

MARRIAGE UNITY GAUGE



The article proposes the idea of the Marriage Unity Gauge (MUG) to judge whether you are united with your spouse.

The MUG is a simple checklist of ten things that helps centre our thought process and look impartially when gauging the unity in our marriage. Any deviation from these is an indication that something is not right. So, we make time to talk. The ten things are:

1. We trust each other.
2. We respect each other's views.
3. We have equal stake/voice in the relationship. No one feels superior or subordinate.
4. We honour each other.
5. We encourage each other regularly.
6. We anticipate and do what will make each other happy.
7. We want to spend time with each other.
8. We give each other the benefit of the doubt when we inadvertently offend each other.
9. We make time to talk about what upsets us.
10. We plan our day and activities to ensure we have time together as well as have our individual 'ME' time to do what we like to do.

It is worth taking a check on this important aspect of your relationship. We hope this article helps you gauge unity in your relationship.

If you have any comments or would like to share how you gauge unity in your marriage, please send an email to info@marriagesupport.org.uk

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