



## “Congratulations!”

### Love, A Many Splendor Thing?

You are about to begin the most wonderful journey of your life.

You have made a promise to join in marriage with a very special person. While no two marriages are alike, all people enter into matrimony with similar hopes. You want yours to be successful, happy, and permanent. In a healthy marriage, you and your mate want to be friends, lovers, and partners for life. You have a vision of taking care of each other as you grow older and being there for each other through life’s ups and downs.

As you enter into this new phase of your life, you can do many things to create the kind of relationship that everyone hopes for.

There has been extensive research about the kinds of things people do that lead to a successful marriage. IPI, Inc. has designed learning opportunities to share some of that

information with you. Some of our courses may confirm what you are already doing; other information may be new to you. We encourage you to refresh your relationship as time and relationships change and move to new levels of growth and communication. An important factor in your relationship will be....

### How You Think

How you think has a tremendous affect on the quality of your marriage. The *expectations* you have upon entering marriage, the *commitment* you make to your relationship as a couple, and having a *positive attitude* all have a great bearing on the success of your partnership.

### Expectations

People who enter marriage with unrealistic beliefs and unrealistic expectations often feel frustration, anger, and dissatisfaction when their expectations go unmet. On the other hand, people who have expectations that are more realistic and who think about their partners in positive

ways—often giving them the benefit of the doubt—have more satisfying marriages. Because no person is perfect, happiness in marriage is higher for a person who focuses on the positives rather than the negatives in his or her spouse and relationship.

Remember, too, that how you think about a situation can lead to how you *behave*. What do you expect in your marriage? What do you expect of your spouse? Have you thought about it?

Marriage is much more than the happily ever after you see in the movies. All couples have differences and disagreements. The issue is not whether you have disagreements but how you manage them. Couples who stay together learn how to turn romantic, movie-star love into real, lasting, committed, mature love.