SECRETS OF “VERY HAPPY” WIVES

Wives who report being “very happy” with their marriages—and who are less prone to divorce—aren’t just lucky. They take certain actions and embrace certain perspectives to make their marriages the best they can be. Here are the top five predictors of marital happiness for married women with children in America, according to a recent study from the National Marriage Project*:

1. They have a satisfying sex life. Wives are happier in the bedroom when things are going well outside the bedroom. When a spirit of generosity and commitment prevails in their marriage, her sexual satisfaction is high.

2. They commit to their husbands. These wives take the long-term view. They are committed to watching out for their husband’s happiness—not just their own—even when financial problems, parenting challenges, and relational difficulties crop up in their marriages. They do not see divorce as the solution to ordinary marital difficulties.

3. They love generously. Happy wives show generosity to their husbands through small, steady acts of kindness, such as making him his favorite cup of coffee or sending a sweet email in the middle of the day. When they do a small act of service, they do not count the cost. Moreover, they give freely, punctuating the action with a hug or kiss.

4. They nurture a family mentality. These wives look forward to having and raising children; they embrace the task of forming them into capable, flourishing adults. To this end, they make time for their families.

5. They enjoy and pursue social support. Happy wives seek out family and friends who also take marriage seriously and who are invested in their own marriages and spouses. Couples who regularly attend a church, synagogue, or mosque are more likely to find this kind of support.
