

Watching a movie and then talking about it could save your marriage: study

A new study shows that watching movies about other couples who fight could be as effective as traditional marriage counseling sessions.

Making it past the three-year itch could be as simple as popping in a DVD and watching other couples fight.

That's the overarching conclusion of a new study out of the University of Rochester, which found that watching a film that examined the complexities of marriage and discussing the issues together as a couple can be just as effective at curbing divorce rates as traditional marriage counseling methods.

The findings, published in the *Journal of Consulting and Clinical Psychology*, show that the movie method helped cut the divorce rate of newlywed couples from 24 percent to 11 percent at the three-year mark — the same success rate as supervised sessions conducted by trained therapists.

"Taking time to sit down and take an objective look at your relationship with your partner is going to be helpful for any couple at any stage," said study lead author Ronald Rogge in a statement.

"They can make it a yearly thing they do around their anniversary — watch a movie together and talk about it. That would be a fantastic thing to do and a great present to give themselves each year."

Read more: <http://www.nydailynews.com/life-style/movies-save-marriage-study-article-1.1601639#ixzz2surxwc3K>