



Beacon

Smt. M.M.P Shah Women's College of Arts and Commerce

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“Marriage does not unite two people, it ‘entangles’ them...”

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(Kahlil Gibran)

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Pre Marital Counselling

Premarital counselling is a type of therapy that helps couples prepare for marriage. It can help ensure that you and your partner have a strong, healthy relationship — giving you a better chance for a stable and satisfying marriage. Premarital counselling can also help you identify weaknesses that could become bigger problems during marriage.

Premarital counselling helps partners improve their ability to communicate, set realistic expectations for marriage and develop conflict-resolution skills. In addition, premarital counselling can help couples establish a positive attitude about seeking help with their marriages down the road.

It should be kept in mind that one brings their own values, opinions and personal

history into a relationship, and one might not always match one's partner's. In addition, many people go into marriage believing it will fulfil their social, financial, sexual and emotional needs — and that's not always the case. By discussing differences and expectations before marriage, you and your partner can better understand and support each other during marriage. Early intervention is important because the risk of divorce is highest early in marriage.

Premarital counselling helps couples improve their relationships before marriage. Through premarital counselling, couples are encouraged to discuss a wide range of important and intimate topics related to marriage, such

as:

- Finances
- Communication
- Beliefs and values
- Roles in marriage
- Affection and sex
- Children and parenting
- Family relationships
- Decision making
- Dealing with anger
- Time spent together





" A successful marriage is an edifice that must be rebuilt every day."

BEACON

Psychology is a science of the behavior of living organisms. The application of this knowledge to real life is an art. 'Beacon' is an endeavor of Department of Psychology to bring about a confluence of this science and art. We have always been involved in the pursuit of attempts to ensure mental well being of one and all, at least in our sphere of influence. This is one more step in that direction.

This issue is dedicated to the topic of Premarital Counselling. Many young couples get into a marital relationship and very soon get disillusioned by marriage itself. Very often this happens because one has not given a thought to one's expectation of a marital relationship, unrealistic concepts portrayed in the media, lack of adequate preparation, and sometimes utter callousness. A good marital relationship can work wonders for the couple providing a springboard for happiness, well being and progress. It can be an edifice for fulfillment and a source of strength for the entire extended family, so important in our Indian culture.

My kudos to lecturer Vaishnavi Verma and student Ms Jade Carvalho for their efforts in bringing out this fourth issue of Beacon.

Mrs. Archana Patki

Head, Department of Psychology

On Marriage...

You were born together, and together you shall be forevermore.
You shall be together when the white wings of death scatter your days.
Ay, you shall be together even in the silent memory of God.
But let there be spaces in your togetherness,
And let the winds of the heavens dance between you.

Love one another, but make not a bond of love:
Let it rather be a moving sea between the shores of your souls.
Fill each other's cup but drink not from one cup.
Give one another of your bread but eat not from the same loaf
Sing and dance together and be joyous, but let each one of you be alone,
Even as the strings of a lute are alone though they quiver with the same music.

Give your hearts, but not into each other's keeping.
For only the hand of Life can contain your hearts.
And stand together yet not too near together:
For the pillars of the temple stand apart,
And the oak tree and the cypress grow not in each other's shadow.

— ***Kahlil Gibran***

5 Points to a Healthy Marriage...

- **You are different** – Opposites do tend to attract. Each spouse is not only differently physically, but there are differences in backgrounds, outlook on life and the way to approach a situation. This is not intended as a curse against marriage. The more a couple learns to celebrate those differences, the stronger a marriage will become.
- **Leave and cleave** – Don't let either set of in-laws dictate how you lead your new family. Decide in advance that no one, related or otherwise, is going to be a wedge between you two. Every couple has lots of other relationships, including perhaps children someday, but none of them should be allowed to interfere with the oneness that is created with the marriage.
- **Expect surprises** – Life won't always be as blissful as it is today. There will be hard days, whether self-induced or life-induced. Life brings changes and those times have the ability to catch even the best marriages off guard if not prepared for them. We can never be fully prepared for what might come, but we can prepare ourselves that when something comes, whatever it is and no matter how hard it is, that we will handle it. Couples should use these times to improve the strength of their marriage rather than allow them to pull the marriage apart.
- **Model after the right couples** – couples should be encouraged to find a couple whose marriage they admire and follow them closely. Most likely they have some stories to share. Things may not have been as wonderful throughout their marriage as they are today. No doubt they have learned some practices to having a strong marriage. Couples should be challenged to learn all they can from the couple they want to be like.
- **Evaluate often** – Couples should ask themselves often, are we growing together as a couple or further apart? Is the marriage growing stronger or are there holes that need addressing? Don't assume your spouse feels as you do. Establish the understanding early in the relationship that you have the right to periodically check on the state of your marriage.

Stages of Marriage...

Marriage is developed in six very different phases, each with specific requirements as to the family and to the individual partners. The number of years elapsed since the wedding has nothing to do with the serial number of stages, which is family now. Many couples remain decades at the same point of quarrels and discord.

In the first phase, called "long" just married spouses consider their ideal partner. This view is really important to create a sense of commitment and trust in your loved one. At this stage the task of authorization: whether or not to accept the other's diversity as a contribution to the family relationship.

The second phase, called "expectations", occurs when the spouses are not doing enough in the first phase. They are experiencing changes as a partner disappointment, anxiety and painful experience doubts about him. The motto of this stage is: "What do I do wrong?"

The third phase "power struggle" is caused by opposing interests and individual development of family partners. Gradually, efforts to achieve harmony weaken. Now both are trying to gain control over others. The task of this stage is not only to accept that they have different views, but also to find ways to negotiate and resolve conflicts, to identify forms of expression that are not intended to destroy "half".

The fourth phase "seventh year Itch", according to psychotherapists is not dependent on the number of calendar days after the wedding, one or both partners often have a desire to end the family relationship. Phrases like: "I need time for myself ..." or "not continue to suffer restrictions ..." show the degree of frustration.

Fifth phase "reconciliation" – only here once again partners pave the way for good relations.

Sixth phase of 'compliance' – here already spouses reach a compromise with each other related personal autonomy and acceptance of differences.

Questions to ask before you get married!

It is very important to discuss and confront certain issues before marriage. Asking the right questions can help avoid many mistakes or issues that may arise later on.

- Why are we getting married?
- What do we as a couple want out of our life?
- Do you think our relationship will change after marriage?
- How do you want to deal with our finances?
- What values do you want to bring from your family into our marriage?
- Do you think it is important to know one another's physical and mental health histories?
- Can we each pursue our own interests?
- Do you believe that we should be doing everything together?
- How much do we owe in debts and what are our assets?
- What are our financial goals?
- Do you want to have children?
- What is your parenting philosophy?
- What type of birth control should we use if we want to postpone or prevent parenthood?
- What are your expectations of our sexual relationship?
- Are we both willing to face into difficult areas or do we try to avoid conflict?
- Do you think we have problems in our relationship that we need to deal with before our wedding?
- Do you think our differences will create problems in our marriage?
- Do you expect or want me to change?
- Can we both forgive?
- Are we both willing to work on our communication skills and to share intimately with each other?

