

# The Seven Elements of Successful Marriages

1. Healthy **self-esteem**.
2. Mature **responsibility** (for oneself & to the marriage and the family)
3. Effective **communication**.
  - a. In **sharing** interests, concerns, ideas, events, plans.
  - b. When **negotiating** personal and family decisions.
4. General **compatibility** of interests, values & beliefs.
5. Positive **adaptability** to personal and external changes.
6. Nurturing **intimacy**.
7. Keeping **balance** (equality, proportion & balanced inequality).

If these elements exist, **commitment, trust** and **fidelity** will follow.