

**COMMUNICATION AND TRUST –MANTRA FOR A HAPPY MARRIED LIFE**

“Marriages are made in heaven” is a common saying. Does that mean an individual does not have any say and comes into the contact with the person automatically and has to spend rest of his / her life with the person? Ok, if we accept this, then what about the arranged marriages? In case of ‘love marriage’ one can say that you come in contact of the person and gradually start liking each other and finally marry. But what about ‘arranged marriage’, which we know is so common in our Indian society, where we find maximum number of people going for such marriages, where family members take the initiative to arrange for the meeting and decide about the future prospects. So do we mean to say that arrangement was also arranged in heaven and one came into the contact of the eligible bride /groom and got married!! If marriages are really made in heaven, then why do we have so many break ups or divorces?

The other day I had my friend at my place with her husband. It was not a courtesy visit; it was a visit with a purpose. She has been married for three years and the best part- love marriage, she also has a kid two years old ...that means had the issue in the first year of marriage itself ....!! Now the purpose of the visit ...needed

advice and suggestions to solve the mutual conflicts and problems which were becoming the cause and reason for approaching break up!!! Both of them had their own reasons and justifications , the conclusion which we could draw from their talks or allegations against each other was lack of proper communication between the two, rather lot of miss communication and also lack of trust.

Most important ingredients of a happy married life are communication and trust. Communication doesn't mean only talking and telling but it also means listening .Someone has rightly said "If you want to be a better friend, spouse, parent, leader or conversationalist, try listening. It's guaranteed to take you up a few notches in the way people perceive you." Giving deaf ear to the partner's needs and requirements has always been the reason for many fights. In order to actually listen, couple needs to spend quality time with each other. When we say proper communication, it means there is no scope for ambiguity or perceptions. When any such situation arises, the things should be clarified then and there, instead of brooding over the matter and taking things as perceived or understood , because you can never get away by saying 'I never meant this' or 'I understood this way, so I reacted'.

Male member or the dear husband has to understand that when his wife is talking to him or is trying to convey something to him, however trivial or useless it might appear to him, is very important for her. He should listen to her patiently without getting distracted by his mobile or some favorite program on TV or the most important news in the news newspaper. He should not pretend to listen to her without actually listening...’mind you dear husband’s that is the most irritating way of responding and in the long run you can also expect the same response from your spouse .Then no complains dear!!! ’ Second important point to be kept in mind is, whenever she is bringing a problem to him she is not always expecting the solution or his expert comments, but she is just looking for someone to listen to her and allow her to vent out her feelings and also give her the comfort and confidence by communicating ‘I am always there with you darling.’

Same goes with the female or the so called better half, she need to listen to her husband without being judgmental or critical at the very outset. Whatever he conveys, even if she doesn’t understand or is not interesting to her, she should participate in the discussion and if need be pretend to understand...oops! Pretend will be misinterpreted here...ok , instead of yawning or saying’ let it be, I don’t

understand ', better try to understand and develop some interest in his field of interest as well. This behavior from your side makes him feel important and also gives him an outlet for his feelings. Second most important thing to be kept in mind is male members at times don't want to discuss their problems like females and want to keep it to themselves ...like females don't want solution or expert comments but just a listener, they don't even want a listener and females have to respect their privacy requirement and should not keep on pestering with the dialogues 'what is the matter?, why are you so quiet?, why don't you share your problems?...blah, blah, blah...'So dear wife keep yourself cool and rest assured, your hubby dear has nothing to share with you and believe me the less you ask him the more chances are there that he will come to you, because it is a common male behavior rather male psychology ...the more you ask them , the more they will feel their space is being attacked . So leave him for some time to himself, he will for sure respect and appreciate your gesture, but be always ready with your shoulder to help him vent out his feelings whenever he needs you or is ready to share with you.

Communication also includes expressing emotions as well. Expression of love through gestures or words is very important. One should not take for granted that it is understood we love each other, why do we need to say every now and then? It doesn't mean one has to keep on saying 'I love you, I love you...', though verbal expression is also important but more than that - casual hug, appreciation for little things, sharing smile, little caressing etc. believe me does wonders, it makes the partner feel wanted and loved .Both the partners need to communicate their likes and dislikes to each other without hurting each other's sentiments and feelings. Accepting mistakes and apologizing for the same and also forgiving each other for the small errors is the sign of healthy relationship and good communication , as the saying goes "to err is human to forgive is divine", so why not experience little bit of divinity !!

Mutual trust is also one of the most important ingredients of a happy married life; this has to be also communicated very often. Both the partners should give space to each other and also should have trust. One should try to become the strength of the partner rather than the weakness. Too much interference in each other's affairs leads to irritation and suffocation and becomes the reason for conflict.

Trust can only be developed when you are really faithful to each other; one has to keep one's conscience clear and should never indulge into acts which could hurt the self-respect of the other partner. Both the partners should own the responsibility of the family and should never ever get lured or misguided by the outer attractions rather distractions which are most of the time like.... 'Grass on the other side of the field appearing greener 'and as far as the true love is concerned 'true love never rusts, only if it is not confused with lust'.

We need to understand that communication is a two way process and the proper communication between the partners i.e. two mature adults can take the marriage a long way and one can proudly say "marriage gives quality to our leisure, where we can spend time together with pleasure". So communicate well and enjoy your COMPANIONSHIP.

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