

Table 1. Marriage: Myth and reality

Reference: Larson, Jeffrey H. (2006). Overcoming Myths about Marriage. *Marriage and family*, Winter 2006, 1-10.

Theoretical presumption: the successful marriage is based on all three types of love: romantic, companionate, and altruistic (Larson 2006: 5).

	Myth	Reality	Comments (Lolita Nikolova)
1	If my spouse loves me, he should instinctively know what I want and need to be happy	If my spouse really loves me, she will openly and respectfully tell me what she needs and not expect me to read her mind	Valid for both spouses; myth is a typical traditional thinking, but the resolution is not in an alternative and only in verbal communication; Both statements may cause problems since telling every problem or need may miss the real meaning of the marriage as coupling that creates unique relationships. Part of these relationships is to try to guess what the partner wants and to try to satisfy him/her.
2	No matter how I behave, my spouse love me simply because she is my spouse	Your spouse will love you to the extent that you are loveable, and that's based largely on your behavior	Traditional thinking; to keep their positive relationship the couple needs to change their behavior dialectically and to avoid stereotypes; in many cases the irritation comes from the repeating pattern and not because this pattern is not loveable
3	I can change my spouse by pointing out his inadequacies, errors, and other flaws	I can positively influence my spouse's behavior if I know how, and that can be learned. But nagging does not work.	Absolutely true. The family relationships are emotional and nagging hurts them
4	Either my spouse loves me or does not love me; nothing I do will affect the way she feels about me	If I behave more lovingly, she will love me more	True. Increasing the expressive and inner sympathies in the family help the integrity
5	The more my spouse discloses positive and negative information to me, the closer I will feel to her and the greater our marital satisfaction will be	The expression of positive thoughts and feelings increases marital satisfaction the most. If you have something negative to disclose, watch how you do it so as not to offend	Related to 4
6	I must feel better about my partner before I can change my behavior toward him	Part of being married is learning that you sometimes have to do things for your partner that you would rather not do, simply to please your partner...	Both partners have been changing constantly within the family cycle, so to please your partner you need to change in directions that help both to

			develop their individual and social identity
7	Maintaining romantic love is the key to marital happiness over the life span for most couples	It takes compassionate and altruistic love, too, to preserve your marriage	Happiness is the skeleton of the most marriages and embodied in the romantic love; without the myth (in fact a dream to come true) the marriage would become dysfunctional
8	Marriage should always be a 50-50 partnership	Your marriage will be stronger if you focus on pleasing your partner and making sure you are doing all you reasonably can to contribute without keeping a tally	Present pleasure could cause failure in future, so the couple should focus on common interests for the family and successful reproduction that in many cases require a sacrificing present pleasure and even satisfaction
9	Marriage can fulfill all of my needs	Marriage can fulfill many of my needs, and the others can be fulfilled by other appropriate people	The formulation of the myth itself as a close system is controversial. All people interact out of marriage. But when one is married, both spouses interact as married and marriage status is different than the status of single or divorced
10	Couple should keep their problems to themselves and solve them alone	Keeping your problems quiet and going it alone often leads to failure. Get trusted others to help you	The myth may work in many cases better than involving other people (if not professional therapist) because of the competitive society.