
Are You Happily Married?

Find out by answering these 4 questions.

1

Do you respect her?

Is she a good wife? Mother? Good at her job? Does she handle stress well? If you met her on the street today, would you want to be her friend? If not, then you no longer see her as an equal, says relationship expert Rachel Sussman, L.C.S.W.

2

Do you argue about the same things?

Imagine you make the same mistake twice a week at work. How long before your boss cans your ass? Likewise, marital conflict that's stuck in a loop tends to escalate, says Irina Firstein, L.C.S.W., a couples therapist.

3

Do you sometimes work late or otherwise avoid her just because it's easier?

All guys land in the doghouse sometimes. But if you're perpetually walking on eggshells, says Sussman, there's a good chance your relationship is imploding around you.

4

Which are you: curious or critical?

She forgot to do the dishes. Do you ask, "Why couldn't you get to it?" or "Why didn't you do it?" The distinction is everything, says therapist Laura Young, L.C.S.W. Healthy couples give the benefit of the doubt. —REBECCA NORRIS

