

# 5 WAYS CURIOSITY IMPROVES YOUR MARRIAGE

## PART ONE

PREPARE-ENRICH BLOG - MARCH 15, 2023

When you think about being curious, what comes to mind? Cats? Kids? George? All joking aside, curiosity is a trait that we adults don't often put a lot of thought into. While some people are naturally more inquisitive than others, striving to be more curious is not as common as say, working on being more punctual or organized. That's why you might be surprised to learn that curiosity can improve your marriage.

### **1. It helps you resolve conflict.**

When you're working through an issue, making assumptions about your partner's behavior and intentions adds fuel to the fire. It easily comes across as judgmental, which can lead to defensiveness – not ideal for a productive discussion. Leaning into curiosity is a great way to avoid jumping to unfair conclusions. For example, instead of saying, "You've been distracted all week. It's like you're not even trying to be present," you might lead with, "I noticed you've been really distracted this week. Is there anything going on?" Keep in mind, your tone and nonverbal cues need to align with a genuine sense of curiosity. A warm and caring delivery is much more likely to elicit a vulnerable and honest response from your spouse. In turn, you're more likely to have a meaningful conversation instead of starting an argument.

### **2. It helps you keep learning about each other.**

In a long-term relationship, you might get to a point and feel as if you know everything about each other. However, as individuals, you'll both change over time. Curiosity helps you keep getting to know all aspects of each other, whether you've been together for three years or thirty. You gain insight and learn more about *who they currently are* instead of *who you assume them to be*. This helps you stay connected as you both grow in your own ways.

### **3. It helps you understand each other's perspective.**

When you disagree on something, working to understand where the other person is coming from helps broaden and enrich your own point of view. Leading with curiosity helps you do that. Similar to working through conflict, focusing on being curious is a foil to being dismissive or narrow-minded. Instead of focusing on changing each other's mind, curiosity helps you listen to understand instead of planning your next persuasive point.

*Next week – the fourth and fifth suggestions to improve your marriage!*