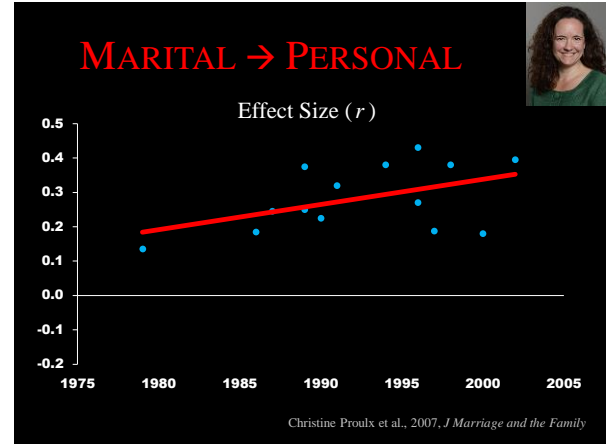








THE ALL-OR-NOTHING MARRIAGE

Eli J. Finkel
Northwestern University
@Eli_Finkel


Ernest Burgess Stephanie Coontz Andrew Cherlin

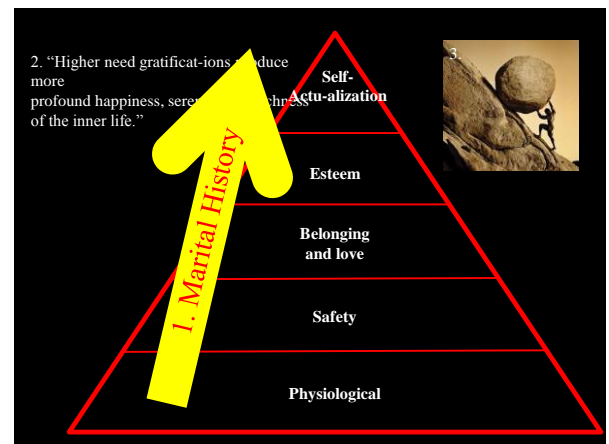
1. Institutional 2. Companionate 3. Individualistic

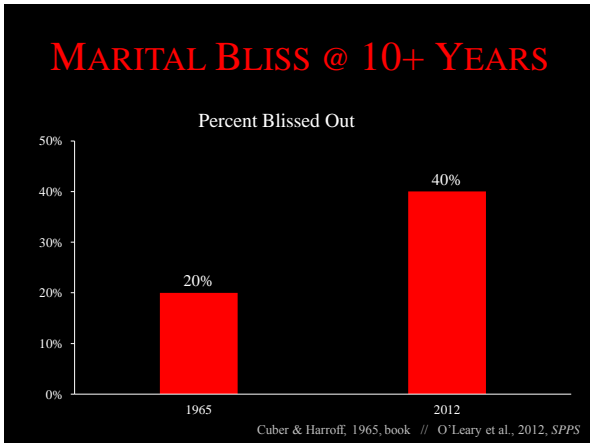
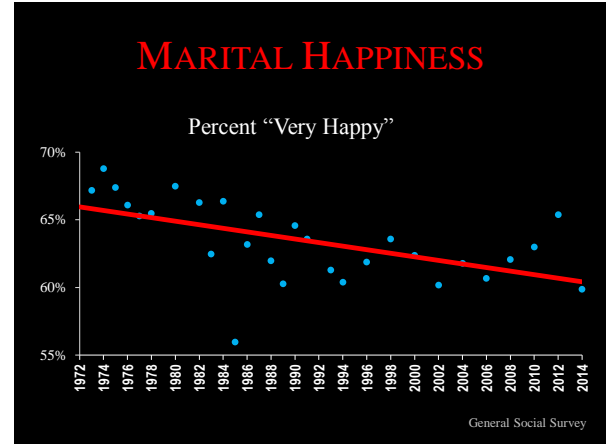
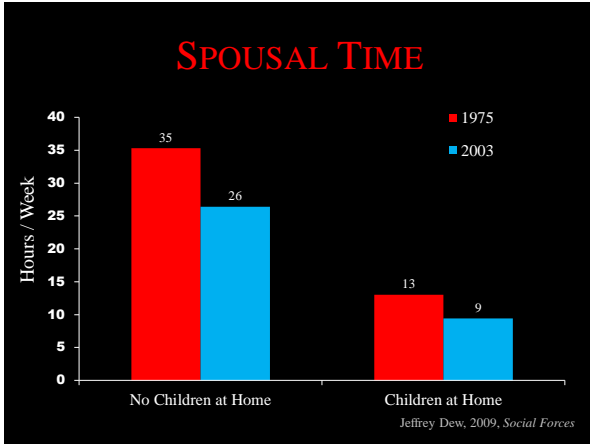
In expressive individualism, “a relationship is created by full sharing of authentic feelings,” and love “becomes the mutual exploration of infinitely rich, complex, and exciting selves.”

Robert Bellah et al., 1985, *Habits of the Heart*



Abraham Maslow





IMPLICATIONS: 3 QUESTIONS

1. What are you and your spouse asking of the marriage?
2. Are the two of you investing the resources required to meet those expectations?
3. If not, can you recalibrate?
 - Invest more
 - Optimize resource use (the Marriage Hack)
 - Ask less




Fin.

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