THE ALL-OR-NOTHING MARRIAGE

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In expressive individualism, “a relationship is created by full sharing of authentic feelings,” and love “becomes the mutual exploration of infinitely rich, complex, and exciting selves.”

1. Institutional
2. Companionate
3. Individualistic

Abraham Maslow

Robert Bellah et al., 1985, Habits of the Heart

Marital → Personal

Effect Size (r)

Cherina Proulx et al., 2007, J Marriage and the Family

Physiological
Safety
Belonging and love
Esteem
Self-realization

2. “Higher need gratifications produce more profound happiness, serenity, and richness of the inner life.”

Ernest Burgess
Stephanie Coontz
Andrew Cherlin
**Spousal Time**

<table>
<thead>
<tr>
<th>Hours/Week</th>
<th>No Children at Home</th>
<th>Children at Home</th>
</tr>
</thead>
<tbody>
<tr>
<td>1975</td>
<td>35</td>
<td>13</td>
</tr>
<tr>
<td>2003</td>
<td>26</td>
<td>9</td>
</tr>
</tbody>
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Jeffrey Dew, 2009, *Social Forces*

**Marital Happiness**

Percent “Very Happy”

Marital Bliss @ 10+ Years

Percent Blissed Out

<table>
<thead>
<tr>
<th>Year</th>
<th>1965</th>
<th>2012</th>
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</thead>
<tbody>
<tr>
<td>20%</td>
<td>40%</td>
<td></td>
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</tbody>
</table>


**Implications: 3 Questions**

1. What are you and your spouse asking of the marriage?
2. Are the two of you investing the resources required to meet those expectations?
3. If not, can you recalibrate?
   - Invest more
   - Optimize resource use (the Marriage Hack)
   - Ask less

**Fin.**

**The All-Or-Nothing Marriage**

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