

Most Couples Don't Need Divorce

1 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=4J8XCLMR2KW](https://www.youtube.com/watch?v=4J8XCLMR2KW)

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SUMMARY

Building a lasting marriage is portrayed as a vital intergenerational project that offers numerous benefits, including improved mental health, financial stability, and social connections. The speaker emphasizes the importance of commitment and creativity in marriage, arguing that couples should actively work to resolve conflicts and enhance their relationship rather than giving up when challenges arise.

- *Happy couples in later life demonstrate the long-term benefits of a stable marriage.*
- *A strong partnership contributes positively to health, mental well-being, and social mobility.*
- *Loneliness can be mitigated by having a loyal, understanding partner.*
- *Marriage requires ongoing effort and creativity, akin to designing a dream home.*
- *Couples should view challenges as opportunities to renegotiate and improve their relationship.*
- *Therapy can be a tool, but it's essential to remain committed to finding solutions together.*
- *The speaker encourages couples to brainstorm and collaborate on their relationship dynamics.*

If you know any couples who are married in their 60s, 70s and 80s and they're happy, then you see that the trade-off is there. You see that the payoff is there. You see that it's worth it. It's worth it because building a stable, solid home for your children is an intergenerational project. It's worth it because building stability and close relationship and having your person in your corner as you grow older, as you raise your children, as you age in the future is worth it. That's huge. that's protective of your health, of your mental health, of your financial well-being, of your social circles, of your social mobility, of your uh career success, of your longevity.

People get lonely when they don't have a significant other who knows them well, who's stable, who's loyal, who is a significant throughline in their lives. We need that. And you know, it's such a shame when people don't have it. And if we have the potential to have it, like you have someone in your life who could be that person, do everything you possibly can to make it work and to make it stable and to make it last. Okay?

Marriage is a creative project and that's what these exit strategy people get wrong. Okay? When they're like, "Well, we tried. We went to therapy and it didn't work, so we're giving up." You have to understand that marriage is a creative project just like designing your dream home. You get to think, "How could we do this differently?" Oh, you're not happy with the division of labor. Okay, rethink it. Renegotiate it. Let's make a change. You're not happy with how it's working between you parenting wise? Let's figure it out.

Let's let's brainstorm. Let's come up with a session with ideas of how we can make it fantastic.