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MAPP .7

PRACTICAL TIPS:

Building Your Marriage & COVID-19

GRATITUDE



 Penn Master of Applied Positive Psychology

- The MAPP Penn Alumni team and the greater MAPP community
- Of course, Marty!
- My students
- My wife and 5 girls for allowing me to prepare for this

A row of nine white wooden blocks with black letters spelling out the word "EDUCATION". The blocks are arranged on a wooden surface. In the background, there are several stacks of books, some with colorful covers, creating a blurred educational setting.

E D U C A T I O N

BACKGROUND: MARRIAGE EDUCATION



NEGATIVE IMPACTS...

- **Divorce rates** jumped drastically in parts of China post-quarantine
- **Divorce inquiries** recently skyrocketed in New York (to move the process along)
- **Domestic abuse** has increased in many parts of the world



MASK
19



Most of the images seen in the media...

SOME OF THE JOKES

QUARANTINED WITH HUBBIE FOR TWO WEEKS - GERTRUDE IS KNITTING SOMETHING SPECIAL FOR HIM! 🧶



@ousande_villiers

MY WIFE SAID THAT IF I DON'T GET OFF MY COMPUTER AND HELP WITH THE DISHES, SHE'LL SLAM MY HEAD ON THE KEYBOARD, BUT I THINK SHE'S JOKINGSG67SGHI3DHGJ RE7490DNDWHK3-2J4H37SHDUDKIJ SD877HR8SKO20A3Y3H3J3UHU338JE SU83J8R

... possible ...
opportunity. no
set of circum
condition fa

HOWEVER...

“REGULAR” MARRIAGES...

- We say it is the most important thing: but **NOW** this is our main focus (whether we like it or not)!
- We need our marriages to **more resilient** than ever before...
- This is a real opportunity to go from: **GOOD to GREAT!**

PRIORITY



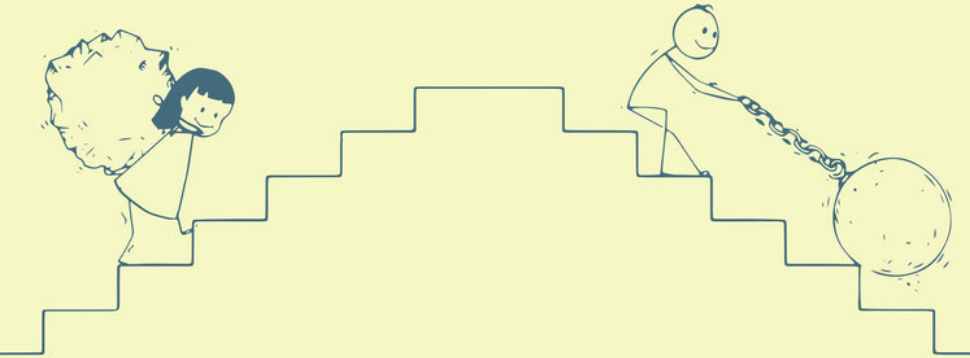
RIGHT NOW IS
YOUR TOMORROW!

VAN HALEN

OVERFLOW: FAMILY IMPACT



Not A Partnership



Why We Keep Getting Marriage Wrong,
& How We Can Get it Right

TOD JACOBS & PETER LYNN

BACK TO BASICS!

1. What is a marriage?
2. What is the instruction manual for a successful marriage?

OVERALL: a prerequisite for other marriage books...

3 FUNDAMENTAL PARADIGM SHIFTS



1. Definition of marriage
2. Great marriages don't just happen—they are **built!**
 - Mystical secret: 2 phases of reality
 - So to in marriage...
3. All loving is based upon **giving**
 - Parent/child, pet, plant, house, etc.



Instruction
manual for
a successful
marriage:
GIVING!

4 PILLARS OF GIVING

1. Keep it fresh
2. Gratitude
3. Respect
4. Depends upon
me





tip



#1: KEEP IT FRESH

- Couples get old fast
- Social Comparison Theory
- We CAN get back to that bliss—and **MORE!**



PRACTICAL: Keep it fresh

- Make an effort to keep yourself dressed properly, looking fresh, etc.
- Focus on: healthy eating and exercise
- Create a romantic evening!
- HQC can be generated by fun
- Partner in something bigger!



#2: GRATITUDE

- Expectations can destroy us!
- So much is being done for each other
- Need to feel it **AND** express it



PRACTICAL: Gratitude

- **3 Blessings “Marriage” Exercise:** what has your spouse done for you today?
- Don’t just feel it—find 3 small ways each week to express your gratitude: a small gift, note, dinner, etc.



#3: RESPECT

- The most popular topic out there
- We all know the importance of it



PRACTICAL: Respect

- Communication:
 - What is going “right”
 - Discuss the frustrations:
 1. Timing
 2. How you say it
- Find **ONE** time a day to “let it go”



A DIFFERENT
KIND OF:
“let it go”



#4: DEPENDS ON ME

- We have a few main core negative traits that impact our lives...
- This is an “indirect” approach to working on our marriage—which creates tons of positive momentum (a new kind of “upward spiral”)

“The price of greatness is responsibility”

-Winston Churchill



PRACTICAL: Depends on me

- On the topic: read a book, listen to a podcast, take an online course/seminar, etc.
- Maybe: begin to work with a therapist!

STAY FOCUSED AND WORK HARD!



- What may take years to accomplish—we can do it NOW!
- If we do it right—we can move our marriage to a new level
- Although we are separate from the world—we are NOT separate from our marriages...



Thank you all so much!

Any questions?