

8/84

5) MARRIAGE, PART II

NO KILL DATE

:60 PSA

THE MOST COMMON REASON PEOPLE SEEK MARRIAGE COUNSELING IS A DESIRE TO GET THEIR SPOUSES TO CHANGE. BUT DR. JOHN ALTROCCHI OF THE UNIVERSITY OF NEVADA SCHOOL OF MEDICINE SAYS THIS IS AN EXERCISE IN FUTILITY:

.9 "You can't really change your spouse. What you can do is change yourself, and it is possible to change the relationship."

COUPLES CAN LEARN COMMUNICATION SKILLS WHICH WILL HELP THE SITUATION:

.15 "One is to specify clearly to your partner what it is you want to change..... Criticism works perhaps two percent of the time, at most."

BE ACCEPTING OF YOUR PARTNER, BECAUSE PEOPLE DON'T EASILY SHIFT THEIR BASIC PERSONALITIES. AND FINALLY, BE WILLING TO NEGOTIATE. A GOOD SIGN, ACCORDING TO DR. ALTROCCHI, IS THAT PEOPLE ARE MORE WILLING TO GET HELP EARLY WITH THEIR MARRIAGES THAN IN YEARS A PAST. THIS IS HEALTHLINE, FROM THE UNIVERSITY OF NEVADA SCHOOL OF MEDICINE.