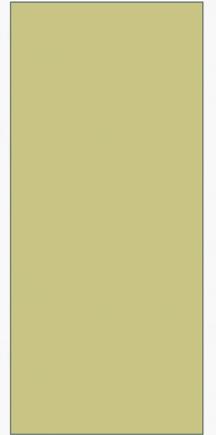


MAKING MARRIAGES WORK: COMMON FACTORS OF MARRIAGE THEORIES

JILYNN LEEUW
APRIL 21, 2015



THESIS

- Review the following theories all describing important factors for a successful marriage
 - Marital Enhancement through Cognitive Self-Disclosure
 - Triangular Theory of Love
 - The Five Love Languages
 - Gottman's Method Couple Theory
 - Divorce Busting: A Solution-Oriented Brief Therapy
- From the previous theories I will create a new theory with the common factors of a successful marriage.

DEFINING A SUCCESSFUL MARRIAGE

- Definition for the purpose of this study:
 - Marriage is successful if a couple can find enough qualities in their partner that they would rather stay together for the rest of their lives than live without that person.

MARITAL ENHANCEMENT THROUGH COGNITIVE SELF-DISCLOSURE

- Marital intimacy increases a couples relationship and family functioning
- 8 Dimensions of Intimacy
 - Conflict Resolution
 - Affection
 - Cohesion
 - Sexuality
 - Identity
 - Compatibility
 - Autonomy
 - Expressiveness
- “Intimacy is the dimension which most determines satisfaction with relationships which endure over time” (Waring, 1988).

MARITAL ENHANCEMENT THROUGH COGNITIVE SELF-DISCLOSURE

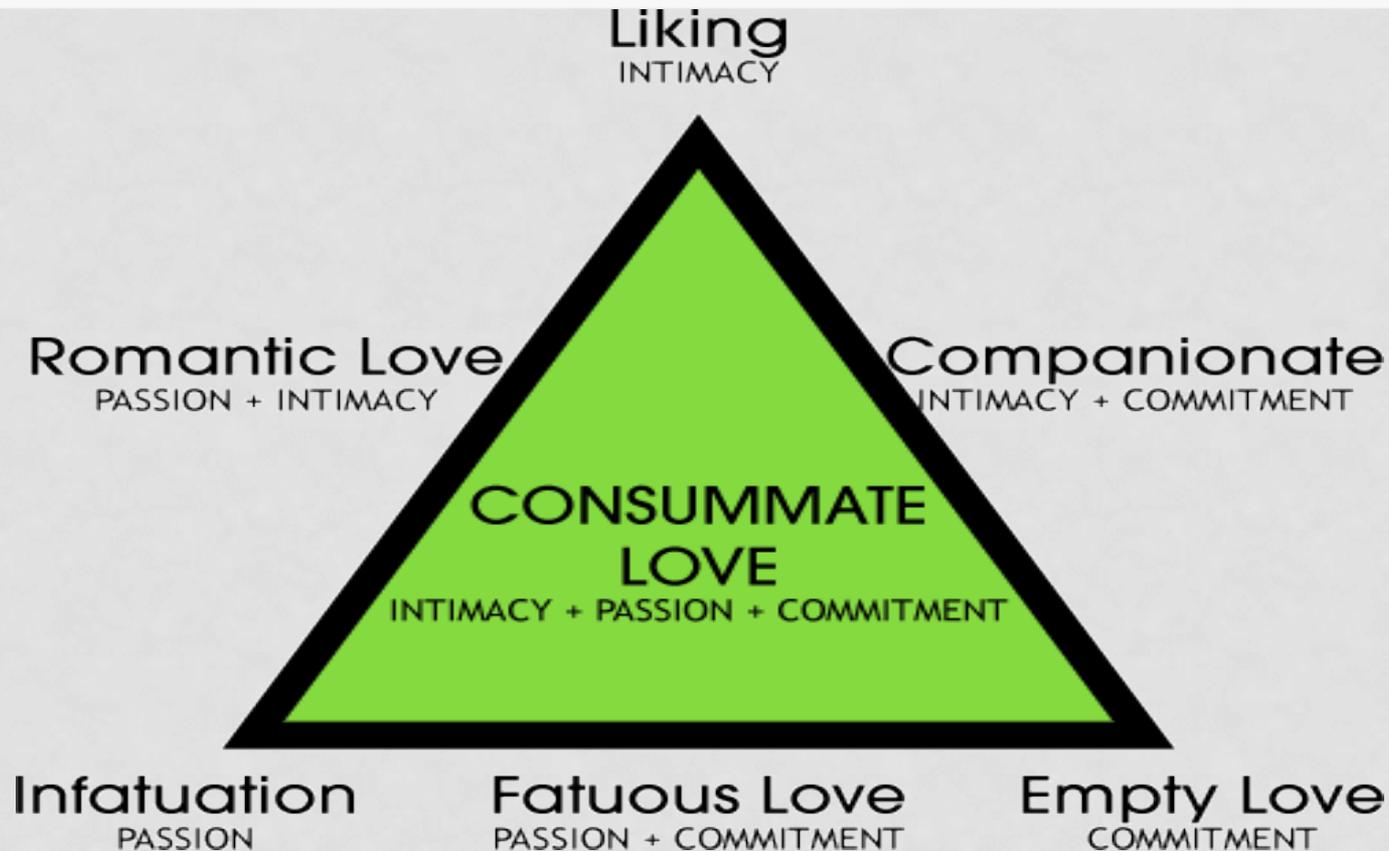
- Intimacy can be increased through cognitive self-disclosure
- Cognitive self-disclosure involves revealing ones:
 - Needs
 - Ideas
 - Attitudes
 - Beliefs
 - Theories
- NOTE: Not emotional disclosure

(Waring, 1988)

TRIANGULAR THEORY OF LOVE

- 3 Dimensions seen in a relationship
 1. Commitment: cognitive aspect of love
 2. Passion: component that fuels romantic feelings, physical attraction, desire for sexual interaction
 3. Intimacy: emotional side of love
- Relationships evolve over time and couples may experience different types of love throughout relationship
 - Couples NEED to have commitment and intimacy

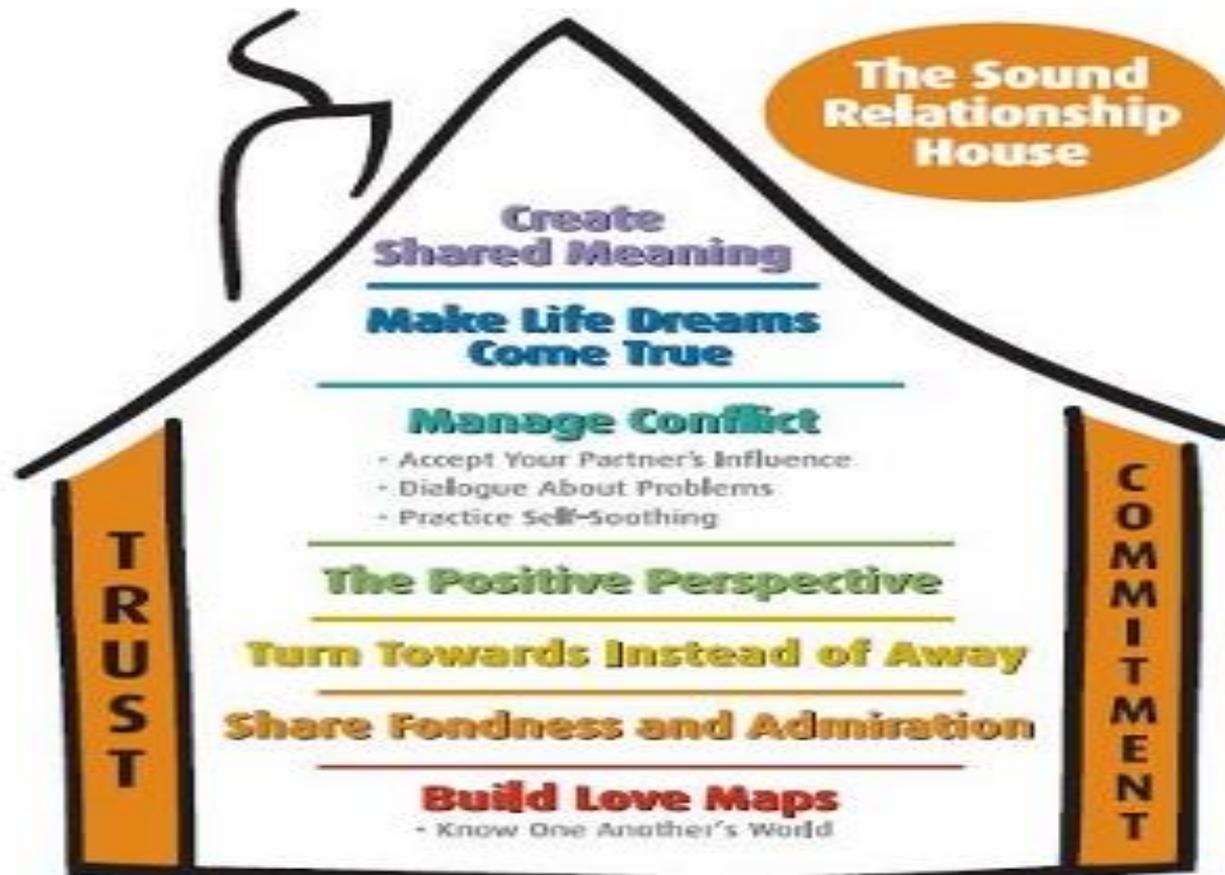
TRIANGULAR THEORY OF LOVE



- Relationships may only have 1 or two sides of the triangle
 - Different combinations form different types of love

(Hill, 2012)

GOTTMAN METHOD COUPLES THERAPY



(The Gottman Institute, 2014)

GOTTMAN METHOD COUPLES THERAPY

- Enhance Love Maps
 - Love Map = part of brain where relevant information about partner's life is stored
 - Become “intimately familiar with each other's world” (Gottman & Silver, 2000).

GOTTMAN METHOD COUPLES THERAPY

- Nurture Fondness and Admiration
 - “Fondness and admiration are two of the most crucial elements in a rewarding and long-lasting romance” (Gottman & Silver, 2000).
 - Feel that partner is worthy of honor and respect despite flaws

GOTTMAN METHOD COUPLES THERAPY

- Turn Toward Each Other Instead of Away
 - Turning towards shows basis of emotional connection, romance, passion, and a good sex life
 - Couples are helpful to one another

GOTTMAN METHOD COUPLES THERAPY

- Let Partners Influence Each Other (Positive Perspective)
 - Share power and decision making
 - Respect one another

GOTTMAN METHOD COUPLES THERAPY

- Solve Solvable Problems (Manage Conflict)
 - Two types of problems in marriages: resolvable and perpetual.
 - Learn a New approach to solving conflict

GOTTMAN METHOD COUPLES THERAPY

- Overcoming Gridlock (Make Life Dreams Come True)
 - Move from gridlock to dialogue
 - Help each other realize one another's dreams
 - Express interest in partner's dream, offer financial support for dream, become part of spouse's dream

GOTTMAN METHOD COUPLES THERAPY

- Create Shared Meaning
 - Create open atmosphere
 - Creates a deeper intimacy
 - Couples work together to achieve shared goals

FIVE LOVE LANGUAGES

- Communication is very important in relationships
- All have our own ways of feeling loved
 - Words of Affirmation
 - Acts of Service
 - Receiving Gifts
 - Quality Time
 - Physical Touch
- Key to satisfaction is learning love language and communicating in a way that respects them

DIVORCE BUSTING: SOLUTION-ORIENTED BRIEF THERAPY

- Looks to find solutions rather than explanations
- Task oriented and helps couples envision future relationship

(Weiner-Davis, 1992)

DIVORCE BUSTING: SOLUTION-ORIENTED BRIEF THERAPY

- Identify Misconceptions in Marriage
 - Unreasonable expectations can destroy sound relationships
 - Examples: believing spouse cannot change, cannot communicate, thinking spouses may be nagging, thinking they are growing apart etc.

(Weiner-Davis, 1992)

DIVORCE BUSTING: SOLUTION-ORIENTED BRIEF THERAPY

- Set Goals (Less of the Same)
 - Help couples envision what they want to accomplish (not what they are doing wrong)
 - Help couples identify what they need to do differently (focus on less of the same behavior)
 - “Problems in marriages are maintained and aggravated by the particular way that people go about solving them” (Wiener-Davis,)

(Weiner-Davis, 1992)

DIVORCE BUSTING: SOLUTION-ORIENTED BRIEF THERAPY

- Examine the Differences between Good Times and Bad Times
 - Identify exceptions when the problem does not seem to occur
 - Determine role in making exceptions happen and repeat what worked

(Weiner-Davis, 1992)

DIVORCE BUSTING: SOLUTION-ORIENTED BRIEF THERAPY

- If it Doesn't Work, Do Something Different
 - Couples identify patterns of interaction that have not been working
 - Find specific ways to stop unproductive patterns
 - Couples often work like clockwork $A \rightarrow B \rightarrow C \rightarrow D$
 - Change the sequence

(Weiner-Davis, 1992)

CONCEPTS NOT NEEDED FOR A SUCCESSFUL MARRIAGE (ACCORDING TO DEFINITION)

- Passion – partners can still find good qualities in one another without being romantically in love throughout time
- Five Loves Languages – most important concepts:
 - Being able to understand what each partner's love language is
 - Honoring partner by practicing what makes them feel loved

SUMMARIZING CHARTS

Enhancing Marital Intimacy through Cognitive Self-Disclosure

- Intimacy:**
- Conflict Resolution
 - Affection
 - Cohesion
 - Sexuality
 - Identity
 - Compatibility
 - Autonomy
 - Expressiveness

- Cognitive Self-Disclosure:**
- Revealing one's needs, ideas, attitudes, beliefs, and theories regarding a relationship (without feelings)

Triangular Theory of Love

- Intimacy:**
- Share private thoughts and feelings (emotional)
 - Willing to help one another

- Commitment:**
- Conscious decision to love one another

Gottman Method Couples Therapy

- Enhance love maps:
 - Become intimately familiar with each other's world
- Nurture fondness and admiration:
 - Respect and honor partner
- Turn toward each other instead of away:
 - Emotionally engaged with one another
 - Helpful to one another
- Let partners influence each other:
 - Treat with respect
 - Share power and decision making
- Solve solvable problems
- Overcome Gridlock:
 - Allow partners to work on their dreams
- Create a shared meaning:
 - Atmosphere where partners can discuss opinions
 - work together towards goals

Five Love Languages

- Know what fills partner's love tank
- Honor partner by practicing what makes them feel loved

Divorce Busting: Solution-Oriented Brief Therapy

- Identify misconceptions of marriage:
 - Recognize unreasonable expectations/misconceptions
- Set goals (less of the same):
 - Envision what couples want to happen
 - Couples identify what they need to do differently
- Examine differences between good and bad times:
 - Clearly describe troubles
 - Focus on good times
- If it doesn't work do something different:
 - Identify patterns of interaction
 - Find ways to stop unproductive patterns

NEW MARRIAGE THEORY

- 5 Dimensions
 - Intimacy
 - Commitment
 - Overcoming Conflict
 - Cognitive Self-Disclosure
 - Honoring Each Other

CATEGORIZING CHARTS

Enhancing Marital Intimacy through Cognitive Self-Disclosure

- Intimacy:
- Conflict Resolution
 - Affection
 - Cohesion
 - Sexuality
 - Identity
 - Compatibility
 - Autonomy
 - Expressiveness

- Cognitive Self-Disclosure:
- Revealing one's needs, ideas, attitudes, beliefs, and theories regarding a relationship (without feelings)

Triangular Theory of Love

- Intimacy:
- Share private thoughts and feelings (emotional)
 - Willing to help one another
- Commitment:
- Conscious decision to love one another

- KEY:
- Intimacy
 - Commitment
 - Honor Each Other
 - Overcome Conflict
 - Cognitive Self-Disclosure

Gottman Method Couples Therapy

- Enhance love maps:
 - Become intimately familiar with each other's world
- Nurture fondness and admiration:
 - Respect and honor partner
- Turn toward each other instead of away:
 - Emotionally engaged with one another
 - Helpful to one another
- Let partners influence each other:
 - Treat with respect
 - Share power and decision making
- Solve solvable problems
- Overcome Gridlock:
 - Allow partners to work on their dreams
- Create a shared meaning:
 - Atmosphere where partners can discuss opinions
 - work together towards goals

Five Love Languages

- Know what fills partner's love tank
- Honor partner by practicing what makes them feel loved

Divorce Busting: Solution-Oriented Brief Therapy

- Identify misconceptions of marriage:
 - Recognize unreasonable expectations/misconceptions
- Set goals (less of the same):
 - Envision what couples want to happen
 - Couples identify what they need to do differently
- Examine differences between good and bad times:
 - Clearly describe troubles
 - Focus on good times
- If it doesn't work do something different:
 - Identify patterns of interaction
 - Find ways to stop unproductive patterns

INTIMACY

- A sense of emotional closeness with spouse. This means that the couple creates and engages in an atmosphere where opinions, ideas and beliefs, attitudes, and feelings about a relationship can be discussed. They share their private thoughts and feelings with one another, become known to each other, and know what makes one another feel loved. Being intimate with each other also involves fulfilling sexual needs and being able to work and play together.

COMMITMENT

- A conscious decision for partners to love one another and stay with each other no matter what; this has to be sensed from both spouses in the marriage. This involves a couple becoming independent from both their family of origins and their kids and being able to be with each other. When a couple is committed to each other, they work together towards goals and are able to envision the future they want together.

HONORING EACH OTHER

- Showing partners love and respect in the relationship and in decision making. This means that the couple is willing to help one another, they choose to practice what makes the other feel loved, and they focus on the good aspects of their partner and relationship instead of focusing on things that went wrong. They also contribute to their partner's level of self-confidence and self-esteem and allow them to work towards their dreams.

OVERCOMING CONFLICT

- Spouses are able to solve the problems that can be solved and work through differences of opinions. They can do this by identifying their patterns of interaction and then identifying what they need to do differently to stop unproductive patterns.

COGNITIVE SELF-DISCLOSURE

- Revealing one's needs, thoughts, attitudes, opinions and principles about marriage without sharing feelings. This includes recognizing and discussing unreasonable expectations and misconceptions in marriages as well as being able to clearly describe troubles without being offensive.

CONCLUSION

- My attempt to combine the major principles of a successful marriage is as yet untested and would need to be the object of research before knowing whether or not the combination of these principles is efficacious.

REFERENCES

- Butler, K. (2006). The Art and Science of Love. *Psychotherapy Networker*, 30(5).
- Chapman, G. (2013, 07). What love language do you speak? *Prevention*, 65, 38-41. Retrieved from <http://search.proquest.com/docview/1440868534?accountid=15099>
- Crooks, R., & Baur, K. (2014). *Our Sexuality* (12th ed., pp. 182-184). Belmont: Wadsworth, Cengage Learning.
- Gottman, J., & Silver, N. (2000). *The Seven Principles for Making Marriage Work*. London, Great Britain: Orion Books Ltd.
- Hill, K. (2012, May 18). The Triangular Theory of Love. In *Science-Based Life*. Retrieved January 25, 2015, from <https://sciencebasedlife.wordpress.com/2012/05/18/the-triangular-theory-of-love/>
- The Gottman Institute. *About the Gottman Method*. The Gottman Institute, 2014. Web. 19 Dec. 2014. <<http://www.gottman.com/about-gottman-method-couples-therapy/>>.
- Waring, Edward M. *Enhancing Marital Intimacy Through Facilitating Cognitive Self-Disclosure*. New York: Brunner/Mazel, Inc., 1988. xiii-212. Print.

QUESTIONS?