

10 HABITS OF **HAPPY COUPLES**



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If you are working to improve your relationship, here are 10 habits of happy couples to help you. This piece was published by Mark Goulston in "Just Listen".

1. Go to Bed at The Same Time

Remember the beginning of your relationship, when you couldn't wait to go to bed with each other to make love? Happy couples resist the temptation to go to bed at different times. They go to bed at the same time, even if one partner wakes up later to do things while their partner sleeps. And when their skins touch it still causes each of them to tingle unless one or both are too completely exhausted to feel sexually excited.

2. Cultivate Common Interests

After the passion settles down, it's common to realize that you have few interests in common. But don't minimize the importance of activities you can do together that you both enjoy. If common interests are not present, happy couples develop them. At the same time, be sure to cultivate interests of your own; this will make you more interesting to your mate and prevent you from appearing too dependent.

3. Walk Hand in Hand or Side by Side

Rather than one partner lagging or dragging behind the other, happy couples walk comfortably hand in hand or side by side. They know it's more important to be with their partner than to see the sights along the way.

4. Make Trust & Forgiveness Your Default Mode

If and when they have a disagreement or argument, and if they can't resolve it, happy couples default to trusting and forgiving rather than distrusting and begrudging.

5. Focus More on What Your Partner Does Right Than What He / She Does Wrong

If you look for things your partner does wrong, you can always find something. If you look for what he or she does right, you can always find something, too. It all depends on what you want to look for. Happy couples accentuate the positive.

6. Hug Each Other as Soon as You See Each Other After Work

Our skin has a memory of “good touch” (loved), “bad touch” (abused) and “no touch” (neglected). Couples who say hello with a hug keep their skin bathed in the “good touch,” which can inoculate your spirit against anonymity in the world.

7. Say “I Love You” & “Have a Good Day” Every Morning

This is a great way to buy some patience and tolerance as each partner sets out each day to battle traffic jams, long lines and other annoyances.

8. Say “Good night” Every Night, Regardless of How You Feel

This tells your partner that, regardless of how upset you are with him or her, you still want to be in the relationship. It says that what you and your partner have is bigger than any single upsetting incident.

9. Do a “Weather Check” During the Day

Call your partner at home or at work to see how his or her day is going. This is a great way to adjust expectations so that you’re more in sync when you connect after work. For instance, if your partner is having an awful day, it might be unreasonable to expect him or her to be enthusiastic about something good that happened to you.

10. Be Proud to be Seen with Your Partner

Happy couples are pleased to be seen together and are often in some kind of affectionate contact — hand on hand or hand on shoulder or knee or back of neck. They are not showing off but rather just saying that they belong with each other.

Happy couples have different habits than unhappy couples. A habit is a discrete behaviour that you do automatically and that takes little effort to maintain. It takes 21 days of daily repetition of a new behaviour to become a habit. So, select one of the behaviours in the list above to do for 21 days and voila, it will become a habit... and make you happier as a couple. And if you fall off the wagon, don’t despair, just apologize to your partner, ask their forgiveness and recommit yourself to getting back in the habit.

If there was one key to happiness in love and life and possibly even success it would be to go into each conversation you have with this commandment to yourself front and foremost in your mind, JUST LISTEN.

This booklet on Happy Couples is also available electronically on my website. To download this booklet as well as a collection of other booklets and CD's, please visit my website – **www.susankriegler.com** - or scan the QR Code below. If you would like to schedule an appointment, please contact my reception.

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