

OUTLINE

of a good

MARRIAGE

Marriage Revitalization in Less than Fifteen Minutes

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DEDICATION

To all marriage couples and partners; you prove that
dedication is invaluable, every day.

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AUTHOR'S WORDS

I wrote this book, practically, in two days. There was no plan, no thinking ahead. I just woke up one day and got the inspiration within to put together some principles for marriage couples and partners.

I do not claim mastery or expertise in this field, except that I have observed keenly the tendencies which make some marriages good and others bad. My only one cent contribution is that I have seen in my own marriage that the moment I began to die to self, that is when I discovered that the relationship could be a blissful affair.

Selfishness kills marriages, literally. And the problem is that we all bring a ton of selfishness to the marriage. So, it is not an act of chance, there ought to be deliberation to make any marriage work. There is also deliberation in making sure that the marriage does not work. The choice is the couple's to make.

What I present here are notes, or principles. It is my belief that when we engage in prose, we lose the flavor of pith, succinctness and the enigma that decipher the

hints that we must internalize. This book can be read in less than *fifteen* minutes – anywhere and by anyone. It is that simple and to the point, and is guaranteed to revitalize any dying marriage.

I hope that you will be enriched by the brevity and simplicity of these nuggets.

cm.

1 | LIVING ORGANISM

- A** marriage is a living organism.
- (a) Every living organism has the following four qualities:
- It has a beginning, a development and consummation or ending;
 - It has needs which must be met;
 - It responds to stimuli; and
 - It dies if neglected.
- (b) The beginning of marriage must be cherished. Romance must be enhanced – the seeds of passion are fresh and will take time to begin to grow and bear fruit. The couple must endear each

other in this formidable stage of marriage.

(c) Marriage must be developed with patience. Like any growing living thing, a growing marriage must be tendered with patience until it has deep roots to sustain it. Expecting instant changes or modifications may harm the marriage. For the most part, when couples get united in matrimony, they already have baggage of past experiences. These may take long to be dealt with. For the start:

- Define your spouse's habits that you find repugnant;
- Define your own habits that your spouse might find unattractive;
- List all the good traits you find in your spouse;
- Discuss all the apparent foibles in your spouse using the "I language." Rather than saying, "Your behavior repugnant," say, "I find that I am not particularly responsive to your behavior."
- Do not keep a record of wrongs

against your spouse. For example, don't say, "You always do this and that..." Rather, consider all of your spouse's wrongs as projects you must undertake together to fix in the spirit of love and understanding.

- (d) The end of a marriage can be envisioned. A good ending should be the end in mind. A good vision for the marriage will motivate good actions and planning. If the couple has no vision for their marriage, they will be disillusioned, and even worse, they may be in a perpetual wonderland situation. To be strong, a marriage must embrace the following elements:
- Air is to a living organism what love is to marriage – it is the atmosphere in which a marriage thrives and survives.
 - Water is to a living organism what good communication is to a marriage.
 - A marriage must be watered with good words and clear language.
 - Sunlight is to a living organism what

kindness and gentle and warm touching and Affection are to a marriage.

- Good loamy soil is to a living organism (a plant) what good and sound principles are to a marriage. And
- Fertilization is to a living organism (a plant) what calculated and essential efforts, such as kisses, embracing, flowers, dating and etc., are to a good marriage.

2 | BAD MARRIAGE

Every marriage is capable of bring bad, really bad:

- (a) A bad marriage is defined as one in which there is a clear absence of love, care and compromise.
- (b) In a bad marriage, couples, generally, do not care about one another and they constantly quarrel over insignificant tides.
- (c) Bad marriages are toxic – language is uncultured, respect is often absent, and emotions rule rather than love or

reason.

- (d) There is a notable lack of clear expression, language, words, and communication are weaponized against each other.
- (e) Love and submission are sacrificed at the anvil of pride and self-interest. Bad marriages are focused on self-love and success rather than on “coupling” and partnership success. In other words, the couple never left nor cleaved.

3 | GOOD MARRIAGE

Every marriage is capable of being good, and exceedingly good:

- (a) Good marriages embrace the concept of sustainability. If the marriage began with love, love must be sustained. If it was arranged, the qualities that necessitated the arrangement must be sustained.

- (b) Couples in good marriages first die to themselves and then recreate a new and original relationship called a marriage.

- (c) Humility (meekness) is the cement that makes an enduring marriage. When one party is still proud and selfish, the marriage suffers. When partners value oneness and team work instead of divisions, they enable their marriage to be fruitful and to thrive.
- (d) Good marriages are focused on interests and not problems. Couples in such marriages tend to try and win by giving up and giving in. They try to meet the other's needs, aspirations, concerns and fears.
- (e) When the other knows and even feels that the other has their best interest at heart, they reciprocate. Thus, a good marriage, which follows these principles, will continue to be good.

4 | MARRIAGES ARE MADE

A bad marriage is bad because the couple has made it bad or contributed to its being bad:

- (a) Bad marriages are not an accident, couples themselves make them bad.
- (b) If only one couple is making efforts to make the marriage work, it breeds frustrations. Both partners should make an effort to work out their marriage.
- (c) However, a marriage where one party is making some efforts to work, will survive longer than where both are

negligent.

- (d) Deliberation is the catch. Couples must be deliberate in the way they set up, manage and resolve conflicts in a marriage. Every marriage will have conflicts, and even disputes. The important thing is to resolve the conflict or dispute amicably without harming the core relationship.

- (e) A strong marriage must subscribe to a certain set of guiding principles. Christians may depend on the teachings of the Bible; traditionalists on good cultural practices and beliefs, and other people on the teachings of the wise, sages, religious figures or established social norms of decency, morality and good behavior. All these ensure that a couple's inspiration is time-tested and dependable. Without such sets of principles, marriages will be in a perpetual frame of experimentation, or trial-and-error.

5 | MARRIAGE NEEDS

Marriage has needs which must be met:

- (a) Partners or couples have intrinsic needs (values) which a marriage can meet. The duty of partners or couples is to discover these values in one another.
- (b) Partners or couples may have intrinsic needs which a marriage cannot meet. It is important to be true to each other and discuss those needs which may not be met. Unrealistic needs have potential to derail a good relationship. Some needs may wait and some may have to be modified or abandoned.

- (c) Expectations must be managed. It is important that couples come into the marriage with expectations (visions, goals or dreams). However, these expectations must be moderated with those of the other partner. Expecting only one partner to live to meet the other partner's needs may be the very definition of failure in marriage.

- (d) Partners and couples can only meet the needs they understand. So, taking time to learn and understand one's partner's needs and expectations is one of the first principal activities of marriage.

- (e) Not all the needs can be met; meet only needs that contribute, as a whole, to the balanced experience, happiness and mutual benefit of both partners.

6 | DILIGENCE, COMPROMISE & LOVE

A good marriage is a product of work (diligence), compromise and love:

- (a) Couples must work at their marriage every day.
- (b) Compromise means that the couple is resolute to the likes and dislikes of the other couple, and both are willing to let go in order to embrace the neutral.
- (c) Couples must endure the experience of having their points of view discarded or even terminated, so long as the resultant point of view is mutually experienced.

- (d) Love is defined patience. Time is the agenda of patience. Good marriages become good with time. No-one was born to have a good or bad marriage; a good marriage is made. Impatience kills marriages.

- (e) In marriage, love and sex are not mutually exclusive. A marriage can be good without sex, but it cannot be good without love. But it is better to have both. Priority must be put on love. Romance and sex are like spices to a good relationship. They must be utilized more often to keep the flavor of love in marriage or relationship fresh.

7 | MARRIAGE NEGLIGENCE

Bad marriages are good marriages which have been neglected.

Negligence can happen because of immaturity, lust, jealousy or lack of cultivation. Marriage can be cultivated by:

- (a) Taking inventory: Like a business, if there are no regular reviews, it tends to decay.
- (b) Performing upgrades: Like any valuable or asset, neglect can happen if it is not upgraded, cleaned or improved.
- (c) Communicating often: Marriage is

designed to be a communication affair. When communication faints, the marriage begins to die.

- (d) Adding value: The difference between trash and assets is value. When a marriage is no longer prized, it begins to lose value. If a couple stops valuing one another, they begin to, erroneously, think that value is outside the marriage. Truth is, you can enter into many marriages and if you have the habit of neglecting value, you will more often than not reap failing partnerships.
- (e) Prioritizing the marriage: Marriage is internally crafted to be put first. Anything else brings it into disharmony. If your partner is not first, marriage is last, not second.

8 | MARRIAGE SUCCESS

“ “ Success” in marriage is first objective and then subjective:

- (a) Passion must be cultivated, seen, and shared.
- (b) Regular touching is a healthy sign of a good marriage.
- (c) Striving towards perfection must be a factor in every day dealings.
- (d) Money is the wheel that drives passion, sex and peace in marriage. Therefore, willingness by the couple to work hard is a need of marriage. A lazy partner or

couple easily ruin the marriage. And

- (e) Children, if any, should be cared for and loved and treated as time-sensitive guests. A couple's attitude towards the children must illustrate love, hard work and should set an example of what they (children) should aspire for.

9 | UNDERSTANDING

“ Understanding” is a universal catalyst for enduring relationships:

- (a) Seek to understand and not to be understood in relationships. Expect turmoil as differences are reconciled, tenderize your emotions, and seek to understand fully and not to be understood partially:
 - Do not give away your ability to be yourself but understand that the new person may be a modified version of yourselves.

- Demand only for that which you are ready to give in to your partner.
 - Be ready to surrender without allowing your partner to give in to your demands.
- (b) Understanding must be holistic – background, philosophy, personality, culture, personal traits, spiritual predispositions, physical anatomy, mental faculties, eating and sleeping habits, nature and methodologies of raising up children and dealing with third parties (friends, in-laws, employment, and etc.).
- (c) System approach – try to look at the relationship as a sum of its parts. Each part is important and necessary. A system, like a human body, provides irrefutable evidence that caring that is holistic is effective. One cannot neglect sex in marriage, for example, and expect that money will take its place. Similarly, one cannot neglect

respecting the spouse and expect that other virtues will suffice. Every part of your spouse must be satisfied – body, soul and spirit.

- (d) Clarify and clear misunderstandings, and focus on wholeness. If the relationship is breaking apart, make it a priority to mend it and put it back to good working order. Relationships do not have an in-built mechanism that makes them heal themselves. Every effort must be made to heal the marriage. This should not be left to chance or to third parties. While third parties, like counselors, may assist, if there is no will from the couple itself, such efforts may, in the long run, prove futile. Couples must be committed to perfecting their marital relationship.

- (e) Supporting one another – supporting one another is essential to the establishment of an enduring friendship. Learn and find out what makes the other partner happy, fulfilled and humane, and do what it

takes to be a partner in it. If you have to learn a trade, a language, realign your religious teachings, or re-orientation to cultural or tribal or racial ideals, do.

10 | COMMON LANGUAGE

Develop a common language of love:

- (a) What does “talking” and “listening” mean in the relationship?

- (b) Communicate rather than talk, and listen rather than hear.

- (c) Explore the signs – both through verbal and non-verbal expressions.

- (d) Situate your comfort levels – learn when to do and not to do, to make love and not to make love, to work and to have pleasure, and etc.

- (e) Deal with sensitive areas sensitively. If there are past skeletons or misbehaviors, or ex-partners, and etc., these ought to be dealt with sensitively without inducing bad memories or condemnation. If silence on them is the antidote, implement that regime. Help each other to heal from mental panic of past relationships, and do not create conditions that ensure their brooding. If an ex still lives in one of the partner's mind, that will be a trigger and may lead to an unfulfilled relationship.

11 | RESPONDING

In marriage, a partner responds to stimuli:

- (a) What you give is what you receive. You can determine how your marriage looks like. It is in everything you do or omit to do. If you give less in marriage, you will receive less. If you give all, you will receive more than you can ever imagine.

- (b) If you expect love, give in (submission). Partners must submit to each other. This is the basis of respect and the conduit of love. If you can't respect

your partner, love will suffer. Your spouse is the only person on earth who should deserve unadulterated attention, love and respect. Marriage love is also called submission.

- (c) If you expect respect, give understanding.
- (d) If marriage were a business, it would be a partnership, not a sole proprietorship or corporation.
- (e) Daily emotional management is key to success. Emotion, like the word itself entails, means “in motion.” Do not allow things that come and go destroy your marriage. Sometimes rage, anger, moods may be just that, emotions. It is important that you are managing them well so that they don’t destroy your romance or love relationship.

12 | ENDURING SERVICE

- M**arriage needs servicing to endure:
- (a) Maintaining a marriage is a daily project; marriage requires daily maintenance to survive.
 - (b) Words, bad words, harm marriages more than omissions or commissions. Speak with grace and tenderness to your spouse. There is no second-guessing; bad words hurt a marriage relationship.
 - (c) Every marriage is unique because it is a union of unique individuals. You can't

compare your marriage to another marriage. You may draw inspiration from another good marriage, but your marriage is yours – unique and exclusively yours. Tender it as such.

- (d) Conflict management (dispute resolution) in the spirit of love, friendship and reconciliation glues marital assets together.
- (e) Both partners are ultimately equally responsible for the death or survival of a marriage. Marriage is an opportunity for couples to serve one another in a willing and non-coerced manner. Service of one another must be a meaningful aim of marriage, every day.

SELECTED BOOKS BY THIS AUTHOR

1. *10 FINANCIAL & WEALTH ATTITUDES TO AVOID*
2. *10 STRATEGIES TO DEFEAT STRESS AND DEPRESSION: Creating an Internal Safeguard against Stress and Depression*
3. *100+ REASONS TO READ BOOKS*
4. *50 RULES OF POLITICS*
5. *A CASE FOR AFRICA'S LIBERTY: The Synergistic Transformation of Africa and the West into First-World Partnerships*
6. *A PANDEMIC POETRY, COVID-19*
7. *ALLERGIC TO CORRUPTION: The Legacy of President Michael Sata of Zambia*
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9. *CAMPAIGN FOR AFRICA: A Provocative Crusade for the Economic and Humanitarian Decolonization of Africa*
10. *CHAMPIONS: Application of Common Sense and Biblical Motifs to Succeed in Both Worlds*
11. *CORONAVIRUS PRAYERS*
12. *HH IS THE RIGHT MAN FOR ZAMBIA: And Other Acclaimed Articles on Zambia and Africa*

13. *I BOW: 3500 Prayer Lines of Inspiration & Intercession from the Heart: Volume One*
14. *INTERUNIVERSALISM IN A NUTSHELL: For Iranian Refugee Claimants*
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16. *LAWS OF INFLUENCE: 7even Lessons in Transformational Leadership*
17. *LOVE IDEAS IN COVID PANDEMIC TIMES: For Couples & Lovers*
18. *P.A.S.S: Version 2: Answer Bank*
19. *P.A.S.S.: Acing the Ontario Paralegal-Licensing Examination, Version 2*
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23. *REFUGEE PROTECTION IN CANADA: For Iranian Christian Convert Claimants*
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25. *SAIL WITHOUT SHIP (THE DREAMS OF AFRICA): Poetry of Post-Independence Africa, the Case of Zambia*
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29. THE GRACE DEVOTIONAL: *Fifty-two*

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30. THE SYSTEM: *How Society Defines & Confines*

Us: A Worksheet

31. WORTHY: *Deepest Praise to the Highest God*

32. WEALTH THINKING: *And the Concept of*

Capitalism

AUTHOR'S BRIEF BIO & CONTACT



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