

# EP 043 THE MARRIAGE RELATIONSHIP

## SHOW NOTES

### OBJECTIVE

> Develop an understanding of the marriage relationship.

### UNDERSTANDING MARRIAGE

**Marriage** is a covenantal relationship in which a man and a woman have pledged themselves to each other in the manner of a husband and wife. The common vow says, "In the name of God, I, <name>, take you, <name> to be my husband (wife), to have and to hold from this day forward, for better, for worse, for richer, for poorer, in sickness and in health, to love and to cherish, until death do us part. This is my solemn vow."

### THE PSYCHOLOGY OF MARRIAGE

Marriage can be a **tricky relationship**. No single person in our adult lives has as much influence on our health and well-being as our spouse, they know us best. No other social support person can replace our spouse. But when things aren't clicking, it is the relationship that affects people the most. The Four Horsemen are to be avoided at all costs (Criticism, Defensiveness, Disrespect and Stonewalling). There are a few **psychological theories** when it comes to marriage.

- 1. Social Exchange Theory.** An analysis of the costs (resources) and benefits (rewards) of the relationship.
- 2. Cognitive Self-Disclosure.** Building intimacy through self-disclosure (like a Newlywed game). Each person shares something about their wants, needs, aspirations, attitudes, beliefs, and desires.
- 3. Duplex Theory of Love.** First, intimacy, passion, and decision/commitment, and second, the history of love.

### THE FIVE LOVE LANGUAGES (Gary Chapman)

The five essential behaviours to a healthy, happy, long-term marriage are: Love and affirmation; Learning how to deal with your failures through forgiveness and apology; Learning how to handle anger; Learning how to listen; and, Accept and laugh about the minor irritations.

- 1. Words of affirmation** – The use of positive words to show respect and love.
- 2. Gifts** – This is what tells the other person that you're thinking about them (not expensive, thoughtful).
- 3. Acts of service** – Doing things for your spouse without being asked.
- 4. Quality time** – Spending uninterrupted time together listening and talking creates stronger bonds (attention).
- 5. Physical touch** – Holding hands, kissing, sex, hugging, and playfulness all are ways to express love.

### APPLICATION

> Identify your love languages in order of priorities, and do the same for your spouse.

### RESOURCES

- > More from Dr Natanael Costea: [www.eq.org.au](http://www.eq.org.au)
- > Subscribe on [Apple Podcasts](#)
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