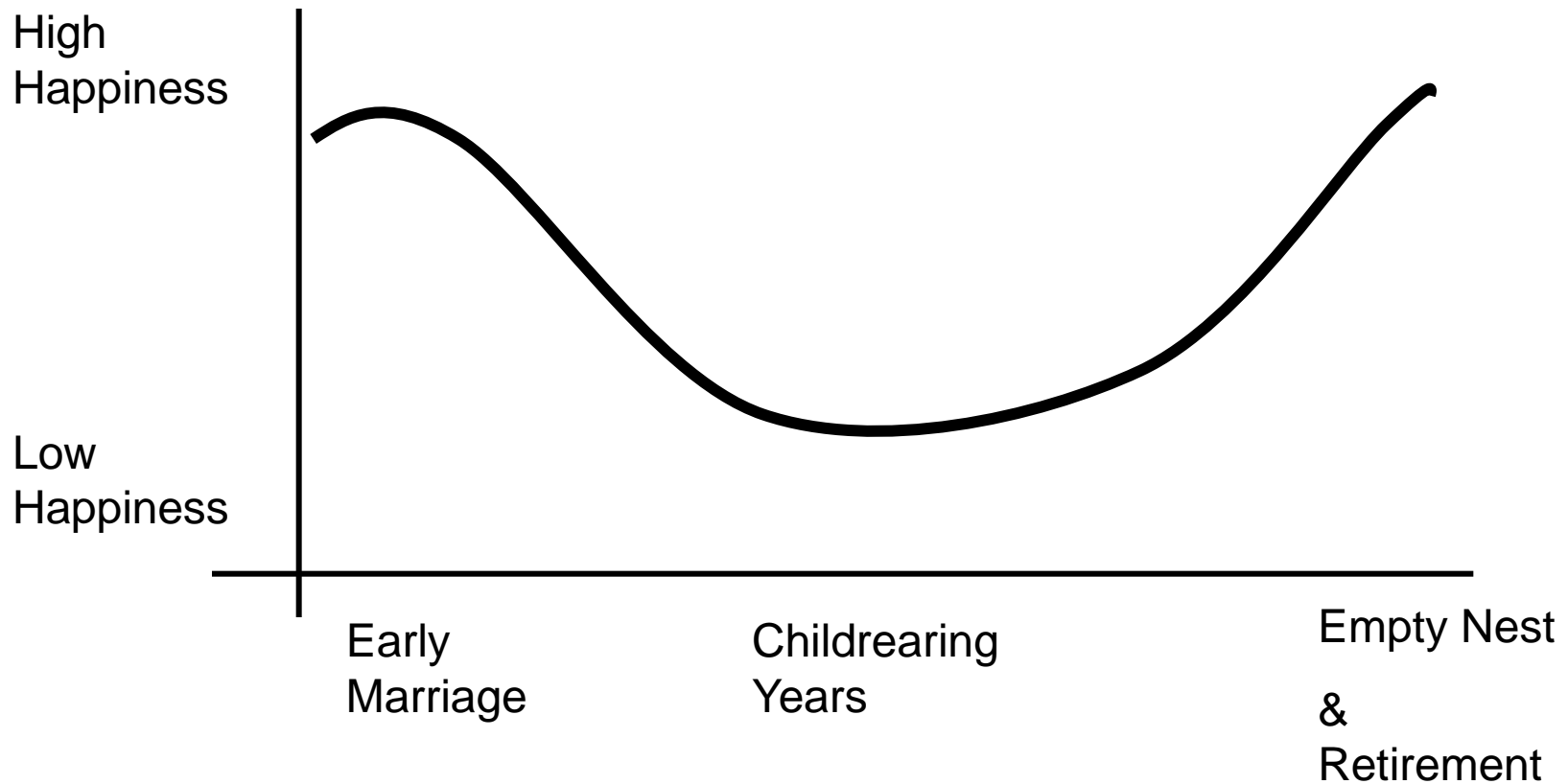


# Marital Satisfaction & Family Life Cycle



# Happiness Rises & Falls over the Life Span of a Marriage

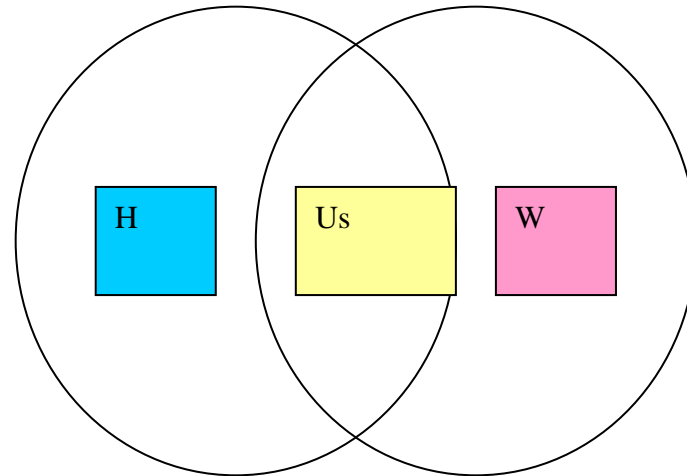


# Happiness/Satisfaction is Not Static

- *Satisfaction is –*
  - High in the early years
  - Lowest when the children are in their teen years
  - Rises again when the children are out on their own.
- *Happiest Marriages are those where –*
  - Each partner feels he/she has equal say in decisions.
  - Is free to initiate sex ( or decline)
  - There is a solid balance / a shared power.
  - Each partner retains his / her identity ; while
  - There is a strong identity as being a couple
  - There is a strong commitment plus a willingness to work at making the marriage secure.

# A Marriage Is -

- The joining of two lives into one where there are common goals and shared interests as well as a sense of togetherness – of being of one mind , of one purpose .
- The death of selfishness leading to the birth of selflessness: that unique quality of unselfish concern for the welfare of others ; acting with less concern for one’s self.
- The creation of an entity called the “**Us**” or the “We” , yet retaining the positive qualities of personality , character and interests of each individual spouse

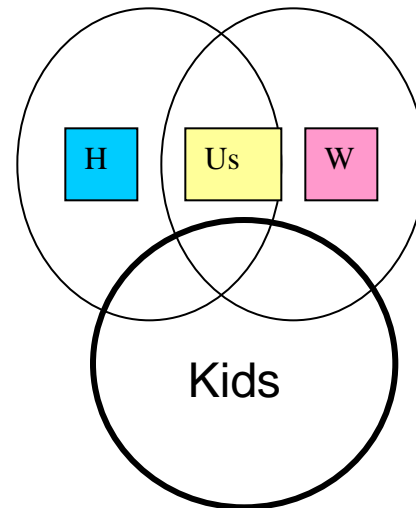


H=Husband

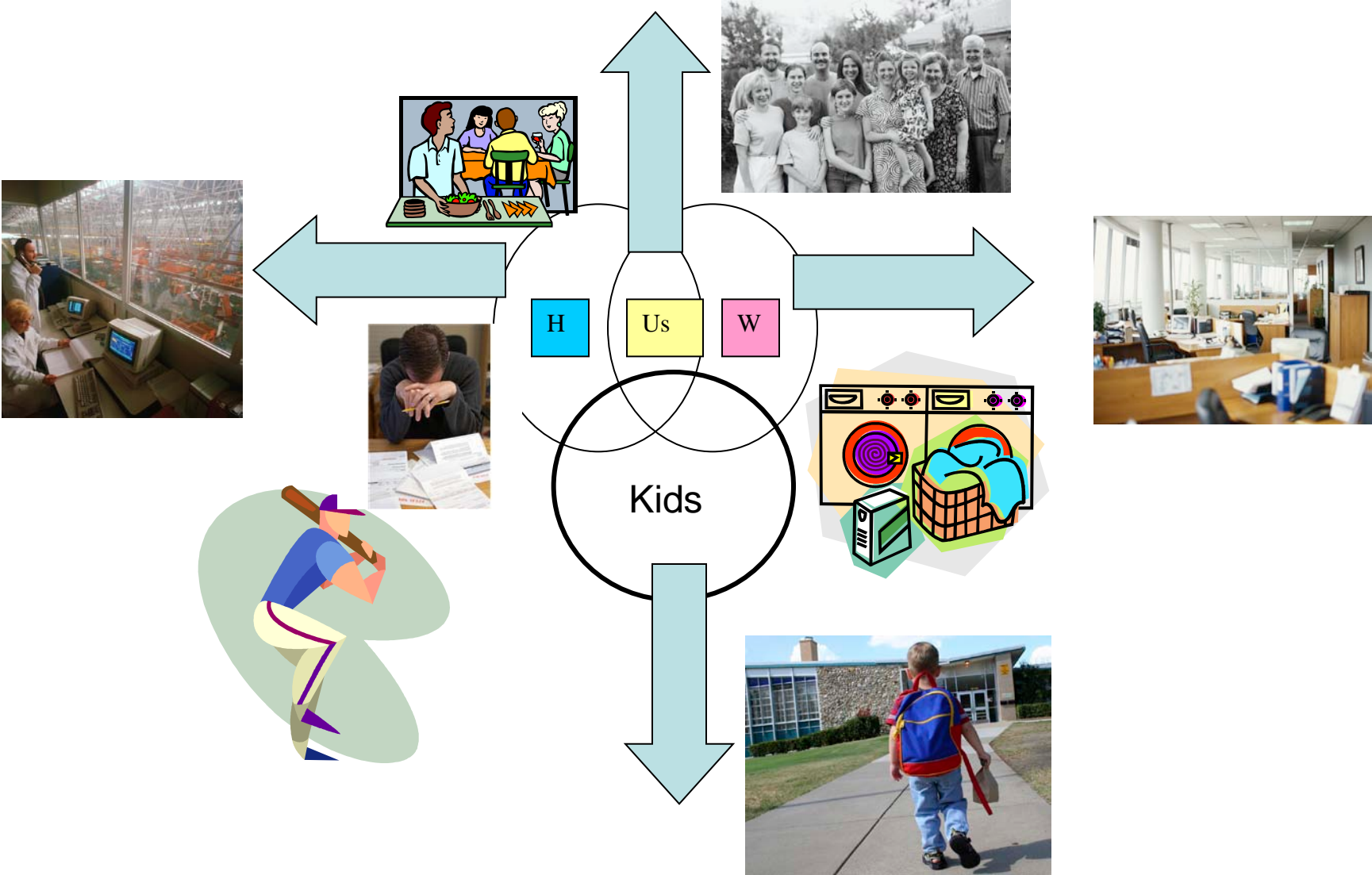
W=Wife

# A Family Is -

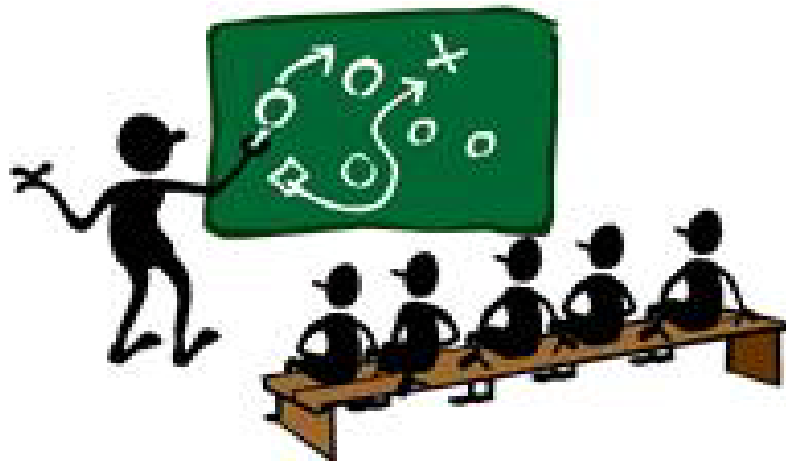
- The introduction & inclusion of Children into the “Us”
- Technically defined as ***“A group of two or more persons related by birth, marriage, or adoption and residing together in a household.”***
- A secure, safe base from which to venture out to learn and explore the broader world and society within which the Child must eventually function independently.



# A Marriage & A Family must learn to balance many competing outside forces with its own internal needs -



# To Be Successful at this the Family Must Function



As a **TEAM**