



# Happy Together: Thriving as a Same-Sex Couple in Your Family, Workplace, and Community (Apa Life Tools)

*Sharon S. Rostosky, Ellen D. B. Riggle*

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As more states strike down laws restricting marriage to one man and one woman, same-sex relationships are becoming more visible and more socially accepted. Nevertheless, many couples still experience significant stress because of their same-sex status. In every life context family, work, neighborhood, religious communities, and in social and legal contexts same-sex couples have to make decisions about disclosure, how to respond to prejudice, and how to cope with negative feelings about themselves and their experiences. This book helps couples work together to identify, develop, and use their strengths and skills to successfully navigate these issues and flourish. Tough tasks like confronting prejudice will never be easy, but thanks to the stories, tools, and resources presented in this book, readers will learn to manage such situations in a positive way.

Learning activities in each chapter guide couples to become more aware of the causes of stress in their relationship, and to take positive actions to strengthen their commitment. Readers will learn how to cultivate the strengths of their LGBTQ identities, assert appropriate boundaries, create supportive relationships with others, and contribute authentically to their families and communities.

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