



Ready for Marriage, but Your Partner Isn't

4 tips to consider to help you navigate the situation

average age for 1st marriages



men women

1960:	23	20
Today:	29	27

Many couples find themselves uncertain when it comes to marriage.

Should we wait? If so, how long?
Should we even get married?

1.) What does marriage mean to you?

In earlier times couples married for reason such as property or social status. Couples today are looking for soulmates, lifelong friendship, pleasure, and connections.

What does it mean to you? to your partner?
Do you know?



Don't let what your partner might say deter you from having a conversation.

2.) Why is marriage important?

You may be focusing on why your partner is not ready but are you clear on your own dreams and goals?

Consider your motives! Are you worried about your partner's commitment? afraid of being alone?



If you can openly explain why marriage feels like the next step, your partner will be more likely to listen.



Put defensiveness and criticism aside.

3.) Ask open-ended questions

Don't let your assumptions get in the way of a talk that could bring you closer or give you critical information to figure out your next steps.

"I'm not ready" is a start, but seek the "why". Is it because of finances? hurt? underlying fears about marriage? the length of the relationship?



Compromise without betraying your values

4.) Don't compromise your values.

What are you will to be flexible on, & what feels non-negotiable?

Seek to understand your partner's perspective and give them a chance to honest. You may be surprised.

For more information on marriage and relationships, visit:

<https://www.gottman.com/blog>

For more information on personal well-being, visit:

www.arfamilies.org