

How do I improve my relationship during my engagement?

Utah Marriage Commission

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How To Avoid Love Flooding In Your Upcoming Engagement

Starting a new chapter in your relationship is exciting! If you and your partner are discussing getting married, you might know the feeling described as love flooding. In the same way, embarrassment or anger can wash over you in an instant, love can do the same thing. Planning to get engaged and take the next step in your relationship is a big deal and requires a lot of important decisions about each individual's life. You and your partner will need to spend time making sure that your goals are aligned in a way that marriage makes sense for both of you.

You may have heard you shouldn't make a big decision when you're angry because you may be too impulsive in the heat of the moment. The same can be true of love. When emotions are overwhelming people often make decisions very quickly. No one wants to look back and feel

their marriage was an impulsive decision. To avoid this, here are some tips for you.

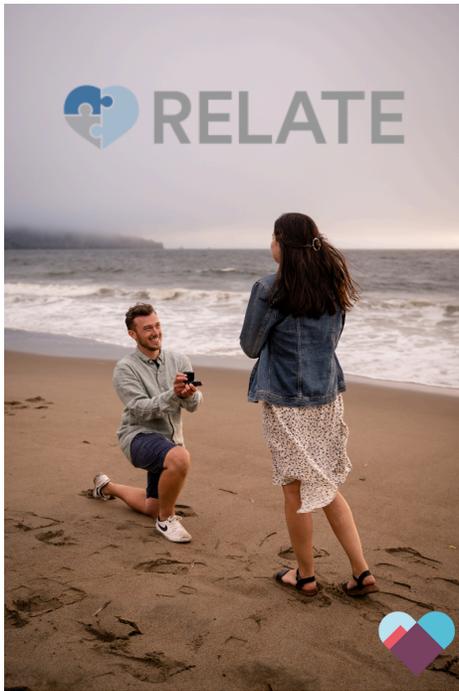
Know What You're Committing To

You may feel like you know everything about the person you want to marry. In reality, it's hard to cover everything, even if you've already been together for a while. There are tons of lists online full of questions to ask your partner before getting engaged or married. Find a few lists and see how much you know! A great resource to get on the same page with your partner is by taking the free [RELATE Assessment](#) the Utah Marriage Commission provides. This could even be turned into a fun date night. See who knows the most answers already and spend time discussing things you haven't talked about yet. You may be surprised by what you learn or you'll have extra confidence that you and your partner are ready to start a new phase of life together. Start your search for questions with this [post](#).

Set Expectations

What does marriage mean to you? Why do you want to get married? These are important questions to ask your partner but make sure you spend time thinking about your answers. It is easy to be disappointed when you weren't sure what you wanted in the first place. Take time to clearly identify your expectations for marriage and make those expectations clear to your partner. Be ready to listen to your partner's thoughts as well. If they haven't put a lot of thought into this, encourage them to spend some time alone to organize their thoughts on what marriage is to them and what they want their marriage to look like.

Take Some Time To Be



Alone

It is easy to spend all of your extra time with your partner during this exciting time in your relationship. There is nothing wrong with spending time with people you love however, consider taking some time to be alone. When making big decisions you will want to feel confident in the decision independent of anyone else. In the end, it is up to you to make your life what you want it to be. Make sure you feel confident in the decision to marry your partner even without the influence of them, your friends, or your family. Spend an evening doing something you enjoy by yourself or take some time alone to think about your relationship.

Keep Learning

Marriage isn't a finish line so keep learning how to strengthen your relationship! Learn from blog posts, podcasts, and more right here at StrongerMarriage.com. You can find more information about the dating and engagement season of your relationship by clicking [here](#).