

Building a Recession-Proof Marriage

Showing gratitude and celebrating small victories may be two ways to keep your marriage strong.

*By Sarah Beldo
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It's no secret that financial problems can place extreme strain on families and relationships, particularly if there is a job loss involved.

However, psychologist and author Noelle C. Nelson says that partners who are committed to supporting each other and working as a team can weather the storm and emerge stronger than before.

Nelson suggests couples focus on expressing appreciation to each other in the midst of stress, rather than placing blame or criticizing.

If you feel yourself losing patience with your partner, think about all of the little things he does for the family—such as helping out with housework or spending hours job-hunting—and praise him for his efforts.

Furthermore, Nelson recommends keeping a positive attitude ^[1] when it comes to measuring your family's progress toward resolving problems. Any small step in the right direction—whether paying off a credit card bill or avoiding a round of layoffs—should be celebrated as a victory, she says.

"In an age of instant gratification, it's sometimes hard to be patient and remain strong and committed within a marriage during trying times," Nelson acknowledges. "In the end, however, these ordeals can make a marriage stronger as partners truly commit to each other."