

NATIONAL WEEK OF MARRIAGE

ARTICLE

“Life is sometimes difficult, even too difficult for one, so it's good that there are two in marriage. When one is tired, the other just pulls in ... and in the better case will even offer his shoulder the first one can lean on, so they can easily get through difficult situations, but when they are both tired or overloaded, they are not sure whether it is possible to rely on the other one ...” This is the beginning of this year's national marriage week (NMW) campaign. Some of you definitely understand these words and know what they mean because there was enough difficult moments in your marriage. With or without children, many times only about children ... where is the relationship we really wanted to work on, many people no longer know when they actually talked about it and when it was about them. Flying kiss full of love or just as a habit when leaving? We are all likely to realize that it is a long-distance run and investment in the future that we neglect more or

less. Those happy for whom this is a foreign language and their relationship is regularly and fully appreciated.

"Experts advise that it is stress relieving when we completely turn off what we are currently focusing on and focus our attention on something else, ideally pleasing. Someone likes art, another sport or movement, and more just like sitting with a cup of tea ... And what about playing? Games and playing is in us since childhood. We like it, even if we cannot always find time for it. Playing is relaxing, we enjoy it, we can learn a lot in the game, not only about the world around us, but also about ourselves or about the person we play with. Ján Ámos Komenský, also known as the "Teachers of the Nations" already supported the idea of learning in a game and he probably knew what he was saying. "

1. The first and very important thing, on which all the happiness of the world is, is that we can only change ourselves, the change will be permanent. The expectation that the partner will change after

the wedding, the first or the second child will do it or save the relationship is an illusion. You must always be aware of the difference of how you entered the relationship (young, beautiful, fearless, illusive ... :)) and who you are today. Whatever we want and where we want to go, work with our partner, because with him you have come to today's stage, in good and bad.

2. Communicate the changes to the one's you care about, the rest of the world will adapt and change itself. Situations that will change your life with your partner's consent, changes in education, or access to something will be much easier if you stand together on a single ship. It does not matter if you go to a diet, barefoot, minimalism, attachment parenting or you want to give the child to Montessori school and stop using plastics. If you interact with your partner and find the common enthusiasm for the thing, or at least accepting the change, it will be easier and more durable.

3. Leave your remorse between four eyes and praise in front of the audience. It applies to both kids and adults, parents, grandparents... People are happy if you notice positive behavior and adequately evaluate or show your attention to their exertion. It's just a simple "I noticed you've tide up" or "Thank you for putting out the clothes, I fall asleep with the kids tonight" can lift self-confidence and shift for the better. On the contrary, the remorse, "as you talked to our son today, was gross, and I saw the great fear in his eyes, which was inappropriate in the given situation" belongs to your four eyes. Be sure to interact, if necessary, but think that viewers are watching you, children are learning from you and your family will support you if you choose the right words. For example, "love, you're shouting, what about a break?" or another innocent note that you know the partner reacts with understanding and "blows out" can save the situation.

4. If you have an argument in front of children, finish it in front of them. Children need to know that this is happening and that it may well end. That everything is all right. Many of you can remember the arguments when your father slammed the door and suddenly it was silent. For children, this is an unfeasible situation without end. It does not mean that you have to give a two-hour chat about what happened, who started it and why, once you realize that the children are watching you, try to quit the argument peacefully with the fact that it happened, one was angry and needed to get it out, the other accepts the anger and understands it, and the emotions are fading away. The actual content of the argument is less important at this time than the emotional impact on all participants. And for third parties it is important to know that you have your relationship under control and know where you are heading.

5. Find the time for yourself and your partner. Ideally separate from each other. Once in time only for

yourself at the expense of your partner and then again for the partner at the expense of your kids. Take a free evening or even a day or a weekend whatever your age, health, and children's readiness allows you. Even at home you can relax and spend time together with a nice movie, a tea talk or a partner massage. It is a time that will strengthen you as a couple and give you energy for the next few days. The more challenging day, the more it can help to overcome it.

6. Make your love known in all available ways. There is a book [The five love languages](#) that tells you how we accept the energy of love and how we notice it most. Maybe you have already pointed out that your husband get silent over it when you tell him that you love him, but when you make his favorite food, he will melt and hang on you with his eyes, mouth and all over. If you often takes you to a good restaurant, it is clear that his language of love is service. If he responds equally or even more passionately, he needs words of assurance.

Words of assurance, attention, gifts, services, physical contact. Which of these languages of love is for you primary and the most important? And for your partner? It can be a little thing that will change your relationship. And it works with children too, only that the preference appears at a later age, within the age of six, in earlier age adequately involve them all.

There is a lot of it, though? It's like a New Year's Resolution, if you try to change it all at once, it will be catastrophic. If you go step by step, or even plan to make gradual changes to your life, you both will be somewhere else in your uniqueness, love, relationship, parenthood and preparation for the future.

QUESTIONS

1. Why did you marry your husband? What did you expect from your marriage?
2. How long are you married and how did your expectation meet the reality?
3. Did you change a lot in your marriage?
4. Do you know the five languages of love and which one is your and your husbands?
5. If you could change only one thing in your marriage, what would that be and why?
6. If you had three wishes that would your husband do for you (whatever), what would they be?
7. Do you know a marriage, couple, which is an idol / inspiration for you? In what?