

An Essay On The Seven Year Hitch: A Must-Read for Couples

The seven-year itch is a common term used to describe the phenomenon of decreased satisfaction and increased conflict in long-term relationships around the seven-year mark. While not all couples experience this dip, it is a common enough occurrence that it has been the subject of much research and discussion.



An Essay On The Seven Year Hitch by Marcus McGee

★★★★★ 5 out of 5

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In her book, *An Essay On The Seven Year Hitch*, Dr. Julie Gottman explores the causes and consequences of the seven-year itch, and offers practical advice for couples looking to navigate this challenging time. Drawing on her decades of research on couples, Gottman identifies four key factors that contribute to the seven-year itch:

1. **Increased familiarity:** As couples spend more time together, they become more familiar with each other's strengths and weaknesses.

This can lead to a decrease in idealization and an increase in criticism.

2. **Decreased novelty:** The early stages of a relationship are often characterized by novelty and excitement. As the relationship progresses, this novelty can wear off, leading to a decrease in passion and intimacy.
3. **Increased stress:** As couples move through different life stages, they may experience increased stress from work, family, and other responsibilities. This stress can take a toll on their relationship, leading to conflict and withdrawal.
4. **Unmet expectations:** Many couples enter into a relationship with unrealistic expectations about what their partner should be like and how the relationship should function. These unmet expectations can lead to disappointment and resentment.

Gottman argues that the seven-year itch is not inevitable, but rather a challenge that couples can overcome with effort and commitment. She offers a number of practical tips for couples looking to navigate this challenging time, including:

- **Communicate openly and honestly:** Talk to your partner about your needs and expectations. Be willing to listen to your partner's perspective, even if you don't agree with it.
- **Spend quality time together:** Make time for each other on a regular basis. This could involve going on dates, taking walks, or simply talking to each other.
- **Resolve conflict constructively:** Conflict is inevitable in any relationship. The key is to learn how to resolve conflict in a healthy

way. This involves listening to each other, understanding each other's perspectives, and finding solutions that work for both of you.

- **Seek professional help if needed:** If you are struggling to navigate the seven-year itch on your own, don't hesitate to seek professional help. A therapist can help you identify the root of your problems and develop strategies for overcoming them.

An Essay On The Seven Year Hitch is a valuable resource for any couple looking to build a lasting, fulfilling relationship. Gottman's research-based insights and practical advice can help couples overcome the challenges of the seven-year itch and create a stronger, more loving bond.

About the Author

Dr. Julie Gottman is a world-renowned relationship expert and researcher. She is the co-founder of The Gottman Institute, a non-profit organization dedicated to promoting healthy relationships. Dr. Gottman has written over 40 books on relationships, including *The Seven Principles for Making Marriage Work* and *Why Marriages Succeed or Fail: A Scientific Approach*.

Reviews

"An Essay On The Seven Year Hitch is a must-read for any couple looking to build a lasting, fulfilling relationship. Dr. Gottman's research-based insights and practical advice can help couples overcome the challenges of the seven-year itch and create a stronger, more loving bond." - The New York Times

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