



HELP YOUR MARRIAGE NEWSLETTER

Creative Solutions for Couples Issues

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I am excited to launch this newsletter with **Tips for a Successful Marriage**.. Many of you have read my report on the Top Ten Ways to Improve Communication. Today, I want to expand on these ideas. For most of the couples that I work with in my practice, this is a major problem.

Successful Marriages are built on love and respect for each other. How do you talk to each other? What message do you send by your words and your actions? Marriage requires that we listen more than we talk. Truly listen with your full attention so that you can repeat back what your spouse is saying to you. Your spouse needs to know that you understand. If you didn't get it, your partner gets to say it again. Be sure you understand what is being said. Each person want to feel understood. Sometimes we tend to think about what we are going to say rather than trying to understand what the other person is saying.. This process is especially important when a disagreement occurs.

Disagreements

Sometimes we tend to use words that leads to defensiveness rather than solving the problem. Avoid using phrases such as always and never. This immediately causes your partner to respond to your use of those words by saying that isn't true. You want your partner to do something differently. An example might be "you never rinse your dirty dishes." This will not solve the problem for you. A better way is to say "I would like for you to rinse your dirty dishes. Then if it happens, follow up with "Thank you for rinsing your dishes.

Other ways that conflicts can become major problems is by bottling up feelings or ignoring and issue rather than talking about it.

Seeking Help for your Marriage

Most couples are having difficulties in their relationship long before they decide to get help from a counselor. If you are failing to listen to each other and you fail to solve issues, then it is time to ask for help. A therapist will guide you through the steps of listening and also help you to talk about your issue in a way that your partner can hear you. The therapist will help you to improve your marriage by teaching you how to develop a caring and loving relationship again.

Call now for an appointment

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