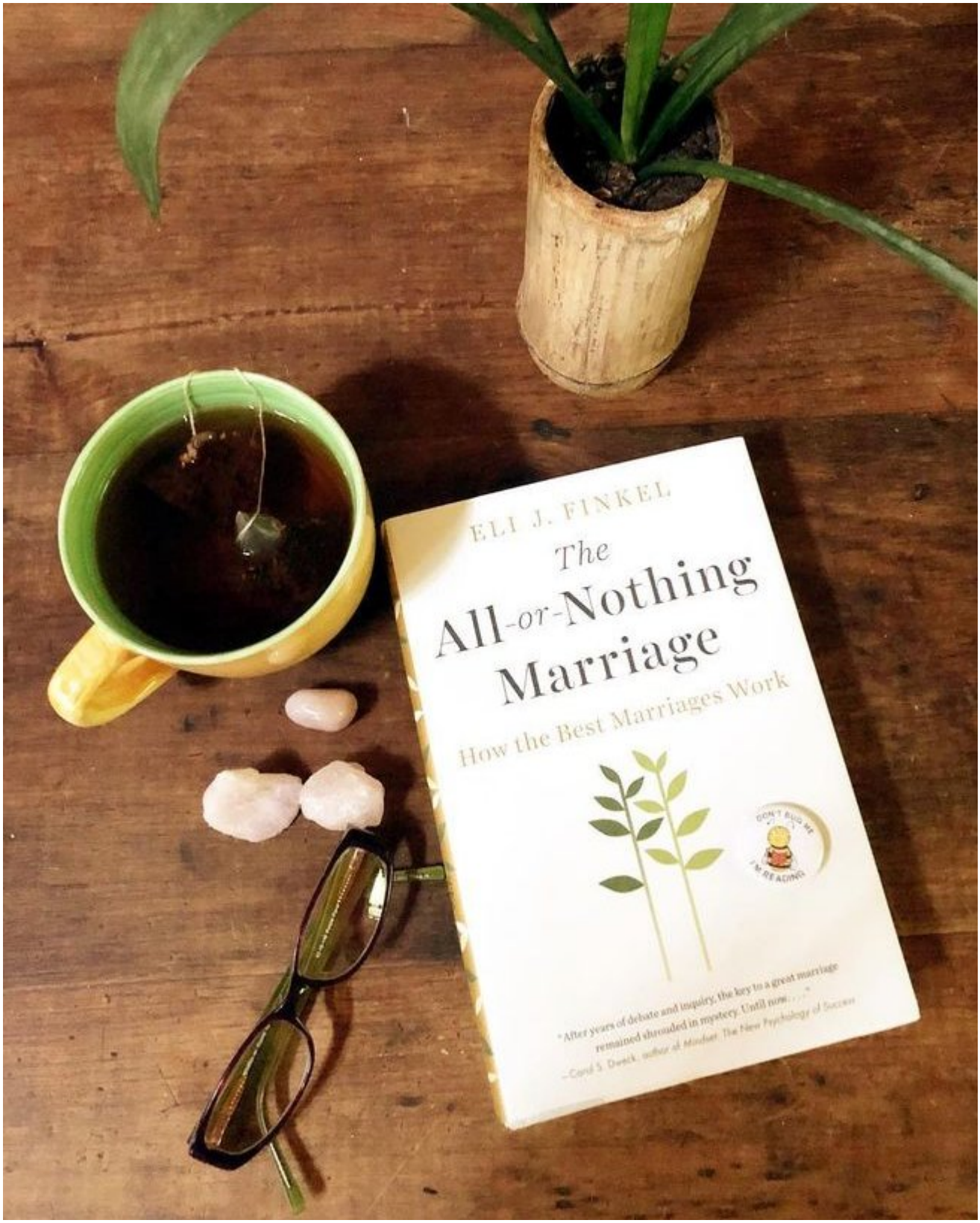
Twitter Thread by Dr.Relation■



Dr.Relation■
@relation_dr

8 Practical Idea■ from "The All-or-Nothing Marriage" /Part 1

■■Psychology Book Review



1■ The attitudes of men and women have significantly changed when it comes to marriage.

■■for modern women, it’s paramount that relationships not hinder personal freedom and growth.

■■As for the modern man, we can also see signs of how there is less willingness to compromise in a marriage.

2■ Marriage and personal fulfillment aren’t mutually exclusive, but commitment may involve some self-delusion.

■■marriage and personal fulfillment can, and do, coexist.

■■Since a marriage is a partnership, it contains a built-in support system, where each person can encourage and help the other in their own quest for self-growth and fulfillment.

■■In 2004, psychologist C.E. Rusbult led a study that sorted people into two groups: highly-committed partners and not-so-committed partners.

■■Since this was considered objectively impossible, the results seem to show that people in committed relationships can delude themselves into seeing others as unattractive in order to stay committed to their own partners.

3■ Today’s marriages come with different expectations than those of previous generations.

■■The famous psychologist,Abraham Maslow, had an influential idea about the hierarchy of human needs,and it showed how people’s basic expectations rose as society became more sophisticated

■■Since it’s now easier for a single person to get by on her own, marriage is expected to provide more than just children and greater financial stability – there should be romance and support for each partner’s dreams, too.

■■This means that marriages today tend to be quite binary in nature: it’s all or nothing.

4■ Compatibility comes with effort and recognizing ideal qualities in your partner.

■■A lot of today’s dating sites emphasize the importance of two people having the same tastes and hobbies, but this isn’t necessarily the most important thing for compatibility.

■■Another relatively common phenomenon in marriage is idealizing your partner.