

# The Ultimate Guide: The Seven Principles For Making Marriage Work!

Marriage is a sacred bond that requires effort, love, and dedication to make it successful. However, in today's fast-paced world, many couples struggle to maintain a healthy and fulfilling marriage. The good news is that there are seven principles that can help couples build a strong foundation and ensure a lifetime of love and happiness. In this article, we will delve into these principles and explore how they can contribute to a successful marriage.

## Principle 1: Enhancing Your Love Maps

Love maps refer to the knowledge and understanding you have about your partner's world - their dreams, interests, and values. By regularly updating and expanding your love maps, you can continuously deepen your connection with your spouse. This principle encourages open communication and a genuine interest in each other's lives, thus fostering a solid emotional bond.

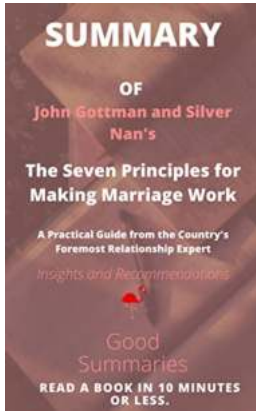
## Principle 2: Nurturing Fondness and Admiration

When couples maintain a strong foundation of fondness and admiration, they are better equipped to deal with conflict and challenges. By consciously focusing on the positive aspects of your partner and expressing appreciation for their qualities, you lay the groundwork for a thriving and supportive relationship.

**Summary of John Gottman and Silver Nan's Book: The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert** by Good Summaries (Kindle Edition)

★★★★★ 5 out of 5

Language : English



File size	: 709 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 34 pages
Lending	: Enabled



### **Principle 3: Turning Towards Each Other Instead of Away**

During difficult times, it is crucial to turn towards your partner rather than retreat or engage in harmful behaviors. By actively seeking connection and showing empathy in moments of stress or disagreement, you can foster trust and build a resilient bond that can weather any storm.

### **Principle 4: Letting Your Partner Influence You**

Healthy marriages are founded on mutual respect and shared decision making. This principle emphasizes the importance of valuing your partner's opinions and allowing their influence to shape joint decisions. By making your spouse an equal partner, you create an environment of trust and collaboration, promoting long-lasting happiness.

### **Principle 5: Solving Problems Solvable vs. Perpetual**

All couples face problems, but the way they approach them determines the outcome. This principle suggests that couples should focus on finding solutions for problems that are solvable and accept the ones that may not have a perfect

resolution. It encourages a realistic approach to conflict resolution, emphasizing compromise, and ensuring that small issues don't escalate into larger ones.

## **Principle 6: Overcoming Gridlock**

Gridlock occurs when a couple finds themselves at an impasse on certain issues, often causing frustration and resentment. This principle provides strategies for deepening understanding, practicing empathy, and working together to find common ground. By addressing hidden issues, couples can navigate through gridlock and create a renewed sense of connection and understanding.

## **Principle 7: Creating Shared Meaning**

Marriages thrive when couples have a sense of shared purpose and meaning. This final principle emphasizes the importance of creating rituals, traditions, and a sense of identity as a couple. By actively nurturing and honoring shared values and goals, couples can create a strong sense of belonging and purpose, contributing to a fulfilling and lasting marriage.

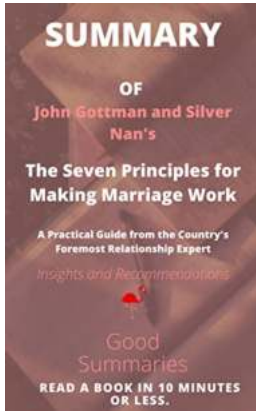
By incorporating these seven principles into your marriage, you can lay the foundation for a thriving and fulfilling relationship. Remember, it takes conscious effort and commitment from both partners to make a marriage work. Take the time to apply these principles consistently, and watch as your relationship grows stronger and more resilient each day!

### **Summary of John Gottman and Silver Nan's Book: The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert** by Good Summaries (Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 709 KB



Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 34 pages
Lending	: Enabled



This book teaches readers the seven principles that guide couples on the path toward a harmonious and long-lasting relationship. It presents a new assessment tool, to help couples determine how healthy their marriage really is, and includes guidelines for cultivating trust, respect, generosity, empathy, and affection with each other.

“Friendship fuels the flames of romance because it offers the best protection against feeling adversarial toward your spouse.” — John M. Gottman.

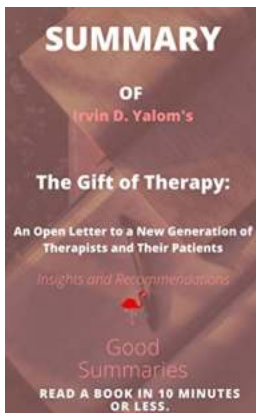
#### Disclaimer

This summary is meant to enhance your reading experience. The insights, analysis, and overall essence is unofficial work and not the original book. It is not intended as a substitute for the original work it summarizes. It is not licensed, approved, authorized, or endorsed by the original author or publisher. You can get the original book here: <https://amzn.to/35B1RY1>



## Dispatches From Quarantined City: Captivating Stories from Isolation

Welcome to the quarantined city! In these unprecedented times, when the world is battling a global pandemic, our lives have transformed dramatically. From...



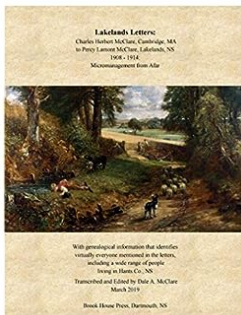
## The Gift of Therapy: Unlocking the Power of Healing and Transforming Lives

Therapy is a gift that has the power to change lives. In his book, "The Gift of Therapy: An Open Letter to a New Generation of Therapists and Their...



## The Life-Changing Wisdom of Susan Jeffers: Your Path to Fearless Living

Are you tired of feeling trapped by fear, unable to fully live your life? Do you dream of embracing life's challenges with confidence and courage? Look no further! In...



## Unlocking the Past: With Genealogical Identification, Virtually Everyone Can Be Discovered

Have you ever wondered about your family's history and who your ancestors were? Genealogical identification is a fascinating tool that allows us to trace our roots...



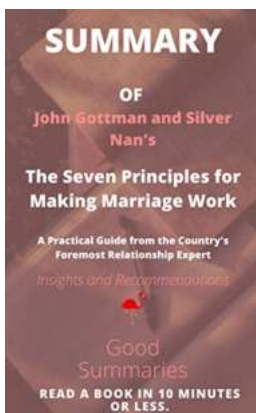
## Unleashing the Power of Your Personality: A Summary of Kevin Leman's Work

When it comes to understanding personalities and their impact on our lives, few authors have made as significant a contribution as Kevin Leman. Through his books, lectures,...



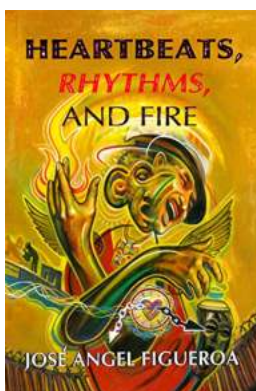
## The Mind-Chatter Master: Summary of Ethan Kross Chatter

In today's fast-paced world, where distractions are abundant and stress levels continue to rise, understanding the power of our thoughts and how they affect our...



## The Ultimate Guide: The Seven Principles For Making Marriage Work!

Marriage is a sacred bond that requires effort, love, and dedication to make it successful. However, in today's fast-paced world, many couples struggle to maintain a healthy...



## Heartbeats Rhythms And Fire Good Summaries: Igniting the Passion Within

The human heart is more than just a vital organ that pumps blood throughout the body. It holds immense power and significance, both physically and symbolically. It...

