

### Your Marriage's Perpetual Issues

Perpetual problems are either (1) fundamental differences in your personalities that repeatedly create conflict, or (2) fundamental differences in your life style needs. Needs are basic to your own identity, to who you are as a person. This is a problem you have had for a long time that keeps arising.

*Instructions:* In your marriage, you may have already adapted to some degree, to some very basic differences between the two of you. If you have circle O the item. If you have solved or successfully avoided any of these issues, circle the item. This is a strength of your marriage. If you have not yet adapted to the perpetual issue, check  $\checkmark$  the item. The following list represents some possible examples.

- Differences in neatness and organization.* One person is neat and organized and the other is sloppy and disorganized.
- Differences in emotionality.* One person is very emotionally expressive and the other is not so expressive. One person also values exploring one's emotions more than the other.
- Differences in wanting time together versus time apart and alone.* One person wants more time alone than the other, who wants more time together. These reflect basic differences in wanting autonomy versus interdependence.
- Differences in optimal sexual frequency.* One person wants more sex than the other.
- Differences in preferred love-making style.* There are differences in what the two people want from lovemaking. For example, one sees intimacy as a pre-condition to making love, while the other sees love-making as a path to intimacy.
- Differences in approaching finances.* One person is much more financially conservative and a worrier, while the other wants to spend a lot more than the other, and has a philosophy more of living for the moment.
- Differences with respect to kin.* One person wants more independence from kin, and the other wants more closeness.
- Differences in how to resolve conflict.* One person likes to openly discuss conflicts while the other would prefer to avoid them more.
- Differences in how to approach household chores.* For example, one person wants equal division of labor, while the other does not.
- Differences in how to raise and discipline children.* One person is more involved with the children than the other.
- Differences in how to raise and discipline children.* One person is stricter with the children than another.
- Differences in how to raise and discipline children.* One person wants more gentleness and understanding with the children than the other.
- Differences in punctuality.* One person is habitually late and to the other it is important to be on time.
- Differences in preferred activity level.* One person prefers active physical recreation while the other is more passive and sedentary.