



Healthy Marriage Themes

- **Commitment:** an undying conviction and intention to remain married to your spouse regardless of circumstances.
- **Posture/Mindset:** a prevailing practice of thinking the best about your spouse.
- **Relational Impact:** a thoughtful and proactive practice of doing positive and uplifting things for your spouse.
- **Pursuing:** a proactive and creative practice of surprising and delighting your spouse.
- **Self-Monitoring:** an insightful and self-examining practice of working on how you communicate and react.

Degrees of Health and Hopefulness in Marriage

EMPOWERING Marital Health or Hopefulness

You are doing things in your marriage which are likely to result in an increasing level of engagement and unity.

SUSTAINING Marital Health or Hopefulness

You are doing things in your marriage which are sufficient to maintain a middling level of engagement and unity.

DISMANTLING Marital Health or Hopefulness

You are doing things in your marriage which are likely to result in a decreasing level of engagement and unity.