

## English Corner – Marriage

“To keep the fires of love alive, careful attention must be paid to all five facets of intimacy: social, mental, emotional, physical, and spiritual. Each of these facets is key to igniting the passion, romance, and mystery in your marriage.” (Jay & Laura Laffoon, *The Spark*, pp. 24-25)

“Be compassionate. And take responsibility for each other. If we only learned those lessons, this world would be so much better a place.” (Morrie Schwartz, quoted in *Tuesdays with Morrie* by Mitch Albom, p. 149)

“A man that stands alone...may be weak and slip back into his old ways. Therefore, stand ye together, assist one another, and strengthen one another’s efforts.” (Compiled by Paul Carus, *The Gospel of Buddha*, XVII:2)

“Encouragement requires...seeing the world from your spouse’s perspective. We must first learn what is important to our spouse. Only then can we give encouragement. With verbal encouragement, we are trying to communicate, ‘I know. I care. I am with you. How can I help?’ We are trying to show that we believe in him and in his abilities.” (Gary Chapman, *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate*, p. 45)

“...[M]arriage should lead to a profound friendship of spirit....” (Shoghi Effendi: *The Compilation of Compilations, Vol. II*)

<b>Qualities of an Excellent Friendship</b>
1. Good communication; ability to share honestly about positive and difficult matters
2. Acknowledgement and affirmation of positive qualities in each other
3. Enjoyment of quiet, peaceful time together
4. Play, fun, and laughter
5. Acceptance; allowing both partners to be themselves
6. Support and appropriate sympathy, empathy, and help during difficulties
7. Enthusiasm for individual and shared achievements
8. Loving, spiritual connection
9. Encouragement
10. Loyalty
11. Trust that shared information will kept confidential and not be used hurtfully
12. Reliability; trustworthiness
13. Willingness to suspend judgment and avoid jumping to conclusions
14. Common experiences and bonding memories
15. Shared goals
16. Ability to work together on projects
17. Agreed-upon boundaries and expectations
18. Shared interests
19. Willingness to learn together and from one another
20. Ability to disagree peacefully and constructively
21. Shared values
22. Ability to reconnect easily after being apart
23. Motivational feedback or nudging that constructively influences the other to grow
24. Attitude of forgiveness and willingness to grant another chance
25. Respectfulness and equality

“A good character is...the most excellent and praiseworthy of all things, but always on condition that...its base should be true moderation.” (Abdu'l-Bahá, *The Secret of Divine Civilization*, p. 60)

“By simply reminding yourself of your spouse’s positive qualities—even as you grapple with each other’s flaws—you can prevent a happy marriage from deteriorating.” (John Gottman and Nan Silver, *The Seven Principles for Making Marriage Work*, p. 65)

## **Good Character in Marriage:**

- Unity
- Helpfulness
- Love
- Cooperation
- Commitment
- Respect
- Trustworthiness
- Gentleness
- Truthfulness
- Responsibility

## **Communication Activity – Tone of Voice**

Say these words in a negative way with a negative expression on your face. Then say the same words in a positive way.

1. Sorry
2. Excuse me
3. Thanks
4. What do you want
5. All right, I will do it
6. Sit down
7. Good morning