

Monterey Bay Academy

The Secrets to a Successful Relationship

Religion IV 2026 Relationship Research - Observations and Comments

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Religion IV

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Relationships are an integral part of human existence. They can be rewarding, indifferent, a source of frustration or a source of hope. Is the outcome and impact of a relationship random and outside of our influence? Are there factors that contribute to a positive relationship that we can discover and put into practice? Those are some of the questions we sought to answer. One can read “key wisdom” from many sources today¹, but we wanted to seek answers for ourselves.

In a survey of more than 200 couples, insights to couple happiness and relational advice emerged. We surveyed more than 220 couples at the start, but reduced it to a final count (eliminating duplicate and incomplete data sets) of 211 couples with a combined total of more than 5,000 relational years experience². By the numbers, our overall data pool had a Mean of approximately 24 years, 6 months; a Mode (most common number) of 24 years; and a Median of 22 years³. As observed, nearly 1/4th of our respondents were in the relational time period of 20-29 years married⁴.

A couple of caveats to our data set. First, we only were able to survey three couples who were in the engaged stage of their relationship. And second, only 1 couple accounts for the data in the 70+ years of relationship data sector.

Several interesting results emerged as a result of our research. Relationship compatibility despite differences in temperaments, common adversity issues, types of advice depending on each life-stage, and finally the correlation between religious ideology and relational happiness.

¹ Bloom, S. (2025, November 23). *These couples have been married 40+ years-here's their advice for a long, happy relationship*. CNBC: Psychology and Relationships. <https://www.cnbc.com/2025/11/22/i-asked-couples-who've-been-married-40-years-for-relationship-advice-these-brilliant-tips-kept-them-happy-for-decades.html>

² See Appendix B: Tabulated Data.

³ See Appendix C: Time Spent Together, Table 1

⁴ See Appendix C: Time Spent Together, Graph 1

It was theorized that those with different temperaments or love languages might struggle with relationship satisfaction. However, we noted that despite some striking contrasts in partner needs⁵, perceived happiness was hardly affected. In fact, the measurable differences were minimal. In fact in terms of Words of Affirmation and Receiving Gifts, those partners felt that their needs were more than adequately fulfilled⁶. This observation remained consistent despite very different logged values when categorized by identified culture. In other words, despite differences in cultural perception of relational happiness⁷, the satisfaction per partner was still consistent when accounting for love language differences. This seems to indicate that while a cultural identity might affect a baseline of happiness, it doesn't affect perceived relational satisfaction overall.

In regards to common stress-inducing issues that couples face, we noted that economic hardship was the biggest threat to relational satisfaction⁸. The second most damaging trigger event for a relationship is separation itself⁹. It seems that a “cure” for relational distress is perhaps worse than the problem seeing how every other cause of relational stress falls significantly behind that! Perhaps this is a warning to work hard pursuing the factors that lead to a healthy relationship.

When observing the different types of relationship advice that we collected, we noted that much of the advice fell into similar categories. But the emphasis was a bit different and it

⁵ See Appendix E: Love Language Results, Graph 9.

⁶ See Appendix E: Love Language Results, Graph 10.

⁷ See Appendix F: Cultural Identification, Graph 12.

⁸ See Appendix K: Stress Factor Resolutions, Graph 25.

⁹ See Appendix K: Stress Factor Resolutions, Graph 25.

depended on the length of the relationship¹⁰. The younger relationships put more emphasis on compatibility, communication, and not rushing. As the relationship starts reaching 20 years and above, we see that they put more emphasis on staying honest, finding balance, and being patient. This is interesting because we suspected that the longer you have been together with a partner, there are things that have already been a foundation for a long time and are expected, so they probably felt less of a need to mention it, whereas the younger couples might not have built that foundation yet, so they emphasized it more.

When observing the correlation between religion and relationships, we found something really interesting¹¹. This correlation relates how happy they say they are in their relationship with the depth of shared commitment to their faith journey. We separated them into four categories, and found that those who practice the same faith together, or who don't have any faith, are on average, happier than those who practice different faith or only incorporate a partial part of religion in their relationship. Religion is a big part of our identity, so we tentatively concluded that being separate from your partner in this way could cause you to feel less connected and therefore less satisfied with the relationship in general. This goes to show that being on the same page as your partner is so important and may even contribute to how happy you are.

Finally, one interesting bit of data emerged when comparing relational satisfaction longitudinally. It was found that at the beginning of the relationship, Partner 2 consistently registered a lower perceived value of satisfaction in the relationship. Whereas Partner 1 consistently believed they were happier in their relationship. Over the span of 60 or more years, those values traded place and Partner 2 noted a greater level of satisfaction in the relationship

¹⁰ See Appendix G: Relationship Advice Results, Graph 14.

¹¹ See Appendix I: Religion Roles Correlation to Relationship, Graph 20.

than Partner 1¹². There might be several reasons for that change in perceived value from the relationship. More research is needed for definitive answers.

In conclusion, while some research might provide a specific “to-do” list for couple happiness¹³, our own research suggests that three keys to relationship satisfaction are: shared religious practices, understanding your partner’s love language (and feeding to that), and years spent together. Happiness seems to increase with time spent together, but that can only happen when the first two criteria are met.

¹² See Appendix C: Overview of Data, Graph 2.

¹³ Travers, Mark, and Contributor. “I’m a Psychologist Who Studies Couples: People in the Happiest Relationships Do 7 Things on Weeknights-That Most Neglect.” *CNBC: Psychology & Relationships*, CNBC, 14 Dec. 2025, www.cnbc.com/2025/12/14/psychologist-people-in-the-happiest-relationships-do-5-things-on-weeknights.html.

APPENDICES

APPENDIX A

Interview Questions

Religion IV 2026 Seniors Interview Questions:

H- husband, W- wife

1. How long have you been dating/married?
2. How happy are you from 0-10 (no satisfaction to rainbows and butterflies) [ASK SEPARATELY, CONFIDENTIAL TO THE OTHER PARTNER]
 - a. Partner a (H)
 - b. Partner b (W)
3. What dating advice would you give to a couple who are seriously dating?
4. What is your partner's love language?
 - a. Partner a (H)
 - b. Partner b (W)
 - c. How do you feed into it? Partner a (H)
 - d. How do you feed into it? Partner b (W)
5. How do you guys apologize to each other after an argument?
6. What is the role of religion in your relationship?
7. What is the most stressful event that has happened in your relationship?
 - a. How did you deal with it?
8. Which cultural background do you identify with? (Limit to one)
 - a. Partner a (H)
 - b. Partner b (W)

APPENDIX B

Tabulated Results

| couple identity | SCL 87418 | Q1~ | Q1~ (P1) | Q3~ | Q4a~ | Q4b~ | Q4c~ | Q4d~ | Q5~ | Q6~ | Q7a~ | Q7b~ | Q8a~ | Q8b~ | |
|-----------------|-----------|-----|----------|-----|---|------|------|--|--|---|---|--|---|----------|-------------------------|
| Couple A | M | 17 | 7 | 9 | have fun and dont try to rush things that arent supposed to happen | PT | WA | I tell her she looks beautiful all the time | she tries to make sure he gets lots of back rubs since his back hurts alot | after a argument, they try to go out to dinner on there own and talk about there disagreement | our relationship with God is not that strong but they try to impliment into their week | when there neighbor ran their dog puppy dog over when it was little | they were devastated for a while but got a new dog to feel better | american | american |
| Couple B | M | 31 | 10 | 9 | dont be in a hurry to date and wait until college, only date if you want to marry | AS | QT | do your best and make sure you love them | find a way to help them like bringing in thigns | talk frank to eachother and be honest and dont hide anything from your spouse | keep everything in the relationship centered around God, and then extra everything will fall into place | having a granchild born while still having solution to work, which applied extra stress on both families | talk about it together and find a solution | german | scottish and irish |
| Couple C | M | 21 | 8 | 7 | finds someone who excepts you for who you are, dont be lazy(work hard commuicate) | WA | AS | He never feels like he feeds into it intentionally but he aware of it. does things how she would do it | she tries to avoid it, | gives her time, and makes time to talk to her and apologises , Mom doesnt apologise, but makes it up with her actions | used to be bigger, but tries to bring it into more of there daily lives, has a harder time to follow "religion" but more on a connection wiht God. both unified wiht the SDA church | made wrong moves into a business and created separation between husband and wife, which made it hard on money and family because of a difficult business partner | had a harder time communicating, because of separation with the husband in tahoe and wife at home. but husband tried to make up and put more time into the relationship to create a closer relationship | american | 2nd generation japanese |

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|-----------------|----------|----|----|----|--|-------|---|--|---|---|---|--|-------------------------|----------------------------------|
| Couple D | M | 48 | 10 | 10 | date and have fun, but have multiple dates so you can find the one you are the most connected too | WA AS | he tries to serve he and anticipate her needs | she says thankyou for all the things he does | he says sorry, and she says sorry too | there walk with God is everything in there relationships, the most important thing | they cared for there parents, and that put alot of stress on them, but most stressful was when grandma almosty died from sepsis in the hospital | relied on God and family and help create a strong bond together | american | american |
| Couple E | M | 62 | 10 | 10 | work hard as a team | AS QT | by working hard and providing for chieko | by feeding him and making sure hes full | they said they never argue so they dont need to apologise | talking to God and having a strong connection was important in theirs lives, every activity revolved around God | raising children who fought all the Gods way so they can learn to not be so mad at each other | trying to teach them | 1st generation imigrant | 1st generation japanese imigrant |
| Couple F | M | 24 | 8 | 6 | Enjoy doing mundane things together and get used to overcoming the boring parts. see them when their not at their best. Get used to their family | PT WA | finding out what's valuable to her and doing those things | try to see it from the other person perspective | give the other person space so they can have room to cool down before apologizing to them | creating boundries with everyone comfortable with moving forward in relationship | they had a hosue fire and frantically decided what they had to do | they agreed together and decided to move away | american | american |
| Couple G | M | 25 | 10 | 10 | find common interests. find someone who makes you laugh | QT AS | make the bed every morning | go on all the crazy adventures that he plans to spend more time together | he says "im sorry what i said hurt your feelings". almost never fight | We go to church together. build around the SDA culture. but not talked about much. | Dad's accident. | still working on it. didnt effect marriage much but effected everything else in life. we had to move | american | american |

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|-----------------|----------|-----|----|-----|--|-------|--|--|--|--|---|---|--------------------|----------|
| Couple H | M | 54 | 9 | 9 | Take your time, make sure you are compatible. Be honest, check out their families, | WA PT | "i love you", "be safe" every time the other leaves | hug and kiss every time they leave | dont argue, if dont agree just ignore untill cooled off | used to attend church regularly, has become less and less important. both have personal religious experie | losing parents | help eachother through it. be there for eachother be supporties | american | america |
| Couple I | M | 7.5 | 10 | 10 | let god lead and enjoy the process | PT QT | Just be there for her and when she wants to cuddle or just be next to me, just take it in and enjoy it | Not running away everytime he wants to hold me and give him that touch | let eachother fully process what had happened, give eachother time before debrief and learn from what happened and learn to laugh about it | my relationshi p with god, his relationshi p with god. it makes our relationshi p stronger | The new job and moving houses | I felt like it was something God asked her to do and he didnt. He trusted me and God. They put their trust in God | American | American |
| Couple J | M | 53 | 10 | 9.5 | not too fast, what kind of home does th other person come form | QT PT | shared acivities that they both like, but focus on spending time together. also travel together | hold hands, hand on leg, kiss every morning and night | deal with it right away and apologize, be forgiving | Be on the same page, (H is pastor), W is happy to be brought along on his spiritual journey. Having very different opinions can separate them. | When H had to move for work. It was always a one sided decision | W trusted that god was moving them so she trusted that it was a good decision so she trusted H | north american SDA | canadian |

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|-----------------|----------|-----|----|----|--|-------|--|--|--|--|--|---|------------------|------------------|
| Couple K | M | 0.5 | 10 | 10 | Talk through conflict, a deep conversation/connection is important. words of affirmation | QT QT | easy because the little things in take advantage of time together through trips or planned dinners. do everything together | do all of the right things. Don't let feelings sit overnight. talk through it. | deal with it right away. Don't let basic feelings sit overnight. talk through it. | not religious. but like by human distance, find the issues. doign phd's | lots of career related stress ex. long distance, talk about the issues. | They were chinese in it together. Talk every day and talk about the issues. | chinese | |
| Couple L | M | 24 | 8 | 10 | It's more meaningful to be bestfriends in your relationship and always be honest, be loyal | WA QT | After being asked he usually sets down any distraction s and focuses completel y on her, spends a lot of time with her | She tells him "I love you" every day and cares about what he has to say, even if she might disagree. She says "Good job" after all of his projects are finished. | They say sorry to each other and try their hardest to make sure it doesn't happen again. But sometime s it does happen again because they were raised differently. | They are religiously "mortal enemies" because she is Catholic and he is Seventh-day Adventist, they don't often talk about religion because it could stir up arguments, but they do believe in God and have a respect for each others beliefs. | When they were dealing with the oldest going to school, the middle going to day care, and the youngest going to a babysitter, they were living paycheck to paycheck. So, the time when they had to balance work, school, and children all at once. | They just pushed through and got done what needed to be done | American (White) | American (White) |

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|-----------------|----------|------|----|---|---|-------|---|--|---|------------------------------|---|--|------------------|------------------|
| Couple M | M | 13 | 10 | 9 | Get to know each other fully before you commit to anything | QT AS | She plans trips away from the kids and on those trips spends every second together and truly loves each other. | He helps around the house and takes care of the kids. He also helps out by giving her time alone when she's angry. | They apologize and change their actions unless it's something small that they don't realize, like leaving the bowl on the counter. | There is no role of religion | Dealing with finances and trying to combine accounts. | They both talked about it and organized everything | American (White) | American (White) |
| Couple N | D | 0.33 | 10 | 8 | Just know that the other person is thinking about you, and you don't have to constantly worry that he is thinking about other people. You have to trust each other. | PT PT | She gives him cuddles, and her just being near him makes him feel comforted. She gives him hugs and small things like holding hands and being close to him. | He gives her constant hugs and cuddles. Small things like his hand on her leg or her head on his shoulder. | They don't forgive each other right away; they take time, and it is a big issue in the relationship because sometimes they don't communicate when they want to start talking again. They say sorry too much and don't often change their actions. | There is no role of religion | Long distance, it's hard to truly get closer when you guys are so far apart. It's difficult to understand what the other person is going through, and it's easy to get jealous. | They do things to take their mind off the fact that they aren't there with her all the time. | American (White) | American (White) |

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|-----------------|----------|-----------|-----------|-----------|--|----|----|---|--|--|---|---|--|------------------|------------------|
| Couple Q | D | 2 | 10 | 10 | Make sure to communicate and do the little things. The little things matter. | AS | AS | She adapted to the things he does in his daily routines, even though she didn't normally do them. For example, he doesn't let the bed get dirty, so she would take showers before lying down, and she would fold laundry on a towel to prevent it from soiling the bed. | He does her laundry without her asking, he studied their what i like and does those things, like he knows she has to pay for her parking and he sends her money for it. And when she is stressed he does everything he can to get rid of that stress from soiling the bed. | They apologize to each other and change their actions so what religion she wants to be associated with, but till that is known, there is not necessaril y a role of religion in their relationshi p. | He comes from a catholic household, and she is still trying to find what religion she wants to be associated with, but till that is known, there is not necessaril y a role of religion in their relationshi p. | Long distance is really hard because they don't get to see each other often and there was a situation where they both did something that made the other person very jealous. | They call and try to forward to seeing each other every break and it took a little time to work past the situation | American (White) | American (White) |
| Couple R | M | 20 | 8 | 8 | Make sure you have face to face conversations dont focus on online texting or calling, spend time together | AS | AS | Cleans cooks, helps with yard | He does nice things for her to show that he loves her | She says sorry he doesnt say sorry, he shows he is sorry with his actions | He isn't very religious, and she came from a religious household; they don't really prioritize religion in their relationshi p. | Family issues affect us very emotionally. He doesn't verbalize very often and when his sister passed away, it was very stressful because she didn't know how to comfort him.. | They try to move on and communicate, sit down and have conversations | American (White) | American (White) |

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|-----------------|----------|----|-----|----|---|----|----|---|---|---|---|---|--|---------------------|---------|
| Couple S | M | 18 | 9 | 10 | Take time to get to know each other before making big decisions, and communicate. | AS | AS | She cooks for the whole family, and getting things that make life easier done | He cleans the kitchen, does the little things that mean a lot. Takes away a lot of stress. | Have a conversation, give time to process, and change actions. | Plays a major role, God is always first and that down to children, but there is always room to improve. | Getting through the early years, since there is a large age gap. She wanted commitment, but he was still young and wasn't ready.. | Facing the fact that they both need to change for the other person and realizing there is always improvement to be made. | American (Hispanic) | Mexican |
| Couple T | M | 12 | 7.5 | 7 | Communication and the way to know how each other are feeling or what they are going through bc if they stay quiet it wouldn't help the relationship | AS | PT | (H to W) more hugs | (W to H) hasn't done much but one way is she could support him and going along with whatever he needs to do | "I'm sorry, #1 praying for each other and praying as a family. Always having God first in the relationship. | Before kids going through health issues while his mom (my grandma) was going through cancer. Feeling alone but at the end she had to speak up and how it wasn't being selfish. She wanted him to be with him mom instead of her plus having issues getting pregnant | Letting him know how she felt even if it was months later. Letting him in even though it was hard | hispanic | hispanic | |

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|-----------------|----------|------|---|----|--|--------------|---|--|---|---|---|---|-----------------|
| Couple U | D | 2.33 | 8 | 10 | Seek counsel from a mentor or older couples. Be patient and honest about your strenghts and growth points are. Very important in a relationship and it can make or break the trajectory of a relationship . Be true to yourself and what you want plus understood not everything is going to go according to plan, love them for | WA QT | (B to G) Gets her out of her head when she is overthinkn g, spends time with her. | (G to B) Spends time with him and She affirms him with everything that he shares. | here's how i feel they using active listening and apologizin g saying sorry i hurt you. Verbally say it and hug afterwards and maybe they go get a sweet treat afterwards | Thats how they initially got together with a whole lot of prayer. Pray together as much as they can Always important to start of new enviormen t. More of the transition were it gets emotional a relationshi p must be maintaine d as in with God. Prayer and reading scriptures plus talking about what | Dealing with long distance. For her starting a new chapter like grad school and moving to a new city. But more Having hard being in a new ons and pre marital counseling helps. it gets emotional | With long distance they feel secure with the relationshi p and feel that they are good at long distance. Having hard conversati ons and pre marital counseling helps. it gets emotional | caucasian asian |
| Couple V | M | 6 | 9 | 10 | Meet their family first and go to places even if they don't enjoy it. Marry within the same religion | AS PT | (H to W)Changi ng oil in car if its needed. Giving in to what she needs. If she needs a hug he'll give her one and listen | (W to H) Lets him help her and appreciate s what he does for her | Husband usually says sorry first. She goes to him and hugs him. If there's a problem he wants to fix it right away | God should always be the center of the relationshi p and if he's not it won't work out. | Dealing with anxiety and everthing going. Not communic ating properly | He stopped her and hugged her and asked what was going on. Once he knew what was going on he was able to help her. | Chicano Chicana |

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|-----------------|----------|----|----|---|---|----|----|--|---|---|---|--|---------------------------|----------|----------|
| Couple W | M | 16 | 10 | 8 | Not settling until you really know each other. Ask and do the difficult things together first and really put your relationship to the test. | PT | GI | (H to W) speaking her love language. Gives her compliments | (W to H) compliments him even that day, gives him hugs and kisses | Sometime christ let me go by, agree to disagree on things, think before you speak then have an apology | Family dynamics, going from zero kids to having a family together which was as a more life changing, finicial. nothing really specific that they've gone through | having support from family and come together as a couple and work it out | hispanic | american | |
| Couple X | M | 14 | 8 | 6 | Have God in your hearts and as the lead in your relationship therefore you will encounter less negative moments. Be yourself. | QT | WA | (H to W) doesn't really feed into it something he should deliver more of | (W to H) He likes being home together they don't need to go out. Spending time together at home | sit and talk out the situation. Husband doesn't really apologize words often. She says her intention of whatever happened or whatever she offended or upset him. He apologize more with PT not verbal and not the best way to go bc then she is confused. | For her she believes and trusts that God can get them past the difficult times and if it wasn't for him and her belief and prayers she wouldn't be in the marriage still. It's a huge part having God in her heart. It should be the center | Infidelity | Trusted in God and prayed | hispanic | hispanic |

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|-----------------|----------|----|----|-----|--|-------|---|---|--|--|---|---|------------------|------------------|
| Couple Y | M | 15 | 10 | 9.5 | Make sure that the person you're with loves the Lord bc then you won't have to worry about all the other things. Both intentional with their relationship with God and if you're dating be dating looking for a future partner not just for fun. | WA QT | (H to W) spends as much time together like watching her bread. Spends as much time as possible | (W to H) She tells him he looks good, does something well or she is proud of him. Brings him joy and strengthens the relationship. | They talk about it and acknowledged what they went to and what they felt. Acknowledge each others point of views. Spend time together. | At this point in their marriage it has become more of a center point. More of their walk with God where they surrender everything they do with God before they move forward that they always know that they are walking within God's will. It wasn't always like that but now it is. Whenever he is with | Dealing with each of their own traumas. For her is her medical history like her seizures she was disconnect ed from all her emotions, not letting him in her trauma three months off of work. It was so deep that it caysed a seizure disorder. comes along with that. it and acknowledged ge that she actually suffered it | He's american american learning to surrender to God and stop trying to fix it himself and it has been the best decision. For her she had to address her trauma taking three months off of work. It was so deep that it caysed a seizure disorder. comes along with that. it and acknowledged ge that she actually suffered it | | |
| Couple Z | M | 52 | 9 | 9 | Communication and a lot of forgiveness | PT AS | (H to w) Doing something without being told | (W to H) Hugging them | Apologizing even if it may be hard | Important part of the relationship. | Dealing with an issue with their daughter and her ex | Praying | (H) caucasian | (W) caucasian |

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|------------------|----------|------|-----|----|---|----|----|---|--|--|---|--|---|-----------|-----------|
| Couple AA | M | 0.33 | 10 | 10 | Having ALL the conversatio ns even before dating. Get to know each other first, ask about family and how they were each raised | QT | QT | (H to W) On the phone when apart and spending time together constantly | (W to H) same thing as h to w | Don't interject ask the other how they feel and what's going on in their mind. Apologizin g and saying you don't like how things were left. Not making excuses and admit fault | Ideally #1. Having conversati ons where they stand. Foundatio nal to their relationshi p | Doing long distance during covid | Talking through it, being on the phone constantly | (H) white | (W) white |
| Couple AB | M | 1.17 | 8.5 | 8 | making sure you're friends first bc you have fun being with each other. When first dating don't take things too seriously bc youre still getting to know each other. If its gonna happen it will happen | QT | WA | (H to W) Gives her compliem nts and say loving things | (W to H) spending time together even if it's just watching TV. Helps to find a diff love language you can both relate to one. | Having a sit down convo and get the emotions out of the room and fully explain themselve s while undering each others feelings. Saying sorry and forgiving each other. | If things get hard and stressful doing bible studies together, church and parying before bed | First getting married and getting used to live with eachother. "Living with a man is hard." Moving is also stressful | Communi cation is what helps them | (H) white | (W) white |
| Couple AC | M | 3 | 9 | 9 | Make sure you're comfortable enough with your partner to be able to ask questions that you need to ask | AS | PT | baking things for him and having the house be a relaxing space and ready before coming home | Hugs, cuddling, and making sure that she has her needs met | Having really good communic ation and realizing its not husband vs wife but husband+ wife vs problem. | Have it be the focal point and help it grow your relationshi p in a healthy way. Also have it so religion doesnt become a routine but something that stays active | Discussio ns of another baby and the choice of when / if to have one. | Talk about german it a little bit here and there and try to figure out how to make things work. | | filipino |

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|------------------|----------|-----------|-----------|----------|---|-------|---|---|---|--|--|---|-----------|--|
| Couple AD | M | 23 | 10 | 9 | Find compatible personalities and "vibe". While attraction is important, you should also be intentional about your own values. Watch for conflict management. | WA AS | (H to W) Take out the trash pretty regularly. When she is in "get stuff done" mode, he gets stuff done with her. He is intentional about doing projects around the house with her like assembling furniture. | (H to W) Set reminders on your phone to say nice things to your husband. And brace for when he compliments you. I do my own thing around the house with her like assembling furniture. | (W to H) Always acknowledge what you did wrong and apologize for it. Not just if you mess up with a spouse, but also with your kids. Hold yourself accountable. Always use "I" statements, not "you" statements. Never apologize by saying "Sorry, but..." | In the beginning it was a very pressing issue, always watching our backs for judgement, looking for approval from the church. Over time we have grown away from religion as a construct and more towards applying the morals and values the bible teaches into daily life. | Moved a lot. Was without family support. Husband travels for work. The little things would frequently build up on each other. Assembling furniture is "a great test" of compatibility. Had pre-marital counseling. | Over time they learned to solve problems with one another instead of against. The more they faced stressful events together they better they got at managing it. Also had pre-marital counseling. | (H) White | (W) White American Farmer |
| Couple AE | M | 15 | 10 | 9 | Make sure both your futures align. Where will you be in 10-12 years? Ask them for their credit score, find out if they are financially responsible. | QT WA | I'm not very good at it. | (W to H) I give him scratches and we watch TV together and go on weekly date nights. | (W) I either say "I'm sorry," or "You were right." (H) I don't really apologize. I take time to myself, calm down, then explain my thoughts and perspective. | it helps to create boundaries and make everyone comfortable with moving forwards in the relationship. He saw her more often but was also not used to sharing her so much. | When (H) had to quit teaching job because of his eyesight, (W) also had her grandkids move closer so he saw her more often but was also not used to sharing her so much. | Individual counseling, individual prayer | (H) White | (W) Childhood in south america, daughter of Adventist missionaries |

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| Couple AF | E | 0.08 | 10 | 10 | Don't take stuff too seriously. | QT | PT | He just lets me be clingy | When (H) is away they play video games together. | Just realize it isn't that serious and say sorry. | None. We go to church together sometimes, but that's all | Boot camp. | Wrote letters, affirmed one another on the rare occasion that they got to call. | (H) Diverse | (W) White |
| Couple AG | M | 21 | 9 | 9 | Life is too short to be unhappy. Honesty. | PT | AS | He stays on top of all his chores and the kids' chores. | She makes sure to sit close to him on the couch, resting her feet on him sometime s. | Lots of quiet time, then lots of kisses. | We aren't religious. | Passing of a parent. (W's parent) | He comforted her and handled things around the house. He tried his best to be empathetic. | (H) White | (W) 1st generation from Portugal |
| Couple AH | M | 50 | 10 | 10 | Look at the big picture. Notice the red flags and deal breakers. | WA | AS | My husband gardens for me & does the cooking. | I say thank you and I love you | Try to give eachother space, avoid saying anything you will regret before coming together and apoligizing | they allow eachother to have their own beliefs and respect one another | having to take care of their parents and children at the same time | communicate, teamwork and really appreciate eachother. | (H) Italian | (W) European |
| Couple AI | M | 62 | 9 | 10 | Find out if they have a good relationship with god | WA | WA | Doing kind things for her | Making him good food | Just saying sorry, and that we were wrong to act that way | Religion gives a foundation for everything in the relationship | Living in seperate places because of work | Praying for eachother | American | American |
| Couple AJ | M | 57 | 10 | 9 | Take it slow, dont rush | AS | AS | Doing the finicial work, and yard work for her | Taking crare of the house for him | Saying sorry for acting wrong, dont go to sleep angry, holding hands and hugging as a way to make up | Religion taught us how to view other people with kindness but does not impact the relationship beyond that | Moving around to diffrent states and houses | Being there for eachother | American | American |

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| Couple AK | M | 20 | 8 | 9 | See if your comfortable talking about your feelings with the other person | PT | QT | Watching tv with her | Snuggling him | Talking it out | Religion is not something that bonds us in our relationship at all. we talk about it, but we dont practice it together | Living in an abusive situation for ten years. | Lots of Therapy and talking to eachother about it alot | Jewish | Amarican |
| Couple AL | M | 29 | 9 | 9 | Take it slow, and dont just focus on eachother | AS | WA | Doing acts of service together | Making sure he has food, and that he is always fed. | Giving it time, and then talking it out | Both orthodox Christain, religion is a big part of there day to day lives becuase they are both very active in there church community | Having a fourth child with health issues | Having the mind set that giving up is not an option | Amarican | Amarican |
| Couple AM | M | 31 | 8 | 9 | Take it slow, dont just date one on one, date it in groups | AS | QA | Spending time just being together | Cleaning the house for him, cooking and making sure he always has enough to eat | Taking time apart, then talking it out and apoligizing the | Religion gave them a shared intrest and beliefeat the begining of there relationship. | Raising kids | Reading parenting books, and being in parent support groups | Amarican | Amarican |

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| Couple AN | M | 17 | 9 | 9 | Make sure you have a friendship as the foundation of your relationship | PT AS | Making sure to do things for her especially when she is overwhelmed and stressed | Giving him a hug, or a kiss or some sort of touch when we are together | Take time apart, talk about it, and say "im sorry" | Christ is the center of the marrigae, and the partner shouldnt just make you happy, they should bring you closer to christ. Both orthodox, husband is a priest | Loosing a child | Checking in with the other person, and understanding that people grieve differently | Amarican | Amarican |
| Couple AO | M | 37 | 9 | 8 | Listen to what your friends think about your dating and don't do anything sexual because it clouds your judgment | QT AS | Do things for the like the dishes and chores | Go places with him even when i really dont want to | Talk it out, or let the argument go | Religion was shoved down our throats at first and its the foundation of our marriage but we dont pray together any more | Seperating for a couple months due to mental health issues and loosing a family member | kind of starting over, going back to a dating phase, and marriage counseling | German | Irish |
| Couple AP | M | 37 | 10 | 10 | Make sure you have the same expectations and dont let your judgment get clouded | QT AS | I let her do acts of service that she wants to do | setting time aside specifically to spend with him | Talk it out, and think before you speak because words hurt more than anything | our relationship with christ is very important for both of us | Strugling with mental health and insecurities | Praying | Amarican | Amarican |
| Couple AQ | D | 17 | 7.5 | 7 | have fun and try to move in with them to see the real day to day. experimen t. what is important is the emotions | QT PT | a small hug and a kiss everynow and then | going place with our family, taking time to really have just us time | if we feel like one has done something wrong we take one of the accountabi lity and say sorry | we are believers but different religions. where we learned to understand one another | Leaving mexico to move to czech republic | really loving eachother | Czech Republic | Mexican |

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| Couple AR | D | 10 | 10 | 7.5 | Get to truly know the person and be ready to break some of your expectations | QT | QT | Hang out around the city | find things to do together | Let emotions go down, talk through it and then taking accountability and apologizing | no role | Miscommunication of what they want for the future | learning together what commitment looks like for them as couple | White American | Mexican |
| Couple AS | M | 4 | 9 | 8 | make sure you guys are equal in education and on the same page as finances | AS | G | always when we fly to colorado i get her flowers, different types of flowers. She always has flowers waiting for her | Making coffee in the morning and when he does something for her she says thank you | what is important and looking at the facts. respect the boundaries and know when you are in the wrong and apologize. Pick your battles, dont fight over every little thing | it taught us to be respectful of those around us but doesnt heavily influence our relations hip | opposing views on politics | learned to come together and be supportive of one another. listen and go with it | lower-class southern American | lower-class american |
| Couple AT | D | 14 | 9 | 10 | before making a serious decision, really get to know them, make sure your compatible, you guys respect eachother and truly love one another | PT | WA | tell her sweet things, tell her I love you, I want you | Give him hugs and kisses | We analyze what happens bring it up once weve cooled down and say 'im sorry' with a hug | we are very religious, we always ask that God guide us through our relationship and keep us healthy | when we first moved and we both got busy and didnt see eachother as often so be clear with one another | we communicated when we could, make time for eachother | Mexican | Mexican |

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| Couple AU | D | 9 | 10 | 10 | You really like them as friend, want to be around them. make the person you dating your bestfriend. Find what is important to you and them and learn to grow in those ways | QT WA | we check in a lot, 'how are you doing?' 'whats up?' 'how are you doing'? | spending time together, going places together, trying new things together. | we are very honest about 'when you do this it makes me feel like this' and we are very open when something that we dont like happens | no role | The Pandemic when everything changed | we though about all the changes, not seeing family, work changes. we rolled with it and learned to adjust together | Mexican | American |
| Couple AV | M | 20 | 10 | 10 | It starts as a friendship and you need to take you time to know about them, respect them and respect yourself. Also have a common goal | QT QT | small dinners together, small affectionate looks. Getting flowers | sitting down and watching series and shows together | When you catch on that you are in the wrong step up and apologize | God brought them together and has kept them together | very different personalities | learning to adjust and slow down to get adjusted with one another | Mexican | Mexican |
| Couple AW | M | 42 | 10 | 10 | be aware it is a serious committent. love, understanding and respect are super important and take your time. | AS G | He would send me flowers to my workplcae for birthdays or anniversar y | I tend to the household and keep everything tidy and he always expresses his thanks and gratitude | always be kind to one another despite being upset and they are ready they formally apologize | at the core of their relations hip. | very young marriage and early commime nt. | both being very religious we pushed through and we believe there is always a way. | Mexican | Mexican |

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| Couple AX | M | 23 | 7 | 8 | Have someone that you can look to for advice and finding the same things enjoyed by both parties | WA AS | Fluffing things | Doing things that are important to him like cleaning the house | Being accountable for what was said and admitting fault when things cool down | Helped keep the relationship together and gave a common understanding of where the other person was coming from | Substance abuse | Trying to get on the same page and how to find a solution and plan to recover from it | White | White |
| Couple AY | M | 25 | 9 | 10 | Be honest with each other and have similar interests | WA G | The occasional flower | Giving compliments for work done | Talking about it and trying to understand where the other is coming from | Gives a shared foundation to work on other problems in the relationship | Hazardous work done by a family member | Pray | White | White |
| Couple AZ | M | 10 | 10 | 10 | Date a person you know, like a best friend. If there are red flags now, there are red flags later. If you can't see yourself with that person forever then stay away. Meet in the middle and help each other out. | WA QT | Set aside time and spend it with her and listen to what she has to say. | Daily compliments for things done | Hear each other out and talk about it and try to understand the person's point of view | It plays a role in everything. Husband is the head, wife is the heart, God is the soul, and children are the gifts. | Moving to Germany | Community and pray about it | American European | American European |

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| Couple BA | M | 55 | 10 | 10 | Look for the basic qualities of a good human being. Look for a God fearing person. Try to outlove the other person. Dont argue and if you do, think about what you say before you say it and work things out. | PT WA | Return the compliments | hugs and kisses | Say sorry, own up by taking responsibility and talk it out. | Religion takes first place in the relationship | Evacuating from paradise due to the fires | Pray | White | White |
| Couple BB | M | 61.5 | 8 | 9 | Get a mentor that can guide you through the mess that is dating | WA AS | Clean the house when getting home early | Give meaningful compliments | Hug it out and take responsibility for any wrong doing | nothing | Financial issues | Seek financial help | White | White |
| Couple BC | M | 35 | 10 | 10 | Get to know each other well | AS GI | Bring flowers home every 2-3 | She cooks his favorite meals and cleans the house for him. | Say im sorry then make a compromise after talking about it. | Center | The kids proplem once they become adults | Pray with them ALOT and | Guatemala | Mexican |
| Couple BD | M | 5 | 10 | 10 | Have clear goals for your life. | QT GI | Pays attention the little details | Like to make him food when he comes home from work | Always say sorry as and never let days pass while still mad at eachother. | The center of it | Honeymo on phase is over and reality hits weather they really want to be in the realations hip. | Make your life goals clear to yourself first then make find what are willing to live with and make compromises in. | Mexican | Mexican |

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| Couple BE | M | 5 | 10 | 10 | Talk things out communication | AS | QT | Try to always spend time together just talking and have little devotional s together before bed | She is always there for him without him having to ask | Deal with the problems as soon as possible | Center | Current work issue they are waiting for a response from | Pray about it alot | Mexican | Mexican |
| Couple BF | M | 45 | 8 | 7 | Start with the friendship before the relationship to get to know each other fully and not just the best version. | QT | GI | I would always get her flowers for any event in our life | Make him feel appreciate d and let him talk alot and listen alot | Walked off the anger and talked with God in walk | Huge role and luckily the church offers alot of help in family, couples, and kids ministries. | The kids well-being | Always talk about what is best for the kids and in the end let the father decide | Peruano | Peruano |
| Couple BG | M | 42 | 10 | 10 | Get a career before tying the knot | AS | QT | Always goes to church with her | Cooks his favorite meals when he feels down | By respecting each-other enough to recognize where they are coming from. | Simply not a burden because they are in the same page. | Being deported and forced leaving their 3 kids in America. | There wasn't much they could do but trust that God had a plan and this caused them to take the word of God more seriously in their lives | Mexican | Mexican |
| Couple BH | M | 45 | 8 | 9 | Respect each other | AS | QT | They watch Tv together and he doesn't complain when she wants to watch something different of her taste. | She goes our and buys food for both or makes something really quick. | They deal with issues at home by talking about it together as a couple then when got older as a family. | No religious foundation | Issues with the kids | Talk it out "within the 4 walls the issue stemmed from" | Mexican | Mexican |

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| Couple BI | M | 35 | 9 | 10 | Work as a team | PT | GI | He gets her flowers and gifts even when there is no special event | Makes sure they have enough quality time together after work | Spend quite time separately and come back together when they are ready to talk again. | God is always first (triangle) | Nesly weds and first baby born with down syndrome | It was stressful because they were young and clueless but prayed and asked God to guide them. | Guatemal an | American |
| Couple BJ | M | 13 | 9 | 10 | Talk to each other alot and listen | QT | PT | treat quality time with physical touch | His second is quality time so she feeds into his second language alot more. | Say sorry ASAP | Strong role | Not being able to concive | Trust that God had a good plan | African American | Filipino |
| Couple BK | M | 5 | 8 | 8 | Make sure that your life goals and values line up and that you can agree with your partner | QT | QT | Going on bike rides, spending time in nature, going on trips, going for walks on the beach, etc. | Going on bike rides, spending time in nature, going for walks on the beach, etc. | They apologize to each other and talk things through | Its actually how they started talking and its very important to both of them. It helps them connect. They both share the same beliefs | Mr D, Having to care for Mrs. D brother while she was not there and having to step up as a son in law to help. Being distant and not being able to help the situation (Mrs. D perspective). | Understan ding that they are basically family and trying to do everything possible to help. | Hispanic | American |

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| Couple BL | M | 24 | 8 | 6 | Be open and honest with each other. Treat each other kindly. and with respect. Like you would treat your mother. boys. Like, treats your girlfriend, like, you know, and treats your mother. | AS WA | I have words of affirmation . Saying I'm proud of you. | Give massages | Just say I'm sorry. I was wrong. You were right. I should have listened better. Yeah. I mean, I was acknowledging my mistake. And then saying, "I'm sorry." Well, you know.. Those magic words, I'm sorry. I was wrong. | It's very important to have a real relationship with God. | Dealing with teenagers. pulled through. Prayed about it. | Invited family and | Malaysian | Japanese |
| Couple BM | M | 26 | 10 | 10 | Love God and respect each other. | PT WA | always give hugs before leaving for work | no how each other talk and understand what the other is saying without needing all the details. | Never go to bed angry | Center | How to educate the kids | Talk about things together before talking to the kids | Mexican | Mexican |
| Couple BN | M | 30 | 9 | 9 | Keep mutual respect and communicate truth | AS PT | he takes care of the hard work in the house | She prepares the food and the house | We talk about it. | Center | Health crisis of the kids | Begging God in prayer on their knees for the life and health of the kids | Mexican | Mexican |

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| Couple BO | M | 18 | 8 | 9 | Make sure they bring out the best for you and you bring out the best for them | WA | QT | Making sure we spend more time together then the kids | Answering phone calls, compliments before even asking | Say sorry and try to explain their thought own process and why they should be apologetic acknowledges what they did wrong and understand what makes him upset | Plays a big role in how they want to raise their kids, and how decisions are made, and praying together and for each other | Finically managing together, and not sticking to the original plan | realizing we can't force each other and accepting each other | Mexican | Mexican |
| Couple BP | M | 18 | 9.9 | 9.5 | Don't be the person living for drama and make sure the other really loves you. | QT | AS | Doing the chores for her. | Suggest Time together | Just say sorry, being honest, and giving hugs | Making God is first before each other. | Birth of second son and going back to college | Taking care for each other, watching the boys, and working to provide more financial support | White Mexican | Southern |
| Couple BQ | M | 9 | 10 | 10 | Finding someone torable and making sure you are good with who you are loving yourself before diving in a relationship | WA | AS | Cook, Clean house, run irons and bringing her lunch | Listening to him, ecouaging and expressing appreciation through words | Sincere apololgy and acknowledging what one I did wrong. | Base and foundation | Husbands parents passing away | leaning to faith and graviating to this important relationship | Irish | Mexican |

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| Couple BR | M | 64 | 10 | 10 | Being dedicated to each other, to spend time with each other, make sure it's the right one that your happy with that you know you'll be able invest time with. 100% commitment | WA QT | Doing everything even the busy stuff | Giving sweet compliments daily and telling I love you after waking and before going to bed | Letting each other know what made one of us upset and then apologizing | Study the Bible every day together, like reading devotional, sabbath school, and even parenting, and going to church together, and nursing homes to live out faith together | Husband been having a lot of back accents which can be stressful | remaining positive and exercising together | English | Spanish |
| Couple BS | M | 13 | 9 | 9 | Take time to really know each other, be equally yoked | WA AS | Be proactive, do stuff for her before she asks | Look for the positive & compliment/encourage those things. | Apologize for faults, give affection. | It guides our interaction. It gives me an opportunity to share Christ in a very real way. | Separation . We were having problems & decided to separate for a bit. | We dealt with it by giving each other space, respect, & time. We're back together. | Japanese | Colombian |
| Couple BT | M | 22 | 8 | 8 | Try going on a long trip together, backpacking or vacation and you will learn new stuff you didn't know of each other. | QT AS | Spending time with children and running errands | Support him emotionally. | Wife Not enough... husband more often | Mutual acceptance. We have different religions. My husband is Jewish and I am SDA. | Getting through the first few months of our first born. | Support each other and manage time | Ashkenazi Jewish | Puerto Rican |

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| Couple BU | M | 23 | 10 | 10 | To always be honest and to have good communication between each other. | PT | AS | I feed into my wife's love language by doing things that make her life easier—helping with chores, handling tasks before she has to ask, and taking responsibility for things that matter to her. Acts of service show her that I'm paying attention and that I care about her well-being. | I feed into my husband's love language by being physically affectionate—hugging him, holding his hand, cuddling, sitting close, and making sure he feels connected through touch. Physical touch reassures him that I love him and enjoy being close to him. | It's hard. It takes a few times of apologies before we really make up but since we've been married for so long, when we disagree on something or when we're hurt by something the other has done, we move on regardless if the other person says sorry. Camilo usually takes the first step | Religion gives us shared values and helps guide how we treat each other. It encourages us to be patient, forgiving, and intentional in our relationship when we're hurt by something the other has done, we move on regardless if the other person says sorry. Camilo usually takes the first step | The most stressful event we've dealt with recently was a health scare. We've learned to trust in God and know that He is in control; that He would never let us go through anything we couldn't handle. | Colombia | Filipino |
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| Couple BV | M | 24 | 10 | 10 | Be honest early, and don't fake who you are. Build friendship first. | PT | AS | He looks for practical ways to make her day easier, like doing the dishes without being asked, running errands so she doesn't have to, or prepping things the night before when her schedule is busy. He says serving her helps him show love even when he doesn't have the perfect words. | She's very intentional about physical closeness. She'll hug him when he gets home, sit next to him on the couch, rest her head on his shoulder during movies, or hold his hand during prayer. She says little moments of touch help him feel grounded and connected. | They apologize after taking time to calm down, then talk about what each did wrong. busy. | Christianity is important; they try to incorporate God into their daily routine even when busy. | Financial stress when buying their first house. They communicated openly, prayed together, and created a plan to budget and save. | American | Native Alaskan |
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| Couple BW | M | 22 | 10 | 10 | Communicate even when it's awkward and choose kindness every time. | AS | WA | makes sure to verbally encourage her every day. He compliments her hard work, thanks her for the things she does for the family, and tells her when he's proud of her. He'll also text her uplifting messages if he knows she's having a rough day. | She helps him by taking care of tasks he finds stressful, like organizing paperwork, prepping things before big workdays, or managing small details around the house. She says serving him is how she shows she sees his effort and wants to support him. | They talk openly after arguments, owning mistakes and confirming understanding. | Religion is central; everything revolves around faith and church involvements. | Having a child while balancing work and family responsibilities. | They coordinate schedules, shared responsibilities, and prayed together for guidance. | American | Mexican |
| Couple BX | M | 9 | 10 | 10 | Don't rush things. Make sure you respect each other before anything else. | QT | AS | He reduces stress for her with chores, errands, and child care. | She gives focused time through walks, quiet evenings, or short trips to reconnect. | They apologize by dedicating time to talk face-to-face and making sure both understand each other. | Christianity helps with communication and life decisions. | Balancing jobs and family responsibilities with young children. | They planned together, relied on prayer, and shared responsibilities evenly. | American | American |

Couple BY M 27 9 9 Be a team AS WA He is She loves They Faith Serious They Mexican Mexican
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 even when with his him in by them in family each
 you disagree. words. He everyday acknolwed parenting member other,
 often, cooks mistakes, conflict required and
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 you" or of service
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 great job" in a way
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 to her. alone
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Couple BZ M 40 8.5 10 Marry your PT AS He helps She gives They Faith is Raising They American American
 best friend, with physical apologize central, children focused on
 not just chores, affection by calmly incorporat who fought teaching
 someone through explaining ed in daily frequently. God's
 you think is and small hugs, hand- feelings life and way,
 cute. tasks she holding, and parenting. praying
 dislikes. and making up together,
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 consistent
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| Couple CA | M | 19 | 10 | 9 | Pick someone who is kind on purpose, not just nice sometimes. | WA AS | David frequently gives verbal encouragement. He compliments Patty for the things she does at home, thanks her for taking care of the kids, and leaves little notes reminding her he values her efforts. He also says uplifting things when she's stressed or discouraged. | Patty expresses love through service. She cooks his favorite meals, and handles chores he dislikes, and organizes small tasks at home to make his life easier. She says taking care of these things is her way of showing appreciation for him. | They apologize by acknowledging feelings, explaining mistakes, and forgiving quickly. | Christianity guides their communication and decision-making. | Financial stress from a business venture. | They worked together, and leaned on family for support. | Salvadoria Salvadoria |
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| Couple CB | M | 56 | 10 | 10 | Pick someone who is kind to their mother, that will tell you alot about the person, also make sure to keep God first in the realationship. | WA AS | Brad consistently uses words of affirmation to encourage Caron. He thanks her for supporting him, reminds her how much he values their life together, and often reflects on the ways her faith and care impact the family. | Caron shows her love through acts of service. She manages household tasks, prepares meals with attention to detail, helps Brad with schedules or errands, and makes sure he feels supported in his responsibilities. Her actions show love in a practical, dependable way. | They apologize by calmly discussing conflicts and reaffirming love through action. | Christianity is foundational; faith directs all decisions and conflict resolution. | Raising children while balancing church and community responsibilities. | They prayed, supported each other, and maintained open communication. | American | American |
| Couple CC | M | 6 | 9 | 9 | Always communicate honestly and make time for each other, even during busy seasons. Friendship first, romance will follow | QT AS | He makes time for her every week—date nights, walks, and evening talks—so they stay connected. | She helps by organizing things around the house, doing chores, and preparing meals to ease his stress. | He plans one-on-one time and weekend activities to reconnect, even after busy workdays. | She serves him by handling daily responsibilities that would otherwise weigh him down. | They apologize by sitting together after an argument, explaining their feelings, and hugging it out. | Their relationship is centered on Christianity; prayer and Bible study are key routines. | American | Mexican/Black |
| Couple CD | M | 20 | 10 | 8 | Never stop dating each other. Keep God at the center and choose patience in disagreements. | WA AS | He frequently expresses gratitude and encouragement through words and notes. | She serves him with household management, cooking, and supporting his work projects. | They apologize by openly admitting mistakes, asking forgiveness, and praying together. | Faith is central; their daily decisions and parenting revolve around God's guidance. | Health scare with a child that caused stress and worry. | They relied on church support, prayed constantly, and leaned on each other emotionally. | Irish | American |

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| Couple CE | M | 26 | 9.5 | 10 | Work as a team and remember why you fell in love. Don't let small issues build into big resentment | AS | WA | He helps by taking care of home repairs, bills, and errands to ease her workload. | She expresses love through affirming words, encourage ment, and daily appreciati on. | He completes tasks she dislikes and helps with chores regularly to reduce tension. | She verbally acknowledges his efforts and expresses pride in what he does for the family. | They apologize by discussing the problem calmly, acknowledging each other's feelings, and forgiving quickly. | Their faith is strong; prayer, Bible study, and church attendance guide family life. | German/American | American |
| Couple CF | M | 47 | 10 | 10 | Choose a partner whose values match yours. Never stop supporting each other and let God guide your marriage | PT | AS | He expresses love through touch—hugs, hand-holding, and closeness throughout the day. | She serves him by managing the household, helping with daily routines, and taking care of meals. | He makes physical affection a daily priority to show love and emotional support. | She ensures he feels cared for through practical actions that support him and their family. | They apologize by calmly explaining mistakes, hugging, and reaffirming love. | Faith is foundational; prayer and church are central to daily life and decisions. | American | American |
| Couple CG | M | 31 | 10 | 10 | Pray, go to church, get to know each others family | QT | WA | Stop and think about how he can compliment her, tell her how good she's doing, tell her he loves her, tell her his appreciation | Have meals together, she makes sure to set aside time to eat together instead of eating in the run | Own up to it, accountability, talk about what to work on. Put themselves in the other persons position. | Important to recognize that the husband is the spiritual leader, he puts God first, and it's important for her to follow his lead in that. | Addiction, and overcoming that God, prayer, looked for ways to help and support, the wife became willing to get help. | It drew the husband closer to God, prayer, looked for ways to help and support, the wife became willing to get help. | American | American |
| Couple CH | M | 40 | 10 | 10 | Get to know the in laws, look at how they act with family, make sure to go on a lot of vacations under different circumstances with the family | PT | WA | He shows her respect and appreciation, say things he notices about her | She makes sure to show love through physical touch | Say sorry, be accountable of their core values, keeps them centered and guides them. | Plays an important part, one of their values, that | Death of son, and everything that preceded that through the savior. | Through family support, learning upon faith, through the savior. | American | American |

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| Couple CI | M | 69 | 10 | 10 | What works for you, it's your life | QT AS | Doing little things for her and the family, fixing things | She spends time with him at nursing home, he can't really go see her. | Always be accountable, say nice things always, know that both lives are important, so they have to be nice to each other | Always refer to the Bible | Lost first baby, him traveling a lot | Relied on each other, didn't let it affect marriage | American | American |
| Couple CJ | M | 20 | 7 | 7.5 | Don't make excuses for things that bother you, it is what it is. Be realistic about their behavior. If your not each others favorite person in the whole world, keep looking, dating isn't missionary work, you don't date them to help them. Don't play games. | WA AS | Doing dishes for her, doing the next indicated step. | Try to find little ways to praise him and tell him she loves him, be appreciative, let him know she appreciate s the things he does. | Sometimes say sorry, sometimes just let it go and let it be over. Be accountable. Try to be honest. | Foundation of values that helps you decide how you'll handle things, and when things go good, it's bonding. We're most content when you pay attention to biblical principles and obey those. It is important. | Illness of child, ups and downs of growing up within the relationship, and accepting maturity. | Prayed about it, tried to figure out who's role | American | American |
| Couple CK | M | 19 | 6 | 8 | A lot of Patience and Friendship | PT QT | Skin care and massages | Movies and beach walks | Cold shoulder | Helps the marriage to keep going | No comments | no comments | Brazilian | Argentinian |

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| Couple CL | M | 24 | 6 | 8 | Learn your partner's flaws early and decide if you can handle it | AS | WA | Compliments her achievements and acknowledges her effort to manage the household and their daughter's emotional needs | Reminds him to take breaks, cooks his favorite meals, encourages him to cut smoking | Apologizes short but sincere | He was an adventist and she was jewish | Their daughter bipolar diagnosis at young age | Therapy | Brazilian | Israeli |
| Couple CM | M | 15 | 8 | 9 | Fall in love more than once | AS | QT | Fixes things around the house and helps with meals | Schedules intentional family and couple time | They sit at the kitchen table and talk openly until both feel heard | They attend church on holidays and pray during difficult times | No comments | Family therapy and strong partnership at home | Brazilian | Chinese |
| Couple CN | M | 6 | 8 | 8 | Learn how partner recharges emotionally | GI | PT | Flowers & surprises | Hugs, kisses, gentle touches | Talk while taking a walk | Very active in their church | Miscarriage | Counseling + leaning on each other and family | Brazilian | Brazilian |
| Couple CO | M | 26 | 7 | 7 | Be patient, people grow at different speeds | PT | AS | Gives hugs and back massages | Helps him organize work and life | They joke briefly to break tension, then talk openly | Spiritual but not strictly religious | Luana's health scare | He attended every appointment, she gave him updates to ease his worry | Brazilian | Brazilian |
| Couple CP | M | 2 | 10 | 7 | listen without interrupting, silence can be powerful | AS | WA | Drives her everywhere and does chores | Constantly express admiration and confidence in him | Long late night conversations | Belief in God but not heavily practiced | Study abroad separation | Trust and communication | Brazilian | Bolivian |

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| Couple CQ | M | 34 | 7 | 8 | Choose someone whose character you respect. Attraction fades and comes back but respect keeps love steady. | AS PT | Repair things around the house, cools breakfast on Sundays, and always makes sure her car is working | Holds his hand whenever they walk, gives long hugs after work, sits close to him o the couch every evening | They give space for some twice a month and pray together when making a big decision | Attend church twice a month and pray together when making a big decision | Losing his father unexpectedly while raising two small kids | She took over the parenting and house duties so he could grieve and help his family. Then he went to counseling and they healed together | Syrian | Brazilian |
| Couple CR | M | 29 | 8 | 9 | Talk about big things early and treat each other as partners | AS QT | Handles errands, helps with the house, fixes anything that breaks, and makes her morning meal when she's busy | Plans weekly coffee dates, takes walks with him after dinner | They cool of apart from each other then drink mates and apologize directly | Raised catholic but don't practice | When he lost his job while the kids were in high school | Made a family plan, cut expenses and Mariana took extra shifts. Their kids helped around the house | Argentina n | Argentina n |
| Couple CS | M | 7 | 8 | 9 | Remember you're teammates, not opponents | WA QT | Encourage s her daily | Plans little trips and one-on-one time | They hug first, then talk things out | Weekly devotional s | Financial trouble during COVID | Budgeting and open honesty | Argentina n | Argentina n |
| Couple CT | M | 28 | 9 | 8 | Don't try to change each other, grow together | QT WA | Takes her in morning walks and plans on weekend getaway every year | Encourage s him verbally, compliments his work ethic and checks in with him emotionally | Time to calm down then talk | Shared faith help them to feel united | Their son struggled with anxiety and depression during his teenage years | Supported their son emotionally, went to counseling and divided responsibilities to avoid burnout. | Brazilian | Brazilian |
| Couple CU | M | 57 | 10 | 10 | Do activities together such as surfing or hiking; hang out with friends | PT WA | Foot/hand/ back massage | Give him words of appreciation such as how much she appreciates the work he does | They don't apologize, they just let it eventually go away | All about God 100% | Their son's numerous injuries, especially when he broke his neck | They spent a lot of time taking care of him | American | American |

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| Couple CV | M | 31 | 10 | 10 | Date for awhile and get to know each other well; meet w/the pastor for counseling | PT | AS | Give hugs | Household chores; calling and texting him often; cooking nice meals for him | Say sorry and give reason | God helps keep them together; praying together; going to church together; having Christian friends | Lost her parents | Work through it together | European | Norwegian |
| Couple CW | M | 16 | 9 | 8 | Religious beliefs should align, have a certain maturity level, date with marriage in mind, get to know the parents and what each other's relationship is w/their parents; learn about each other's genealogy; 2 year courtship at least | QT | WA | Plan time for going out and doing things together | Letting him know how much she appreciate s him and the things he does for her and the family | Sit down and talk and eat frozen yogurt | Religion gets them through the struggles of marriage and tough times | His health scares; loss of their second child | It takes time to process; have an attitude of thanksgiving for blessings in life | Hawaiian | Filipino |
| Couple CX | M | 16 | 10 | 10 | Respect one another and be kind to each other | QT | PT | Be willing to do what she wants to do | Hold hands, snuggle | Say sorry | God at the center | Finances | Prayer | American | Thai |
| Couple CY | M | 30 | 9 | 9 | Become best friends; get to know how compatible you are; premarital counseling | AS | PT | He helps w/chores and works on the honey-do list | Hold hands, sit together | Quickly apologize and work it out | God must be first | Finances | Pray about it and turn it over to God | American | American |

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| Couple CZ | D | 4 | 10 | 10 | Be yourself (no false advertising); communicate; make sure you have things in common (compatibility) | PT | QT | Add physical touches to the everyday and difficult times (not just the good times) | Sit down w/calendars and make plans for things to do together | Often apologize in text when the words can be carefully crafted; and after emotions have cooled down | Not religious but they prioritize other family members' religious rituals such as church & baptism; they are very spiritual and respect the spiritual interests of others (even if they don't agree) | Parting ways after 6 months of dating | Didn't really deal with it at the time; occasional text messages over the next couple of years; then dealt with it by being brutally honest and explaining what each was going through at the time; apologies. | American | American |
| Couple DA | M | 30 | 7 | 7 | Marriage counseling | QT | QT | Lunch dates together | She goes to the flea market w/him because that is what he enjoys (even if she doesn't) | He gives her a hug; she says I'm sorry | God is number 1 in their family | She suffered from postpartum depression | She went to counseling and therapy; Daniel took care of the baby so she could heal emotionally | Mexican | Mexican |
| Couple DB | M | 29 | 10 | 10 | Develop friendship first; look for someone who places you first in their life | PT | PT | Hold hands, sit close | Snuggle on the couch, kiss often | Say specifically what you are apologizing for, such as "I misunders tood what you meant and that's why I was angry" or "I spoke too harshly" | Putting God at the center of your life | This past year her dad celebrated his 100th birthday and then 2 months later had a stroke. | She flew to FL to care for him; her husband often went as well. He told his wife to take as much time as she needed. | Italian | American |

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| Couple DC | M | 36 | 8 | 8 | Courtship for at least 2 years; marriage counseling | PT | PT | Hold hands; give massage | Hold hands; sit close | Touch and acknowledge; kiss and make up; say sorry | Put God first; put problems in God's hands; place God at the center of your relationship | Separated for six months | Prayed and God brought them back together | German | American |
| Couple DD | M | 22 | 8 | 10 | Put Jesus at the center of your relationship; learn as much as you can about the person you are dating | PT | AS | Holds hands, sit next to each other | Cooks nice meals for him and makes sure the house is clean | Apologize and be extra nice after an argument | Put God first and pray about everything | How to discipline the children | Try to find common ground when disciplining | Mexican | Mexican |
| Couple DE | M | 40 | 10 | 10 | Become friends first; meet and get to know each other face to face and not online | WA | AS | Gives her verbal encouragement | Helping him with chores he needs to get done | Own up to it and apologize; give each other space until the next day | Pur God first in everything; be on the same page spiritually | When the husband was in the hospital with COVID and not sure he was going to make it | Pray a lot and turn it over to God | Italian | American |
| Couple DF | M | 24 | 10 | 9 | Don't jump into intimacy; become friends first; don't dismiss red flags | QT | AS | Spend time doing things together that are fun for her | Making special meals for him | Apologize quickly; try and make amends; | Hold the same values and beliefs; put God first | Husband lost job early in marriage while his wife was pregnant with first child | Put their trust in God and it was a faith-building experience | Mexican | American |
| Couple DG | M | 21 | 10 | 10 | Have both partners take a personality test | AS | PT | He helps her with household chores | Holds hands, taking by the arm, gives backrubs | Just saying "I'm sorry" and explaining why you are asking forgiveness | Hold God at the center of the triangle, and spouses right below | Loss of close friend | He performed the funeral service and she supported him | Mexican | American |

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| Couple DH | D | 2 | 8 | 6.5 | Open communication is key, don't bottle things up or else it'll result to a problem later on | QT | G | He really doesn't, his gift giving score is low | Makes it a point to see him throughout the day | We talk about it first, then debate who is right and who is wrong until they realize it wasn't cool, and saying they both messed up | Not really a conversati on topic but treating people with WWJD mentality, both focus more on how to treat people | Breaking up | Timothy thought that he was being mistreated on his side of the relationship, but after some reflection he realized that he was the one that was in the wrong, and they got to talking again, they grew apart and got back together after growing | American | Filipino-American |
| Couple DI | M | 2 | 8 | 9 | Don't rush commitment build deep friendship first. | PT | WA | Give daily hugs and hold hands | Sends encouraging texts and verbal praise | They both hug first then talk calmly | Christian, actively go to church | Job loss | Kept open communication and supported each other emotionally | African-American | Afro-Caribbean |
| Couple DJ | M | 18 | 9 | 8 | Keep dating your spouse even after having children | AS | QT | Handles house chores before she asks | Schedules weekly date nights | Written notes followed by coffee together | Catholic | Parenting differences | Family therapy & compromise | Mexican | Mexican-American |
| Couple DK | M | 7 | 7 | 6 | Learn your partner's needs before assuming you need them | GI | QT | Small surprise gifts for milestones | No phones during dinner | Verbal apologies and physical affection | Agnostic | Miscarriage | Counseling and shared journaling | American | Korean-American |
| Couple DL | M | 11 | 8 | 9 | Respect and patience build love | AS | WA | Compliment her daily | Prepares his favorite meals | Pray together, then talk about it | Muslim | Moving abroad for his job | Created routines and video-called often | Egyptian | Pakistani |

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| Couple DM | M | 1 | 9 | 9 | Openly communicate about fears | PT | AS | Lots of affection | Cooks special meals | Talk before bed and never go to bed angry at each other | Not religious | Adjusting to living together | Established morning and night routines | Irish-American | Vietnamese-American |
| Couple DN | M | 22 | 10 | 10 | Choose laughter over ego | QT | WA | Morning walks together | Constant verbal appreciation | Give each other space and then talk | Interfaith (Christian-Jewish) | Health scare | Leaned on faith and humor | African-American | Jewish-American |
| Couple DO | M | 4 | 8 | 7 | Practice patience, no one reads minds | AS | G | Fixes things around the house | Brings handmade gifts | Bowing and giving space before discussing | Buddhist | Long distance | Scheduled online dates and kept journals | Japanese | Japanese |
| Couple DP | M | 13 | 7 | 9 | Find humor in tough times | QT | PT | Plan outdoor activities together | Show affection daily | Handwritten letters | Spiritual but not religious | Financial strain early in marriage | Budgeting and being emotionally open | Dominican | Puerto Rican |
| Couple DQ | M | 30 | 9 | 8 | Choose battles wisely and laugh together often | AS | GI | Handles errands before she has to ask | Buys small keepsakes to show love | Lighthearted teasing each other and hugs | Christian, actively go to church | Raising kids, specifically when they are teenagers | Family discussion and prayer | South American | South American |
| Couple DR | M | 9 | 8 | 8 | Never stop learning about each other | WA | AS | Encourages her goals vocally | Cooks his favorite foods | Apologize quickly, forgive quickly | Hindu | Infertility Journey | Going supports groups and attending couples therapy | Indian | Indian |
| Couple DS | M | 3 | 8 | 7 | Don't expect perfection: grow together through the mistakes | WA | QT | Compliment her in public and private | Sundays are set aside as no phone time which encourages them to connect | A quiet discussion about it over tea, then take a long walk together | Eastern Orthodox Christian | Moving from Serbia to Germany for work | Created new routines and found a Serbian friends in their community | Serbian | Polish |
| Couple DT | M | 15 | 9 | 9 | Respect and humor can solve 90 percent of problems | AS | PT | Takes initiative to do chores on the farm | Holds his hand, gives him big hugs, caresses his face | Cook together, then talk about it over the food they made | Christian | Drought killing majority of their crops which led to financial issues | Relied on faith and extended family support | Ghana | Ghana |

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| Couple DU | M | 27 | 8 | 10 | Marrige thrives when your spouse is your best friend | PT | GI | Always greet her with a kiss, no matter how long the day was | Bring souvenirs from trips she goes on | Talking it out over soft music | Catholic | Building a house while raising children | Turned stressful nights, to memorabl e ones through laughter and teamwork | Brazilian | Brazilian |
| Couple DV | M | 6 | 7 | 8 | Listen to understand, not to win the argument | GI | WA | Bring roses after disagreements | Tell him good of a job he's doing, and saying thank you often | Write short apology notes before speaking to each other face to face | Non-religious | Caring for a sick parent | Shared responsibilities and reached out to extended family for help | Iranian | Lebanese |
| Couple DW | M | 40 | 10 | 9 | Stay curious about one another no matter how old and cranky you get | AS | QT | Prepares tea for her daily | Joins him on his evening garden walks | Silence at first to gather thoughts, then share whats on their mind and then laugh about how silly the argument was | Shinto-Catholic blended household | Raising children in a foreign country | Created bilingual traditions and community ties | Japanese | Italian |
| Couple DX | M | 52 | 10 | 8.5 | You don't truly know someone until you see them in different situations. See them when there in front of their parents, when they're angry, etc. | AS | WA | I tell her I love her every day. I also make sure to do all the daily chores like taking out the trash, taking care of the garden, or laundry before I'm told to do so. | I make him delicious food every day. | We don't argue much but whenever we do we talk about it and say sorry. | I, the wife, am Christian so I believe that if I pray for my husband too, he will look over and bless both of us even though my husband isn't Christian. | When my husband was a heavy drinker and he caused trouble whenever he got drunk. | He still drinks alcohol but not as much as before. | Japanese | Japanese |

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| Couple DY | M | 53 | 10 | 10 | Take your time and pray about it with God. Let the will of God lead you. | WA QT | Spend time with her whenever it's possible. | I need to talk to him more. | Just say I'm sorry. Pray about it. | Without religion you can't go anywhere. It's very difficult to have guidance in your life. Give God all the glory. If you have a good relationship with God you have a good relationship with others. | When my son fell down from the ceiling and was unresponsive. The ride to the hospital was very stressful. | Bring it to the lord in prayer. | Malaysian | Chinese-Malaysian |
| Couple DZ | M | 24 | 9 | 8 | Make sure the other person is healthy and not in big financial debt and has good emotional skills. You would have to be spiritually aligned to some or at least even if you're not 100%, because not everybody's always 100% at first. | AS WA | I make a cup of coffee for her every morning and say, "You look pretty today!" | Makes smoothies and other things and ask what can I do you for? | No matter how hard it is just say I'm sorry. Sometimes we might not say sorry for a couple days and just let time take care of it. Criticize each other in Indonesian. Poke at each other. | It's brings us together. We pray together, go to church together, and worshiping together. We try to pray together every night. Teenagers take a lot of prayer. . Poke at each other. | It was very, very overwhelming for me as a mom to look after the little kids and just maybe not feeling like I had the support that I needed, like a little bit of physical support or mental support (W) I had to write it down. I had to just write it, and I just gave it to him, like, this is what I need. This is | (H) We hired somebody that took some of the load off and she's is still our friend today. So she she cooked a little bit on occasion and she helped take care of the kids a little bit. And that was very helpful. (W) I had to write it down. I had to just write it, and I just gave it to him, like, this is what I need. This is | Indonesian | Indonesian |

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| Couple EA | M | 28 | 9.37 | 9 | Take your time. Spend a lot of time together and see each other in different types of situations. Have fun together. Learn about each other. Sexual attraction is overrated. Instead find someone that you enjoy being around and enjoy doing life with. Find somebody you can't wait to tell about your day. | PT | QT | Something that you need to understand is people evolve. They don't stay the same as when you first met them. So, ideally, you want to evolve together. You need to be aware of the other person's needs. | Be aware and make an effort. | We don't really argue, but its feels good to apologize. We don't get in a lot of arguments. I mean, the way you guys mean, probably, because an argument is just a position, right? Most time people say argument, they mean like a fight, or a heated disagreement. That doesn't mean you have very kind arguments | It was a common thread that brought us together when we were first dating and it still is. | When our Canadian visa expired and they had to move. | Trama never leaves. So we still deal with it to this day. | caucasian | caucasian |
| Couple EB | M | 40 | 10 | 10 | Looks are not the only thing that matters, personality is more important. Never date unless your looking for a life partner | WA | QT | He tries to give her as much undivided attention as possible. Will save energy from work to be able to talk later | She gives him kind words and tells him that hes a good leader and is doing a hard job very well. | They give eachother really nices gifts and are frank with eachother and talk it out. | Their relationship is centered around God and they try to incorporate more religion into their lifes. | Having to deal with the passing of their parents and alzheimers | Comforted eachother and showed eachother that they were there for them. Going on dinner dates with the mother inlaw to make her feel special | American | Japanese |

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| Couple EC | M | 42 | 8 | 9 | Dont get married | AS | AS | It happens organically and he can help her. | She tries to help him whenever its needed. | "They dont, love is never having to say your sorry" | None, zero | Death of a dog | Cried together and comforted eachother and got another dog | East Coast | European |
| Couple ED | M | 12 | 9.5 | 7.5 | Pray about it and be persistent. Not everyday is going to be a good day, but not everyday will be a bad day. Make sure you maintain a balance. It's very easy to only be thinking about the present, but what's important is to be thinking about the long term. For example what type of father or mother this person will make? Have deep spiritual | QT | QT | She communicates to me when she needs to spend time with her. Then I try to find time to fit that time into my schedule, whether on the weekdays, weekends, or after the kids go to bed. | I make sure to ask her what she needs to get done around the house. So we can spend quality time together. | First, just straightforward say I'm sorry. Then look and try to figure out what you did wrong and think about how you can resolve that. No matter how hard it is, make time to talk together and try to resolve the conflict or disagree ment. Don't forget to pray about it. | It very important that we have the same belief but don't forget to be flexible. Make sure you have the same values especially when you're raising children together so you don't have arguments about what values you're going to raise them in. Religion is the core of our relationship. For everything , in our | When our son was very young, he fell severely ill for three years. And severely ill child, especially when you're raising children together so you don't have arguments about what values you're going to raise them in. Religion is the core of our relationship. For everything , in our | The only reason we stayed together was through commitment and faith. marriages that include an divorce. | Chilean | Chilean |
| Couple EE | M | 28 | 8.5 | 8.5 | Make sure that youre friends with the person before you even think about dating them | PT | QT | We both sit around and hang out | He pesters me and I tolerate it | Go to bed mad, it is better to cool down then talk. | It is very important to go to church and have a relationship with god, keeps you grounded. | Money troubles | Got stricter with money and worked more | American | American |

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| Couple EF | M | 51 | 10 | 9 | To always put God first in your relationship | AS | WA | I complete her or whatever shes working on | I clean the house and do chores | Talk though your issue together | Its neccesary to keep your relationshi p around God because he is our end goal and keeps our beleifs the same | Kids | Worked together and looked to God | American | American |
| Couple EG | M | 70 | 7 | 5 | Make sure that you have the same beleifs as the partner. | AS | QT | We listen to music in the living room | She used to do cooking and cleaning in the house but is now in a wheel chair | Talk about why you disagree on that topic. | Both are christians and want to go to heaven so they both individuall y beleive, not really talked about. | Dealing with a mentally challenged son | Prayed and stuck to it | American | American |
| Couple EH | M | 65 | 10 | 10 | Take your time when youre dating and enjoy every moment | WA | AS | He waters all of the flowers around the house and weeds the yard | She is nice and says words of affirmation anyways to it happens naturally. | We talk while we do an activity and work it out or they give eachother flowers | Both have been in the church their whole lives and center their relationshi p around God | Raising children | Prayed and asked others for advice | American | American |
| Couple EI | D | 2 | 9 | 9.5 | I loved and found comfort in her before i started dating her we were really close freinds | QT | QT | We make time and find what we both love doing and create space to do those things | We enjoy eachother s company no matter what so hahahaha | talk about it rest on it and weve found that giving each other time works best because we come back ready with what made us mad and uncomfortable | Were both christian and keep faith close to us we also belive in us and our relationshi p | Distance | Made time and Made it a point to keep contact and always find dates to see eachother | Ethiopian | Trinidad and Tobago & American |

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| Couple EJ | M | 24 | 10 | 10 | Spend more of your time with the people who share the same future. | AS | QT | Relying it on your partner for any trials that come into your life supporting each other so you never walk alone | by spending as much time as I can with those whom I love | Telling the truth | They both believe in God, and put their trust in Him. Believeing that He has plans already thought out for them. | Disagree ment that lead to a big ego show. | Make peace with yourself before judging someone else and let God take control of your life. | Indonesian | Indonesian |
| Couple EK | M | 20 | 9 | 8 | Be honest and transparent | AS | AS | doing things that shows | by letting my actions speak louder than words | We acknowledge our specific mistakes and apologize | They believe that God plays an important role in their relationship, as they strive to follow God's footsteps the best they can. | When their words hurt each other | They communicate and apologize for what they say | Indonesian | Indonesian |
| Couple EL | M | 20 | 10 | 9.5 | Don't be afraid of commitment when it's love | QT | QT | Spending as much time for family | Just trying to do my best | Try to understand even as little as we can, and realize that we are not perfect | Very important. It is definitely our marriage | Financial problems | Financial planning and be grateful with what we have | Indonesian | Indonesian |
| Couple EM | M | 22 | 8 | 10 | love is meant to be taken slow, it cannot be rushed | QT | QT | He does his best to balance his work life and his personal life | she does her best to spend as much time with her family as she can | they are upfront with each other and address any issues or disagree ments they have with each other | they have God as the center of their relationship. they look to God for guidance as they believe that He already has plans set for them | financial struggles | they worked as a team to provide for their family's needs | Indonesian | Indonesian |

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| Couple EN | M | 43 | 9 | 10 | get to know them well before you decide to take it to the next level. | WA AS | He tries to compliment and acknowledge her as much as he can | does lots of little nice things for him. actions speak louder than words! | they communicate the best they can and try to resolve the argument right then and there | it doesn't play that big of a role in their relationship | when mrs mardianto fell and got hospitalized for a while | mr mardianto was there by her side for the entire journey of recovery | Indonesian | Indonesian |
| Couple EO | M | 43 | 10 | 10 | dont rush, make sure you work good together | AS WA | Helping a round the house | saying i love you | Takes time apart then talks about | Religion doesn't have a big part | money problems, housing and he bought a boat | took a big risk and it payed off | American | American |
| Couple EP | M | 12 | 10 | 8 | Dont date in Highschool | PT QT | cuddling or giving hugs more on bad days | try's it spend one time without the kids | Walk off from the fight and let processin g happen then talk after | religion doesn't play a role | Her starting the marriage with dads two girls | she had to play mom | American | Syrian |
| Couple EQ | M | 16 | 10 | 10 | Get married as late as possible | WA AS | Always makes sure to compliment | Resets the house after work | talk it out | Religion plays a role | Gambling | Different money accounts and has therapist | English | American |
| Couple ER | M | 6 | 9 | 7 | make sure you know them well before getting serious | AS QT | always helps around the house | does lots of beach walks | make a list of things that got the fight started then go over the list and talk it through | religion plays a role we go to church every Saturday night | Almost losing the family | made sure family invested things | Irish | American |
| Couple ES | M | 32 | 9 | 9 | Don't rush pray about it | PT AS | Doing things to help | fixing the cars | take a break pray and sit down and talk | Religion plays a big role | His side of family | distance ourselves from them | Asian | American |
| Couple ET | M | 26 | 10 | 9 | make sure you guys want the same things | QT PT | Go out to dinner alone | Kisses before work | take turns talking it out | barely plays a part | her mom | cute off her mom | Mexican | Korean |
| Couple EU | M | 8 | 7 | 6 | dont let others have input into private stuff | PT QT | Hugs | Just spend time together on the weekends after work | Say when we are upset then talk it through | plays a role in our relationship | the loss of a bother | lots of Time to process and heal | American | Mexican |

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| Couple EV | M | 7 | 9 | 8 | be true to yourself | PT | AS | holding hands and hugs | Helps clean around the house | fight them talk about it out after | Religion doesn't have a part but want to get closer | not being accepted | try not to let it affect us | Asian | Portuguese |
| Couple EW | D | 2.33 | 9 | 7 | Don't cut those off around you its okay to keep friends and have a big friend circle | WA | WA | Send cute texts throughout the day | says i love you and gives flowers | lets all the big emotions pass then go for a walk and talk abt it outside in nature | We met at a chruch group so religion plays a big role we try and read our bibles each night | figuring out how to love each other | lots of trail and error to figure out the best ways to show each other love | White | white |
| Couple EX | M | 21 | 10 | 10 | get off your phones | AS | AS | Tucking her in at night time | make a cup of tea and sing to her every morning | talk it out | no role of religion in relationship | the in laws | dont talk to them anymore | Irish | english |
| Couple EY | M | 20 | 10 | 10 | dont rush kids | WA | PT | Acknowledg when he does something for her | giving daily hugs | Say sorry straight away and acknowlge msktakes | religion doesnt play a role | finances | always communicate and talk i trthough | mexican american | Irish |
| Couple EZ | M | 31 | 10 | 10 | Dont rush take your time God will it you have plenty of time | PT | AS | running hands through his hair or giving a massage | giving foot massage | Usally dont but if they know they are wrong they will say sorry | religion doesnt play a role but its the intame relations hip with God that plays a role | Finances in 2010 | Making changes on how to correct it | mexican american | Irish american |
| Couple FA | M | 50 | 9 | 9 | communicate and take your time | WA | QT | Saying encourgin g words | Always there when she needs it | make a nice cup of tea and a hug | Small role | Loosing their son | talked about it and was their for eachother and remeberin g him | Irish | Irish |

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| Couple FB | M | 30 | 8 | 8 | Our Families were close and most of all traditon was very important so as long as you both love each other and respect their fammilies its okay | QT QT | We dance cook and go out together all the time we love to do it | Cooking for eachother Hosting fammily get togethers and dancing | Even if we are disagreein g we allways love eachother through it no love goes away we still cook for each other clean and make sure the other person is cared for even if were going through something | We have the same Ethiopian tradition and are christian it is very important for us | Moving to America Raising Kids in America trying to keep Their Ethiopian Heritiage | Tried our hardest but god helped the most | Ethiopian | Ethiopian |
| Couple FC | M | 24 | 9 | 10 | Take your time and dont rush big mile stones | PT QT | hugs before work | we have date nights without the kids | take time for ourselves when we're mad | It plays a big role in our marriage | when his dad died | made space for him when he needed and was there for him | Mexican | Peruvian |
| Couple FD | M | 46 | 10 | 10 | small things are important too | WA PT | we say "I love you" to each other often | I make sure to talk to him all the time | Hugs when she seems down or while apologizin g for something | It plays a big role | when she moved to the US with one of the kids | trying to communicate with each other | peruvian | peruvian |
| Couple FE | M | 12 | 7 | 6 | make sure your goals align | AS QT | we make sure to always help each other | We watch TV together every night | Whenever we get bothered by something we have some alone time and regroup after a bit | It doesn't really play a role at all | when he got into a car accident | We make sure that the other person is OK before moving on to anything else | american | american |
| Couple FF | M | 52 | 8 | 10 | try your best to not go to sleep angry at each other | PT G | kisses and hugs randomly | i get her small things every now and then | dont blame and ask for what can be done differently | we try to center ourselves around religion | drama on his side of the family | I made sure to always be available for him | mexican | mexican |

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| Couple FG | M | 1 | 5 | 5 | Be sure to listen to each other and know who you marry personally first. | PT | WA | Kisses on forehead | 10 things they like about each other | talk about things | Counting on God | Adapting after moving from another country | Being patient with their adjustments | Turkish | Caucasian |
| Couple FH | M | 45 | 8 | 9 | Be patient with each other. Talk when your upset. | QT | AS | Taking time to listen and clear schedule to hangout | Mowing the lawn | never go to bed mad | no religion in relationship | Financial problems | Asking how they can help support them | Caucasian | Caucasian |
| Couple FI | M | 5 | 9 | 9 | Make sure your partner is your best friend. It's good to have complete trust. | QT | PT | talking about their day and singing together | back scratches | always listen to each other | Trusting in Gods plan | Some financial problems and business disagreements | Being encouraging and talking through issues. | Pacific Islander/Hispanic | Caucasian |
| Couple FJ | D | 2 | 8 | 10 | distance makes the heart grow fonder. Pray together it helps | WA | QT | expressing appreciation and love | reading a book together | having empathy | Praying together every time one is stressed | Distance/not getting to see each other as much and lack of trust | Facetime every night and texting each other. | Korean | Hispanic |
| Couple FK | D | 3 | 7 | 9 | Communication and listening to each other is very important. As well as respecting each other's views on life and having a spiritual connection. | PT | WA | rubbing shoulders and neck massages | how happy the relationship makes them | making them their favorite food | Reading the bible together and growing faith together. | Arguments that changed how they view each other | Owning up to being wrong and sharing how they feel. | African American | African American |
| Couple FL | M | 30 | 8 | 9 | Have empathy for your partner and be patient with one another. | AS | QT | Doing the laundry and putting kids to sleep | watch a movie | hot chocolate and talking | no religion in relationship | Financial Hardships, and car accident courtney got into | Asking how they could help, listening, and helping her during recovery | Caucasian | Caucasian |

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| Couple FM | D | 2.5 | 8 | 9 | Have fun, and experience life together. Be with someone that makes you laugh. | QT PT | Go on hikes | cuddling | never bottle things up | no religion in relationships | Lack of trust and borderline cheating. | Building trust back, communication. Listening without being defensive and being understanding. | Caucasian | Vietnamese |
| Couple FN | M | 43 | 7 | 9 | Be there for each other and help one another. Pray everyday, it's very important. | AS PT | Help take out trash and make food | hugging and kissing | don't act without thinking | Having a lot of faith and trust in God. Building a relationship together with God. | Moving from Mexico and starting a new life | Exploring the new area together and getting comfortable together in their new home. | Hispanic | Hispanic |
| Couple FO | M | 28 | 9 | 9 | Your relationship isn't just you and your partner. It's you, your partner, and God. | QT WA | Read bible together | your so important | take time to calm down away from each other | Both going to the same church together. | Moving away and family problems (death in the family) | Listening without trying to fix things, having empathy. | Brazilian/Argentinian | Brazilian |
| Couple FP | E | 2 | 10 | 10 | Make sure you're truly happy and your partner understands your needs. | WA PT | Telling how they miss and love each other | massaging head | hug it out | no religion in relationships | childhood trauma | Going to therapy together and suggesting her to go alone. | Caucasian | Caucasian |
| Couple FQ | M | 40 | 10 | 10 | Do not be on electronics or ticktock | PT AS | He supports her by doing helpful tasks that lighten her load. | She fills his love tank by giving more hugs, closeness, and gentle physical affection. | "We try to talk things out and understand each other's point of view, if we seem like we can't find a peace then we just give each other space | They are Catholics and hardly go to church on Sundays | The most stressful thing in their relationship was that they almost got a divorce. | They dealt with it by realizing that they needed to stay together in order to provide for their kids. | Both Mexican | Both Mexican |

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| Couple FR | M | 55 | 8 | 9 | Do not date in highschool | AS | PT | He shows love by being physically affectionate and present with her. | She loves him by doing thoughtful actions that make his day easier. | "I bring flowers to my wife, and tell her that I was wrong and she was right" | They do not believe in God | They have a lot of problems on their communication, that still happens today. | They try to deal with this by being upfront with eachother, and be thoughtful of eachother, and jsut strive to have a better communication each day. | Both Mexican | Both Mexican |
| Couple FS | M | 42 | 8 | 7 | Dont do drugs while dating | QT | PT | HE supports her needs by showing his physical affection for her | She warms his heart by making sure she spend more time with him | " We go shopping together and the husband pays for everything " | They are catholics but rarley go to church on Sundays | One time they were in Chile and they got their passport stolen. They didnt have them for a week later they were blaming each other becuase they were so worried that they would be stuck in chile for the rest of their lives. | They dealt with this working together as a team and put their blaming to a side. A week later they had gotten their passport s back and were able to make it home. | Both Mexican | Both Mexican |
| Couple FT | M | 51 | 10 | 10 | Make sure to leave time for eachother | QT | QT | He invests meaningful time with them 1 on 1 | She strengthens his love by giving undivided attention and the Preist shared moments. | " We make sure to go to church on Sundays and ask the Preist how we can fix our relations" | They are not christian (they dont believe in religion) | One of their sons had passed away during childbirth. The couple had a lot of problems dealing with the tragedy. | They got over it as time went on and they slowley had to let themself s heal. | Both Mexican | Both Mexican |

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| Couple FU | M | 48 | 9 | 10 | Make sure you really understand you significant other | AS AS | He shows love by doing consistently, helpful actions without being asked. | She expresses love through thoughtful tasks that support and care for him. | Towards the end of the argument someone would admit that they were wrong, and that person would clean the house. | They are catholic and do go to church on Sundays, and have frequent prayers at home | Their house got robbed one time because they left the door open. The robbers took a lot of personal and valuable items. | They got over it by just forgiving each other in the end, and they both had to be more aware and careful in the future. | Both Cacasian | Both Cacasian |
| Couple FV | D | 1 | 9 | 9 | H: understanding the other persons' side of things and allowing differences but still working towards getting on the same page / W: always make time for each other, a little bit of time and effort goes a long ways | WA PT | Making it a point and reminding myself that my thoughts about her are better shared than kept to myself. | Even in a group of my friends or if I'm with people I love, still always making sure that I'm holding his hand or being close with him. | H: (verbally) tell her I'm sorry but then taking time away to reflect and also gather myself and then coming back to apologize again but properly / W: (verbally) Apologize after understanding each other and listening to both sides | We use it as a guide in our relationship, we go to church together too. (Also religion was one of the main reasons this relationship started in the first place) | Both said long distance when away so he remembers that he has a relationship with God even though he cannot see Him. Bugs his parents for when he can see her next. / W tells him everything, even the little details of her day to stay close and connected and makes time for | H has hard time feeling connected when away so he remembers that he has a relationship with God even though he cannot see Him. Bugs his parents for when he can see her next. / W tells him everything, even the little details of her day to stay close and connected and makes time for | Mexican | White |

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| Couple FW | M | 30 | 7.5 | 8 | H: happy wife happy life / W: make time for dates | AS | WA | Make breakfast for her at 3am before work, take the kids to school | Tries to notice the small things and affirm that hes doing a good job | Both don't apologize, just waits until they feel bad and start talking again | Mom hosts worship, dad is just there, participati ng. Mom holds it higher than dad. | W was Christian, H was not and because of this, she wasn't allowed to see him at all. (Beginning of their relationship - dating) | He made an effort every day at her doorstep to see her and his love for her turned him to Christianity. | Mexican | Mexican |
| Couple FX | D | 1.5 | 10 | 10 | H: communicate / W: it'll work if you really want it to work. Put in the Effort and love. | WA | PT | Expressin g how I feel through text messages and letters | Always holding his hand or making sure I'm close to him | H: verbally and make sure that after apology is said, to not hold a grudge and move on / W: verbally take accountability and say I'm sorry | We treat each other how the bible intends for us to, goes to church together. | In the beginning, he was going to college while she's in HS and they were doing long distance. | He was so busy but would call her during breaks and show that he actually wanted this and cared. (Communication on where the effort needed to be placed) | White | Mexican |
| Couple FY | D | 1.2 | 10 | 10 | H: notice and communicate, don't wait for the other person to do it / W: communicate before things blow up | WA | GI | Always holding her hand or arm around shoulder | Makes gifts for him | verbally says it, but connects physically afterwards to ensure but essentially no role of religion. | Different religions so principles morally are there | Strict parents | They are persistent in asking their parents and hanging out at school as much as they can | Indian | Filipino |
| Couple FZ | M | 29 | 10 | 10 | Have all the important conversations beforehand | PT | QT | When they are spending QT they are always touching | Easier now that there's no kids so after work they drink tea and spend time | Still learning how to not dismiss it so multiple conversations before the word sorry comes out | No religion | Death of parents and Cancer | They took turns being the one down and the one lifting the other up | Hispanic | Hispanic |

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| Couple GA | M | 22 | 10 | 10 | Never put yourself first, make sure your partner is your #1 priority | WA | QT | "She knows I love her but she likes to hear it so I remind myself to tell her" | Helping around the house together | Verbally, right away, and hug after | Religion is the guiding book | Raising young adults | Praying to God about it | White | White |
| Couple GB | M | 45 | 10 | 9 | Dont have sex before marriage | QT | QT | Sit together and they're doing their own thing but they talk to each other when they see something interesting | Same answer as H | Both affirm I am sorry and other affirms I forgive you | Religion is the most important | Family conflicts in the beginning | Talked to each other, chose themselves and let the family members be upset | White | White |
| Couple GC | M | 19 | 10 | 10 | Communication and Know what you want | QT | WA | When she has something different about her I make sure to compliment it | I spend time with her at home in the evenings | Say sorry verbally and then kiss | It is the center of our relationship (met in church) | When he had open heart surgery | Had a lot of community around to support the kid and made sure we knew we had each other | Zimbabwe | Kenyan |
| Couple GD | E | 10 | 8 | 7 | Focus on individuality | AS | QT | Helping when I can throughout the day | Doing even the small things like grocery shopping with him because she is so busy | Reconnect physically | No religion | When they moved to a new city alone | Spent time alone but also stayed together and helped each other navigate | White | White |
| Couple GE | M | 25 | 9 | 9 | Make sure that the reason for dating is to measure how much you can trust a person | AS | PT | very rarely - wash the dishes and do the laundry | When they're home, she will cuddle with him or give him reassuring touches | W rubs his shoulder and says sorry / H apologizes profusely over and over | The stone of their relationship | When he asked her dad if he could marry her and the dad was not happy | H told W to choose him or the wife and she chose H | White | Malaysian |

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| Couple GF | M | 18 | 9 | 9 | Planning is important; planning every step from dating to marriage is crucial. | PT | GI | Paying all that he can | Keeping in touch whenever possible | Try to reach an agreement through conversation | Religion guides us in finding right and wrong and helps us reflect on the best decisions | Son's rebellion | Much prayer and decision-making that ultimately led to suffering. | Brazilian | Brazilian |
| Couple GG | D | 2 | 8 | 9 | Communicate early instead of letting resentment build. Also apologize during and especially after arguments. | WA | QT | He plans weekly date nights whether that be going out or staying in he always plans something. And especially doesn't just sit on his phone on the dates. | She writes small notes and hides them around the house for me to find. | They usually apologize right after and don't let it build up or sit on eachother's mind. | Christianity influences holidays and values. | Early financial struggles. | They made a budget and stayed transparent to eachother. | Caucasian | Caucasian |
| Couple GH | M | 52 | 7 | 7 | Choose eachother everyday even when life is boring. Don't give up during the hard times either. | AS | PT | He does chores and things around the house before she gets home or asks. | She gives him time and space when hes mad even if she doesnt get a reason why. And she gives warm hugs when I do feel up to talking. | They just change topics and try to not remember the argument. | Both spiritual and religious | Miscommunication about boundaries | They talked openly and set expectations and created a safe word. | Italian | American |
| Couple GI | M | 16 | 9 | 8 | Keep it fun and dont hold grudges. | QT | GI | He includes her in his hobbies and when he goes out. | She brings snacks or surprises at work or just during the day. | They talk calmly and admit where they were wrong and come up with an agreement of what they both could work on. | Religion isn't strict but it aligns with their values about forgiveness and kindness. | The loss of a loved one. | They leaned and relied heavily on eachother and therapy | Mexican | Puerto Rican |

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| Couple GJ | M | 24 | 8 | 8 | Dont rush into commitment without understanding how the other person handles conflict. Make sure your goals are lined up so you're building towards the saem future. | QT AS | He helps with daily tasks and mainly errands without having to ask. | She takes him on mini road trips or plans vacations when she knows hes getting stressed or having a hard time. | They apologize by there part and giving eachother space to express there feelings. | Religion plays a very small part but not nothing around holidays and some values. | When Anthony lost his job finances were stressful. | They created a plan and a routine and things got steady. | Korean | Caucasion |
| Couple GK | M | 30 | 10 | 10 | Make sure you guys can laugh together and never stop checking up on eachother. | PT QT | He sets aside evenings for her. | She gives him long hugs | They hug first and then talk about it. | Religion isnt a factor in the relationship | Parenting a teenager. | Relied on counseling and lots of communication. | Irish | English |
| Couple GL | D | 1 | 7 | 9 | Take things slow and communicate your feelings and expectations early so no one gets confused. Also dont ignore probelms cause eveything feels "new". | QT WA | He tells her what he appreciates about her and compliments her constantly. | She plans intentional time together and finds crafts for us to do. | We talk calmy after cooling off and expalin our feelings without blaming. | Religion isnt a factor but they respect eachothers beliefs | navigating through long distance | communicating every night and calls before bed. | White | Latina |
| Couple GM | D | 8 | 8 | 8 | Dont rush and try to be "perfect" just be honest. | PT ^{QWPT™} | He plans small dates and stays off his phone. | She gives lot of cuddles and hugs. | By calling eachother and explainin g what we meant clearly and calmy. | Religion isnt a big play in there relationship only around holidays. | First argument was stressful. | Talk it out before going to bed. | Caucasion | Caucasion |

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| Couple GN | M | 12 | 9 | 8 | Talk about goals for the future before getting serious. | WA AS | He tells her she appreciates and valued. | She helps with things he normally handles. | They apologize with a conversation and a specific acknowledgment of what went wrong. | Religion is present in there morals but not strict. | Moving states was difficult. | Lots of roadtrips and facetimes and staying patient. | Caucasian Italian |
| Couple GO | M | 58 | 10 | 10 | Remember that love changes form over the decades so learn to adapt to it instead of fight it. Never stop communicating because silence can create distance after many years. | AS QT | He makes and drinks coffee with her every morning. | She helps with the chores he hates most. | Talking thing out no matter how hard it is and putting pride aside | Religion guided them and helps them stay committed. | Jolene's chronic illness was extremely difficult. | Supporting each other emotionally and physically and reassuring each other. | Scottish German |
| Couple GP | D | 1.5 | 6 | 5 | Talk about what you both need instead of avoiding it. | PT WA | He tries to express appreciation even when stressed. | She gives affection to reassure him. | Apologize after cooling down and then talk about it (takes longer than it should). | Religion isn't a part. | Constantly arguing phase. | long talks and boundaries helped. | caucasian Caucasian |
| Couple GQ | M | 21 | 9 | 9 | Be honest about your needs even if the conversation seems uncomfortable. And choose a partner who supports your individuality as much as the relationship. | QT PT | She gives big hugs and cuddles throughout the day. | She plans picnics and special movie nights. | They acknowledge there part and reconnect afterwards. | Religion isn't a staple for us but they respect each other's beliefs | facing family disapproval early in the marriage was incredibly stressful. | Stayed strong with each other and created their own safe happy environment. | Black Caucasian |

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| Couple GR | M | 52 | 10 | 8 | Dont treat commitment as a burden and always talk honestly even about hard topics youd rather avoid. | AS | WA | He tells her every morning that he loves her and admires her and even leaves notes that says it too. | She quietly helps with his things and him as he gets older. | Talking it out so nothing lingers. | Religion helped majorly | Losing there home in a fire | depended on eachother and there family. | Irish | English |
| Couple GS | M | 33 | 7.5 | 9 | Dont expect perfection. expect effort and consistently Learn hwo to apologize early. | QT | AS | he spends intentional time with her everyday | she helps him with chores and errands when hes tired. | They apologize quickly so small issues dont grow into bigger ones. | Religion guides there morals and how they treat eachother. | Raising multiple teenagers at the same time was extremely difficult | Teamwork and patience was key. | Caucasian | Black |
| Couple GT | M | 44 | 9 | 10 | Listen more than you talk, especially during disagreements. Keep choosing eachother even when routine settles in. | WA | QT | He constantly tells her he appreciates the life they built together. | She plans vacations and moments to keep things meaningful. | Apologize honestly and reassuringly. | Religion plays a supporting but not dominant role. | Long period of unemployment was rough. | Stayed patient and constantly encouraged eachother. | Caucasian | Caucasian |
| Couple GU | D | 2 | 7 | 5 | Be honest about insecurities instead of hidign them. Dont play guessing games and dont assume you rpartner can read your mind. | PT | WA | he tries to verbalize appreciation even when hes upset. | She stays affectionate when hes anxious. | Taking time apart and talking about it when it feels right. | religion isnt a vital role. | Argument s about not having trust. | Talking it out and try to find a compromise to the situation. | German | Irish |
| Couple GV | D | 0.58 | 8 | 9 | Make sure to support eachothers dreams not just shared ones. | AS | GI | He supprises her with thoughtful food or flowers. | She makes his food before work and makes his favorite meals on nights hes stressed. | They apologize by acknowledging there values but not there daily routine. | religion shapes there values but not there daily routine. | Dealing with meeting eachothers kids | Set up boundaries and communicated to eachother clearly | Caucasian | Caucasian |

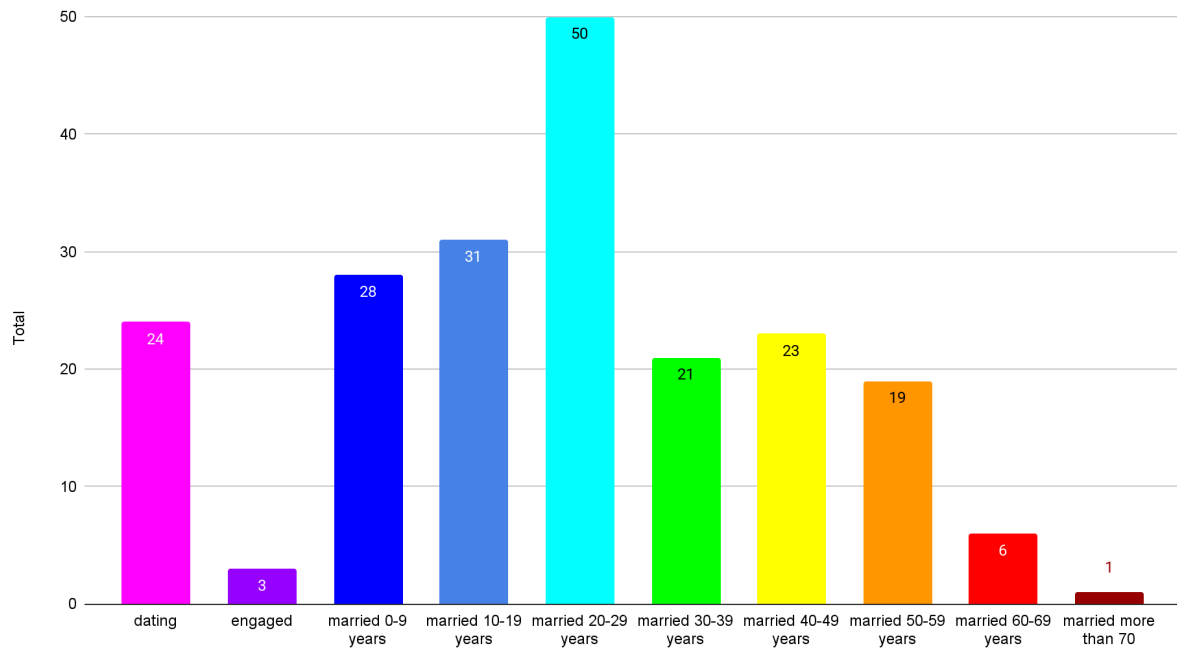
| | | | | | | | | | | | | | | |
|------------------|----------|------|---|---|--|--------------|---|--|---|---|------------------------|--|----------|-----------|
| Couple GW | D | 0.33 | 9 | 9 | Dont pretend to be on the same page and dont try to "fix" eachother. | AS PT | he holds her hand and hugs her in public. | She reminds him about the things he forgets and she helps do his chores when he doesn't want to. | They apologize by texting first to break the tension, then talk face to face so nothing gets misinterpr eted. | Religion isnt a big part but they pray before making or doing a big decision. | When she lost her job. | uplifting eachother and planning out there expenses. | Hawaiian | Caucasion |
| Couple GX | M | 21 | 9 | 8 | Build routines you actually enjoy. Argue farily NO LOW BLOWS ever. | AS WA | he leaves notes before texts her uplifting texts. | She takes him on cute dates when its been a hard day. | They apoligize by sitting at the kitchen table and owning there parts without dragging past issues in. | Religion is a part of there daily lives. | Losing there pregnancy | Going to counseling and satying gentle and talking to eachother. and being there for eachother physcially. | filipino | english |

APPENDIX C

Overview of Data

(Time spent together)

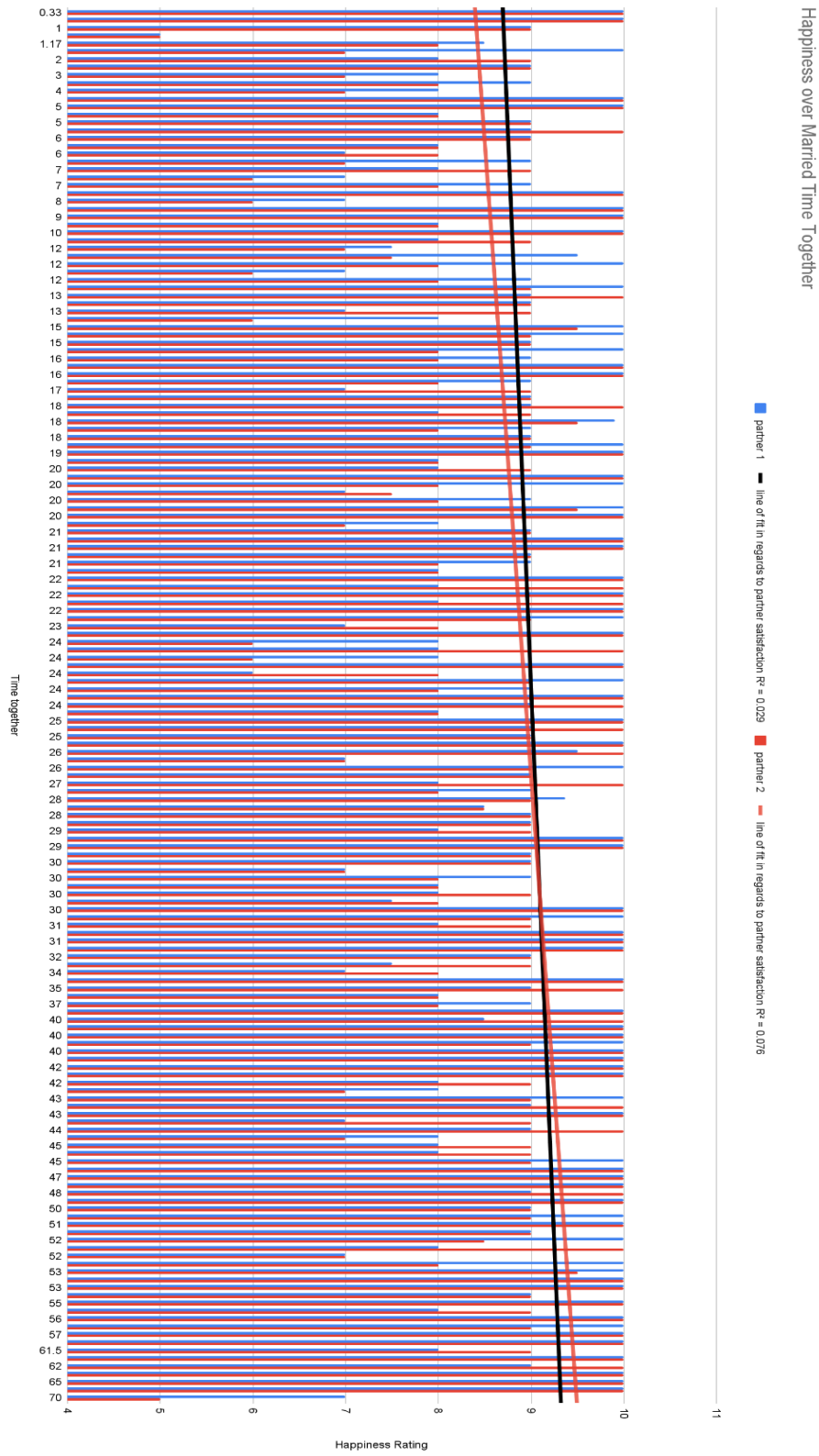
Time Together for Couples Interviewed



Graph 1

| All Couples (years) | |
|---------------------|-------|
| mean | 24.48 |
| median | 22 |
| mode | 24 |

Table 1

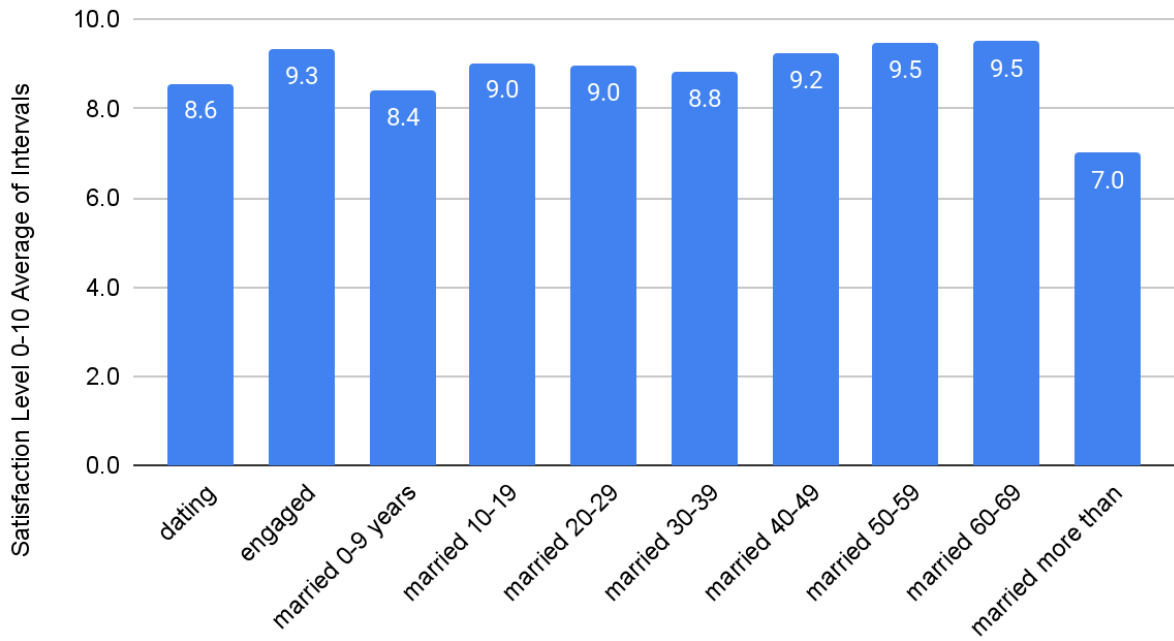


Graph 2

APPENDIX D

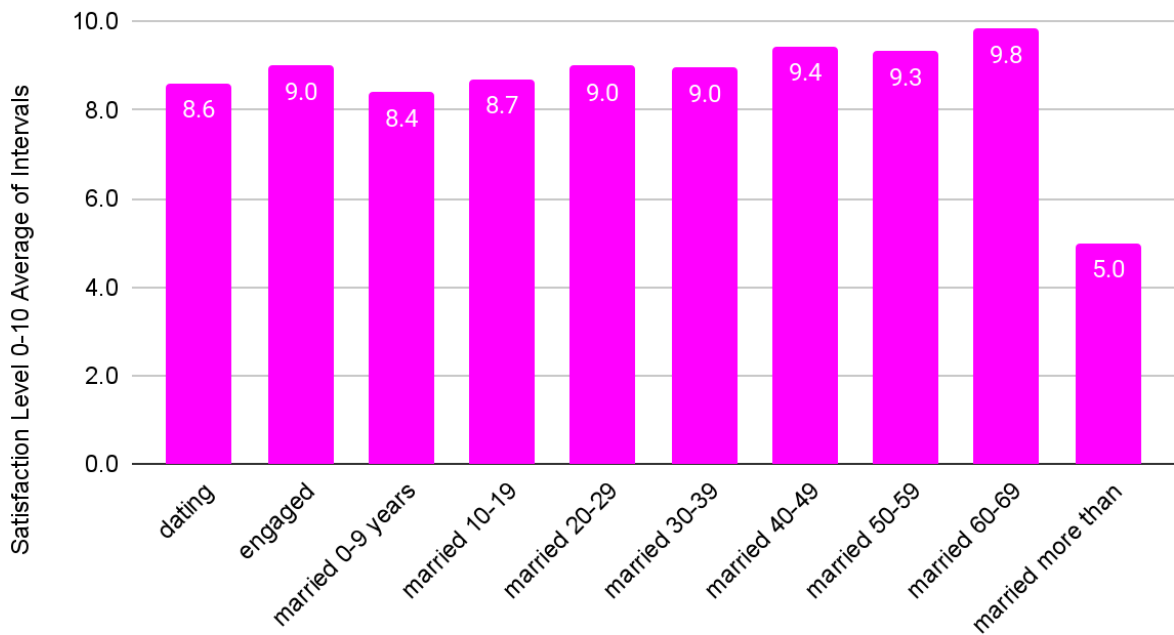
Satisfaction Results

Satisfaction Partner 1

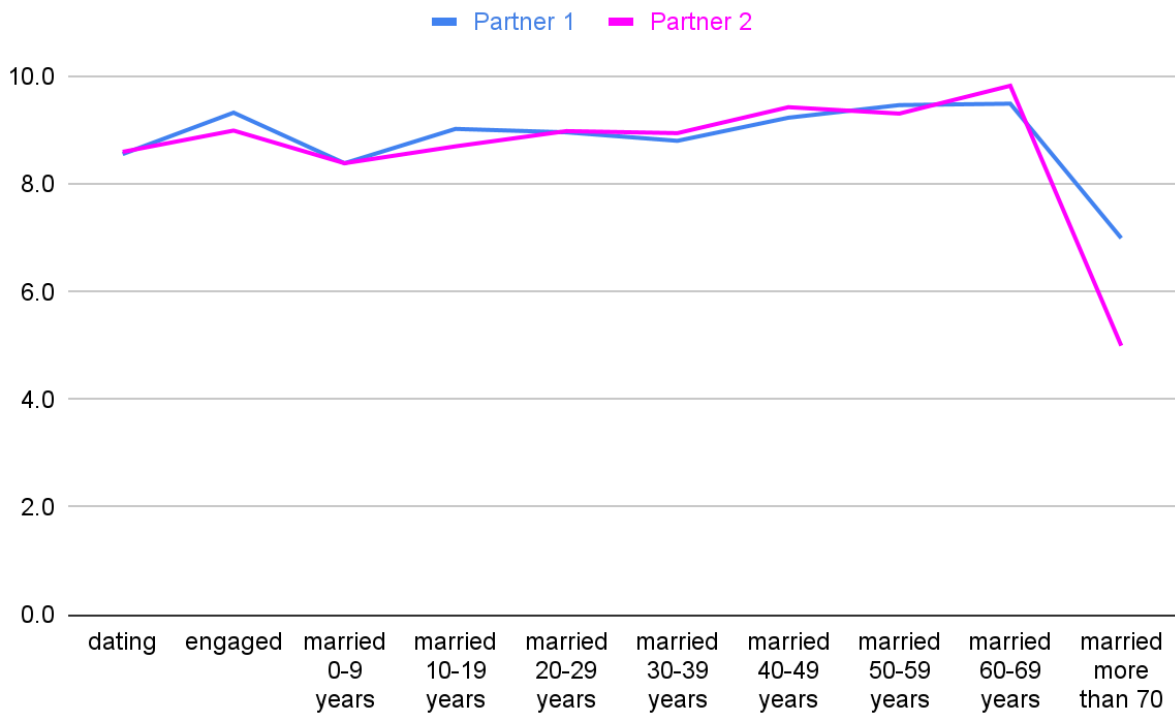


Graph 3

Satisfaction Partner 2

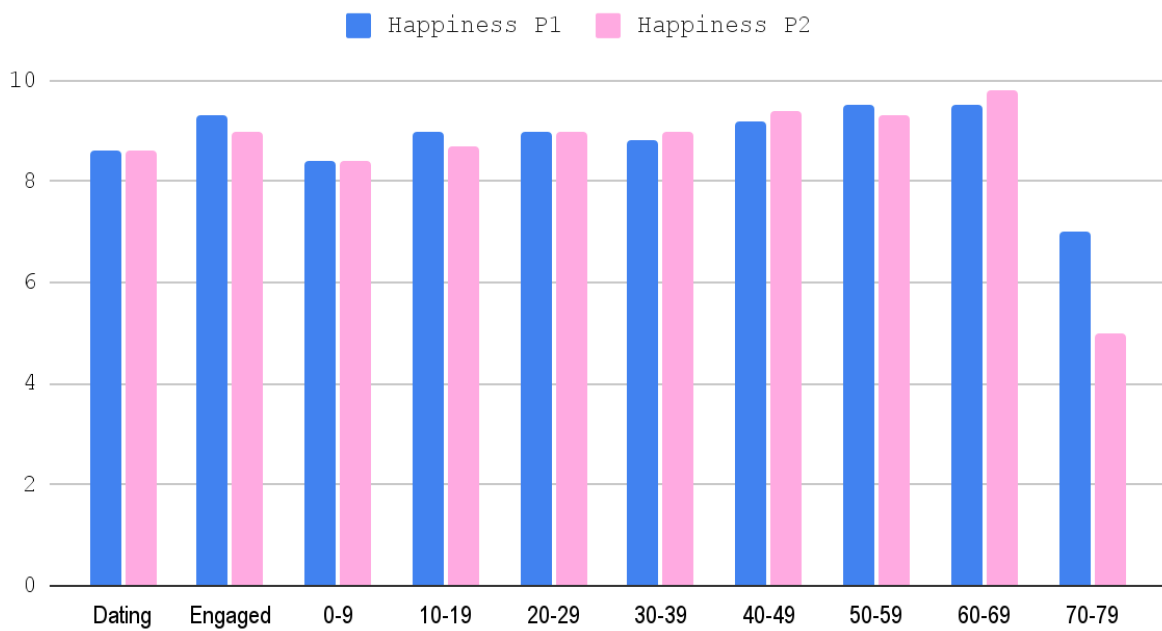


Graph 4



Graph 5

Happiness P1 and Happiness P2

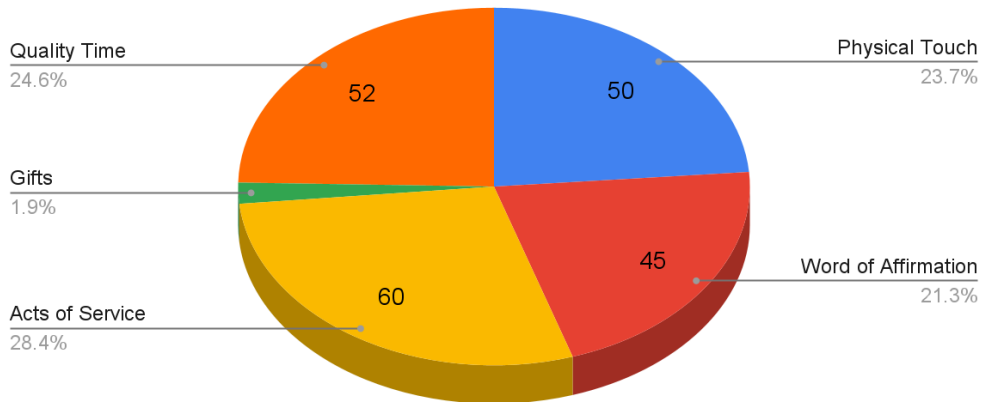


Graph 6

APPENDIX E

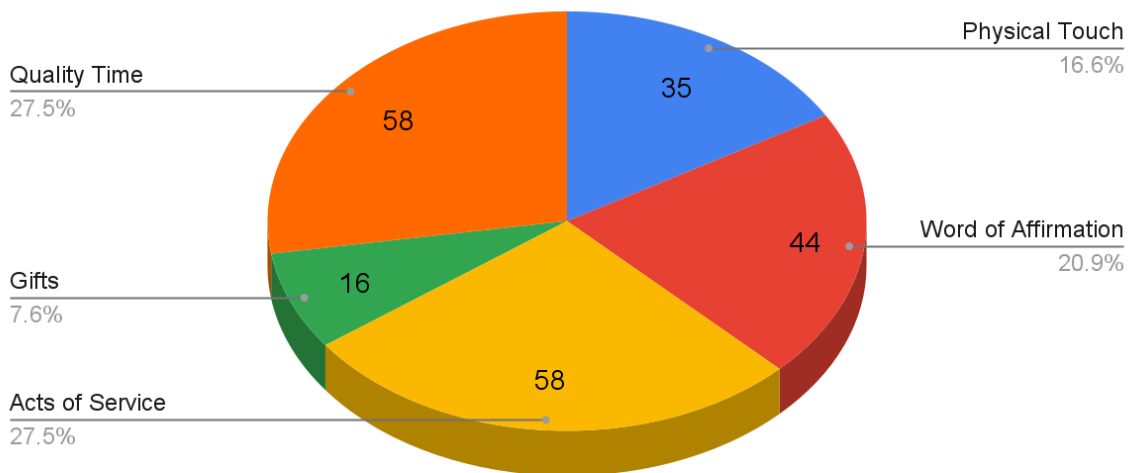
Love Language Results

Partner 1 Love Language Chart



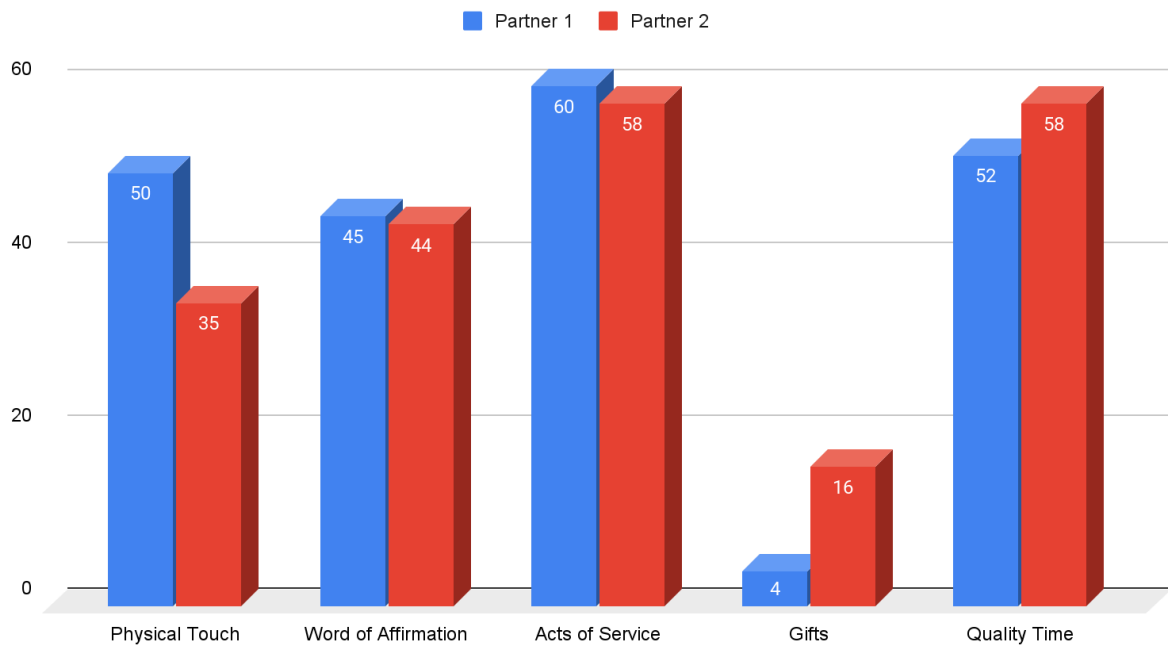
Graph 7

Partner 2 Love Language Chart



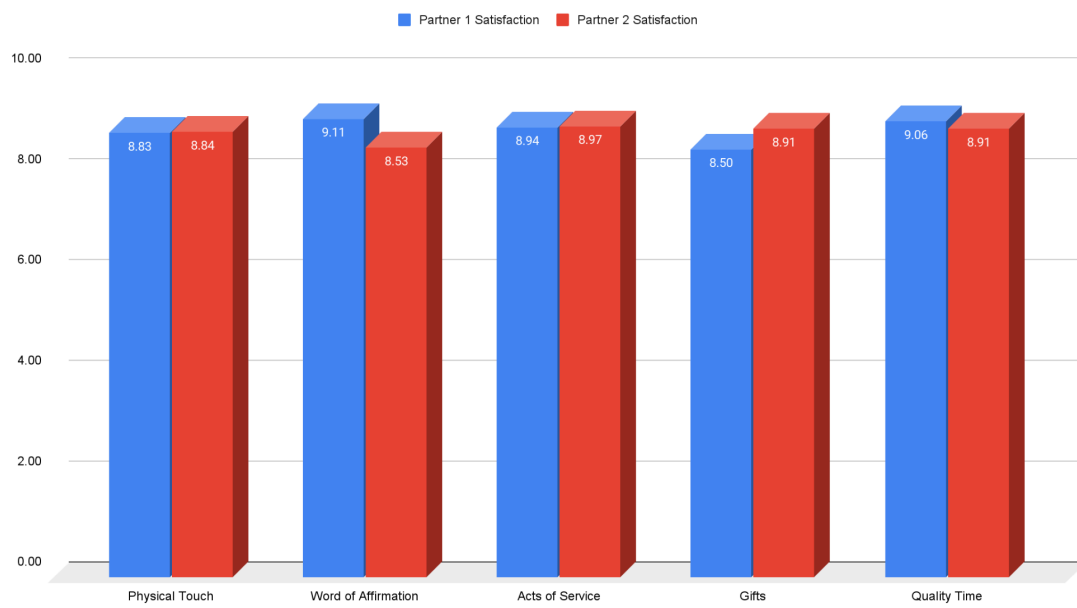
Graph 8

Love Language Distribution by Partner



Graph 9

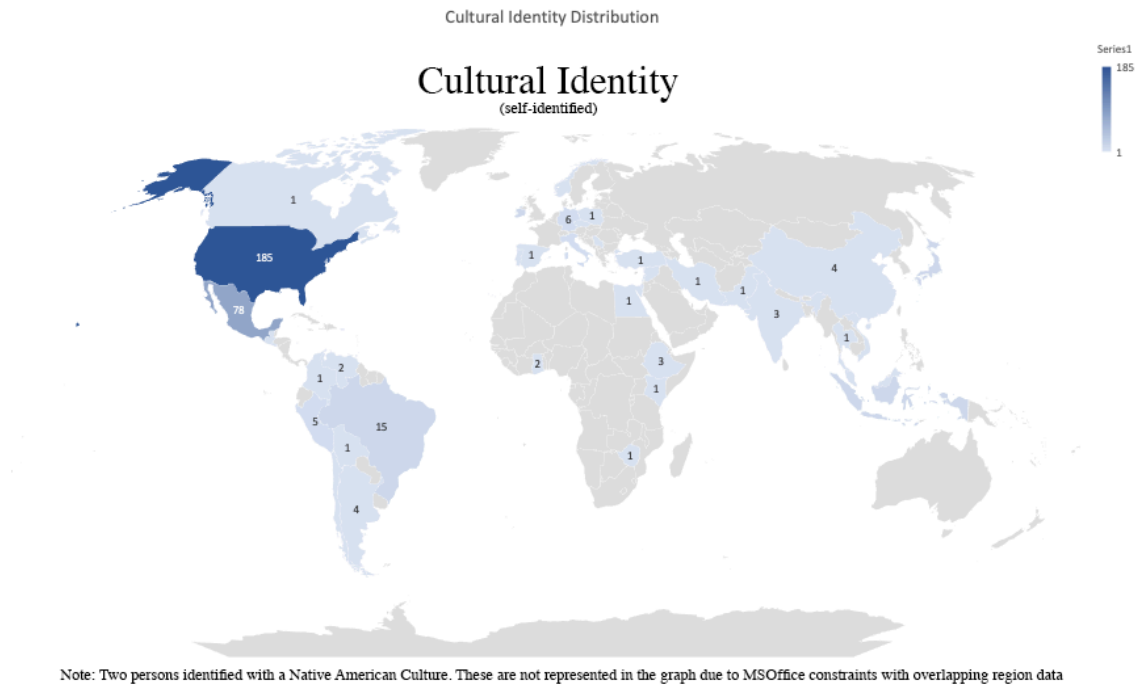
Partner Satisfaction correlated with Love Language



Graph 10

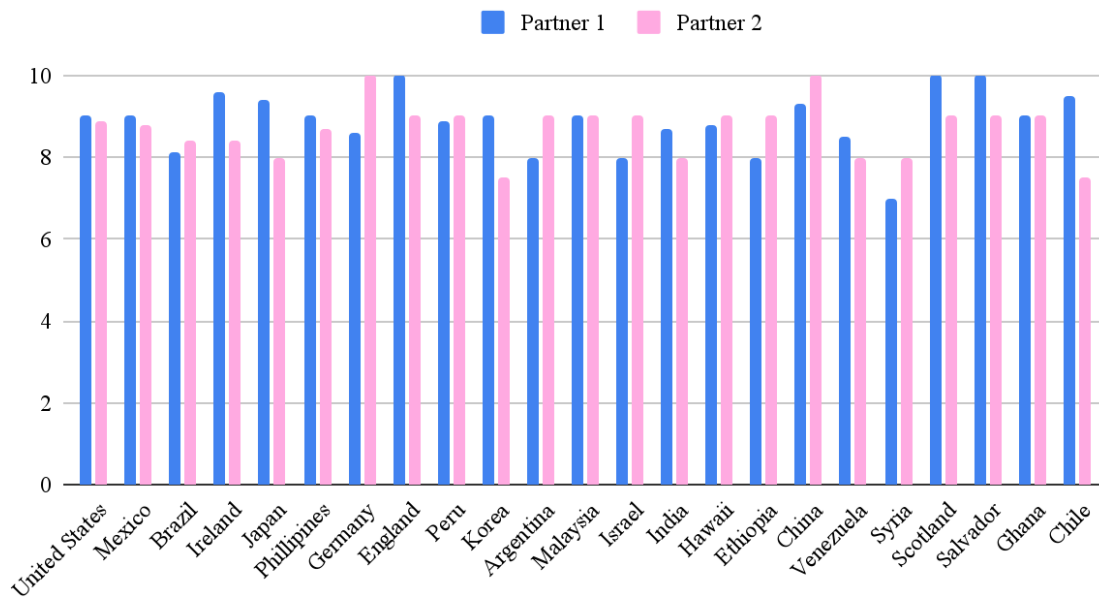
APPENDIX F

Cultural Identification



Graph 11

Couples happiness

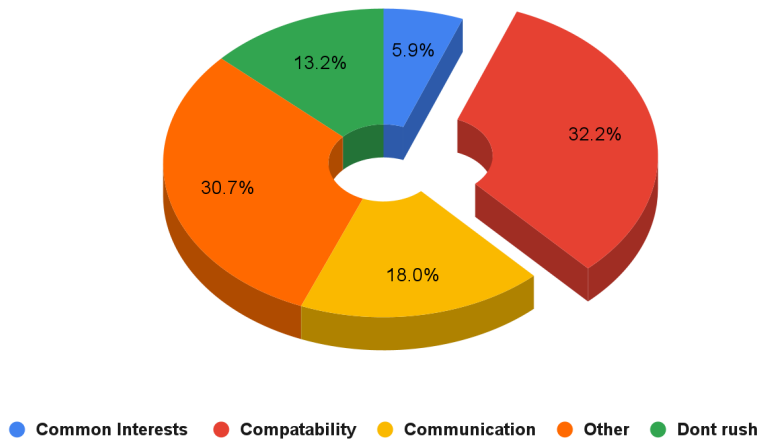


Graph 12

APPENDIX G

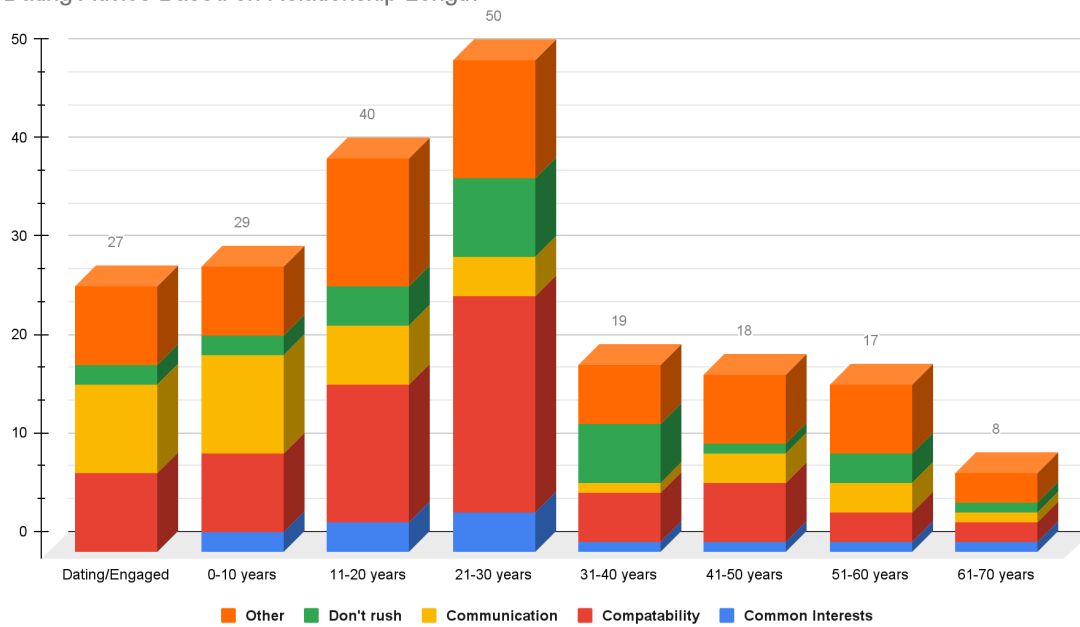
Relationship Advice Results

Relationship Advice in Percentages



Graph 13

Dating Advice Based on Relationship Length

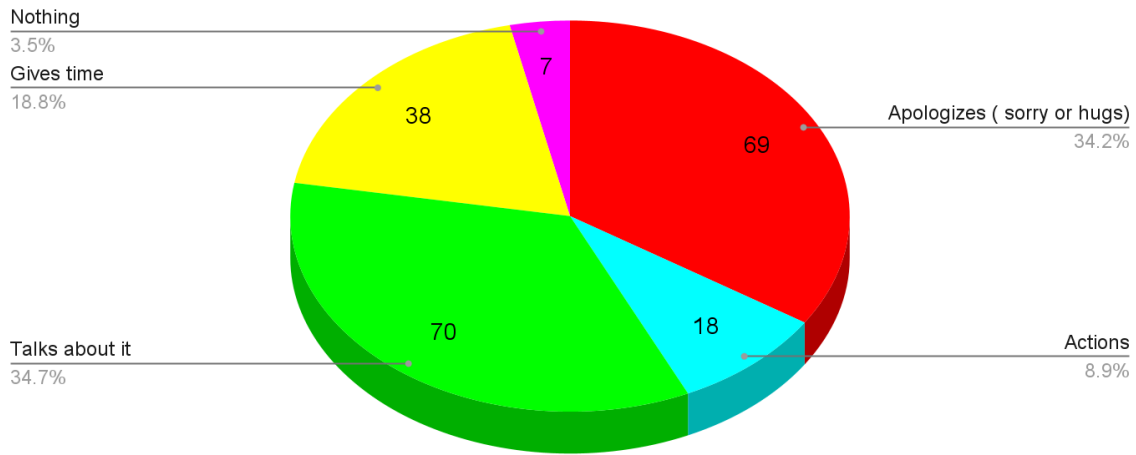


Graph 14

APPENDIX H

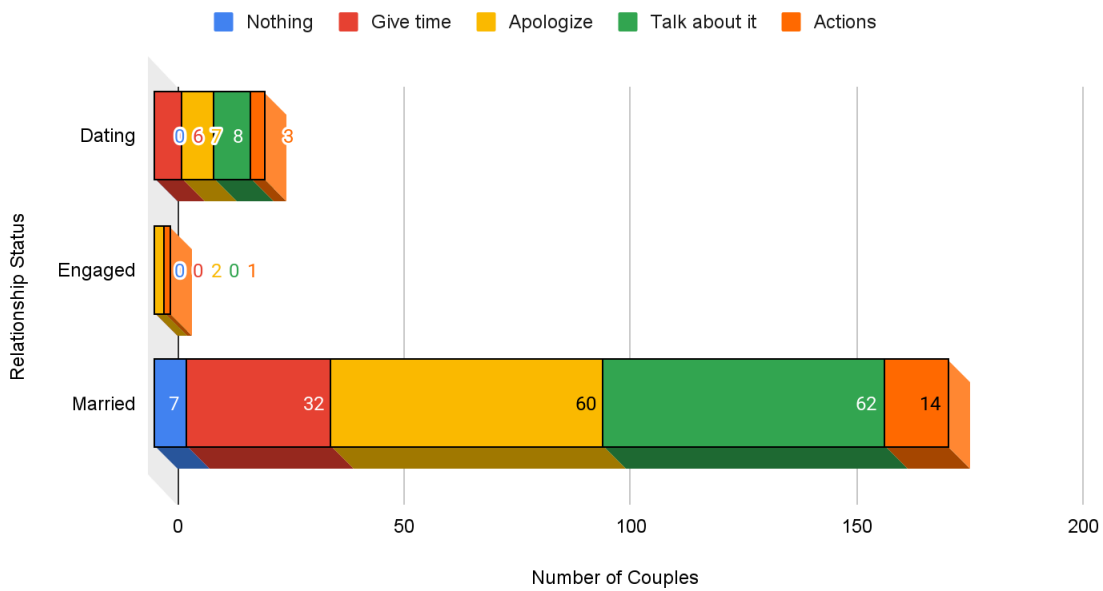
Conflict Resolution Results

How Couples Resolve Conflict



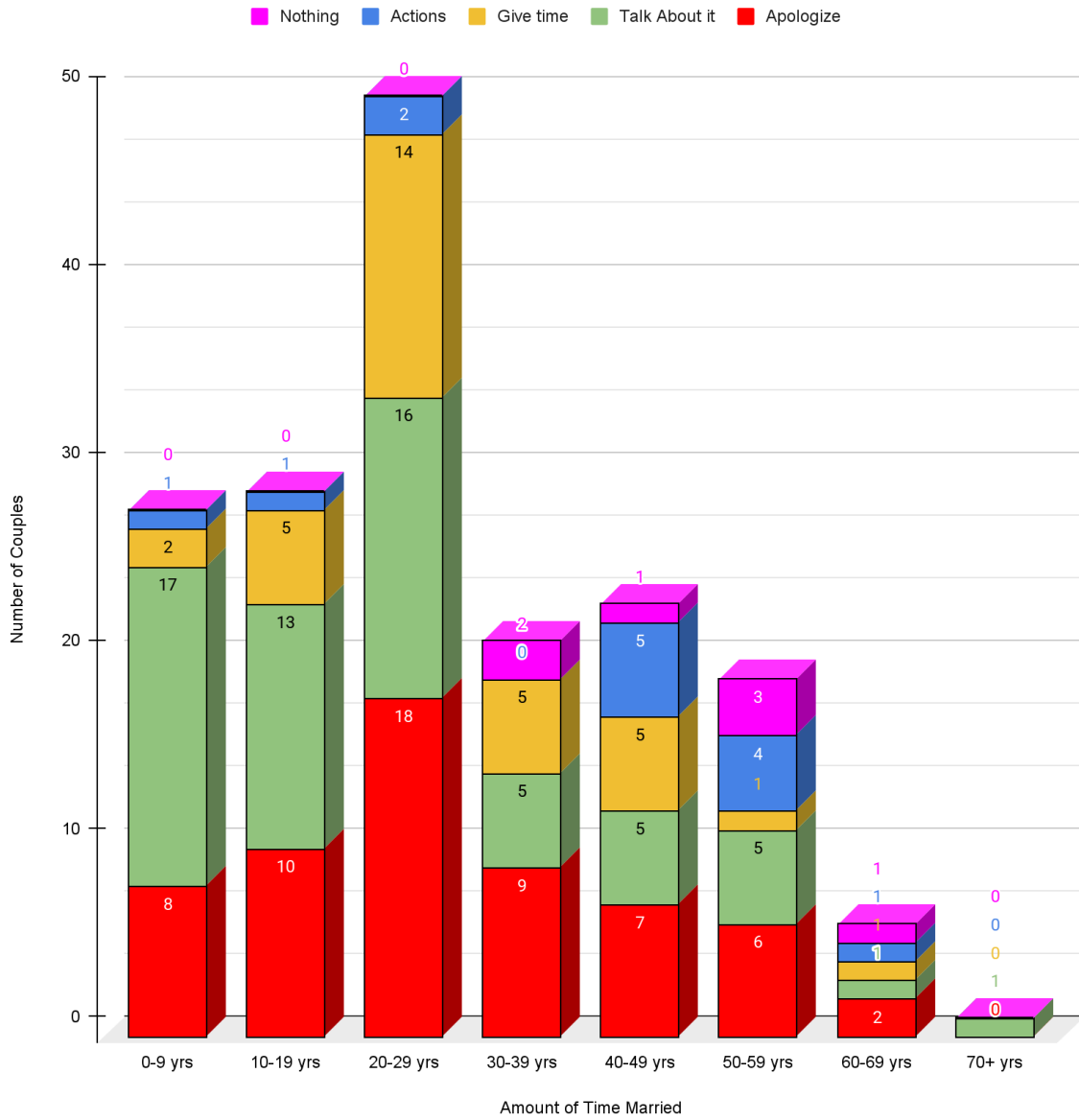
Graph 15

How Couples Apologize Based on their Relationship Status



Graph 16

How Married Couples Apologize based on How Long they've been Married

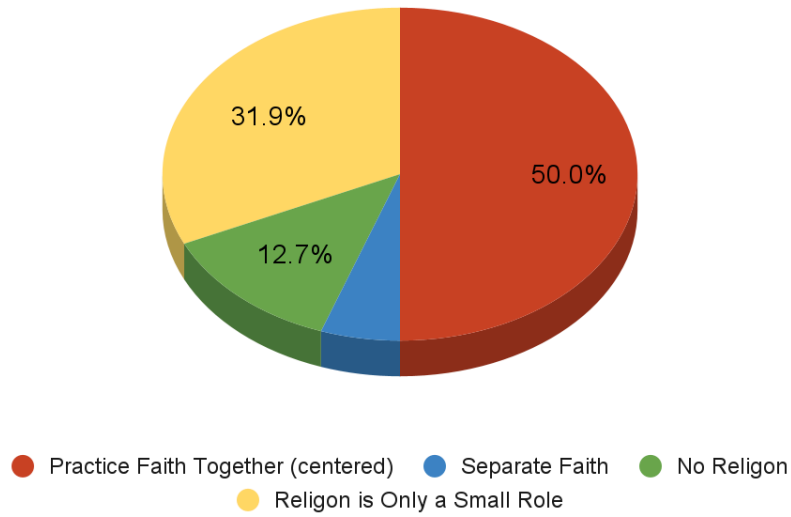


Graph 17

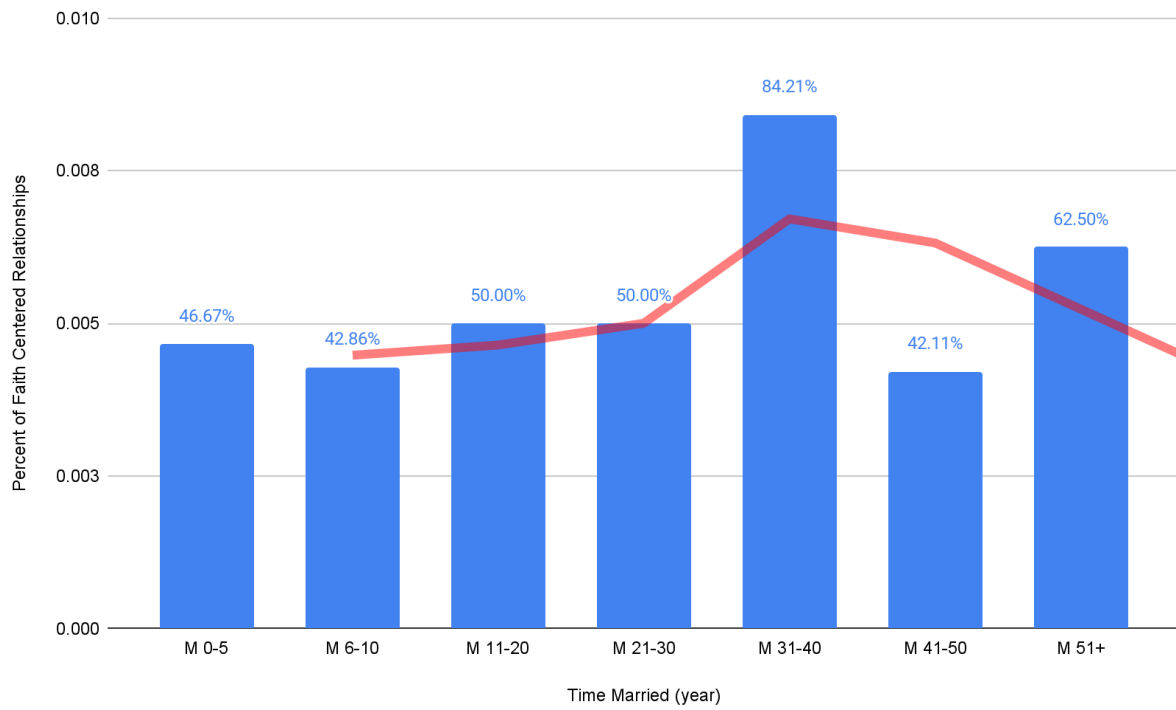
APPENDIX I

Religion Roles Correlation to Relationship

The Role of Religion Among Couples

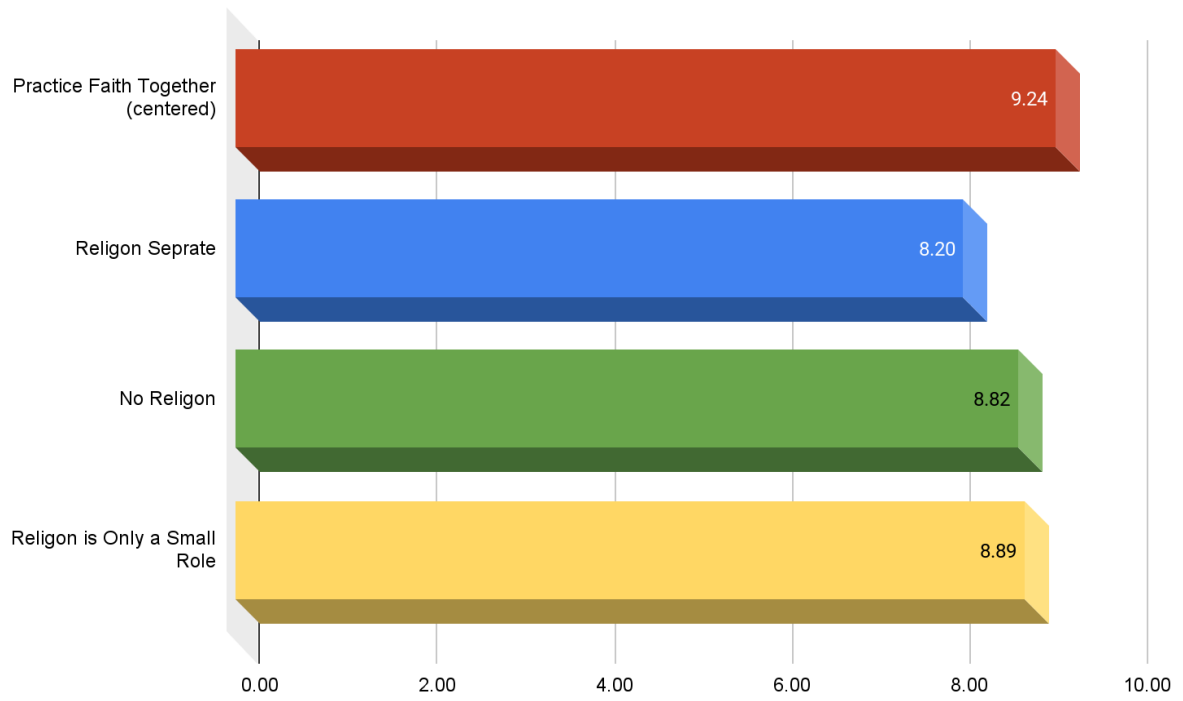


Graph 18



Graph 19

Role of Religion in Satisfaction

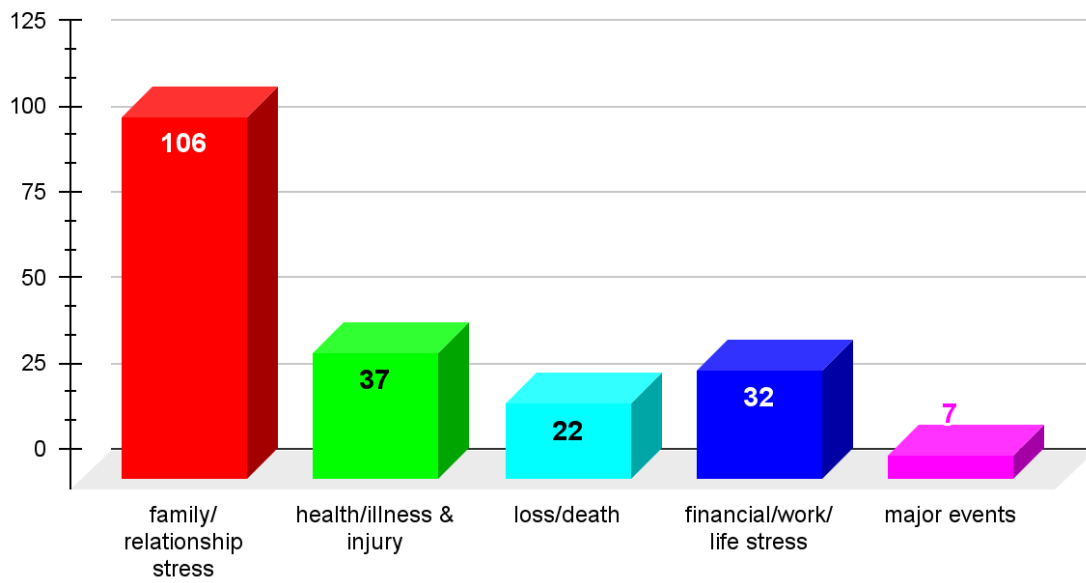


Graph 20

APPENDIX J

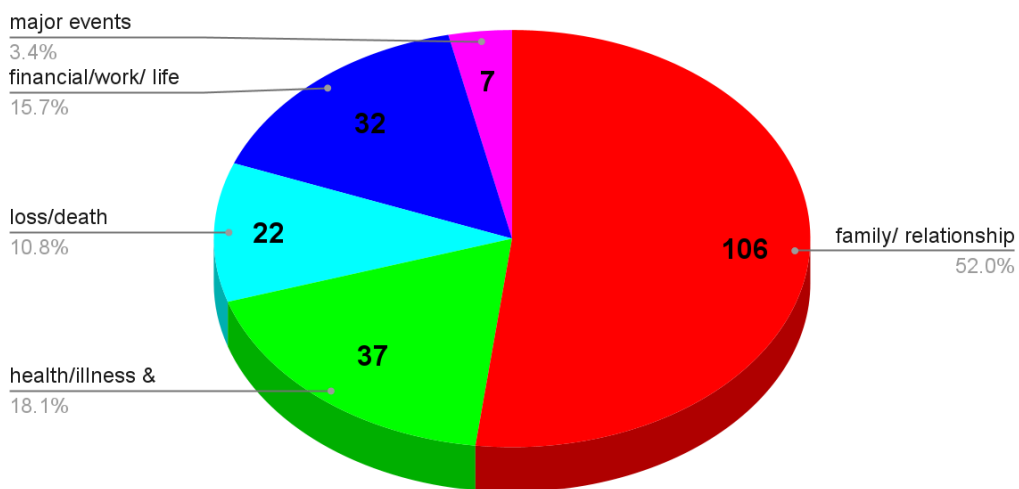
Relationship Stress Factors

Stress Factors For Couples



Graph 21

Stress Factors For Couples

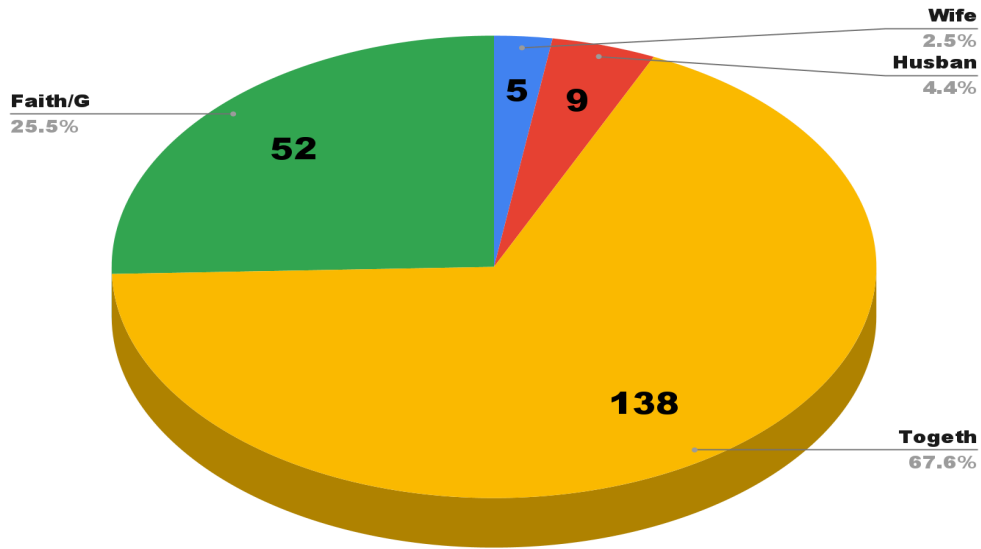


Graph 22

APPENDIX K

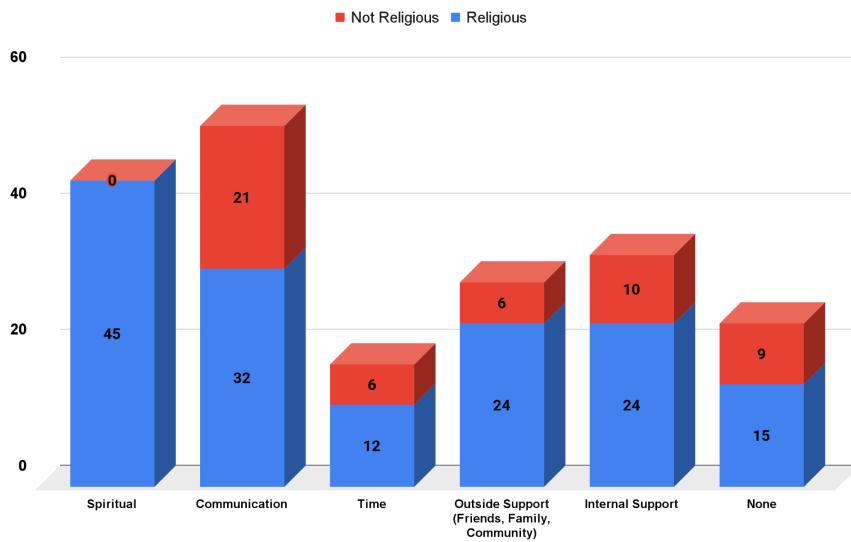
Stress Factor Resolutions

Who / What Helped Solve the Issue?



Graph 23

Solutions V. Religion

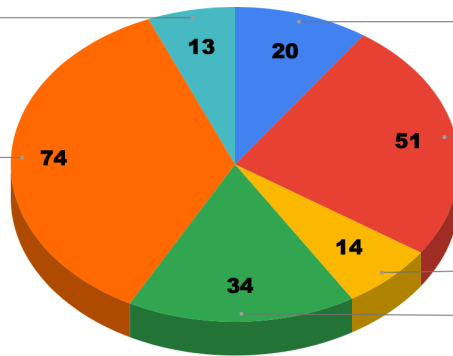


Graph 24

Issues in Relationship

Discourse/ Family Issues
6.3%

Economics/Loss of property
35.9%



Issues in Relationship
9.7%

Separation
24.8%

Deaths/Health
6.8%

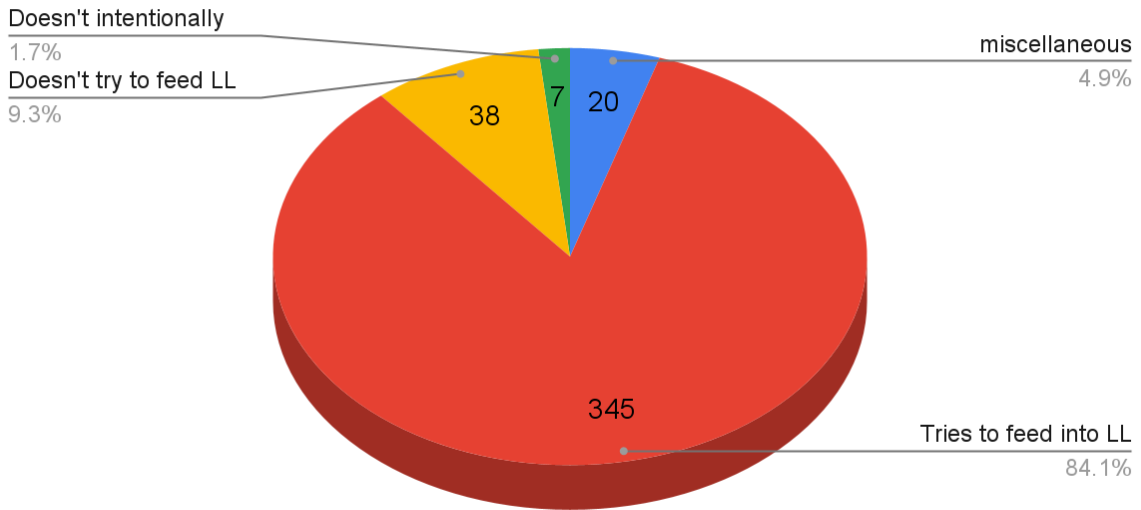
Little Things Building up
16.5%

Graph 25

APPENDIX L

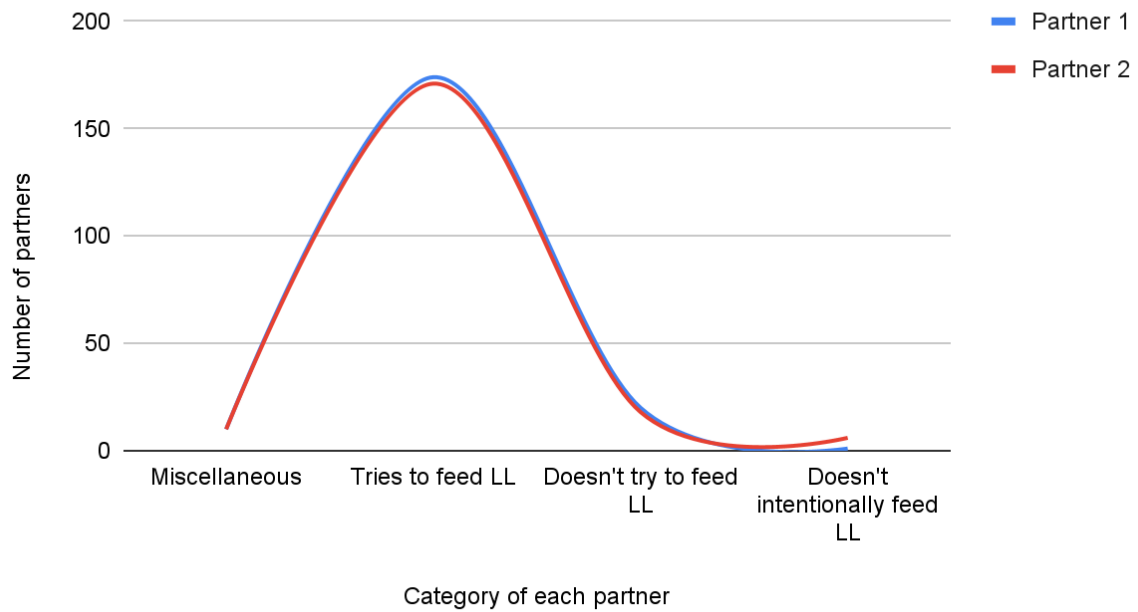
Love Language Partner Nurture

Percentage of LL being fed into VS. not



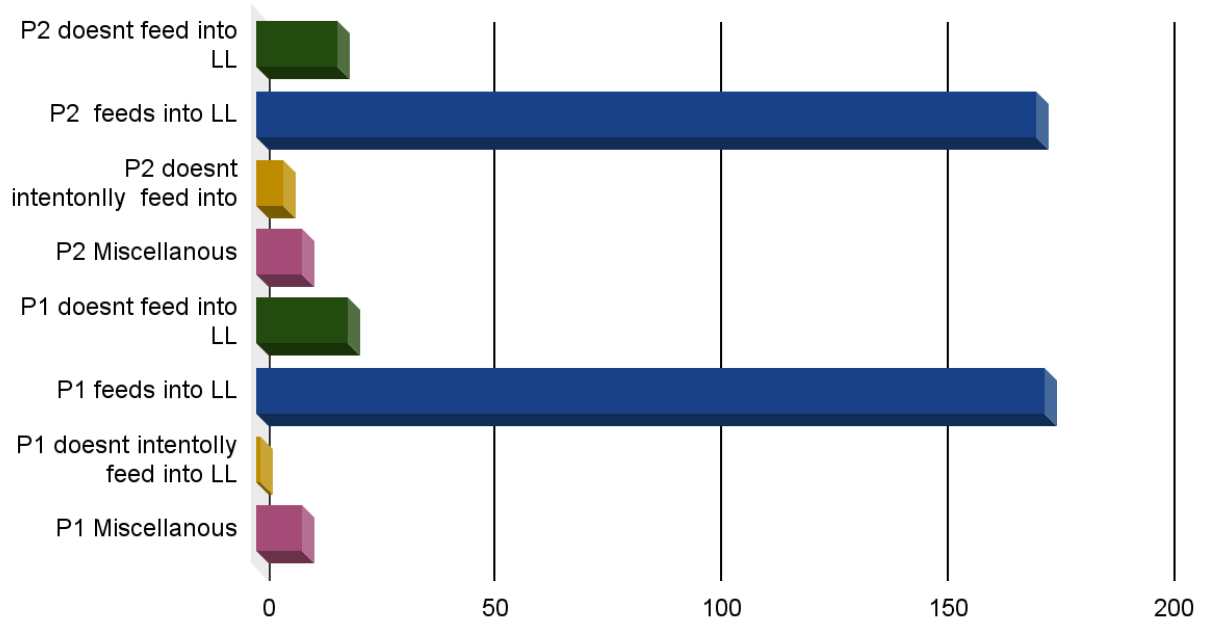
Graph 26

How well each partner does at feeding into the others LL



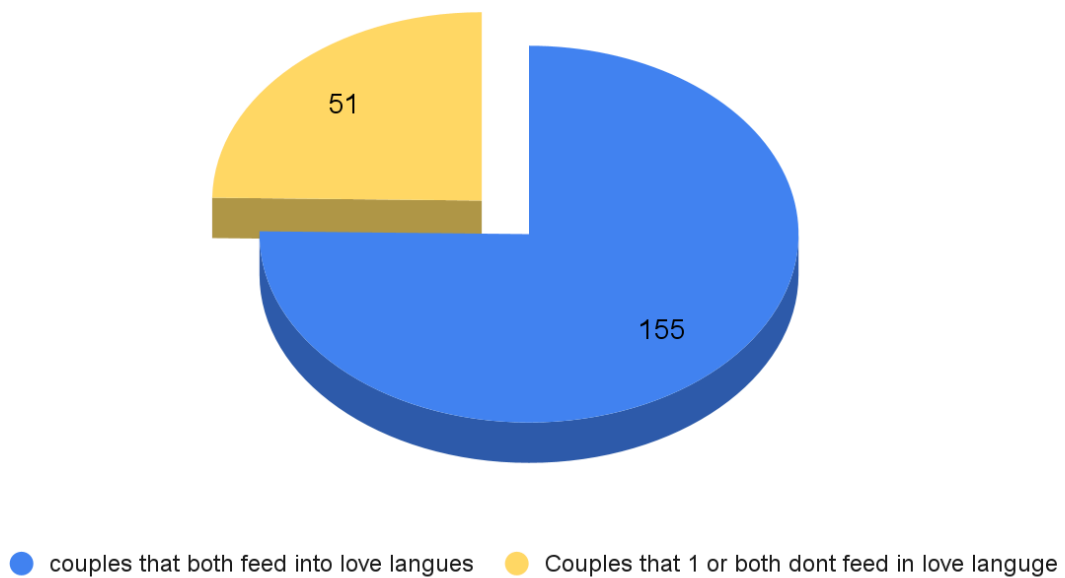
Graph 27

Comparison of partner 1 and 2



Graph 28

how many couples both feed into each others LL



Graph 29