is very important to rejuvenate yourself. When you feel productive and rejuvenated, you automatically end up valuing the time you spend with your partner. Personal space enables couples to take that time out for themselves and also facilitates that feeling of missing each other. This may help in keeping the spark alive. Also Try: What Do You Enjoy Doing Most With Your Partner? 14. Have your own life outside your relationship What keeps couples together is having their own lives, interests, obligations, and duties that are unrelated to the relationship. A romantic relationship or a marriage is a part of your life. However, your entire life doesn't need to just be about your marriage or relationship. When you have your own life outside your relationship, it also gives you
things to talk about with your partner. Christiana Njoku adds here Don't put your life on hold because you are now in a relationship; Your life should not revolve around the relationship. It also helps you value the time that you do spend with your friends, having goals related to your career, your hobbies, etc, are all important aspects of your life. 15. Plan your future together Having conversations with your partner about your future together is very important in any long-term relationship. This is one of the things couples do together and dreaming about what the future holds can bring a lot of joy and hope to your romantic relationship. A big part of what keeps couples together is their ability to make plans for their future together. When you plan your future with your significant other, it shows that you value them and you wish to spend your life with that person. This can facilitate a lot of happiness and contentment in the relationship! Also Try: Dreaming Together: 3 Essential Tips for Having a Happy Future as a Couple Conclusion If you're in a romantic relationship or you've been married for a while, there's a lot of potentials to work on your relationship and feel more content with the same. Consider implementing some of the aforementioned activities or behaviors in your relationship. //www.researchgate.net/publication/314634799 Humor in romantic relationships A meta-analysis Want to have a happier, healthier marriage? If you feel disconnected or frustrated about the state of your marriage but want to avoid separation and/or divorce, the marriage.com course meant for married couples is an excellent resource to help you overcome the most challenging aspects of being married. Take Course The first few months of a romantic relationship can be such an exciting phase for both partners! There's a strong attraction towards each other, and the passion is intense. You want to know your partner and spend as much time as possible with them. Even though that initial spark does wear off eventually, there's still a lot of scope to be happy in your romantic relationship with your partner, there are some things, behaviors, and activities that you can incorporate into you daily life. This is equally applicable for you and your significant other. Related Reading: Making Time For You And Your Spouse Learn about what do couples do to keep them together So, what keeps couples do to keep them together? Consider incorporating these 15 things happy couples do to build a healthy, long-lasting relationship: 1. Spend time together Taking some time out from your busy schedule to spend with your partner regularly is very important. The importance of spending quality time together is unparalleled. Just as Christiana Njoku, a Licensed Professional Counselor, Relationship Coach, and Marriage Mentor, suggests As a couple, spending quality time with each other builds a healthy bond you both share together. Whether you're going out for a walk in the evening, or going for a romantic dinner date, or just talking to each other, it helps to each other about how your day has been- all of this counts. When you actively take out time to spend with your significant other, it helps to each other about how your day has been- all of this counts. you both build a strong bond together. The most important part of spending time together regularly is to do it mindfully. 2. Pamper each other most important part of spending time together, massages, and so much more! Another great way to pamper your partner is by treating them to a home-cooked meal prepared by you! You can whip up their favorite dish or dessert! Pampering each other is what keeps couples together. When you pamper your partner to a day of self-care, it makes them feel special and cared for. It also helps in strengthening the bond between you and your spouse. 3. Truly listening to each other is essential There is a world's difference between hearing what your partner is saying to you and truly listening to them. Active listening is how couples stay together. When you communicate properly, listen to what your husband or wife has to say to you, you communicate properly, listening is how couples stay together. When you communicate properly, listen to what your husband or wife has to say to you, you communicate properly, listen to what your husband or wife has to say to you. you feel content in your relationship. Related Reading: The Importance of Art of Listening in a Relationship 4. Share intimate details about themselves. The sense of vulnerability and openness with each other can help you build a long-term relationship built on trust and open communication. 5. Laugh together is humor. Having a complementary sense of humor is what can make your relationship feel healthy and enjoyable! When you both share a good sense of humor and crack each other up, you enjoy each other's company and spend more time together. This includes activities like singing, playing instruments, working out together, and so on. When you have common interests, you automatically spend more quality time with each other. And when you spend more time together doing things that you both love, you both end up feeling happier and fulfilled in the relationship. Related Reading: How Important Are Common Interests in a Relationship? 7. Play games together One of the simplest ways to feel happy in your romantic relationship is to regularly plan fun activities like game nights with your partner. This is one of the most common things happy couples do! Whether it's badminton or tennis or board games, game nights or game dates with your partner is one of the easiest ways to feel happy together! Playing games and you can surely have a great time: Game nights also give you the opportunity to spice things up in your relationship which facilitates a lot of joy! 8. Hugs and kisses What do normal couples do? Do they often give each other warm hugs and cute pecks throughout the day? Yes, they do! Strong physical intimacy is very common among couples who are content in their relationships. When you and your partner that they are on your mind. This facilitates a strong sense of comfort and security in the relationships often engage in a bit of PDA. Engaging in some tasteful public display of affection with your partner can inject and inj sense of excitement and entertainment for both of you. 10. Set healthy boundaries now let's get into some of the more serious aspects of a healthy boundaries and your partner respects those boundaries and vice-versa, it builds trust, respect, intimacy, and communication in the relationships. It is understandable that the idea of heading to bed without resolving an argument may be very tempting. However, if you do gather the willpower to actually resolve the argument before going off to bed, it shows that you're mature and you're open to communicating with your partner and that you value their point of view. This is what keeps couples together. Related Reading: How to Solve Repetitive Marital Conflicts 12. Stay present and attentive Although being comfortable around your partner is a very important part of being in a healthy relationship, there is a fine line between comfort and taking the relationship for granted. 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A big part of what keeps couples together is their ability to make plans for their future together. When you plan your future with your significant other, it shows that you value them and you wish to spend your life with that person. This can facilitate a lot of happiness and contentment in the relationship or you've been married for a while, there's a lot of potentials to work on your relationship and feel more content with the same. Consider implementing some of the aforementioned activities or behaviors in your relationship. //www.researchgate.net/publication/314634799 Humor in romantic relationships A meta-analysis Want to have a happier, healthier marriage? If you feel disconnected or frustrated about the state of your marriage but want to avoid separation and/or divorce, the
marriage.com course meant for married couples is an excellent resource to help you overcome the most challenging aspects of being married 10 years or more stated they were "very intensely in love" (the highest on the scale). Researchers have found that intense love causes strong doses of dopamine, the neurotransmitter that pumps up the brain's reward circuits. Some of the best aspects of long-term relationships include quality time and thinking about each other positively, if not a little obsessively. That crazy thing we call love is perhaps one of the most studied and least understood areas in psychology. One reason is that many studies of romantic relationships are carried out not in real life, but in the lab. Making matters worse, many of these students. Though these students are certainly capable of close relationships, many of them haven't matured enough to know themselves, much less what they want out of a romantic partner. What better way to find out about love than to survey the experts? Not the psychology experts? Not the psychology experts? Not the psychological and Personality Science, showed not only that many people were still in love even after 10 years of marriage, but also which factors predicted the strength of their passion. As reported by Stony Brook University psychologist K. Daniel O'Leary (2012) and his research team, the findings provided a stark contrast to the typically glum view we have of long-term marriages. Rather than being doomed to a bland, mediocre existence, these couples endorsed their positive feelings toward their spouses with hearty (dare I say) enthusiasm. A whopping 40 percent of those married 10 years or more stated that they were "Very intensely in love"—the highest rating on the scale. Another 15 percent gave their marriages the second-highest rating on the love intensity scale. Perhaps even more surprisingly, those who stuck together for 30 years and more also gave their marriages high ratings with 40 percent of men saying that they were very intensely in love. Clearly, many couples are able to maintain high levels of passion as the decades go by well into their middle and later years. Just as clearly, not everyone felt the same degree of intensity about their spouses. The researchers turned next to trying to predict which relationships would be marked by the strongest degree of intensity. Psychological theories of love focus on such quintessential features as passion, commitment, closeness, early experiencess, early experiencess, early experiences as passion. in relationships, emotional needs, and the ability to communicate. These are, of course, important to the health of any relationship. However, when it comes down to predicting which relationships will make it for the long haul, the questions become almost equally pragmatic as romantic. Earlier research by psychologist Arthur Aron, who collaborated in this study, suggested that the people who are most intensely in love are the ones who feel a strong romantic attraction, but who also enjoy engaging in "self-expanding" joint activities that are novel and challenging. Based on findings from fMRI studies, the researchers also thought that strong love would involve regular strong doses of dopamine, the neurotransmitter that pumps up the brain's reward circuits. The investigators couldn't measure dopamine through a telephone survey, so instead, they used questions that would tap into the amount of pleasure that partners felt when they were around each other. A few caveats about the study might have already come to your mind. First, and most importantly, the study was conducted only on couples who stayed together. The unhappy couples would have divorced and therefore not qualified for the research. On top of that, the couples obviously agreed to be in the study, so it's possible that the unhappy couples who stayed together. it's also possible that the unhappy ones would have welcomed the opportunity to complain about their spouses. In either case, the researchers believed that the bias of wanting to look either very happy or very unhappy didn't play a major role in affecting the results. One way that they made this assurance was by making the questions as focused on behavior as possible and therefore less subject to reporting bias. The study also has the obvious limitation of being conducted on partners in heterosexual marriages, who may not be typical of all relationship to the test. See how you would rate your closest romantic relationship (marriage or otherwise) on these 12 key dimensions: Thinking positively about your partner. Having positively about your partner. Having positively about your partner. you to magnify the small foibles, which will make your partner even more irritating to you than you would otherwise feel. People in good relationships engage in "sentiment override," meaning that they remember more of the favorable experiences they've shared together. Thinking about your partner when apart. When you leave your partner for the day, the evening, or for an extended period of time, do you forget about his or her existence? Is it out of sight and out of mind for you? If so, this may be a sign that you're not that much in love. You don't have to spend every second apart sighing longingly, but the fact that your partner isn't there should at least cross your mind some of the time during the course of the average day. Difficulty concentrating on other things when thinking about your partner. If you're able to set aside your thoughts about your partner without much effort, this suggests that your partner without much effort, this suggests that your partner. If you're able to set aside your thoughts about your partner without much effort, this suggests that your partner without much effort, this suggests musing over your loved one. In the O'Leary study, this factor was particularly important for men. Enjoying novel and challenging activities. Like definitely attracts like when it comes to personal interests and hobbies. Spending time together is important, as you'll see below, but it's how you spend your time that influences your relationship satisfaction even more. Aron's self-expansion model, tested in empirical research, suggests that couples can improve their love for each other when they spend their time together exploring new and challenging activities. The O'Leary study identified this factor as especially relevant for men. If you're going to go bungee jumping for the first time, your relationship will benefit when you and your partner face this challenge together. If you're not up to bungee jumping, seek out mentally challenging ways to spice up your daily routines. Spending time together. If you love someone, you want to spend time with that person, and the more time you spend together. If you're not up to bungee jumping, seek out mentally challenging ways to spice up your daily routines. should include some new and challenging activities, as shown in point #4. However, even spending time together in mundane household activities can enhance your love's intensity. That basement remodeling you've been intending to get started can actually become a way for you and your partner to strengthen your emotional bonds. Cooking, gardening, grocery shopping, and even cleaning the house are other ways to bolster your love for each other. This was another factor that, in the O'Leary study, was more important for men. Expressing affection. Feeling love toward your partner is important, but so is expressing that love in physical ways. It's not wise to play hard to get when your goal is to build the passion in your relationship's intensity. Being turned on by your partner. Those tiny touches of affection can not only boost your emotional connection to your partner but also stoke the sexual fires within. The respondents reporting the most intense love for their partner in the O'Leary study said that they felt their bodies responding when their partner sphysical presence is enough to keep the fire inside stoked until the time is right for sexual activity. Engaging in sexual intercourse. It should come as no surprise that having intercourse is a positive expression of a love's intensity. People in love are more likely to have sex with each other on a regular basis. The O'Leary study showed, however, that part of the reason for the positive association between sex and love is that people who are happiest in their relationships both love their partners more and have sex more frequently. Whatever the cause, the point is that sexual activity builds and maintains feelings of love and even happiness that endure over time. Feeling generally happy. People who feel happier about life also have stronger feelings of love toward their partners. We can't determine whether people who are in love therefore feel happier or vice versa from the survey data in the U Leary study (and the finding was more true of women than men). However, the finding suggests that if you're experiencing personal distress, this can leak out and cause your relationship to suffer. Similarly, if your relationship is in trouble, your personal happiness will suffer as well. Either way, it's important for you to seek help before these negative effects take a heavy toll on your mental health. Wanting to know where your personal happiness will suffer as well. your partner's whereabouts. This component of intense love may seem a bit like stalking. But to put a positive spin on it, if you want to know where your partner isn't very far from your thoughts. Obsessively thinking about your partner isn't very far from your thoughts. related to intense love, at least for women. The women most in love in the O'Leary study didn't particularly care about knowing their partner more generally. Having a strong passion for life. People who approach their daily lives with zest and strong emotion seem to carry these intense feelings over to their love life as well. If you want your
relationship to have passion, put that emotional energy to work in your brain's reward centers respond similarly to love as to getting excited about your other daily interests. Getting "fired up" in these areas of life translates into firing up the feelings you have toward your partner and in the O'Leary study seemed to matter more for men. The study by the O'Leary team, in identifying these 12 factors, provides new evidence to show that not only can long-term couples get along with each other, but they can maintain their passion for many decades. Close relationships are the centerpiece of our sense of identity and are fundamental to our feelings of fulfillment. They can even benefit our health, as we know from research on marital problems and obesity. By changing your thoughts and your behavior about these relationships, you can keep them fresh and vital for years. Copyright Susan Krauss Whitbourne 2012 References O'Leary, K., Acevedo, B. P., Aron, A., Huddy, L., & Mashek, D. (2012). Is long-term love more than a rare phenomenon? If so, what are its correlates?. Social Psychological and Personality Science, 3(2), 241-249. doi:10.1177/1948550611417015 Find a Relationship Issues Therapist Get the help you need from a therapist near you-a FREE service from Psychology Today. Atlanta, GA Austin, TX Baltimore, MD Boston, MA Brooklyn, NY Charlotte, NC Chicago, IL Columbus, OH Dallas, TX Denver, CO Detroit, MI Houston, TX Indianapolis, IN Jacksonville, FL Las Vegas, NV Los Angeles, CA Louisville, KY Memphis, TN Miami, FL Milwaukee, WI Minneapolis, MN Nashville, TN New York, NY Oakland, CA Saint Louis, MO San Antonio, TX San Diego, CA San Francisco, CA San Jose, CA Seattle, WA Tucson, AZ Washington, DC More from Susan Krauss Whitbourne PhD, ABPP More from Psychology Today It seems that the further we look, the harder it is to find couples who are in strong, happy, healthy relationships. But it's important not to get discouraged because they are out there, in all generations. We often credit our parents' or grandparents' generations with having longer-lasting, more solid relationships. Research has found that this is due to factors like a greater appreciation for the stability and security of long-term relationships. While this may be the case, relationships like these don't just happen randomly. They require consistent effort from both partners. As such, there are some valuable lessons we can take from couples with the strongest, long-lasting relationships. Couples who stay deeply connected for life prioritize these habits above all else, according to psychology: 1. They know that arguments are natural and don't end it allStrong couples understand that if you've got a house and a light bulb goes out, you fix the light bulb — you don't sell the entire house. Just because you have arguments doesn't mean the demise of the entire relationship. Most relationships involve fighting from time to time. But you can disagree with someone and still be in love with them. Just make sure to never be insulting and understand that if you fight all the time, it's a red flag.RELATED: 7 Phrases That Are Way Better Than Giving Unsolicited Advice, According To Experts2. They can never overstate how much they love someonelf you love him or her with the intensity that you need to spend a lifetime together, make sure he or she knows it. Hearing "I love you" never gets old, after all. As a bonus, expressing your love helps eliminate any insecurities or doubts because you keep your partner confident about your feelings. 3. Their family is their partner's family is their partner's family is an important part of any relationship. If you don't think so, just imagine the tension when you're with someone your parents, aunt, uncle, friends, brother, and/or sister openly dislike. While it is unrealistic to expect everyone will always get along and like each other, it's important to put in the effort to treat them as such. RELATED: 13 Phrases That Quietly Mean The World To Most Men, According To Dating Expert4. They keep their private life private l problems. Sure, share your fun dates, post goofy photos together, enjoy yourself — but make sure you draw the line. Research suggests that maintaining a degree of privacy and personal space within a relationship can foster a stronger, healthier, and more fulfilling connection. While it's essential to be open and honest, a certain level of individuality and personal boundaries allows couples to maintain their independence, recharge their emotional batteries, and prevent codependency.5. They don't let things get staleParticularly in long-term relationships, it's natural to fall into a routine with someone. That's why it's important to stay spontaneous and keep the fire burning. Plan a date night, get in the car, and pick a town for a weekend away, surprise him or her with tickets to that concert they've wanted to go to. Do anything you can think of that will breathe life into your relationship. Because nobody wants to be in a mundane partnership.RELATED: 10 Easily Overlooked Signs You're In An Exceptional Relationship6. They're punctualJust because you're not picking someone up for dates anymore doesn't mean you can be late. If you're going to a party or event together, do your best to be ready when you both plan to leave. If someone is waiting around for you and getting impatient because you're going to be late to something important to them, it can cause unnecessary tension during an evening that's supposed to be fun for both of you. Don't sour the occasion by running behind.7. They pick up the slack when their partner is overwhelmed. That's why it's important to blur the lines of gender roles in a relationship. Doing the laundry and cleaning the kitchen are not roles for a woman; rather, they are necessary household chores, and both partners must share the responsibilities. If your significant other is feeling stressed, step in and take care of it.RELATED: 12 Subtle Relationship Issues That Are Actually Huge Warnings, According To Experts8. They take care of their partner when they're sickNobody wants to get sick, and nobody enjoys it, but being in a relationship is not just about being there when things are great; it's also about stepping up when things are not great. Cancel your dinner plans, go to the store for medicine, and do whatever it takes to feel like they are a burden on their significant other. If you're going to grow into old age beside this person, you'll need to know they're willing to take care of you when you need it most. This support can significantly impact the well-being of both the ill individual and their partner, affecting relationship satisfaction, mental health, and even survival rates. While the in-sickness and in-health vow is often idealized, research cautions that the burden of caregiving can also strain relationships, particularly in cases where one partner's health limitations impact the other's quality of life.9. They don't stop doing the little things that can make or break a relationship. So, if you're checking out at the store and their favorite candy is on the shelf, grab a box. Bring home flowers randomly. Plan a date night. The small, random things you do for someone are what count the most because it shows you don't need a holiday or special occasion to do something nice. You just do it because. 10. They ask how their partner's day wasWe all need to vent sometimes. Regardless if we had a stressful day, feel unappreciated at work or have exciting news to share, being able to open up to your significant other about small details is comforting, and openly welcoming the discussion shows him or her that you're genuinely interested in their day. Just because you have been together for a while doesn't mean you should care any less about seemingly routine things; just the opposite. And, most importantly, do not ask out of obligation. Ask out of genuine interest. Listen, absorb, and respond.11. They understand the value of compromiseYou may not always want to do what your partner wants. That work party is pretty lame every year. You don't care for the band you just got concert tickets for. You'd rather be doing anything else besides this double date with their rowdy friends. But you do all of these things with a smile on your face anyway, because it's important to your partner, and you know they would do it for you in return. Plus, isn't who you're with more important than what you're doing? RELATED: 6 Little Ways Rock-Solid Couples Show Their Love (That Others you, ask yourself if the potential argument that could arise is worth eliminating something small that bothers you, ask yourself if the potential argument that could arise is worth eliminating something small that bothers you are the potential argument that could arise is worth eliminating something small that bothers you, ask yourself if the potential argument that could arise is worth eliminating something small that bothers you bring up something small that bothers you are the potential argument that could arise is worth eliminating something small that bothers you are the potential argument that could arise is worth eliminating something small that bothers you are the potential argument that could arise is worth eliminating something small that bothers you are the potential argument that could arise is worth eliminating something small that bothers you are the potential argument that could arise is worth eliminating something small that bothers you are the potential argument that could arise is worth eliminating something small that bothers you are the potential argument that could arise argument that could argument that could arise argument that could argument that like not putting away leftovers, or would you rather let it slide off your back and focus on the more important things with your partner? While conflict is a natural part of relationships, couples who learn to manage arguments effectively, including
knowing when to let issues slide, tend to have more stable and fulfilling long-term relationships. Avoiding arguments altogether, however, can be detrimental, potentially leading to increased stress and decreased relationship.13. They don't let the intimacy fadeRomance should not fade after the honeymoon phase of a relationship; instead, it should increase over time as your partner becomes a bigger, more important part of your life. And intimacy isn't just what happens in the bedroom — it's emotional closeness, too.Both physical and emotional intimacy are cornerstones of a strong relationship. We can't lose sight of this.14. They give their partner undivided attentionThis is a new problem facing our generation. Our parents and grandparents didn't sit on the couch in silence on their smartphones. They interacted with each other. streamlining our lives and staying in touch when we're not together, but if we want to build a deep connection with someone, we need to unplug. So, put the phones down and just really be in the moment with one another.15. They share new experiencesWhether it be as simple as watching a movie neither of you has seen or something as extreme as skydiving, there's high value in sharing new experiences with someone. Both of your minds are being opened to something new and unique for the very first time. And the most important part is that you're doing it side by side, together. 16. They value their alone timeEven when you have jobs, friends, families, obligations, children, in-laws, and all of the busyness that comes along with a full life, one thing will always remain true: Your relationship is at the epicenter of the rotating universe you have created. To lose sight of your "why" that you are together. It is to sacrifice the quality of your relationship to keep the well-oiled machine that is the rest of your life working. The problem here is that when you slow down, you're too exhausted to enjoy each other. Connect. Don't lose sight of what matters. You are two individuals with individual lives, but you've also committed to being a single unit that takes on the world together. To be a team. To be partners in crime. Value the commitments you have made above all else, and the rest will come together, just like the two of you. Allowing each partner to pursue their activities and maintain their sense of individuality can prevent codependency, reduce boredom, and improve overall relationship satisfaction. Some relationship experts suggest a quideline of spending 70% of time together and 30% apart, allowing for individual space and activities. RELATED: The Deep, Emotional Bond Only The Longest-Lasting Couples Possess and activities. personal development coach. He has become a go-to expert with outlets such as CNN, Bravo, The New York Post, The Huffington Post, The Daily Beast, CNBC, The Boston Globe, CBS, and more.