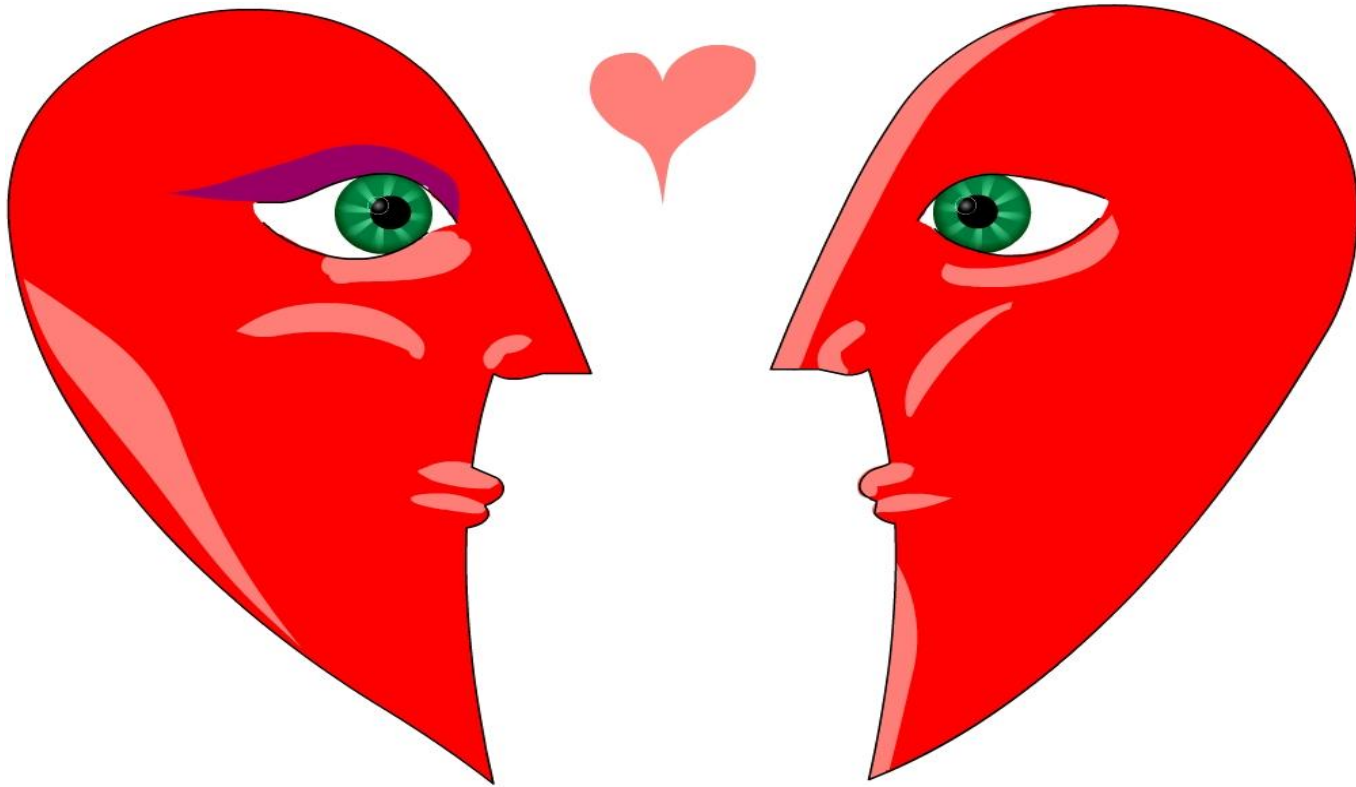


The Science of Happy Relationships



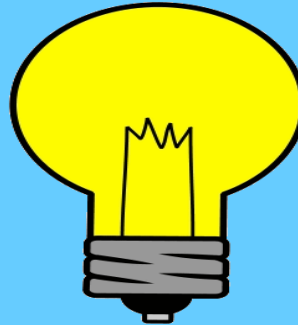
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Professor of Sociology

Board of Trustees Formal Meeting
December 11, 2017



NIH – Early Years of Marriage Project

- Following same 373 couples for 30 years
- Diverse backgrounds, all married 1986
- 46% divorced; compared to national couples
- Continue to follow individuals (71%)
- Interviewed in homes; 2,000 questions
- Largest study of its kind in United States



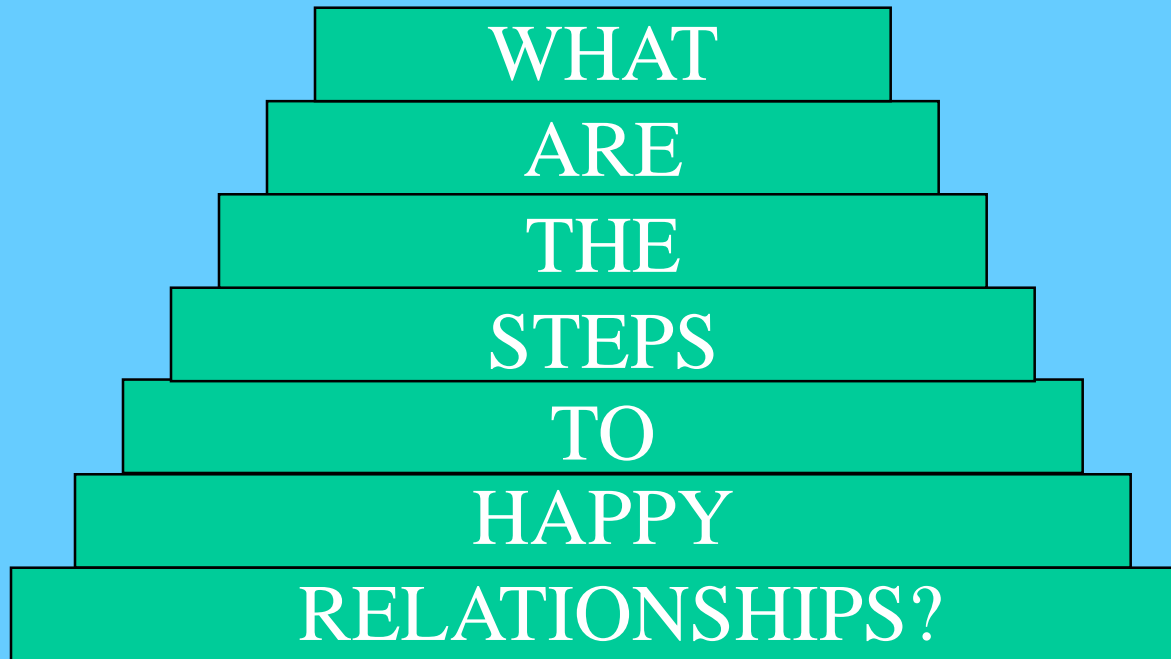
EVERYONE HAS AN ANSWER...
What makes you happy?





Benefits of Happy Relationships

- Just being “in a relationship” isn’t enough.
- A happy relationship:
 - ✓ Reduces stress, handle future stress
 - ✓ Positive outlook
 - ✓ Less anxiety, depression
 - ✓ Better heart health, fewer headaches
 - ✓ Someone to lean on / celebrate good times





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5 Simple Steps to Take Your Marriage from Good to Great

BASED ON A GROUNDBREAKING STUDY
AND MORE THAN 20 YEARS OF RESEARCH

TERRI L. ORBUCH, PH.D.

Foreword by Pepper Schwartz, Ph.D.

"For anyone whose romantic life is in a state of transition."

—IAN KERNER, CNN Health columnist
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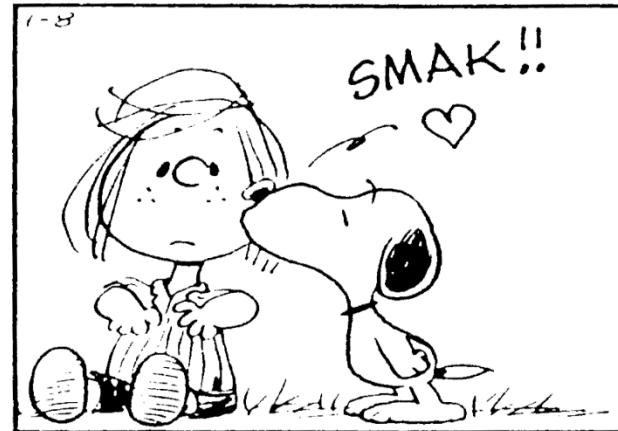
Science of Happy Relationships

#1 Give Regular Affirmation

- What is it?
- Who needs most? Men or women?
- Affirmation: Words or Actions

Love Doctor Message

Happy relationship = Say or do one simple expression of affirmation every single day!





Science of Happy Relationships

#2 Communicate Personal Information

- Mistake communication for maintenance talk.
- Communication = share personal thoughts, feelings, goals. 98% of the happy couples.
- Areas: Friends, Stressors, Life Dreams, & Values.

Love Doctor Message

Happy relationship = Practice the 10-minute rule!



Science of Happy Relationships

#3 Implement Change

- Fall into relationship rut. 42%.
- Boredom eats away at happiness.

Love Doctor Message

Keep things fresh to reduce boredom

- ✓ Do new activities together
- ✓ Use element of surprise/mystery
- ✓ Seek arousal producing activities
- ✓ Share laughter

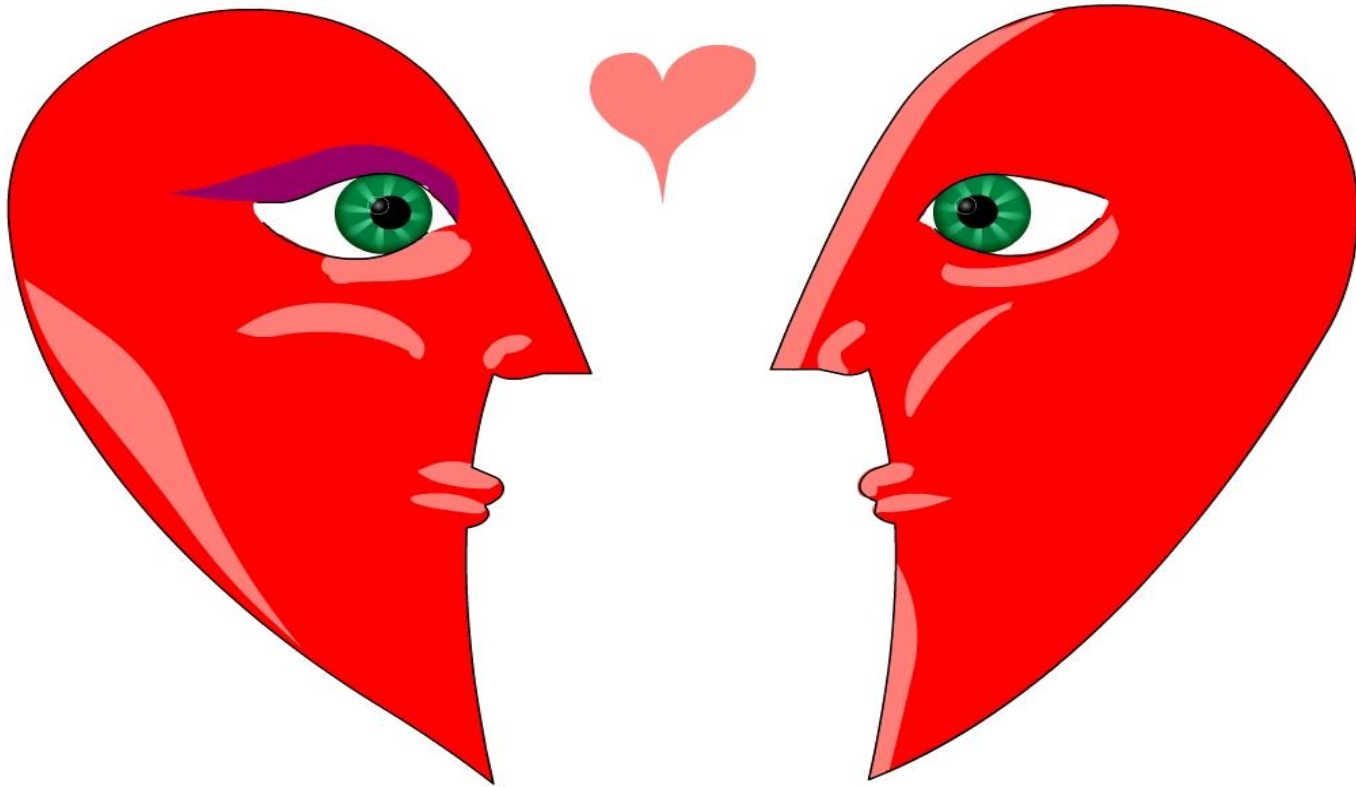


Science of Happy Relationships

Take-Aways!

- EYM study. Many scientific findings/articles
- Importance/benefits of happy relationships
- 3 strategies to happy relationships:
 1. Give regular affirmation
 2. Communicate personal information
 3. Implement change

The Science of Happy Relationships



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