

7 Steps to Making Your Relationship Last

What makes love last a lifetime? Affection? Sure. Mutual trust and respect? Absolutely! But a great marriage is not just about what you have. It's about what you do to make a relationship stronger, safer, more caring and committed. Here's how to make your "forever" fantastic.



Marriage is a home, a refuge against the outside storms. And like any house, it requires a strong, lasting foundation. To build one, every couple needs to take certain steps that turn the two of you into not just *you and me* but *we*. You may not move through all the steps in order, and you may circle back to complete certain steps again (and again and again). But if you make it through them all, you'll be well on your way toward creating a marriage that will be your shelter as long as you both shall live.

Step 1: Find a shared dream for your life together.

It's easy to get caught up in the small stuff of married life: What's for dinner tonight? Whose turn is it to clean the litter box? Did you pay the electric bill? But the best partners never lose sight of the fact that they're working together to achieve the same *big* dreams. They have a shared vision, saying things like, 'We want to plan to buy a house, we want to take a vacation to such-and-such a place, we like to do X, we think we want to start a family at Y time.

This kind of dream-sharing starts early. "Couples love to tell the story of how they met," points out Julie Holland, M.D., a psychiatrist in private practice in New York City and a clinical assistant professor of psychiatry at the New York University School of Medicine. As you write and rewrite your love story ("our hardest challenge was X, our dream for retirement is Y"), you continually remind yourselves and each other that you're a team with shared values and goals. And, when you *share* a dream, you're a heck of a lot more likely to make that dream come true.

Step 2: Ignite (and reignite) a sexual connection.

In any good relationship, sex is much more than just a physical act. It's crucial for the health of your emotional connection, too. It's something only the two of you share. It makes you both feel warm and loved. It draws you back together when you're drifting apart. And....it's so much fun!

Striking up those sparks when you first meet is easy. The hard part is nurturing a strong, steady flame. When you've got a mortgage, a potbelly, and a decade or two of togetherness under your belts, it can be hard to muster up the fire you felt when you first got together. That's when it's even more important to protect your sex life and make it a priority. You have to keep working at creating fascination and seduction for each other or your sex life will become dull.

As the years go by, you'll keep revisiting and reimagining the passion you have for each other. And if you keep at it, you'll have a sex life that rises above your marriage's lack of newness, the stresses of family and work, the physical changes that come with aging. Now *that's* something worth holding on to.

Step 3: Choose each other as your first family.

For years, you were primarily a member of one family.....the one in which you grew up. Then, you got married, and, suddenly, you became the foundation of a new family....one in which husband and wife are the A-team. It can be tough to shift your identity like this, but it's also an important part of building your self-image as a duo (and maybe, eventually, as three or four or...).

It's important to learn to talk *to* each other when there are issues to resolve.....not talk about each other to someone else in the family. It's about becoming a team in working things out or dealing with issues relating to the behavior of another family member.

Whatever your challenges ---- an overprotective mom, an overly critical father-in-law.....you have to outline *together* the boundaries between you and all of the families connected to you. Not only will you feel stronger as a united front, but when you stick to your shared rules, all that family baggage will weigh on you a lot less.

Step 4: Learn how to fight right.

"Fighting is *the* big problem every couple has to deal with," says Daniel B. Wile, Ph.D., a psychologist and couples therapist in Oakland, CA, and author of *After the Fight*. "That's because fights will always come up, so every couple needs to learn how to fight without tearing each other apart."

Fighting right doesn't just mean not throwing things.....it means staying focused on the issue at hand and respecting each other's perspective. Couples who fight right also find ways to defuse the tension.....often with humor. "Whenever one of us wants the other to listen, we mime hitting the TV remote, a thumb pressing down on an invisible mute button," says Nancy, 52, an event producer in San Francisco. "It cracks us up, in part,

because it must look insane to others." Even if you fight a lot, when you can find a way to turn fights toward the positive — with a smile, a quick apology, an expression of appreciation for the other person — the storm blows away fast, and that's what matters.

Step 5: Find a balance between time for two and time for you.

When it comes to togetherness, every couple has its own unique sweet spot. "There are couples that are never apart and there are couples that see each other only on weekends. With the right balance, neither partner feels slighted or smothered. You have enough non-shared experiences to fire you up and help you maintain a sense of yourself outside the relationship.....as well as giving you something to talk about at the dinner table. But, you also have enough time together to feel your connection as a strong tie rather than as a loose thread.

Your togetherness needs will also change over time, so you'll have to shift your balance accordingly. "My husband and I spend a lot of time together, but it's almost all family time," says Katie, 40, a mom of two in San Leandro, CA. "We realized a few months ago that we hadn't had a conversation that didn't involve the kids or our to-do lists in ages, so we committed to a weekly date. We were so happy just to go to the movies and hold hands, something we hadn't done in ages. It felt like we were dating again!"

Step 6: Build a best friendship.

Think about the things that make your closest friendships irreplaceable: the trust that comes with true intimacy, the willingness to be vulnerable, the confidence that the friendship can withstand some conflict. Don't those sound like good things to have in your marriage, too?

Happy couples are each other's haven. They can count on the other person to listen and try to meet their needs. When you're true friends, you acknowledge and respect what the other person is.....you don't try to control or change him/her. This creates a sense of safety and security when you're together ---- you know you're valued for who you are and you see the value in your partner."

Then, when you've been with someone awhile, you almost become a mind-reader. You have a shared history and inside jokes. Your guy knows what you'll find funny, you forward him links to articles you know he'll enjoy, and best of all, you two can make eye contact at a given moment and say volumes without opening your mouths. And, is there anything more pleasurable than sitting in companionable silence, absorbed in your respective newspaper reading, sipping coffee, occasionally reading something out loud, but mostly just spending time idly, happily together, communing without needing to speak?

Step 7: Face down a major challenge together.

You're sailing along through life, and suddenly you hit a huge bump.....a serious illness, unemployment, the loss of a home, or a death in the family. How do you cope?

The truth is, you never know how strong your relationship is until it's tested. All too often, the stress of a crisis can pull a couple apart. But, the good news is, when you do make it through in one piece, you might just find yourselves tighter than ever.

"What *didn't* happen to us?" asks Daryl, 28, a preschool teacher in Harrisburg, PA. "My husband lost his job and took a minimum-wage job he was way overqualified for just to make ends meet. He was offered a better job in a mountain town outside San Diego, so we moved. Then, during the California wildfires several years ago, our house burned down and we lost everything. We were living in a one-room, converted garage with no running water and a newborn baby. But, we found that this chaos somehow brought us even closer together. We took turns losing it. We really kept each other sane."

Marriage is no roll in the hay. It is tough, real work. But, the reward, the edifice you build together that will shelter you through years of tough times, is more than worth the effort. The small, friendly home you build, decorated with your shared history and stories, filled with color and laughter --- will be the warmest and safest retreat you can imagine.