

# Can we talk

[Family](#), [Marriage](#)



**CAN WE TALK?**

Yes, I can relate to the article on the importance of self- disclosure in relationships, without revealing this sensitive information about one's inner desires or should I say one's personal feelings there will be limited knowledge of that person's private feelings in the relationship. Terri Orbuch, a research scientist at the Institute for Social Research at the University of Michigan wrote; " In 1987, a review in the journal of sex and Marital Therapy found that higher rates of self- disclosure were tied with higher rates of marital satisfaction. Expression of love and support was also linked to happy marriages. " Tribune News Service [Washington] 17Jan 2011. My spouse had this very hard way of expressing her inner feelings to me. We lived each day wandering or trying to figure out what to say to one another at times.

Also, we would live and sleep together as strangers without knowing what or if a problem exists in the relationship. It is hard to live with someone and not know that person in the relationship, intimately or sexually. Yes, I agree that self- disclosure is important to satisfaction in a relationship. Yes, there are certain similarities in gender concerning the role played by each in a relationship. Terri Orbuch who wrote;" Affective Affirmation"—Basically, behavior that makes your partner feel loved, cared for, or special—plays a role in happy marriages and that men need it more than women. " Tribune News Service [Washington] 17 Jan 2011. Doris Wild Helmering, Happy Marriages, part two wrote; " People who have good marriages are not critical of each other. The spouses realize that their partners have flaws and no one is perfect. When they see shortcomings in their spouse, they smile and think, " So what", or " Who cares? " With flaws that they are not able to easily

discount, they ask their spouse for help. " [St. Louis, Mo. ] 02 Oct. My spouse and I find a common ground, if one thinks there is a problem let the other know so that we do not have to live with the problem. No, I do not think I fit into the generalization regarding the ender. I live open-minded and flexible in my relationship with a spouse.

## Reference

1. Doris, W. H. (1995, Oct 02), Happy Marriages, part- two. St. Louis Post-Dispatch (pre- 1997 Full text), pp. 04-04, E.
2. <http://search.proquest.com/docview/305087665?accountid=32521>Schoen Shoenberg, N. (2011Jan 17).
3. <http://search.proquest.com/docview/840600645?accountid=32521>Schoen.