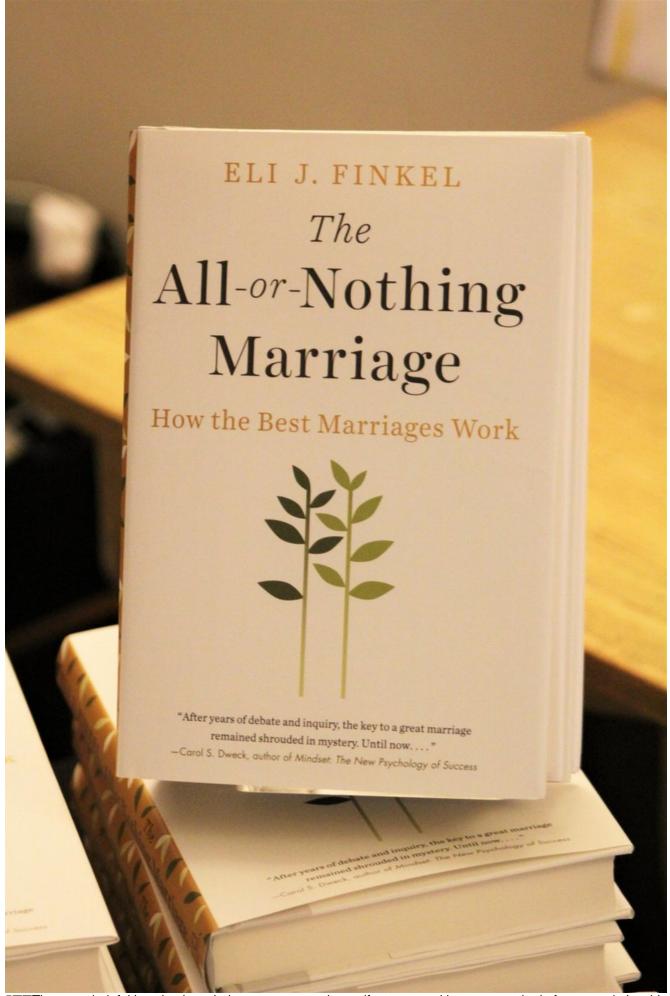
Twitter Thread by <u>Dr.Relation</u>■





8Key Idea■"The All-or-Nothing Marriage" Part2

■ Psychology book thread



5 There are helpful love hacks to help you overcome low self-esteem and increase gratitude for your relationship.

- ■Denise Marigold, points out that people with low self-esteem tend to dismiss any compliment they may receive from their partner.
- ■So Marigold's advice is to have the dismissive partner stop to reflect on the compliments they are given.
- ■Rather than responding with disbelief, they should ask themselves: What exactly was said? What is the deeper meaning? And why is this significant to the relationship?
- ■Another love hack that may come in handy is about increasing gratitude.
- 6■■A happy marriage requires time and attention.

Studies show that making enough time for a marriage is key to making your relationship a happy and prosperous one.

- ■But it's not just about making sure couples spend time together; it's about really paying attention to your partner and understanding what he or she is going through.
- ■Experience shows that active engagement with one another is especially important after having your first child and after a relationship has been under considerable stress.
- 7: Partners must maintain their individual identity, even if it means living separately.
- ■So it's important to nurture your own individual identity by tending to personal goals&friendships that aren't connected to the relationship, no matter how special the relationship seems.
- 8 Open relationships must be well-managed, but they can be just as rewarding as monogamous ones.

So obviously, non-monogamous relationships aren't for everyone. The non-monogamous participants actually appeared to have more trust for their partners and experienced less jealousy.

■Make sure u follow @relation_dr to read subsequent tweet!

The previous part (part1) https://t.co/wtaBqhjQbe

- 8 Practical Idea\U0001f527 from "The All-or-Nothing Marriage" /Part 1 \u26a1\ufe0fPsychology Book Review pic.twitter.com/FpOsHgcr0i
- Dr.Relation\U0001fa7a (@relation_dr) June 13, 2022