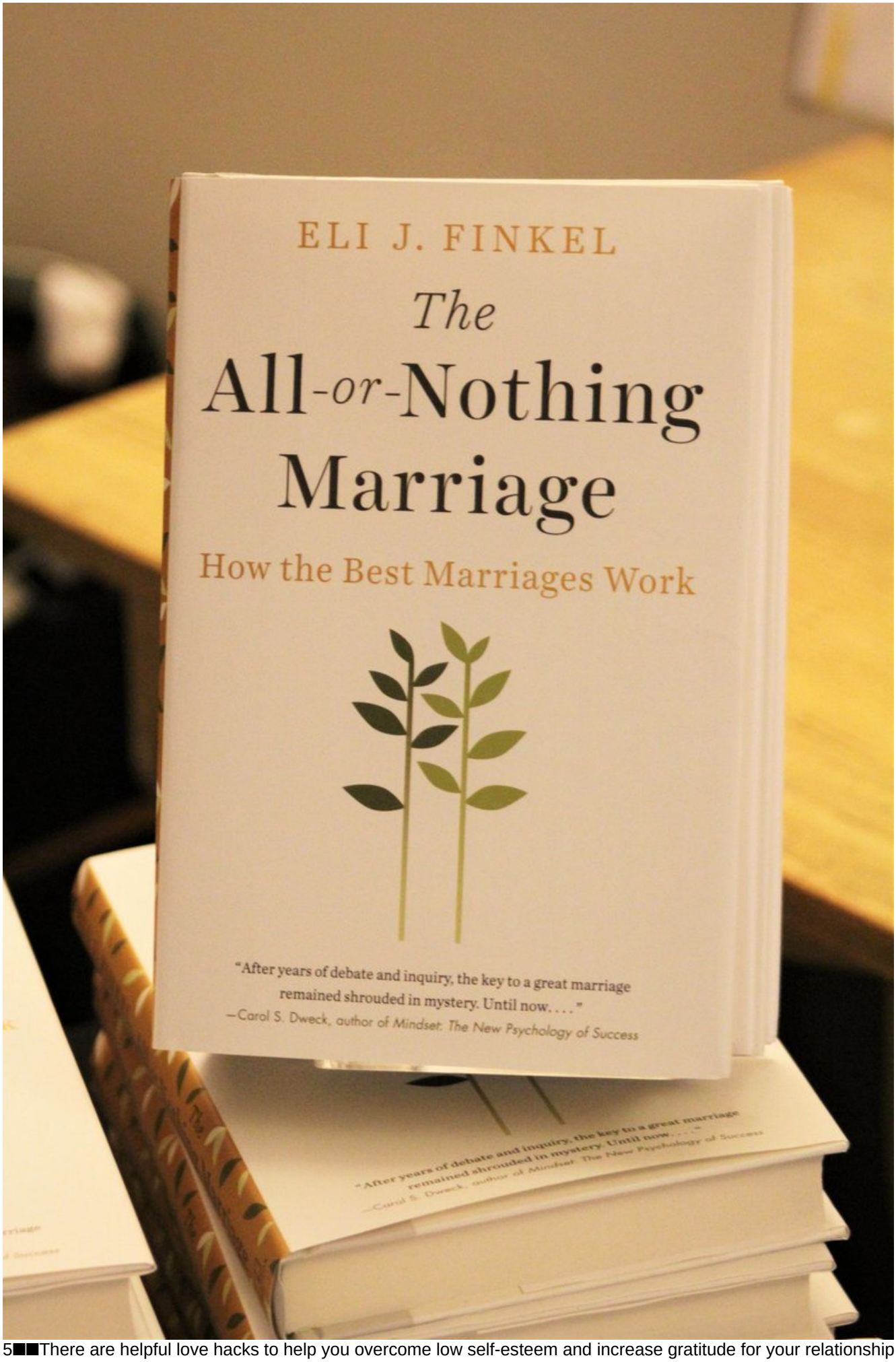
Twitter Thread by Dr.Relation■



Dr.Relation■
@relation_dr

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