10. IT’S TIME TO RE-COMMIT

Adapted from “[Making Marriage Simple](http://makingmarriagesimple.com/)” by Harville Hendrix & Helen laKelly Hunt

**Truth # 10: Marriage is the Best Life Insurance Plan**

Science has documented what they call the “marriage advantage” - that married people, on average, are healthier, live longer, enjoy higher incomes, and raise happy families. And this is true for most marriages, whether they are happy or not! The word “marriage” is used here to describe any committed, long-term relationship.

If just being married offers such great benefits, imagine what a healthy marriage can accomplish! It will amplify your marriage advantage, while creating the Partnership Marriage of your dreams. What a great incentive for honing the skills to help make your marriage soar.

It’s time to celebrate the wonderful, juicy stuff you’ve been doing and your commitment to creating your Partnership Marriage relationship. A healthy marriage has far-ranging benefits, not just for individuals, but for society. Given the “marriage advantage”, if you’re not married yet, it’s time to take the plunge!

Your re-commitment can involve a big party or it may simply be the two of you in a special place exchanging your previous vows or creating new ones. You can do this where you first met or first took a trip together or someplace you’ve always wanted to visit. It can even be in the sanctity of your own home. The point is to stop and officially recognise the journey you’ve been on and will continue to travel together. It’s about re-committing to each other from the new awareness you’ve cultivated through this shared work.

1. Write down the vows you want to make to your partner today. As you write, reflect on your journey of creating Real Love/Partnership Love. Loosened from the force of Romantic Love stage and free from the Power Struggle stage, what can you vow to your partner now?
2. When you’ve both finished your written statements, share your vows with each other. You can do this right after you’ve written them, sitting on your bed in your pyjamas. Or you can wait and share them in a re-commitment ceremony. Or both!
3. Plan a way to celebrate your re-commitment to each other and the process of creating Real Love. There are many ways you can do this:
* Have a re-commitment ceremony
* Throw ceremony to the wind and just have a big party
* Go away for a romantic holiday and share your vows with each other there
* Do something completely out of character, like skydiving or hot air ballooning. Something you’ve both wanted to do but never go around to e.g. rent motor-cycles, hike to the bottom of a valley or camp out for a week.
1. Put your vows into practice. Use them as inspiration to continue to create the relationship of your dreams.

**Remember: You be the change you wish to see!**