

LIVING TOGETHER IS A CHOICE...

Couples that don't divorce statistically have as much critical moments as those who divorce.

Storms in a marriage are inevitable; but some find the strength of overcoming them, some are overwhelmed.

Today remaining together is a real choice, it isn't any longer an imposition by social rules.

Perhaps humorism is like the drop of hot water that saves the mayonnaise of marriage risking to curdle.

An old lady, talking of her dead husband, said: «During the 50 years that we've been married, he made me weep sometimes, but he made me laugh quite often! ».

Humorism is not enough for keeping together a couple without love, **but one thing is sure...**

THE COUPLES THAT DON'T LAUGH TOGETHER, ARE DEAD COUPLES!



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LET'S EDUCATE THE COUPLE THROUGH THE COUPLE

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IS MY FAMILY
A MERRY ONE?



Those who
don't laugh
are lost!

**SMILE IS A FUNDAMENTAL INGREDIENT
IN A COUPLE'S LIFE**

A couple is much more successful if the two can laugh together. The real enemy of love is boring, and against it there's only one remedy: humorism.

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THE **best advice** for a couple that is living a critical time **isn't "love!" but "laugh!"** in the sense of being humoristic and finding occasions for a good laugh together. In fact **smile is a fundamental ingredient in a couple's life.**

♥ To tell the truth, coupling "love" and "laugh" isn't always so automatic. In defining a couple:

- ✓ mutual respect,
- ✓ serious engagement,
- ✓ sharing of responsibilities

are usually stressed. But there is little room for joking, telling funny stories, and for surprise. Lovers seem to have a scanty sense of humor.

♥ But if a couple can laugh together, then things go much better. Why? because the real enemy of love is **boredom**, and **against it there's only one remedy: humorism.**

THREE LITTLE RULES AGAINST BOREDOM



1. Being able to amuse oneself. We must amuse ourselves, when we are with our partner. Each period of the life of a couple deserves a particular attention from this point of view. Laughing together is fundamental in a couple relationship:

- ✓ for discovering the partner,
- ✓ his/her sentimental curriculum,
- ✓ his/her merits and defects,
- ✓ his/her friends and hobbies,
- ✓ his/her sense of humor.



2. A gesture is enough. A common belief is that as times goes by a couple

FUNNINESS MAKES US LAUGH, HUMORISM MAKES US SMILE.

can make love much better. One thing is sure: as times goes by, a couple can laugh together much better.

If the two partners can laugh together:

- ✓ there's a sort of complicity, at such an extent that a single gesture, a smile, a look can start an amusing situation;
- ✓ one of the two becomes the other's stooge and can give rise to a joke at the right moment, making friends laugh and be merry;
- ✓ as time goes by, common memories are rich with funny anecdotes. A single word is sometimes enough for making the couple burst out laughing, even if they haven't taken any agreement before.

All this can be very nice, but it may be risky as well:

- ✓ the couples who never laugh risk separation,
- ✓ but those who laugh too much risk isolation.

Humor is important specially in difficult moments, and the lack of humor is just the first symptom that things are not going on in the right way.



3. In critical moments being able to control oneself and resist the impulse of a violent reaction is extremely important. Therefore:

- ✓ let's stop and reflect, and we will surely discover the humor which is always present, in any situation;
- ✓ in this way perhaps we won't be able to solve the crisis, but we will surely be able to make it less dramatic;
- ✓ the partner that is less involved, must make an effort for keeping cheerful and optimistic in order to help the other one.

The most important thing is that the partners in a couple remain solidly behind each other, because the enemy is not the partner, but the cause of the crisis (be it economical problems, illness or any other kind of mishap) and the two must be united, if they want to overcome it.

how to educate



Remember, laugh together, never laugh at each other!