

## Maintaining a Successful Relationship between Couples

Many couples have problems maintaining a happy relationship before and after marriage. Since

all people have different experiences and perspectives in life it is not possible difficult to avoid differences in opinion. When these disagreements become too serious between a man and a woman they can lead to arguments, fights and even divorce. There are three very important skills to practice in a relationship for building a successful future between married couples. These are, open couples: open communication, empathy towards the other, and equality.

**Comment [EK1]:** WY – all is redundant.

**Comment [EK2]:** WC

**Comment [EK3]:** “,”

**Comment [EK4]:** awk

Open communication, or openness, or open communication is behavior which allows a other people to understand us the way we believe to be the way we are (Montgomery.P22). This means that the boyfriend/girlfriend or husband/wife looks at sees us the way that we are without any secrets or and without hiding our true self. In open communication it is very important the either with words or gestures we express even our secrets to the partner as they are without changing the facts In open communication it is very important that we express everything to our partner, with words or gestures, without changing the facts. (Montgomery.P22). This means that even in a situation where one of the two people in a relationship has made a mistake, they will tell the other person truthfully. For example, a man may have forgotten an important day, or the woman might have spent a lot of money without discussing it with her husband.

**Comment [EK5]:** WO – the phrase from your thesis should come first.

**Comment [EK6]:** p/e

**Comment [EK7]:** Intent?

**Comment [EK8]:** PPF

**Comment [EK9]:** WO/Intent? Suggest re-write. “In open communication it is very important that we express everything to our partner, with words or gestures, without changing the facts.”

Another very important strategy is having empathy for the other person. Researchers have discovered that by having empathy in a relationship the disagreements in communication will stop decrease (Alder, Townie, and Rolls.P395). The idea way of practiseing empathy towards another person is to think about a similar situation and try to understand how the person must feel. When people a person indicates empathy to the other, they decrease the chance that the other person will feel that their “self concept self concept”, the way they see themselves, is being threatened (Alder, Townie, and

**Comment [EK10]:** WW

**Comment [EK11]:** WF – “practise” is the verb form of “practice”.

**Comment [EK12]:**

**Comment [EK13]:** “ ” needs quotations because it is not a generally used term.

Rolls.P395). In one case, a man may feel disappointed if his wife or girlfriend lost the car keys; however, if he tries to understand how he would feel in this situation, ~~it will~~would be helpful to both of them, and ~~also will~~would help to come up with a good solution to the problem.

Comment [EK14]: VT

A third ~~very~~ important strategy is ~~to have~~having equality between couples. The idea of superiority, that is, ~~to feel~~feeling that one has more power than the other, is a quick way to create a defensive environment between couples (Alder, Townie, and Rolls.P395). Therefore, it is much better to show equality towards each other ~~within communication~~. ~~The A~~ sense of equality comes from the idea ~~that while~~ each person has better skills in some areas, ~~but we show to our partner that~~ we feel ~~they~~ ~~each person~~ ~~have~~has equal value overall (Alder, Townie, and Rolls.P397). In this way we can make the other person feel confident and there will be fewer struggles for power. For example, the man in the relationship may be much better in contact sports but will assure his wife that her role in combined strategic sporting events is very important because she is better at planning tactics.

Comment [EK15]: UR – “very” has been used too much.

Comment [EK16]: PPF – The opening sentence needs to parallel the form of the opening sentence of the previous paragraphs.

Comment [EK17]: Intent?

Comment [EK18]: awk

Comment [EK19]: WC

In conclusion, each person in a serious relationship must take ~~some~~ time and energy to learn and practise the skills of open communication, empathy and equality in order to have ~~future~~ success in their lives together. Every man and woman, whether married or dating will have differences in their ~~personality~~ ~~personalities~~ and abilities. Nonetheless, each of them needs to pay attention to being truthful to the other, understanding their feelings in ~~their~~the situation and respecting their differences in abilities. This way more relationships will last a long time, ~~and will be happy end~~.

Comment [EK20]: WF/PPF