

Your Spouse Won't Make You Happy

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I'll be honest...

I had many expectations for my wife.

I expected her to act a certain way, dress a certain way, act like a lady but like sports at the same time... I expected her to be the caring, loving, beautiful, hot and amazing wife that I needed. I know what you're probably thinking... "What a jerk!"



But everyone has expectations! We have them whether we realize it or not. I didn't know I had most of the expectations I listed until I looked honestly at myself. I've learned a lot in the past eight years of knowing my wife. I learned a lot about her. I learned a lot about life... and mostly I learned a lot about myself. But there is one thing I wish I had learned eight years ago.

I wish I knew that my wife can't make me happy. Something to look forward to, huh? This statement may seem misleading, but it's true.

I'm probably not making any sense yet.

As Unificationists, we've heard countless times to "be the right person" and "live for the sake of others." While these words of advice are valid and can help create a harmonious couple, the fact is that having expectations is inescapable.

As we grow up, we all learn about the "right way" to live from our families. I can guarantee that your future spouse's family will be different from yours, hence what your spouse thinks is the "right way" will also be different.

How then, can two people with two different ways of thinking (and doing) come together and be happy? The obvious answer of course, is to not have any expectations. But this answer may seem impractical and, frankly, unrealistic. It isn't about not having expectations, it's about dealing with the expectations we have.

You see, I thought I didn't have expectations going into the matching...

But I was dead wrong.

If my wife did something that was different from what I thought was the "right way," it would irk me. In the beginning of our relationship, I wouldn't say anything, and just kept it to myself because I didn't want to have any expectations and I knew logically that she was going to do things differently.

But as our relationship progressed and we became closer, I decided to be more honest with her. In response to my honesty, she made every effort to try to please me by doing things the way I thought they should be done. She went on like this for a while until it eventually became too much. As it turns out, my expectations were never ending. My wife realized that she simply couldn't fulfill all of my expectations... and I realized the same.

I realized that my wife was never going to make me happy. That is, she was never going to make me happy if I always burdened her with my self-centered expectations. I realized that it wasn't up to her to make me happy. It was up to me.

When I started truly letting go of the expectations she began surprising me with things that made me happy in her own way. I became more grateful for the things she did on her own and not because I asked her to do it. She too started to let go of the expectations she had for me, and and we became happier together.

I'm not saying that all expectations are bad... many are good and productive. In fact, it's important to have open communication with your potential spouse about what you want and expect from them. My wife has told me numerous times she is very grateful for some of the positive expectations I have for her. But the unhealthy expectations are the ones that we dwell upon.

The ones that go too far...

The superficial, impossible to achieve, knight-in-shining-armor / serving-hot-woman-on-my-arm type of expectations.

We create our own happiness. It's all about how we deal with our personal expectations and struggles in life that ultimately determines our happiness. If we choose to be unhappy, there is no possible way for our spouses to make us happy. You are the only person who will ultimately determine whether you are happy or not. It's all about the perspective you have and taking responsibility for the things you can control.

I wish I had this epiphany going into the matching. I hope those of you going into the matching will know that although it's natural to have expectations, you don't have to dwell on them. You can let those expectations go and just take it easy. In my opinion, this will only make a couple's relationship grow stronger faster.

By the way...

My wife makes me happy beyond belief!