

Increasing Relational Humility Through Relationship Satisfaction

What is this about?

You and your partner are about to become parents for the first time, and this can be stressful time for your relationship. Research has shown that relational humility benefits couple relationships during this transition and that relationship satisfactions increases perceived partner humility. This means that if you see your partner as humble, you are more likely to have a more satisfying relationship. Focusing on increasing your relationship satisfaction will help you to see your partner as more humble during this often stressful transition. This worksheet focuses on increasing your relationship satisfaction in order to benefit your overall relationship during your transition to parenthood.



What do we do?

1. Each partner should take some time to think about what causes relationship satisfaction drift in their relationship. Some examples may be the overwhelming demands of life, intentional avoidance of your partner, or investment in too many outside interests. Then consider how these patterns have developed. Has there been a progressive disengagement? Is there anything that should be happening in the relationship but isn't? Is there a sense of overall dissatisfaction?
2. Spend some time sharing your answers with your partner. Try to be kind but also honest. Discuss how you can make some changes in your relationship to increase satisfaction in your relationship. Think about how becoming a parent will influence your relationship satisfaction. Be specific about the changes you want to make.
3. Make a plan that combines each of your desires for increasing relationship satisfaction and put your plan into action. This will take intentional effort from each partner, but hopefully you will find that it is worth every minute.

Where can we find more information?

- The Magic Ratio: The Key to Relationship Satisfaction
 - <https://www.gottman.com/blog/the-magic-ratio-the-key-to-relationship-satisfaction/>
- 10 Ways to Increase Satisfaction in Your Relationship
 - <https://www.psychologytoday.com/us/blog/emotional-fitness/201506/10-ways-increase-satisfaction-in-your-relationship>
- Strengthen Your Bond as a Couple (worksheet)
 - <https://charis.regent.edu/resources-for-relationship-bond/>