

How to Keep Marriage Healthy and Growing

Marriage is the union between ~~a~~ married couples, and it is an important relationship because it determines the level of unity that a family would have. It is always ^{can} the desire of any married couple to have a strong, reliable, and growing relationship. However, from experience, I have learned that it takes effort^s, commitment, and good will for a good marriage to be established and be maintained for ever. It is important to note that marriage is for two people and this means that the efforts, commitments, and good will must come from both partners. There are specific things that I have learned from experience that ~~the~~ couples do order to promote and maintain a healthy, strong, and ever growing relationship.

Communication is one of the most important things that both marriage partners must apply at all times. Communication should be done in a humble, loving, and friendly manner so that the other party can understand the message and react to it positively as well. Instances of miscommunication ^{from} ~~out of~~ using harsh and rude words, over talking, and also ^{same here} ~~under-talking~~ have led to marriage breakages (Ferree, 2001). In my case, there ^{↓ cite examples ↓} were years when poor communication almost brought my marriage to an end. However, as a couple we went through marriage counselling sessions and we were introduced to good communication and this was the turning point ^{for} of a beautiful, strong, and growing relationship. ^{explain term, more}

Prioritizing your spouse is the second most important thing that marriage partners