

Hot and Happy Marriage Telesummit 2013 & Modern Married Present:  
*The Myths and Truths of Marriage: How to Re-Write the Fairytale*

Why Marriage Matters – Studies show married people live longer, have better health and more wealth overall than single people. Overall, good marriages are good for you but bad marriages are bad for you. Marital stress and conflict affects your immune system as deeply as smoking.

Myth: 50% of Marriages Fail

Truth: The divorce rate has been steadily falling since the 1970's

Why this matters: According to Tara Parker Pope – it's possible the 50% divorce rate myth has trained a generation to be ambivalent about marriage and divorce. Lowest divorce rate (19% is for couples who delay marriage until after college and after age 25). 81% of those couples stay married.

Common Myths and their Corresponding Truths:

1. "Marriage magically changes people for the better"  
TRUTH – The person at the altar will be the person at the breakfast table\*
2. "Once we are married, it will all work out"  
TRUTH: Marriage is something you create every day.
3. "He loves me so he should know what I want without me saying a word or communicating in any way."  
TRUTH: No matter how much he loves you. He is not a mind reader. Neither are you. Use your words.
4. "Marriage will make me feel complete."  
TRUTH: At best, marriage will make you more of who you are. Marriage is a like an art studio, it's a space to create your life. It is a relationship, not a mechanic. Marriage is not going to fix you because you are not broken.

5. “She didn’t do x. He did y. It means he doesn’t love me. It means she doesn’t care.”

TRUTH: We create meaning and we can re-create it. If you don’t know what something means ask, don’t invent.

6. “If my wedding is perfect, my marriage will be perfect.”

TRUTH: The purpose of the wedding is the marriage. Spending 30 thousand dollars on flowers is not going to make your relationship any better, it is just going to buy you really pretty flowers.

7. “We know how to communicate, we don’t need to practice.”

TRUTH: Learning to communicate clearly with empathy and practicing active listening is good for every single relationship in your life, especially your marriage.

Principles we embrace: You conquer a myth by acknowledging it. Bringing it into your awareness, you now have the power to do something about it.

You re-write your own fairytale by replacing any myth that is causing you pain with a truth that brings you freedom, relief and empowerment.

Notes:

The myth that causes pain that doesn’t serve me is:

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The truth that I embrace is:

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\*From “Lies at the Altar, The Truth About Great Marriages – see Resources page for details.

Replace *The Myth of the Past* with The Truth of Now

What are you holding onto from the past? What can you do about it today?

The myth that causes pain that doesn't serve me is: \_\_\_\_\_.

The truth that I embrace is: \_\_\_\_\_.

Replace *The Myth of Falling In (and out) of Love* with the Truth of Intention

"Falling" in love is a choice we can make every day. What intention can you set today to support that choice?

The myth that causes pain that doesn't serve me is: \_\_\_\_\_.

The truth that I embrace is: \_\_\_\_\_.

Replace *The Myth of Meaning* with The Truth of Creating

We can choose what we make things mean. How can we create a different meaning instead?

The myth that causes pain that doesn't serve me is: \_\_\_\_\_.

The truth that I embrace is: \_\_\_\_\_.

Replace *The Myth of Rescue* with The Truth of Reality

What if "Rescue" aka the Charming Knight on the White Horse is not coming? Let's deal with reality instead.

The myth that causes pain that doesn't serve me is: \_\_\_\_\_.

The truth that I embrace is: \_\_\_\_\_.

Replace *The Myth of Tradition* with the Truth of Definition

Some traditions serve and empower us, others weaken us. Which ones are we keeping and which ones are we letting go of? Will we create new ones?

The myth that causes pain that doesn't serve me is: \_\_\_\_\_.

The truth that I embrace is: \_\_\_\_\_.

## 5 Steps to Write Your Own Fairytale

1. Define Success. I call this “Choosing a Story” Choose a story you love. Choose what works for you. If your story is not working, change it, re-write it until it does. In the corporate world we define what success looks like all the time. We make x amount of money or sell y amount of units. In our relationships we almost never take the time to define what success looks like, then we are disappointed when it doesn't happen.

What does a happy, thriving relationship look like to me? Write that story.

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2. Feel Alive. Once you know the story that makes your heart sing, you will find that you are usually searching for a FEELING that story will give you. If everything worked out perfectly, how would you feel? If you want to feel loved and lovable and energized and powerful, what one small step can you take to feel that way today? Right now.

How do I want to feel?

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What can I do today, right now to feel closer to that feeling?

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3. Express Appreciation. For anything you want to create more of, say thank you. Say it out loud, to the person who did the good deed, no matter how infinitesimally tiny it may have been.
4. Prepare the way. This is the same as acting as if, except you are actually doing something in the physical world to prepare the way for how you want to be living. If you had the thing you wanted, your relationship was exactly how you wanted it to be, what would that be like?
5. Let go. What you let go of in life is just as important as what you add. Is there any clutter in your home? At your desk? In your mind? In your relationships? Is there pressure or a feeling you dislike feeling? Choose one thing to let go of everyday. If you can't think of anything, let go of complaining of any kind. To your partner or about your partner. To yourself and about yourself. If you don't know where to start start there.

What can I let go of today?

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*Living the Life you Love*



WITH THE LOVE OF YOUR LIFE

## Resources:

### Books:

*For Better, How the Surprising Science of Happy Couples Can Help Your Marriage Succeed* by Tara Parker-Pope

*Lies at the Altar, The Truth About Great Marriages* by Dr. Robin L. Smith

*The Seven Principles for Making Marriage Work* by John M. Gottman and Nan Silver

*The Mastery of Love* by Don Miguel Ruiz

### Blog Articles:

On creating a relationship that works for you:

<http://modernmarried.com/how-to-re-define-marriage/>

On The Real Truth Behind Successful Marriages:

<http://modernmarried.com/the-real-truth-behind-successful-marriages-the-declaration-of-you-blog-lovin-tour/>

On Healing Past Hurts:

<http://modernmarried.com/love-bigger-how-to-pour-love-into-pain-and-heal-the-wounds-that-keep-you-stuck/>

On active listening:

<http://modernmarried.com/closed-loop-communication-and-active-listening-can-a-cruise-ship-save-your-marriage/>

### Podcast:

<http://lifecoachjam.libsyn.com/rss> <-direct download on your computer

<https://itunes.apple.com/us/podcast/life-coach-jam/id556473423> <- iTunes

Episode 5 - Life Coach Jam - The Time Sessions *Time and Relationships: Re-defining time together as a couple*

Mastering time as a couple: feeling time-scarcity in a relationship shows up as "we have to do everything together." The thought for this episode is: "We have our whole lifetime to be together. Go to yoga." How doing the things we love enriches our relationships.

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Maggie Reyes is a Life Coach, Writer + the Founder of ModernMarried.com. Her romantic-yet-practical approach to wedded bliss has been featured on *Project Happily Ever After*, *Daybreak USA*, *Cristina XMRadio* and *The Happy Wives Club* – the #1 marriage site on the web. Want to love like a newlywed no matter how long you've been married? Waltz over to [ModernMarried.com](http://ModernMarried.com) for stories, tips and advice from Maggie + her savvy friends. And for a free taste of Maggie's sassy coaching style, don't miss The Big 7: 7 essential questions for you + your man to answer together, like, right-right-right now. *Today.*



Carmen Smith is the Owner and Creator of *The Hot and Happy Marriage Company* where she works as a modern day Marriage Expert. She has been referred to as the #1 Voice in creating Rock Solid, Crazy Happy Marriages that Last as her dynamic personality and fresh new approach guarantee transformation.

Carmen is a Best Selling Author, sought after Speaker and known for her All Transforming Marriage Retreats, but maybe most importantly she is a wife of 12+ years and a mother to 2 beautiful children. Carmen can be found at [www.hotandhappymarriage.com](http://www.hotandhappymarriage.com)

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