



Don't
confuse a
healthy
marriage
with a
"perfect"
marriage.



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What is a healthy marriage?

There is no such thing as "perfect." A diamond, for example, is pretty and sparkly, but it will always have some flaws. If you buy a diamond you look for the four "C's" – clarity, color, cut and carat. You can also look for four key parts of a marriage:

- Being able to talk about important things without fighting
- Making time for fun, friendship and romance
- Being committed for a lifetime
- Being safe at home. Healthy marriages are violence-free and offer a safe place for men, women and children.

Oklahomans in happy marriages have three things in common:

1. They do not fight or argue often. This does not mean that couples agree on everything or that they get along all the time. It means they know how to talk about their problems without getting into knock-down-drag-out fights. They do not bring up the past or accuse their spouse of "always" doing something wrong. These couples respect each other's opinions—even when they don't agree.

2. They are committed to the marriage and to each other. Long-term commitment is essential to a healthy marriage. It helps people handle the ups and downs of life together.

3. They have fun together. Happy couples enjoy talking as friends and going out together. They don't have to go out all of the time, but they do make time for dates or having dinner together.

Here are some things that couples in healthy marriages usually do:

They talk openly to each other

They know how to listen

They are honest with each other

They share the same values

They like to spend time alone, but also like to spend time together

They trust each other

They feel safe together

They support and respect each other

They express their feelings

They love each other

They are able to handle problems and changes as a team

They are committed to each other

Having a healthy marriage is not easy. It takes work every day. Relationship education classes can teach couples how to fight fair, listen better, problem solve and keep the fun and friendship alive in their relationship.

To learn more about healthy relationships and marriages, go to www.okmarriage.org