

DECISION MAKING IN MARRIAGE

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Very often who will make the decisions in a marriage is overlooked. We make assumptions about what roles will be in the marriage, (which in turn affect who and how decisions will be made). Yet we rarely list the importance of the decision making process in marriage.

The roles we take on in marriage affect how and what decisions we will focus on throughout the relationship. For example, if you have decided you will be the "bread winner" in the family, does this also mean you will be the one to make decisions about how the finances are handled? Couples need to be clear about the roles they will take on in the marriage as well as communicate these roles to their partners.

They should also allow for flexibility in the assignment of such roles so that each partner will be comfortable. The ability to include one's strengths and weaknesses as well as likes and dislikes should also be considered in the assignment of your roles. The importance of communicating these key elements will create a marriage where decision- making is a pleasure not a chore.

Your partner should be able to listen to your needs and the decisions that are important to you. As such you should be able to provide the same. This will enable both of you to express the difficulties that can and will arise throughout the decision making process. An effective method of expressing ones self is the use of "I" statements. This allows for expression of your concerns while placing no blame on your partner. The other important element to remember is trust and the ability to show the trust you have for and in your partner.