



Marriage is not for everyone, although most men and women benefit from being married.



Oklahoma Marriage Initiative
301 NW 63rd Street, Suite 600
Oklahoma City, OK 73116
Phone (405) 848-2171
www.okmarriage.org



Human Development
and Family Science
Oklahoma State University
Stillwater, OK 74078-6117
Phone (405) 744-6701
www.okstate.edu/hes/bsr

This tip sheet was prepared for the Oklahoma Marriage Initiative by Courtney Harrison, MPA of Public Strategies; Scott Stanley, PhD of University of Denver; Christine Johnson, PhD of Oklahoma State University; and was approved by the OMI Research Advisory Group.

Is Marriage for Me?

In Oklahoma and nationwide, married people as a whole are happier than those who are not married. In fact, married people also make more money, are healthier and live longer than people who are not married.

Here are some other benefits of marriage from the people who wrote "The Case for Marriage:"

Sharing housework and responsibilities.

One spouse may do all of the cooking, and the other may do all of the cleaning. Or one spouse may finish school while the other works.

Someone to take care of you.

A spouse will care for you when you are sick, unemployed or are facing major problems.

Save money. It is less expensive for a couple to share the cost of a house, furniture, groceries, health care, utilities, etc.

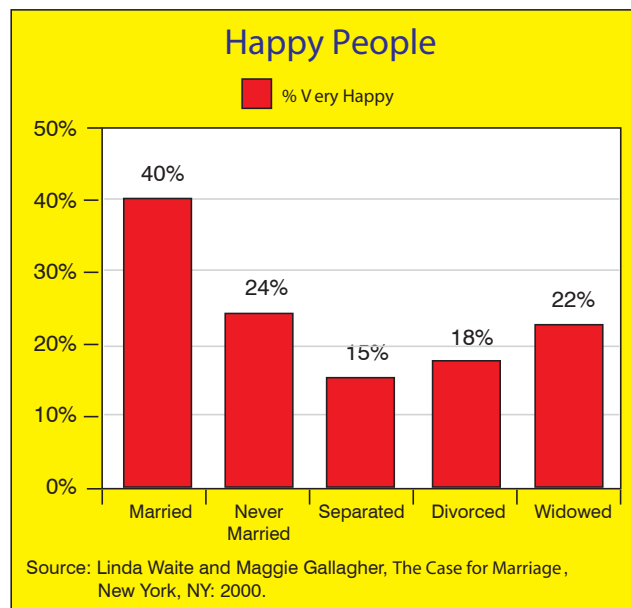
Better sex. Married men and women report having more and better sex than single people.

Emotional benefits. You have someone in your life who values you, loves you and depends on you.

Not all marriages provide such benefits. Unhealthy relationships - such as those with abuse, cheating, drug and alcohol problems or other serious issues - are not good for people.

So how do you know if marriage is for you? The decision to get married requires soul searching to know whether you've found a good partner. A good partner is someone who is trustworthy, dependable, a good friend and shares your beliefs.

It is also important to decide whether or not you are ready to get married. Are you prepared to make a lifelong commitment to someone? Are you ready to be a part of a new family? Have you and your partner discussed your future goals? Do you share a vision of your future? Do you trust this person to be faithful to you and help you make decisions that will be the best for you both? These are all questions you need to ask yourself before jumping into what should be a lifelong decision.



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