

## 10 Myths About Preparing for Marriage

*By Jeffrey H. Larson*

**Myth #1:** There is only one right person in the world for you to marry.

**Reality:** There are several individuals to whom you could be happily married.

**Myth #2:** Until a person finds the perfect person to marry, he or she should not be satisfied.

**Reality:** No one is perfect.

**Myth #3:** You should feel totally competent as a future spouse before you decide to get married.

**Reality:** A person should feel competent to be a spouse, though some feelings of anxiety are natural.

**Myth #4:** You should be happy with anyone you choose to marry if you try hard enough.

**Reality:** It takes two mature and well-adjusted individuals to make a marriage work, so one needs to be reasonably sensitive and selective in the choice of a mate.

**Myth #5:** You should choose someone to marry whose personal characteristics are opposite from your own.

**Reality:** A person should choose someone to marry whose personal characteristics are similar to his or her own.

**Myth #6:** Being in love with someone is sufficient reason to marry that person.

**Reality:** Although romantic love is important, especially in the early stage of a relationship, other factors are equally or more important to marital satisfaction and should be considered before marriage.

**Myth #7:** Choosing someone to marry is a “decision of the heart.”

**Reality:** Choosing someone to marry is decision of the heart and the head.

**Myth #8:** Living together will prepare you for marriage and improve your chances of being happily married.

**Reality:** Cohabitation may help us get to know each other better, but will not serve as a trial marriage or increase our chances of being happily married.

**Myth #9:** Choosing a mate should be easy.

**Reality:** Choosing a mate is not easy; the decision should be carefully thought out.

---

**Myth #10:** Preparing for marriage “just comes naturally.”

**Reality:** Preparing for marriage is learned and is based on sound information and personal assessment.

*These myths and interpretations can be found in Jeffrey Larson’s book, “Should we stay together”.  
Larson, J. H. (2000). Should we stay together (pp. 3-12). San Francisco, CA: Jossey-Bass.*