

The Top 15 Things Couples Do Who Do Well!

By Dr. Mark Laaser, M.Div., Ph.D & Debbie Laaser, MA, LMFT

We (Mark & Debbie) have been working with couples for many years. Although we do not have official research to conclude what helps couples thrive in their lives, we have gathered information from watching what has worked for our couples. This informal research has led to our beliefs about what helps couples do well in their recovery process. The following is a list we created of the "Top 15 Things Couples Do...Who Do Well". We want to emphasize that the entire list is predicated on sobriety.

With that understanding, here is the target list to get you started:

1. Commit to ongoing truth telling and sobriety (Full Disclosure)
2. Commit to 3 equal pieces of recovery: His, Hers, and the Coupleship.
3. "Close the Door" on leaving the relationship or threatening divorce - at least for a period of time.
4. Learn to be safe people –emotionally, physically, sexually, and spiritually
5. Own your own triggers
6. Heal personal trauma – invasion and neglect (See The 7 Desires of Every Heart)
7. Become companions..."I am for you. How can we relate in our journey?"
8. Heal mental disorders – depression, anxiety, ADHD, OCD, etc.
9. Find a spiritual journey together
10. Serve, not submit to, one another (egalitarian relationship)
11. Work on "healthy sexuality" which is an expression of emotional & spiritual intimacy.
12. Forgive one another
13. Have "fun" together
14. Find purpose in the pain
15. Surrender living with a perfect spouse!

We realize some of these 15 items need additional explanation and we have a solution for that problem. We invite you to listen to THE MEN OF VALOR Program at faithfulandtrue.com to hear Mark and Debbie Laaser explain powerful changes for your life and your marriage. (At the time of our podcast, the list was only 12.) The Encore Podcast #100 will give you great insight: What Successful Couples Do!