



The New Rules of Marriage: What You Need to Know to Make Love Work

By Terrence Real

Book summary & main ideas

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Summary:

The New Rules of Marriage: What You Need to Know to Make Love Work by Terrence Real is a book that provides readers with the tools to create a successful and fulfilling marriage. The book is divided into three parts. The first part focuses on the importance of understanding the underlying dynamics of marriage and how to create a healthy relationship. The second part focuses on the importance of communication and how to effectively communicate with your partner. The third part focuses on the importance of self-care and how to take care of yourself in order to create a successful marriage.

In the first part of the book, Real discusses the importance of understanding the underlying dynamics of marriage. He explains that marriage is a complex relationship and that it requires both partners to be aware of their own needs and the needs of their partner. He also explains that it is important to be aware of the power dynamics in the relationship and how to create a balance of power. He emphasizes the importance of understanding the different roles that each partner plays in the relationship and how to create a healthy balance between them.

In the second part of the book, Real focuses on the importance of communication in marriage. He explains that communication is essential for a successful marriage and that it is important to be able to express your feelings and needs to your partner. He also explains

the importance of listening to your partner and understanding their perspective. He emphasizes the importance of being able to compromise and negotiate in order to create a successful marriage.

In the third part of the book, Real focuses on the importance of self-care in marriage. He explains that it is important to take care of yourself in order to create a successful marriage. He emphasizes the importance of taking time for yourself and engaging in activities that bring you joy. He also explains the importance of being able to recognize and express your emotions in order to create a successful marriage.

Overall, *The New Rules of Marriage: What You Need to Know to Make Love Work* by Terrence Real is a book that provides readers with the tools to create a successful and fulfilling marriage. The book is divided into three parts and

focuses on the importance of understanding the underlying dynamics of marriage, the importance of communication, and the importance of self-care. The book provides readers with the tools to create a successful and fulfilling marriage.

Main ideas:

#1. Respect: Respect is the foundation of a successful marriage. It is essential to recognize and honor each other's needs and feelings in order to create a strong bond.

Respect is the foundation of a successful marriage. It is essential to recognize and honor each other's needs and feelings in order to create a strong bond. Respect means listening to each other, understanding each other's perspectives, and being willing to compromise. It also means being honest and open with each

other, and being willing to accept each other's differences. Respect is the cornerstone of a healthy relationship, and it is essential for couples to practice it in order to maintain a strong and lasting marriage.

Respect also means being supportive of each other's goals and dreams. It is important to encourage each other to pursue their passions and to be understanding when one partner needs more time and attention than the other. Respect also means being willing to forgive and move on from past mistakes. It is essential to be able to forgive and forget in order to keep the relationship strong and healthy.

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#2. Communication: Open and honest communication is key to a healthy marriage. It is important to be able to express feelings and needs without fear of judgment or criticism.

Open and honest communication is essential for a successful marriage. When couples are able to express their feelings and needs without fear of judgment or criticism, it creates a safe space for both partners to be vulnerable and honest. This allows for a deeper understanding of each

other and can help to resolve conflicts more quickly and effectively. Additionally, it can help to build trust and strengthen the bond between partners. Communication is not only about talking, but also about listening. It is important to be able to listen to each other without interruption or judgment, and to be able to understand each other's perspectives. This can help to create a deeper connection and understanding between partners, and can help to prevent misunderstandings and disagreements.

Communication is an ongoing process, and it is important to make time for it in a marriage. This can be done through regular conversations, date nights, or even just taking a few minutes each day to check in with each other. It is also important to be aware of nonverbal communication, such as body language and facial expressions, as these can often

convey more than words. By making communication a priority in a marriage, couples can create a strong foundation for a healthy and lasting relationship.

#3. Compromise: Compromise is essential in a marriage. Both partners must be willing to give and take in order to reach a mutually beneficial agreement.

Compromise is essential in a marriage. It is important for both partners to be willing to make concessions in order to reach a mutually beneficial agreement. This means that both partners must be willing to listen to each others needs and desires, and be willing to make compromises in order to meet those needs. It is also important to remember that compromise does not mean that one partner must always give in to the other. Instead, it is about finding a balance between both partners needs and

desires.

Compromise is not always easy, but it is necessary for a successful marriage. It is important to remember that compromise does not mean that one partner must always give in to the other. Instead, it is about finding a balance between both partners needs and desires. It is also important to remember that compromise is not a one-time event, but rather an ongoing process. As both partners learn more about each other, they will need to continue to make compromises in order to ensure that their marriage remains strong and healthy.

#4. Intimacy: Intimacy is an important part of a marriage. It is important to be able to share physical and emotional closeness in order to maintain a strong connection.

Intimacy is an essential part of a successful marriage. It is the ability to share physical and emotional closeness with your partner that helps to create a strong bond between the two of you. Intimacy is not just about sex, but about being able to share your thoughts, feelings, and experiences with your partner. It is about being able to trust and rely on each other, and to be able to be vulnerable with one another. Intimacy is about being able to be open and honest with each other, and to be able to communicate effectively. Intimacy is also about being able to share physical affection, such as hugs, kisses, and cuddles. Intimacy is an important part of a marriage, and it is essential to make sure that you and your partner are able to maintain a strong connection through physical and emotional intimacy.

#5. *Trust: Trust is essential in a*

marriage. It is important to be able to rely on each other and to be honest and open with one another.

Trust is essential in a marriage. Without it, a relationship cannot thrive. Trust is the foundation of a strong marriage, and it is important to be able to rely on each other and to be honest and open with one another. When trust is broken, it can be difficult to rebuild, so it is important to work on building and maintaining trust in a marriage. This can be done by being honest and open with each other, communicating openly and honestly, and being supportive of each other. It is also important to be able to forgive each other when mistakes are made, and to be able to move on from them. Trust is essential for a marriage to be successful, and it is important to work on building and maintaining it.

#6. *Commitment: Commitment is necessary for a successful marriage. Both partners must be willing to make a long-term commitment to each other in order to make the relationship work.*

Commitment is essential for a successful marriage. It is the foundation upon which a strong and lasting relationship is built. Both partners must be willing to make a long-term commitment to each other in order to make the relationship work. This means that both partners must be willing to put in the effort to make the marriage work, even when times are tough. They must be willing to compromise and work together to resolve any issues that arise. They must also be willing to forgive each other and move forward when mistakes are made. Commitment is not just about staying together, but also about growing together and creating a strong bond that will last a lifetime.

Commitment also means that both partners must be willing to make sacrifices for the sake of the marriage. This could mean sacrificing time, energy, or money in order to make the marriage work. It could also mean sacrificing personal desires or dreams in order to make the marriage a priority. Commitment is not just about staying together, but also about making the marriage a priority and working together to make it successful.

Commitment is essential for a successful marriage. It is the foundation upon which a strong and lasting relationship is built. Both partners must be willing to make a long-term commitment to each other in order to make the relationship work. This means that both partners must be willing to put in the effort to make the marriage work, even when times are tough. They must be willing to compromise and work

together to resolve any issues that arise. They must also be willing to forgive each other and move forward when mistakes are made. Commitment is not just about staying together, but also about growing together and creating a strong bond that will last a lifetime.

#7. Conflict Resolution: Conflict resolution is an important part of a marriage. It is important to be able to work through disagreements in a respectful and constructive manner.

Conflict resolution is an essential part of any successful marriage. When disagreements arise, it is important to be able to work through them in a respectful and constructive manner. This means that both partners must be willing to listen to each other, express their feelings, and work together to find a solution that works for both of them. It is also important to

remember that conflict resolution is not about winning or losing, but rather about finding a way to move forward together. This can be done by taking the time to understand each other's perspectives, and by being willing to compromise. Conflict resolution is a skill that can be learned and practiced, and it is essential for any marriage to be successful.

When it comes to conflict resolution, communication is key. It is important to be able to express your feelings and needs in a respectful way, and to be open to hearing your partner's perspective. It is also important to be willing to compromise and to be willing to make changes if necessary. Conflict resolution is not about winning or losing, but rather about finding a way to move forward together. It is also important to remember that it is okay to disagree, and that it is possible to disagree without being disagreeable.

Conflict resolution is an important part of any marriage, and it is essential to be able to work through disagreements in a respectful and constructive manner. It is important to be able to communicate effectively, to be willing to compromise, and to be open to hearing each other's perspectives. Conflict resolution is a skill that can be learned and practiced, and it is essential for any marriage to be successful.

#8. *Financial Responsibility:*
Financial responsibility is essential in a marriage. Both partners must be willing to share the burden of financial responsibility in order to ensure the stability of the relationship.

Financial responsibility is an important part of any marriage. Both partners must be willing to take on the responsibility of

managing the finances of the relationship. This includes budgeting, saving, and investing. Both partners should be aware of their financial situation and be willing to discuss it openly. It is important to have a plan for how to handle any unexpected expenses or financial difficulties that may arise. Both partners should also be willing to compromise and work together to make sure that the financial needs of the relationship are met.

It is also important to be honest and open about any financial issues that may arise. Both partners should be willing to discuss any financial concerns and come up with a plan to address them. This could include setting up a budget, creating a savings plan, or seeking professional advice. It is important to remember that financial responsibility is a shared responsibility and both partners should be willing to work together to ensure the financial stability of

the relationship.

Financial responsibility is an important part of any marriage and should not be taken lightly. Both partners should be willing to take on the responsibility of managing the finances of the relationship and be open and honest about any financial issues that may arise. By taking on this responsibility together, couples can ensure the financial stability of their relationship and create a strong foundation for a successful marriage.

#9. Self-Awareness: Self-awareness is important in a marriage. It is important to be aware of one's own feelings and needs in order to better understand and meet the needs of one's partner.

Self-awareness is an essential part of a successful marriage. When both partners

are aware of their own feelings and needs, they can better understand and meet the needs of their partner. Self-awareness allows couples to recognize when their own needs are not being met, and to communicate those needs to their partner in a constructive way. It also helps couples to recognize when their partner's needs are not being met, and to take steps to address those needs. Self-awareness can help couples to identify and address potential issues before they become major problems, and to work together to create a stronger, healthier relationship.

Self-awareness also helps couples to recognize when they are not communicating effectively, and to take steps to improve their communication. It can help couples to recognize when they are not listening to each other, and to take steps to become better listeners. Self-awareness can also help couples to

recognize when they are not being supportive of each other, and to take steps to become more supportive. Finally, self-awareness can help couples to recognize when they are not being respectful of each other, and to take steps to become more respectful.

Self-awareness is an important part of any successful marriage. By being aware of their own feelings and needs, couples can better understand and meet the needs of their partner. Self-awareness can help couples to identify and address potential issues before they become major problems, and to work together to create a stronger, healthier relationship.

#10. Emotional Support: Emotional support is essential in a marriage. It is important to be able to provide emotional support to one another in order to maintain a strong connection.

Emotional support is an essential part of any successful marriage. It is important for couples to be able to provide emotional support to one another in order to maintain a strong connection. This means being able to listen to each other, understanding each other's feelings, and providing comfort and reassurance when needed. It also means being able to express your own feelings and needs in a way that is respectful and non-judgmental. Emotional support is not just about being there for each other in times of need, but also about being able to share joys and successes together. When couples are able to provide emotional support to one another, it helps to create a strong bond and a lasting relationship.

In order to provide emotional support to one another, couples need to be able to communicate effectively. This means being able to express your feelings and

needs in a way that is respectful and non-judgmental. It also means being able to listen to each other and understand each other's feelings. It is important to be able to talk openly and honestly about any issues that may arise in the relationship. This will help to ensure that both partners feel heard and understood.

It is also important to be able to provide emotional support in times of difficulty. This means being able to provide comfort and reassurance when needed. It is important to be able to be there for each other in times of need and to be able to provide emotional support when needed. This will help to create a strong bond and a lasting relationship.

#11. *Respectful Disagreements: Respectful disagreements are necessary in a marriage. It is important to be able to disagree without being*

disrespectful or hurtful.

Respectful disagreements are an important part of any marriage. When couples disagree, it is important to remember that the goal is to reach a resolution, not to win an argument. Respectful disagreements allow couples to express their feelings and opinions without attacking each other. It is important to remember that even when couples disagree, they still love and care for each other. Respectful disagreements allow couples to express their feelings and opinions without fear of being judged or attacked.

When couples disagree, it is important to listen to each other and try to understand the other person's point of view. It is also important to be open to compromise and to be willing to make concessions. Respectful disagreements allow couples to

express their feelings and opinions without fear of being judged or attacked. Respectful disagreements also allow couples to learn from each other and grow together.

Respectful disagreements are an important part of any marriage. They allow couples to express their feelings and opinions without fear of being judged or attacked. Respectful disagreements also allow couples to learn from each other and grow together. Respectful disagreements are essential for a healthy and happy marriage.

#12. Forgiveness: Forgiveness is an important part of a marriage. It is important to be able to forgive one another in order to move past mistakes and disagreements.

Forgiveness is an essential part of a

successful marriage. It is important to be able to forgive one another in order to move past mistakes and disagreements. When couples are able to forgive each other, it helps to create a stronger bond between them. It also helps to create a more positive atmosphere in the relationship, as it allows couples to move on from any hurt feelings or resentments that may have been caused by a mistake or disagreement. Forgiveness is not always easy, but it is an important part of a healthy marriage. It is important to remember that forgiveness does not mean that the mistake or disagreement is forgotten, but rather that it is accepted and the couple is able to move on from it.

Forgiveness is also important in order to maintain a healthy relationship. When couples are able to forgive each other, it helps to create a sense of trust and understanding between them. This trust

and understanding can help to create a stronger bond between the couple, as they are able to move past any hurt feelings or resentments that may have been caused by a mistake or disagreement. Forgiveness is not always easy, but it is an important part of a successful marriage.

#13. Quality Time: Quality time is essential in a marriage. It is important to be able to spend time together in order to maintain a strong connection.

Quality time is essential in a marriage. It is important to make time for each other and to be present in the moment when you are together. Quality time is not just about doing activities together, but also about being able to talk and listen to each other. It is important to be able to share your thoughts and feelings with your partner and to be able to understand and empathize with them. Quality time is also

about being able to laugh and enjoy each other's company. It is important to be able to take time out of your busy lives to just be together and enjoy each other's company. Quality time is essential in order to maintain a strong connection and to keep the relationship healthy and strong.

In *The New Rules of Marriage: What You Need to Know to Make Love Work*, Terrence Real emphasizes the importance of quality time in a marriage. He states that couples need to make time for each other and to be present in the moment when they are together. He also emphasizes the importance of being able to talk and listen to each other, as well as being able to share thoughts and feelings. He also stresses the importance of being able to laugh and enjoy each other's company. Quality time is essential in order to maintain a strong connection and to keep the relationship healthy and strong.

#14. *Shared Goals: Shared goals are important in a marriage. It is important to be able to work together to achieve common goals in order to strengthen the relationship.*

Shared goals are essential for a successful marriage. When couples have a common purpose, it helps to bring them closer together and create a stronger bond. It is important to discuss and agree on goals that both partners are passionate about and that will benefit the relationship. This could include financial goals, such as saving for a house or retirement, or personal goals, such as taking a vacation or learning a new skill. Working together to achieve these goals can help to build trust and respect, and can also provide a sense of accomplishment and satisfaction.

It is also important to be flexible and open to compromise when it comes to shared

goals. Each partner should be willing to listen to the other's ideas and be willing to make adjustments if necessary. This can help to ensure that both partners are happy with the outcome and that the goals are achievable. Additionally, it is important to celebrate successes and recognize each other's efforts. This can help to keep the relationship strong and can also provide motivation to continue working towards the shared goals.

Shared goals are an important part of a successful marriage. When couples work together to achieve common goals, it can help to strengthen the relationship and create a sense of accomplishment. It is important to discuss and agree on goals that both partners are passionate about and to be open to compromise. Additionally, it is important to celebrate successes and recognize each other's efforts. By working together to achieve

shared goals, couples can create a strong and lasting bond.

#15. Mutual Respect: Mutual respect is essential in a marriage. It is important to be able to respect each other's™ opinions and beliefs in order to create a strong bond.

Mutual respect is an essential part of a successful marriage. When two people respect each other, they are able to communicate openly and honestly, and they are able to trust each other. Respect also allows couples to disagree without becoming angry or hurt. Respectful couples are able to listen to each other's opinions and beliefs without judgement, and they are able to compromise and work together to find solutions to problems. Respectful couples also recognize that each person has their own unique perspective and that it is important to take

the time to understand each other's point of view. When couples are able to respect each other, they are able to create a strong bond that will last for years to come.

In order to cultivate mutual respect in a marriage, it is important to practice active listening. This means that each person should take the time to really listen to what the other person is saying and try to understand their perspective. It is also important to be open and honest with each other, and to be willing to compromise and work together to find solutions. Finally, it is important to be patient and understanding with each other, and to be willing to forgive and move on from any disagreements.

#16. Flexibility: Flexibility is necessary in a marriage. Both partners must be willing to be flexible in order to accommodate each other's needs and desires.

Flexibility is an essential part of any successful marriage. When two people come together, they bring with them different backgrounds, experiences, and expectations. In order to make a marriage work, both partners must be willing to be flexible and compromise. This means being open to new ideas, trying new things, and being willing to make adjustments when necessary. It also means being willing to listen to each other and work together to find solutions that work for both of you. Flexibility is key to creating a strong, healthy marriage that can withstand the test of time.

Flexibility is also important when it comes to communication. Couples must be willing to talk openly and honestly about their feelings and needs. This means being willing to listen to each other and be open to different perspectives. It also means being willing to compromise and find

solutions that work for both partners. When couples are able to communicate effectively and be flexible, it can help them to build a strong foundation for their marriage.

Flexibility is essential for any marriage to thrive. It allows couples to be open to new ideas, compromise, and work together to find solutions that work for both of them. When couples are willing to be flexible and communicate effectively, it can help them to build a strong, healthy marriage that can withstand the test of time.

#17. Self-Care: Self-care is important in a marriage. It is important to be able to take care of oneself in order to be able to take care of one's partner.

Self-care is an essential part of any successful marriage. When both partners are able to take care of themselves, they

are better able to take care of each other. Self-care involves taking time for yourself, engaging in activities that bring you joy, and taking care of your physical and mental health. It is important to make sure that you are taking care of yourself so that you can be present and available for your partner.

Self-care can look different for everyone. It can involve taking time for yourself to do something that brings you joy, such as reading a book, going for a walk, or taking a yoga class. It can also involve taking care of your physical and mental health, such as getting enough sleep, eating healthy, and exercising regularly. It is important to make sure that you are taking care of yourself so that you can be present and available for your partner.

Self-care is an important part of any successful marriage. When both partners

are able to take care of themselves, they are better able to take care of each other. Taking time for yourself and engaging in activities that bring you joy can help to create a strong foundation for a healthy and happy marriage.

#18. Appreciation: Appreciation is essential in a marriage. It is important to be able to express gratitude and appreciation for one another in order to maintain a strong connection.

Appreciation is essential in a marriage. It is important to show your partner that you are grateful for them and all that they do. Expressing appreciation can be done in many ways, such as through words, gestures, or gifts. It is important to be able to express gratitude and appreciation for one another in order to maintain a strong connection. When you show your partner that you appreciate them, it can help to

strengthen your bond and create a deeper level of intimacy.

It is also important to be able to receive appreciation from your partner. Being able to accept compliments and gratitude from your partner can help to build trust and create a safe space for both of you to express your feelings. When you are able to receive appreciation from your partner, it can help to make you feel valued and appreciated in the relationship.

Appreciation is an important part of any marriage. It is essential to be able to express and receive appreciation in order to maintain a strong connection and build trust. Showing your partner that you appreciate them can help to strengthen your bond and create a deeper level of intimacy.

#19. *Honesty: Honesty is necessary*

in a marriage. It is important to be able to be honest and open with one another in order to build trust and respect.

Honesty is essential in a marriage. Without it, a relationship cannot thrive. Honesty is the foundation of trust and respect, and it is essential for a healthy marriage. When couples are honest with each other, they can build a strong bond and create a safe space for communication. Honesty allows couples to be vulnerable with each other and to share their feelings and thoughts without fear of judgement. It also allows couples to work through difficult issues and to resolve conflicts in a constructive way. Honesty is the key to a successful marriage, and it is essential for couples to be honest with each other in order to build a strong and lasting relationship.

Honesty is not always easy, and it can be difficult to be open and vulnerable with

your partner. However, it is important to remember that honesty is the cornerstone of a healthy marriage. It is important to be honest about your feelings, thoughts, and experiences, even if it is uncomfortable. It is also important to be honest about mistakes and to take responsibility for them. Honesty is the key to a successful marriage, and it is essential for couples to be honest with each other in order to build a strong and lasting relationship.

#20. *Fun: Fun is an important part of a marriage. It is important to be able to enjoy each other's company and to have fun together in order to maintain a strong bond.*

Fun is an essential part of a successful marriage. It is important to be able to laugh and enjoy each other's company, as this helps to create a strong bond between partners. Fun activities can range from

going out for dinner, to playing board games, to taking a weekend trip. It is important to make time for fun activities, as this can help to keep the relationship fresh and exciting. Additionally, having fun together can help to reduce stress and create a sense of connection between partners.

It is also important to remember that fun does not always have to be a big event. Even small moments of joy, such as sharing a joke or watching a funny movie together, can help to strengthen the bond between partners. It is important to make time for fun activities, as this can help to keep the relationship fresh and exciting. Additionally, having fun together can help to reduce stress and create a sense of connection between partners.

Ultimately, having fun together is an important part of a successful marriage. It

is important to make time for fun activities, as this can help to keep the relationship fresh and exciting. Additionally, having fun together can help to reduce stress and create a sense of connection between partners.

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