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In healthy marriages, there's one important thing that spouses consistently seek. This perspective positively impacts the tone of every interaction in their relationship. When a couple pursues this in their marriage, it can make a tremendous difference in their dynamic over the years.

So, what are these healthy couples doing to help keep their marriages happy and harmonious? They're consistently looking for the good in one another.

LOOK FOR THE GOOD IN ONE ANOTHER

Couples who want to develop a healthier relationship put effort into seeking one another's good qualities. Looking for the best qualities in your spouse will ultimately lead to greater satisfaction and harmony in every area of your relationship. Not only can looking for the good prevent unnecessary turmoil in your marriage. It can also help you both to assume and expect the best rather than the worst.

The great thing about looking for the good in your spouse is that the more good you **seek**, the more good you will **find**. As you invest more time and effort into identifying your spouse's good qualities, you'll notice more over time.

Unhealthy couples only see the "*dirt*" on one another. Their focus lies on whatever blemishes and flaws they can find. As a result, their interactions are tainted by all the messy and negative things they see first.

Looking for the good doesn't mean ignoring problems or failing to call out issues that should be corrected. But it does give you both the positive perspective you need to approach problems in a constructive way. When you see the good **first**, you stay focused on those positive qualities while you work through challenges.

AVOID JUMPING TO NEGATIVE CONCLUSIONS

Many of us tend to jump to negative conclusions about our spouse's intentions, particularly when we've been in turmoil. Looking for the good means that you need to shed the tendency to assume the worst when they've done something that feels hurtful to you. Take a moment to consider what their *best intentions* might be and try to see the situation from that perspective before you make assumptions.

When you look for the good in one another, you're more likely to avoid assuming things that **add** hurt to your relationship. Jumping to conclusions puts you in a position to add insult to injury, so slow down and prioritize positivity.

REMEMBER: RED FLAGS DEMAND ATTENTION

Looking for the good in one another **does not mean** glossing over destructive and abusive behavior in your marriage. If you're experiencing abuse on any level, you need to get help and get to safety. In cases of unhealthy, abusive relationships, not only is it necessary to predict future behavior based on past patterns—it could also save your life.

HEALTHY MARRIAGES CREATE HAPPINESS

Seeking out each other's positive attributes over negativity can help you and your spouse create a truly happy marriage.