**1.**

**Adapting to
Change**

**Hardest**

**Easiest**

**Change in Lifestyle**

Newlyweds may not be able to have the same level of prosperity in their marriage that they enjoyed while living with their family of origin. It is very possible that the couple will have to struggle and gradually work their way up to a standard of living that is satisfactory to both persons. More than likely that is exactly what their parent/s had to do.

**Change in location**
Today's couples are highly mobile. There is the possibility that jobs for either you or your spouse will require that you move away from your hometown and away from where your family lives. While there is a degree of sadness involved in such a move, many couples find new places and new people to be fun and exciting.

**Change of friends**
Whether you stay in your present location or move away, there is a good chance that you will lose contact with many of your old friends. Getting married changes your social status. You will probably get acquainted and make friends with other married couples, rather than socialize with your single friends as much. Also, you and your spouse may have had a different circle of friends prior to getting married and neither of you feels close to the other's friends.

**Differences in the way you do things** Before you get very far into the marriage, you will probably find that your personal habits and traditions are somewhat different from those of your new spouse. They may involve things as simple as where you squeeze the toothpaste tube, rinsing the tub after your shower, or whether to fold underwear before putting it in the drawer. Or they may involve things of greater importance to you, such as birthday or anniversary celebrations. For example, you may enjoy lavish parties while your spouse thinks a card and a pizza will suffice.

**Differences of opinion**
No matter how much alike you think you and your spouse are, you won't always see eye to eye on every subject or issue. You may have different opinions on things, which directly affect your family, such as child rearing, money management, or religious preference. Or you may have separate views on politics and world events. Having differences of opinion doesn't make either of you wrong, just different.

**Change in attitude**
 After you are married, you or your spouse may experience some attitude change. You may view your world and your relationship a little less idealistically. That doesn't mean doom and gloom; it just means that you are maturing and you see more of the realities of living on your own as a married couple. Some things about your spouse may also seem less than ideal after a while.

**Changes in personality**

 Many of the changes in your new spouse's personality may be more perceived than real. You may only be able to see the real personality after you are married. Prior to marriage, each of you may have worked really hard at impressing the other, including pretending to be something you're not. After getting married, many couples think they can "let their hair down" and stop pretending. It appears to be an abrupt personality change.

**Change in appearance**
Sometimes a partner looks different from what you are used to seeing. Before marriage, your spouse may have always been neat, clean, and well groomed. As a married couple, however, you see each other under every conceivable circumstance and the appearance will sometimes be sloppy. Changes in appearance will occur as you age, especially if you have health problems.

**Different expectations**

Both will enter marriage with a set of expectations, some of which will be quite different from the other's. You may expect that the romance will never fade; your spouse may not be naturally romantic. Each of you has expectations regarding various roles you will play in the marriage. The woman may expect that she will have a career, and the household chores will be shared equally between herself and her husband. The man, however, may be somewhat traditional and may see cooking and cleaning as his wife's responsibility. Role expectations are not as clear-cut in the today as they once were.

**Having children**
 The choice of whether to have children also is an important decision, which needs to be carefully discussed prior to entering marriage. Also to be considered are the number of children desired and the timing of their arrival. While children can bring a sense of joy and fulfillment to many couples, they are also a tremendous and costly responsibility. And the presence of children will strongly affect the dynamics of the couple's relationship, both positively and negatively.

**2.**

**Realistic Expectations**

**True**

**False**

A good marriage will always be romantic.

**FALSE:** Virtually all relationships experience peaks and valleys. Sometimes, the realities of married life will often cloud over romantic feelings. Scott Peck, in his book The Road Less Traveled, stated -- "Every couple falls in love; every couple falls out of love." Just because the feelings of love are not always present doesn't necessarily mean a lack of love; love is more of a choice than a feeling.

Marriage will make

me happy.

**FALSE:** A marriage partner does not have the power or ability to make another person happy. A person's sense of happiness must come from deep inside himself. Relationship in marriage has the potential of complementing individual happiness and well being, but it cannot be the primary source.

If we really love each other, everything else will fall into place.

**FALSE:** Marriage needs constant nurturing. Because of individual, societal, and environmental changes, marriage is always in a state of flux; it is a dynamic relationship rather than a static one. Constant sensitivity to one another's needs and continual adaptation to relational changes are necessary to keep love alive.

My partner

should intuitively

know my needs.

**FALSE:** Regardless of a spouse's intelligence or personal strengths, she does not have the ability to read her partner's mind. Needs for security, affection, emotional support, encouragement, or physical assistance often must be verbalized in clear language, sometimes repeatedly. If the need is something the spouse can realistically provide, she must first know the need exists.

Conflict means

a lack of love.

**FALSE:** Conflict is inevitable, but it doesn't have to be damaging to the marriage relationship. Partners have different viewpoints and different feelings based on their background and previous experiences. Those differences do not mean that one partner is right and the other wrong; it just means they are not alike in their thoughts or feelings. Conflict, when dealt with appropriately, can be healthy for a relationship in that new ideas and new ways of looking at things are introduced to each partner and to the relationship.

3.

Money

Answer the Following Questions On Your Own Then Compare Them on the Group Chart, Can Your Group Come Up With A Consensus?

1. Who earns the money?
a) me b) them
c) both
2. How will the money be spent?
a) I decide b)they do
c) we both do
3. Who will manage the checkbook?
a) me b) them
c) both
4. What is my attitude about credit spending (visa, master card, bank loans, car loans, lines of credit)?
a) it’s a great help b) sometimes ok
c) only when absolutely necessary d) never
5. How much should be saved?
a) as much as possible b) a set $# each pay
c) set $# monthly d) if there is something left over
e) nothing – live for the moment
6. Should we buy a house, or rent?
a) house b) rent
7. What is communal property and what belongs to each other?
a) everything we own is communal b) what I brought, & am given I own
c) anything we buy is communal d)what they buy they own what I buy I own
e) everything is theirs (nothing is mine)

Group Chart, Can Your Group Come Up With A Consensus?

1. Who earns the money?
a) me b) them
c) both
2. How will the money be spent?
a) I decide b) they do
c) we both do
3. Who will manage the cheque book ?
a) me b) them
c) both
4. What is my attitude about credit spending (visa, master card, bank loans, car loans, lines of credit)?
a) it’s a great help b) sometimes ok
c) only when absolutely necessary d) never
5. How much should be saved?
a) as much as possible b) a set $# each pay
c) set $# monthly d) if there is something left over
e) nothing – live for the moment
6. Should we buy a house, or rent?
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7. What is communal property and what belongs to each other?
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4.

the in laws

Order of Importance

\_\_\_\_Respect your in-laws as family members of the spouse you love.
\_\_\_\_ Don't compare your spouse's family with your own.
\_\_\_\_ Don't run to your own parents for support when you have conflict with your spouse.
\_\_\_\_ Don't direct anger you may feel for your spouse toward his or her family.
\_\_\_\_ Establish a family atmosphere that avoids a contest between your two families for
 your time, attention and affection.
\_\_\_\_ Treat both families equally and fairly.
\_\_\_\_ As a couple, try to establish as much independence from both families as possible.
 For example, it may create conflict to borrow money from in-laws.

Think of the many couples you know… is this is or is this not happening