

Emotional Intelligence in Marriage----Part 2

6. If you find yourself having repeated arguments with your spouse over the same issue there is usually something important at stake for spouse. Rather than dismissing your spouses point of view or withdrawing in anger, give yourself the opportunity calm down. Once calm, seek to understand the meaning behind your partner's position. Ask if there is a fear behind the concern or a dream you partner wants to realize. I had a couple where the wife was a "pack rat" and the husband detested clutter. They had frequent arguments about their messy house. When the wife understood the anxiety the clutter created for the husband and he understood her fear about scarcity (ex. "I may need this at some point in the future") they were able to respond to each other in a more effective manner.

7. Maintain a connection with your spouse in spite of all those factors in life that can drive a wedge in your relationship. Lots of factors in life can create distance in a marriage whether it is the demands of raising children, caring for aging parents, demanding jobs/careers, or individual interests like sports or internet surfing. When your partner is consumed, ask questions about their life experiences. In other words, use the activity that pulls them away from you as a source of conversation. Be a curious, interested spouse.

8. Express appreciation for your spouse. How many times have you heard this before. Actually the scientific study of marriages indicates that this is relevant for building a strong relationship. It is best to do this when you can base you appreciative comment on a good feeling your experiencing in relation to you spouses behavior---is it Tenderness? Fondness? Caring? Warmth? Joy? Delight? Sexual attraction? Look for the positive feelings no matter how small and fleeting they might be. They are the fuel for your appreciative comments to your spouse.

9. If you have been able to master the eight previous habits, seek to develop common goals with your spouse based on free discussion about respective hopes and dreams. Encourage your partner to express his/her present and future desires. Express you own hopes and dreams. Look for solutions if your dreams conflicts with your spouse. When you are able to merge you respective desires you strengthen your relationship with increased loyalty and adventure.

10. Show interest in what your partner is saying when he/she makes casual observations or shares important information with you. You should consider any verbal statement made in your presence as a bid for attention. Unrecognized bids lead to withdrawal and silence. So, put your newspaper or book down, make eye contact with your spouse if your watching television or on the computer and ask questions or make comments.