

# Creating a Successful Marriage and Family Life

Achieving marital and family harmony can be simple, while some really struggle. Some think that an advanced degree in psychology or years of marital therapy is required. What it does require is developing pro-family habits and attitudes. Really, there are a handful of ingredients that can greatly contribute to the success of a marriage and family life.

The first fact is that happy families come from happy couples. If your marriage is in trouble the kids will feel it. It's pretty hard to hiding in a family. Even those things, which are not discussed, are felt. So focus on your marriage for your sake, and for the sake of your kids!

Achieving and maintaining a happy marriage is much like keeping a pet alive. It must be "fed" each and every day. If your marriage is not "fed," it will die just like a pet. "Feeding" a marriage is really rather simple. It requires a holding a positive attitude about your spouse and sharing these positive feelings with your spouse. You must be your spouse's biggest fan. Showing this attitude can be done very simply – for instance, each day compliments your spouse on the positive things you notice about him or her. Tell your spouse what you love about him or her, frequently. By developing this one habit you can dramatically improve your relationship. This ties into fact number two – we get what we expect, and we get what we reinforce. Holding a positive attitude about your children and communicating this will also help bring out the best in them.

Having a positive attitude and sharing this with your family has another beneficial effect. It builds up a store of "positive energy." This works just like a bank account where the compliments and loving attitude with which you treat your spouse are deposited. If you make more deposits than withdrawals your relationship will stay healthy, just like your bank account. The couples and families, who treat each other with respect 90% of the time, build up a large, healthy reservoir of love and trust. Then during times of conflict and stress, withdrawals can be made without jeopardizing the relationship. Couples who make frequent deposits of positive energy are much more able to weather the storms that arise. These couples are also teaching their children a valuable lesson about how to treat others, through their example.

In addition to focusing on your partner's strengths, you can also add to your relationship bank account by developing and practicing daily, loving habits, and rituals. Just kissing each other good morning can add to the positive store of energy. Add in a few other loving habits such as saying "I love you" in the morning and evening, calling each other during the day to talk, putting loving notes in your spouses lunch bag, or greeting your spouse at the door when he or she returns from work can also significantly increase the good will in a relationship.

Remember all couples and families experience conflicts. The most successful families allow for conflict and carry the belief that they will be able to work through it. They do not turn each conflict into an argument and they do not threaten divorce. Instead the successful family treats conflicts, as disagreements to be resolved. If you and your spouse are experiencing difficulties reigniting the flame in your marriage, call The Holman Group at 1-800-321-2843. CCPOA has added Holman's counseling services for CCPOA Supervisory Members (SO6 & MO6). This benefit includes a confidential, employee assistance program. Holman counselors are available to provide the additional help you may need in achieving the marital and family bliss you deserve.

**Call HOLMAN 800-321-2843 24/7**  
**This is a 10 visit benefit per problem per year.**