

NINE TASKS IN A GOOD MARRIAGE

Wallerstein, J. S. and Blakeslee, S. (1995). Boston: Houghton Mifflin

- I. Detach emotionally from families of origin, commit to the relationship, and build new connections with extended families.
- II. Build togetherness through intimacy and expand the sense of self to include the other, while each individual carves out an area of autonomy.
- III. Expand the circle to include children, balancing the role of parent and spouse.
- IV. Confront the developmental challenges in life, including illness, death, and natural disasters in ways that enhance the relationship despite suffering.
- V. Make the relationship safe to express difference, anger and conflict, which are an inevitable of all marriages.
- VI. Establish an imaginative and pleasurable sex life.
- VII. Share laughter and humor and keep interest alive in the relationship.
- VIII. Provide the emotional nurturance and encouragement that all adults need throughout their lives.
- IX. The ninth task is the one that sustains the innermost core of the relationship by drawing sustenance and renewal from the images and fantasies of courtship and early marriage and maintaining that joyful glow over a lifetime. But these images, nourished by the partners' imaginations, must be combined with a realistic view of the changes wrought by time. It is this double image that keeps love alive in the real world.

TYPES OF MARRIAGE

- I. Romantic
- II. Rescue
- III. Companionate
- IV. Traditional