

◇ Chapter 30
Build a Strong Marriage

PRACTICE MARRIAGE QUALITIES

You have learned that the qualities of a strong marriage include *realistic expectations, commitment, acceptance, flexibility, and thoughtfulness*. Practicing these qualities is especially important, and most difficult, when problems arise.

Directions: Read each of the following situations and the quality named after each one. On the lines provided, give an example of how that quality could be practiced to help overcome the difficulty described.

Applying the Qualities

- A. Damon, who prepares most of his family’s meals, has been placed on a special diet by his doctor. He must now eat different food from what his family is accustomed to. **(Flexibility)**

- B. Rick has been looking forward to the Super Bowl for weeks. He has invited several friends over to his house to watch it with him. His wife, Karen, however, has scheduled a meeting of her PTA committee in their home for the same time. **(Thoughtfulness)**

- C. Tawanda is upset because her husband, Dwayne, must attend an out-of-town conference on her birthday. She has not told him why she is upset because she thinks that he should know without being told. **(Realistic Expectations)**

- D. Sally and Leroy have their own natural foods store, but business has been slow. Their income has dropped, the bills are adding up, and they may have to declare bankruptcy. **(Commitment)**

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Name _____

- E. Chang and Ling are a close, committed couple, but their social habits are very different. Chang enjoys going out with friends. Ling would rather stay home and read or watch a movie on television.
(Acceptance)

Thinking About Strong Marriages

1. When a problem arises in a marriage, who is responsible for solving it? Explain your answer.

2. What do you think is the most important quality to have in order to deal with problems in a marriage? Why?

3. Give two examples of how the qualities of a strong marriage can be practiced in other relationships.

4. Of the qualities listed, which one do you believe would be the easiest for you to develop in a marriage? Which would be the most difficult? Explain both of your choices.
