

Proposed Developmental-Stress Model of Happy Marriage

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Before Marriage & Children

Choose Your Partner Wisely & Create a Foundation

Establishing a Strong Couple Identity

Common values
Traditions & common Interests
Complement your partner's weaknesses

Create Common Goals & Life Plans

Discuss children & childrearing styles
Figure out roles & division of labor
Learn to handle finances

Middle Marriage & Childrearing

Identify New Stressors of the Childrearing Stage:

Juggling and being busy

Less available money

Less "us" and "me" time

Increase the Bond

Maintain a Strong Bond or Connection

Have healthy separations from children
Be romantic & spontaneous
Enjoy your physical intimacy
Be there for your partner

Traditions & common interests

Coping Skills/Decrease Stress

Hold Attitudes That Help Marriage Work

Expect marriage to be hard work
Be open to change
Be appreciative of your spouse
Persevere through good and bad

Do Things that Manage Stress and Promote Your Wellbeing

Give your partner "me" time
Maintain & lean on your friends
Use humor & be silly

Learn to Deal with Conflict Productively

Openly share when you disagree or feel hurt
Be nice & respectful even when arguing
Willingly compromise
Know when to take a break from arguing
Let it go/Move on Quickly

Increases Intrinsic Motivation

Increases Couple's Mastery/Competence

Later Marriage and Empty Nesting

Making New Meaning

Celebrate Being "Just Us" Again

Revisit values, traditions, and common interests

Establish New Goals and Plans