



How To Save Your Marriage



by: Harry Wheat






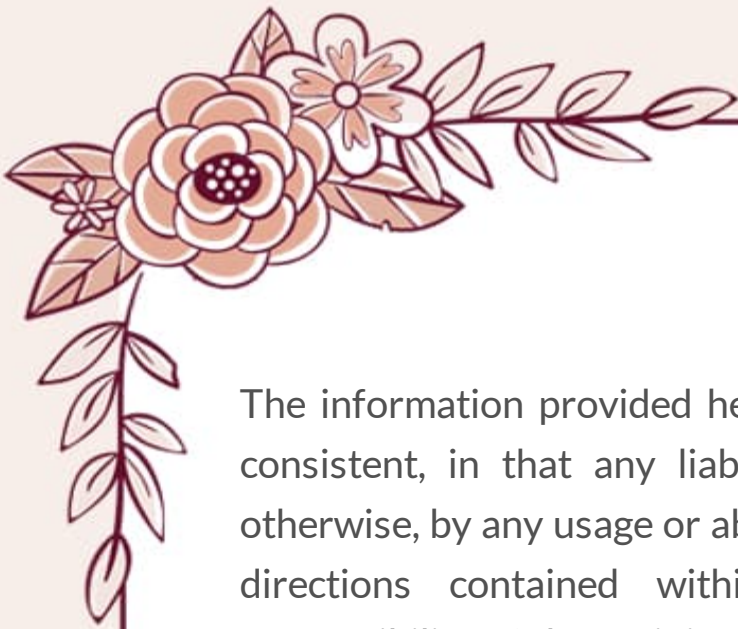
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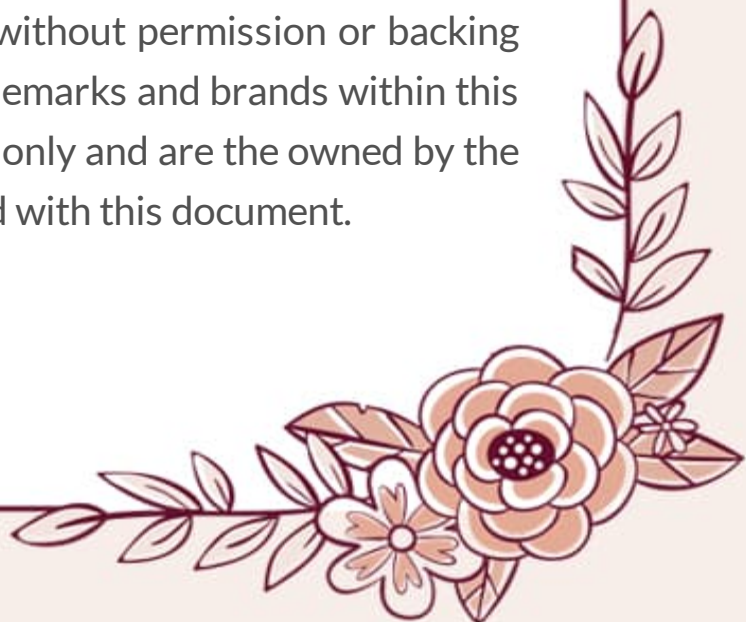





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Introduction

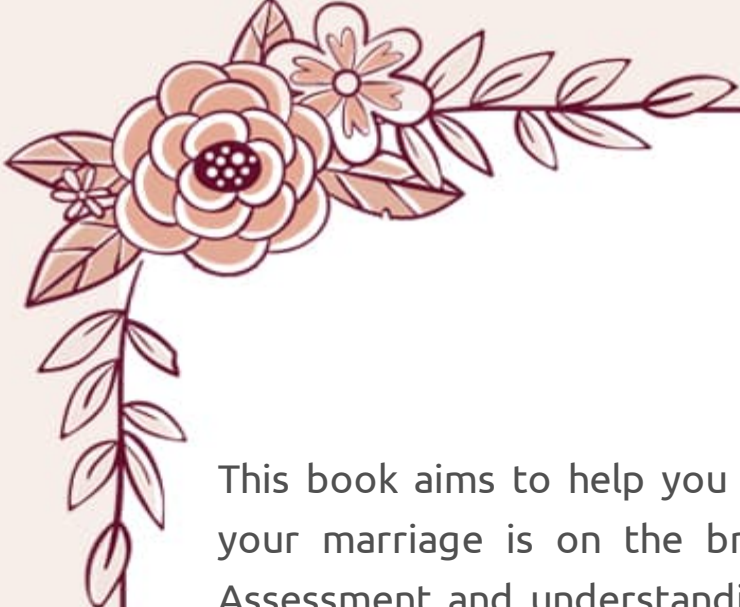
What has my marriage come to? Is it coming to an end?

Can I still save it?


Marriage affects your entire life—through marriage, you connect to a person in one of the deepest and most profound ways possible. Sadly, however, not all marriages make it until the end. Some marriages crumble and fail, slowly disintegrating and fading away—others burn out quickly, almost as if it were never there.


You've likely picked up this book because you're at your breaking point and at a loss for solutions. There is no one-size fits-all way to save marriages or mend the broken pieces, but there are numerous practical advice and values one may instill slowly but surely to pick up the broken pieces and heal the hurts of your marriage.





This book aims to help you first understand why it feels like your marriage is on the brink of divorce. What caused it? Assessment and understanding is the first step to fixing any problem, and the first step to forming a solution. Rebuilding Your Marriage also aims to help readers establish a strong and solid foundation for their marriage. A strong foundation is the mark of a great and powerful structure. It's important to know **what the components are to build this solid foundation**. Next, this book will elaborate on the importance of time, effort, and the little things in maintaining a relationship. Among the other topics to be elaborated on in this book are the essentiality of the balance between individuality and togetherness, how to "break the cycle", and how to seek help from the professionals. Ultimately, this book seeks to provide practical advice and **values that can help burdened individuals restore and rebuild** their marriages.







Chapter 1

Assessing the Situation



Why are you here, and why have you decided to pick up this book? At what point are you in your marriage? These are the questions you first need to ask yourself in order to save your marriage.





As with any situation or problem, in order to solve it, you must first understand it and assess it, so that you may take the proper measures towards fixing it and making things right again. It's sort of like solving a math problem, you need to know and understand the problem first—what are the elements involved? What do you need to find?

Perhaps the answers are clear. Or perhaps that's part of the reason you're picking up this book—you still don't know why.





In assessing a relationship, you need humility. You need to be honest and transparent with yourself to understand, what exactly is happening in your marriage, and why aren't things all **"smooth sailing"**? One can't solely pin the blame on the other—playing "the blame game"—but marriage needs a sincere analysis of the situation at hand. Whether it's your own flaws and faults, or their flaws or faults, in order to mend whatever may be the root of your problems, you need to look at your relationship with clear eyes and an open mind.




Ask yourself questions like:

01: Does my marriage seem more like an obligation than a genuine and heartfelt commitment? When did you start feeling this?

02: How much time do my partner and I spend together? What do we do when we're together?





03: How does my partner usually make me feel? How do I make them feel?

04: How often do my partner and I fight? What are the usual causes of these fights? How long do we fight and how do we each respond?

05: Do our conflicts ever escalate beyond verbal sparring?

06: How do I think my partner is lacking in our relationship?


07: How am I lacking in this relationship?

08: When am I happiest with my partner—and when is my partner happiest with me?

09: When do we feel the most harmony together?

10: If we were to separate, what would be at stake? Who else would this affect? What impact would that have on our lives?

11: What are some of the most common and frequent problems in our relationship? Can they be solved? How can we solve them?





Jumping off from that last question, it's important to know that with many marriages that end in divorce, the problems that led up to the divorce were fixable and solvable. This may likely be the case with your marriage—the problems or sources of conflict in your relationship may be mended with the right processing and the right commitment to solving them. In repairing a relationship, it's important to be committed to growing and taking care of the problem at hand. These problems can be lack of communication, lack of affection, too much suffocation or possessiveness, lack of time spent together—it can also be a combination and build-up of several. That's why it's important to transparently understand and assess your relationship, so that you may work on them together.




I know it may sound technical and robotic, but these are the necessary troubleshooting steps and processes one must take to thoroughly and properly rebuild the relationship.



Chapter 2: Love... Among Other Things




The common understanding is that love should be the sole foundation and basis for marriage and romantic relationships.



Don't get me wrong —without a sliver of a doubt, love should be a core binding force of the relationship, but it is not its sole anchor. In the 'recipe' of love, there are many more essential ingredients that one needs to maintain relationship.



One reason I say this is because, well, think about it—if love is the main and only bedrock of one's marriage, then when the love seems to falter or fade, what will hold the relationship together? Along with love, a marriage needs trust, affection, respect, and commitment. As you save your marriage, you need to ensure that these parts are strengthened, enforced, or restored.





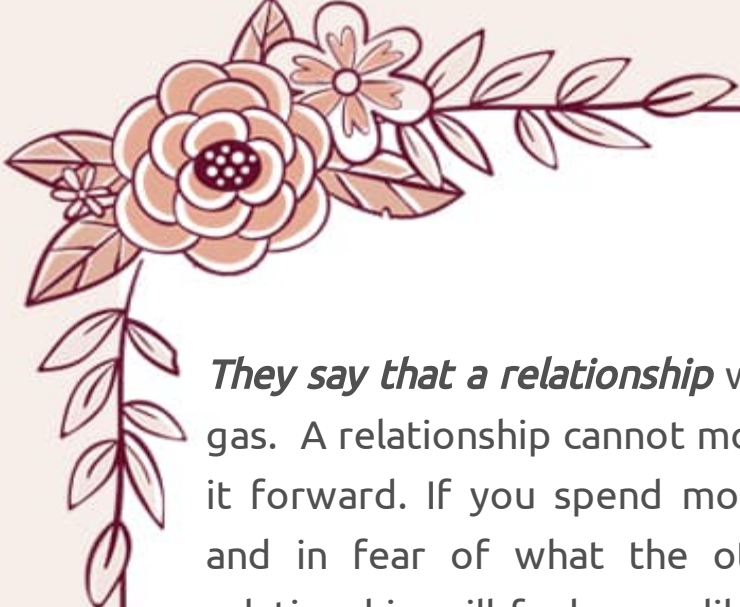
This particular chapter is among the most important chapters in this book— a strong foundation keeps trouble-targeted buildings from disintegrating.

Trust

“You must trust and believe in people or life becomes impossible.”

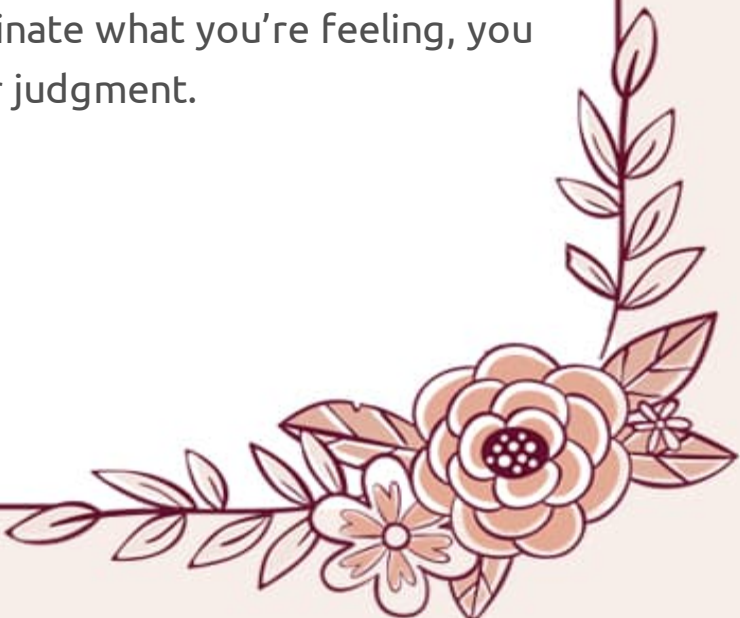
Anton Chekhov






They say that a relationship without trust is like a car without gas. A relationship cannot move forward without trust to fuel it forward. If you spend most of your relationship paranoid and in fear of what the other might be doing, then the relationship will feel more like a trap than a loving and caring commitment.

I don't know what you're going through, and you may very much have a concrete reason to doubt your partner or have a solid reason for your lack of trust—however, you have to understand that you cannot save your marriage without trusting your partner first. If the trust has already been broken or seems to be unravelling at the seams, both of you have to agree to take the time to rebuild that trust. Often, it starts with, much like in our first chapter—assessing and understanding. Do you believe you have trust in your relationship? Why, or why not? What is holding you back from trusting your partner? Think about it for a minute or two. Communicate with your partner but don't let it get out of hand—as you attempt to understand, don't be driven solely by emotion. Although you can't eliminate what you're feeling, you can control it as to not cloud your judgment.






Once you've understood the situation and communicated with your partner, then you may release your angers and your hurts. Don't let it get out of hand, though. Reflect on it together, in a civilized and loving manner. As difficult as it may be.

On the other hand, don't bottle it all up and suppress your feelings deep inside. Let out what needs to be let out. If you stuff all of that anger and resentment down, it's bound to rise back up and rear its ugly head again. Even the seemingly smallest issues could trigger your emotions if its always filled to the brim.

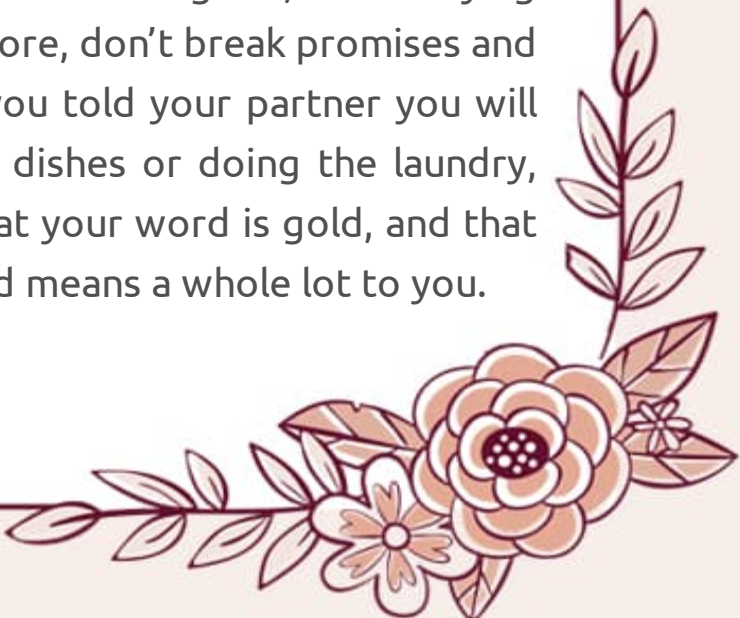




Validate each other's feelings, and show each other empathy. You chose each other for a reason, remind each other of the commitment you had for each other, and reestablish that commitment.



But you too, must be trustworthy. Don't pin everything on your partner—make sure that you yourself are worthy to be trusted. Don't lie to your partner—you can't build trust if you deceive them—from the white lies to the big lies, remove lying from your relationship. Furthermore, don't break promises and don't go back on your word. If you told your partner you will do something—like washing the dishes or doing the laundry, then do it. Show your partner that your word is gold, and that their trust and belief in your word means a whole lot to you.





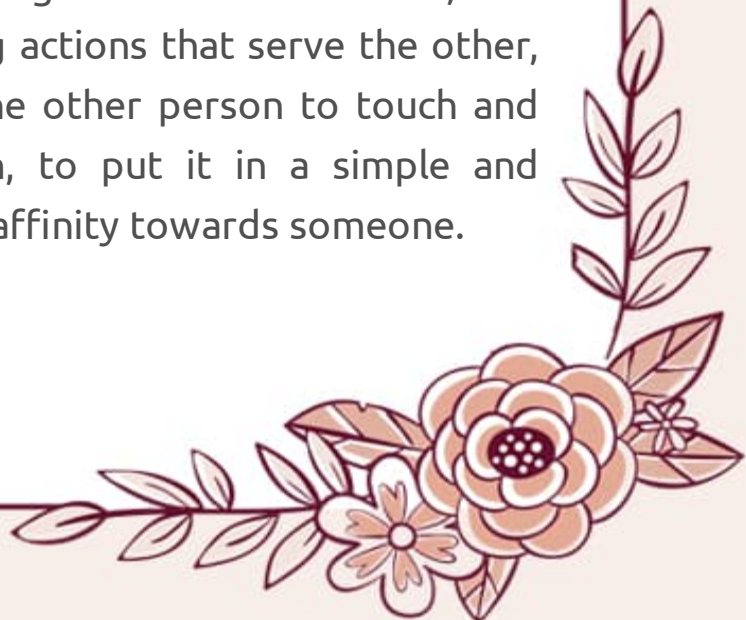
Affection


“Oh, Lizzy! Do anything rather than marry without affection.”

Jane Austen, Pride and Prejudice



Affection refers to liking or caring for someone. Often, this may manifest physically by doing actions that serve the other, or simply wanting to be near the other person to touch and hold them with care. Affection, to put it in a simple and general manner, is to show your affinity towards someone.

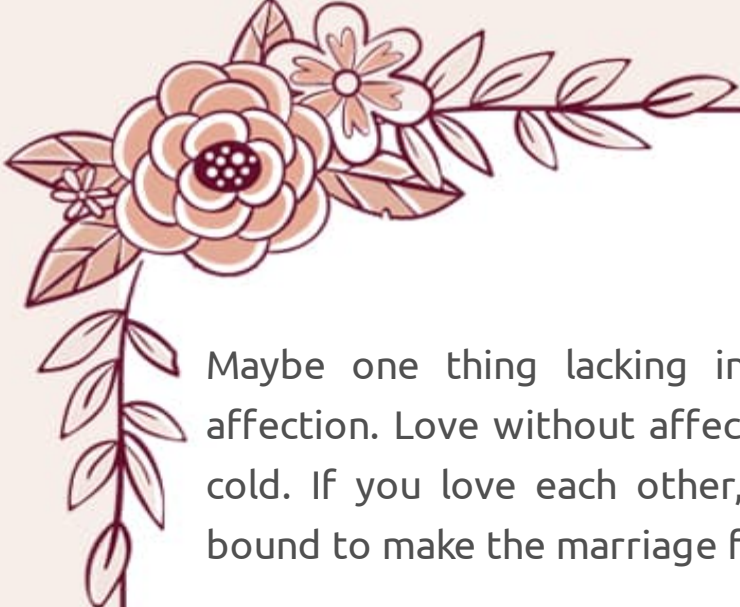




One may show affection through the words they say. Don't be afraid to tell your partner that you love them. A simple I love you, can be a genuine and thoughtful reminder of the bond you share. People often neglect saying I love you, feeling that, especially in long relationships, that it's already been said and that their partner already knows that they love them. But it doesn't hurt to say it, does it? If you prepared a hearty meal for a friend, and although they appreciated it and thoroughly enjoyed the food, if they didn't say anything or let you know they enjoyed, or even said thank you—would you know how they felt?

Another way to show affection is through touch—hold your partner's hand, give them a hug, kiss them on the cheek. Even gently rubbing their shoulders while they're stressed can show that you're there for them and that you care for them.





Maybe one thing lacking in your marriage is the lack of affection. Love without affection leaves the marriage dry and cold. If you love each other, but don't show it, then you're bound to make the marriage feel lonely and insecure.




Respect

"Respect is one of the greatest expressions of love."

Miguel Angel Ruiz





Any relationship is difficult without respect. Without respect, people tend to disregard the other's opinions, and think of them lesser than themselves. Imagine doing this to a partner. If you don't respect your partner, you're going to make them feel unimportant and unworthy of attention. If you don't respect your partner, you're more likely to lose your commitment to them and invalidate their feelings. This goes for both parties—both parties must respect the other. Your partner must respect you, or they will look down on you. There is no love without respect.

Something you need to understand, however, is that you must ensure that you are worthy of respect. Be a person of integrity—of value and of commitment. As the saying goes, respect is earned—therefore, don't give your partner an excuse to not give you respect, be the person that you yourself would respect.





Commitment

“Marriage is a mutual commitment to love without condition or expiration date.”

Unknown

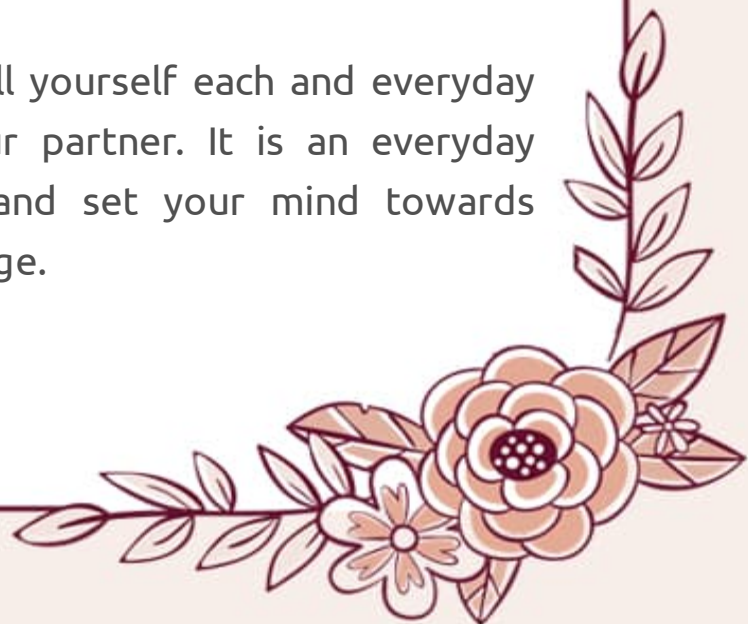
What is commitment? Commitment is the conscious and willing binding to a certain goal or person. Commitment requires dedication, attention, and perseverance to maintain what it is that person is committed to.

This is a pillar of marriage. Marriage will not work out on love without commitment. Even though you love someone, if you're not willing to stay and put in the effort to maintain the marriage, then the love will mean nothing to the marriage.





Even when it seems difficult, will yourself each and everyday to make a commitment to your partner. It is an everyday decision to dedicate yourself and set your mind towards fulfilling the vows of your marriage.






Love

"You always gain by giving love."

Reese Witherspoon

As we stated earlier, perhaps the most famous component of a marriage is love. Now that we've discussed trust, affection, respect, and commitment—we cannot neglect love. This chapter is not meant to downplay the role of love itself, but to in fact build it up, along with the other components that strengthen it and hold it together.



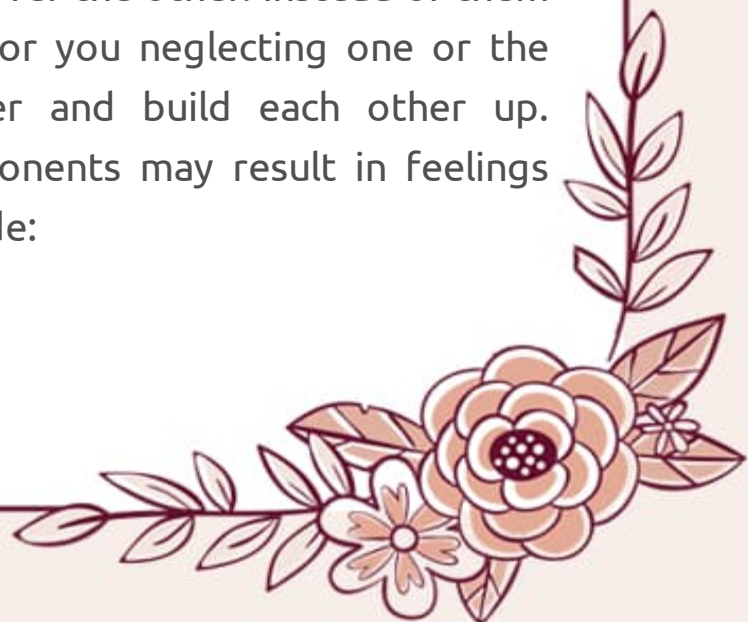
Sometimes, it's difficult to state exactly what love is—and it's also difficult to pinpoint exactly why you love what you love. Love is beautiful—but both complex and simple at the same time. You want to save your marriage because you love your partner—whether you think you do or not. The fact that you're making an effort to maintain the relationship instead of end it is because your love for your partner, no matter how fleeting or seemingly small, still resides in your heart and you yearn to make it blossom again.


Love is passionate. A marriage may survive alone on commitment, affection, trust, and respect—but love gives it that extra oomph—love fuels it and binds it all together. If you find yourself falling out of love, then how do you get it back? Connect. Connect with your partner, and remind yourself why you fell in love with them in the first place—that person may have changed, but so have you. At their core, however, they are still the same person you had grown to love. We will discuss this further in later chapters.





All of these components are part of a strong foundation of marriage—one cannot triumph over the other. Instead of them competing against each other, or you neglecting one or the other, let them work together and build each other up. Imbalances in these core components may result in feelings like the following from either side:






“My partner neglects my feelings and makes me feel bad about myself—but that’s alright because I love them.”

“I don’t trust my partner—they make me feel paranoid, but I’m staying because I love them.

“In our relationship I feel insecure and constantly belittled—but I know my partner loves me, so it’s okay.”



Don't keep coming up with excuses—this goes for both sides. Love alone cannot hold the relationship stable. Together, rebuild that foundation of trust, affection, respect, commitment, and love.





Chapter 3: Priorities!

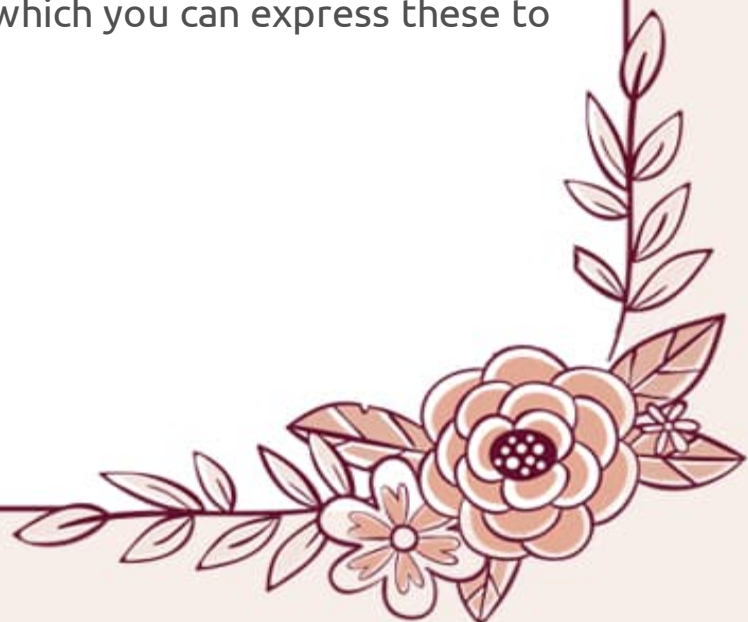
“The key is not to prioritize what’s on your schedule, but to schedule your priorities.”

Stephen R. Covey





If you don't give your time and effort to something, it just shows that that thing is not a priority. If you truly want to save your marriage, you have to make your marriage and your partner among your biggest priorities. One prioritizes certain aspects of their life by giving that aspect time and effort. In this chapter, we will be elaborating more on the importance of time and effort, and the means which you can express these to your partner.






Time

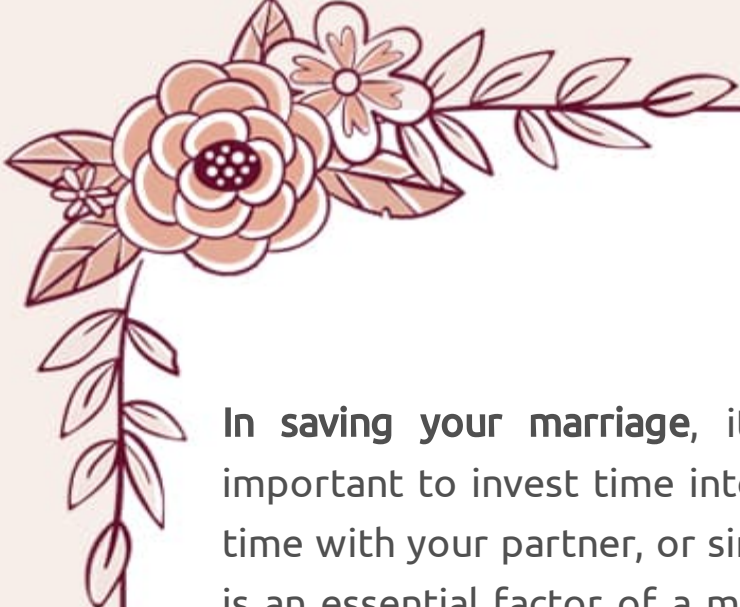
“No matter how busy you are, if you really care, you will always find the time for someone.”

Stephen R.Covey




Time is one of our greatest investments. Time is something that you can't get back, therefore it is among the most valuable things we can give someone. It is also one of the most valuable things we can receive.





In **saving your marriage**, it goes without saying that it's important to invest time into it. Whether it's pursuing quality time with your partner, or simply being in their presence, time is an essential factor of a marriage that cannot be neglected. You cannot strengthen a bond without putting the time into it.

Take the time to take your spouse out on a date. Or, actually, one of the best things you can do is to listen to them—ask questions, ask about their day. If you show your partner that even if you're busy or it seems like a tedious and menial thing to just sit down and listen, you're willing to do so because they're worth your time and you want to give it to them. Don't you appreciate it when someone takes the time to listen to you? **Whether it's** your rants, or your expressions of excitement, your laments, or maybe it's just a simple story about your day—regardless of the subject matter, I'm sure you know how valuable it is for someone to just take the time to listen to you.





It's understandable that at times you may be busy, but don't forget that your spouse is among the most important things in your life. Take the time to talk to them—or if you work from home, sit next to them while you're working. But as much as possible, set a certain time to do quality things together, and even get to know them more. You never know what more things you could discover about your partner if you just take **the time to engage them in** conversation or activity.




Effort

“The falling in love part is easy. It’s just the keeping it together part that takes consistent choice day after day. To do the work.

To show up for your partner and for yourself. It’s not that relationships are hard, it’s that they require effort. Choose to make one.”


Mark Groves





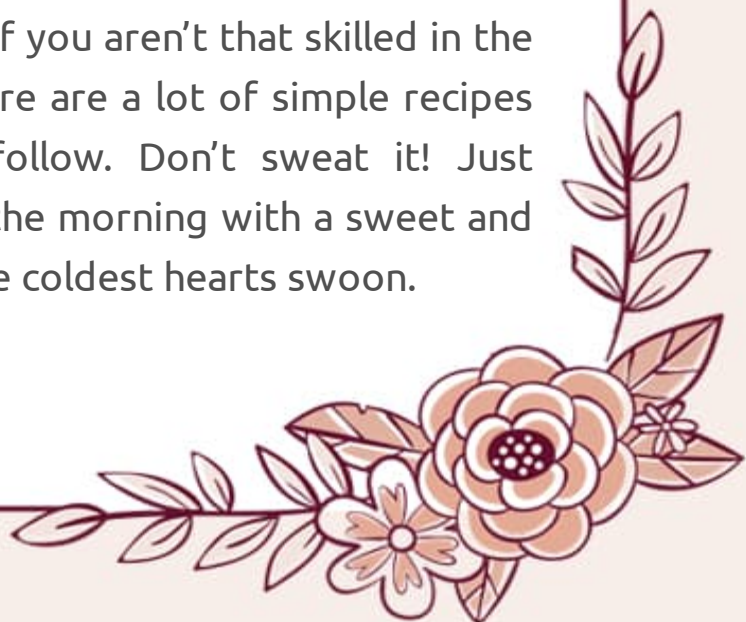
How do you understand the word and concept of effort? Effort refers to the conscious attempt and determination towards something—willingly exerting energy for trying an activity. How do you express effort in a relationship? It can be as simple as asking your partner about their day. Or washing the dishes for them after they eat. Or maybe cooking them a meal without them asking. It can be picking them up from work, or taking them out on a date after an especially tiring week. It can be surprising them for their birthday or for your anniversary.

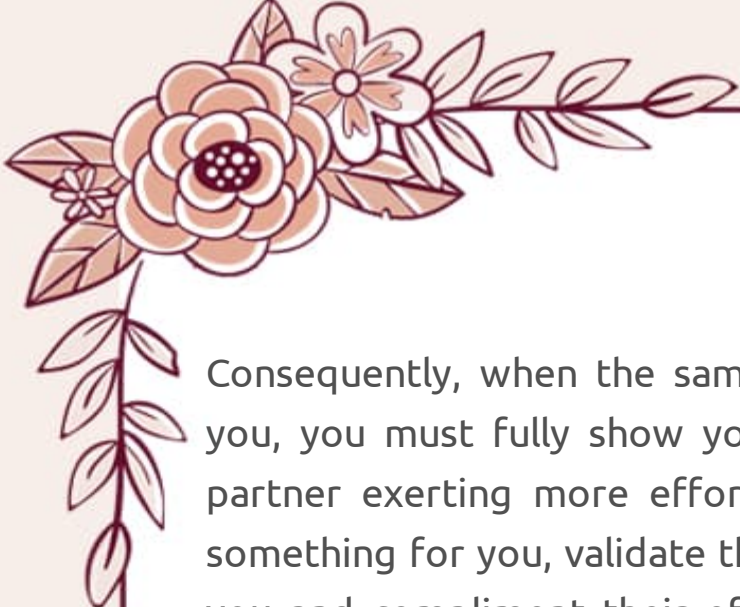
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Why not start by waking up earlier than your spouse and preparing them breakfast? Even if you aren't that skilled in the kitchen, I guarantee you that there are a lot of simple recipes available online that you can follow. Don't sweat it! Just surprising and greeting them in the morning with a sweet and simple will for sure make even the coldest hearts swoon.





Consequently, when the same time and effort is offered to you, you must fully show your gratitude. If you notice your partner exerting more effort than usual to help you or do something for you, validate their efforts. Give a genuine thank you and compliment their efforts. Another seemingly simple but painful thing to experience is when your efforts seem to bear no fruit. Let your partner know you appreciate them trying and exerting energy for you by verbally acknowledging it.





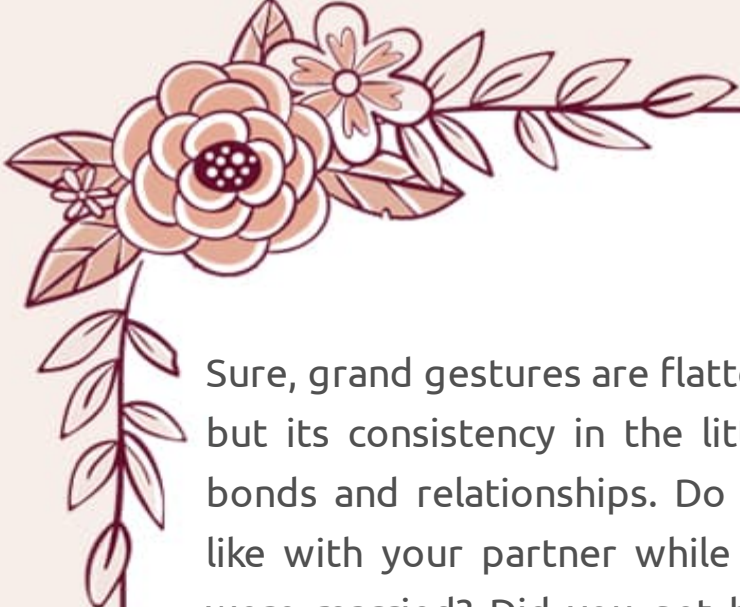
Chapter 4: It's in the Little Things



“It wasn’t just the big romantic gestures that made a relationship, it was all the little things.”


Alexandra Potter





Sure, grand gestures are flattering and can often be amazing—but its consistency in the little things that really strengthen bonds and relationships. Do you remember what it was first like with your partner while you were dating or before you were married? Did you get butterflies when they wrote you little handwritten notes? Did your cheeks blush when they wrapped an arm over your shoulder or laced their hands with yours? Were you filled with glee when they told you how good you looked? Sometimes—no—a lot of the time, it's the smallest things that you remember and keep close to your heart. If things like these are gone now, do your best to bring them back.






This chapter aims to discuss what are a few of the little things you can do in a relationship, and how the consistency of these things can help shape your marriage to be the loving and ideal commitment you aim for it to be.

Words of Affirmation

“Everyone likes a compliment.”

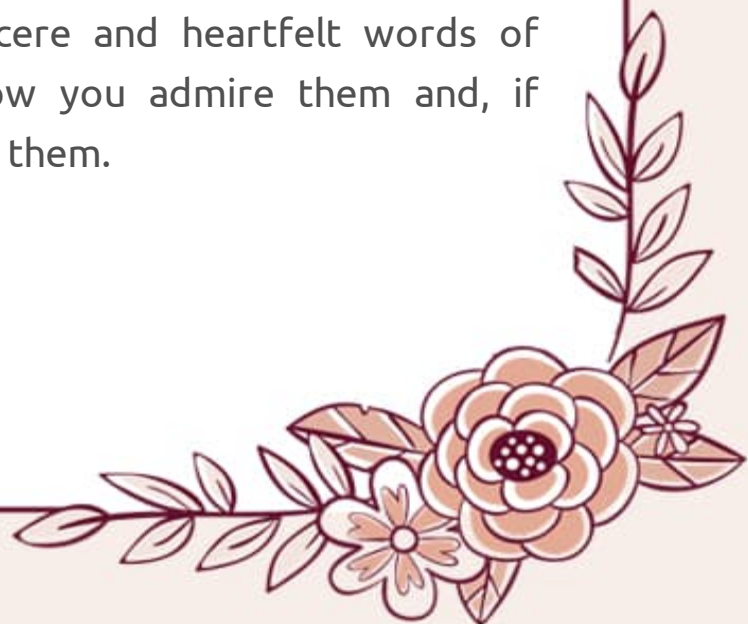
Abraham Lincoln

As asked in the intro, do you remember how you felt when your spouse first told you you looked beautiful or handsome? Do you remember when you first told your partner that? Try to bring back the butterflies and warm glee you both felt when you first heard the other say it. Whatever the compliment, don't be afraid to give them to your partner.





Say it with a genuine heart and spirit. Appreciate the beauty in them both inside and out. Make a list of all the things you love about them, take note of them, and compliment them when you see them or when you talk to them. It can even be in simple household chores or in big triumphs with the kids or with their jobs—give them sincere and heartfelt words of affirmation. Let them know how you admire them and, if applicable, how proud you are of them.






Small Touches and Kisses

"They invented hugs to let people know you love them without saying anything."

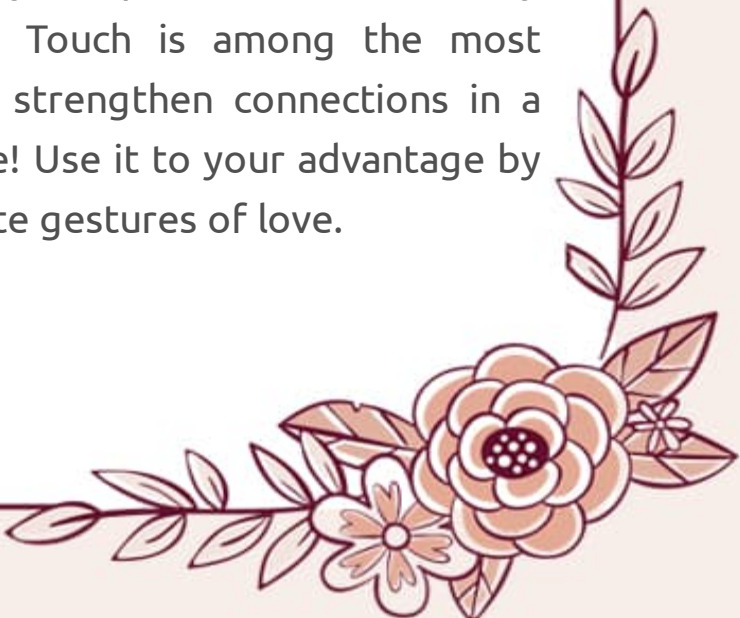
Bil Keane





The same goes for simple and seemingly “obsolete” or “regular” gestures like kisses on the cheek or on the forehead. Or perhaps a shoulder squeeze or rubbing your partner’s back when you know their stressed. Small expressions of love and affection can help re-spark the light of romance in your hearts. The next time you come home or your spouse comes home, try giving them a big warm hug. Touch is among the most powerful tools one can use to strengthen connections in a relationship. They’re your spouse! Use it to your advantage by giving them small and affectionate gestures of love.

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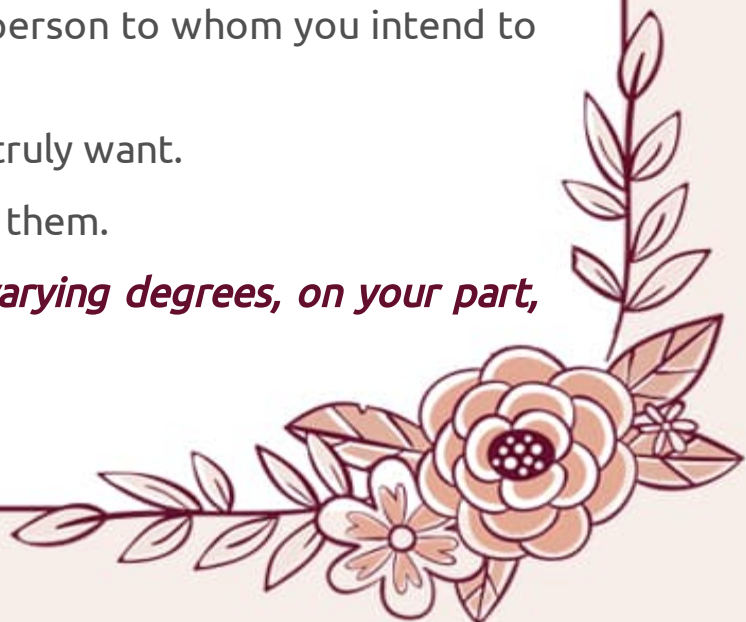


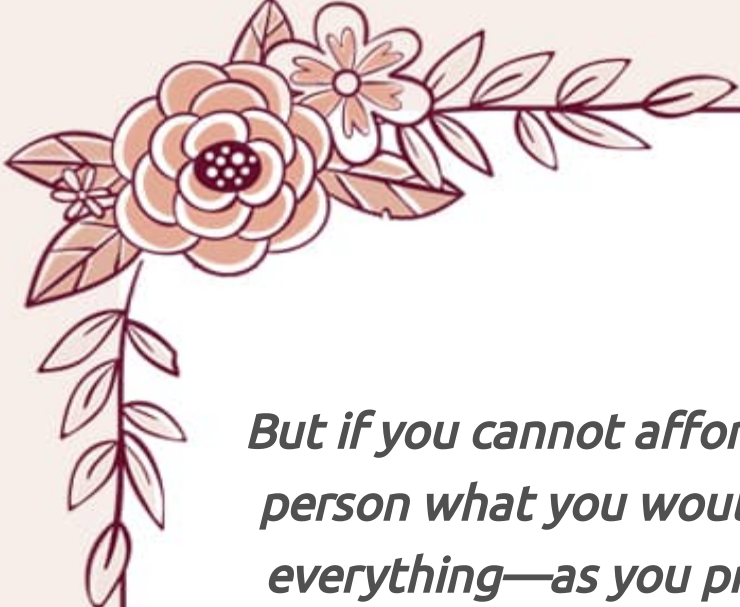
A Little Gift, A Little Token

"Gift giving is a true art."

- 1: You need to understand the person to whom you intend to give the gift.
- 2: You need to know what they truly want.
- 3: You must be able to give it to them.

Anything less is a symptom of varying degrees, on your part, of ignorance, distance, or insult.





But if you cannot afford the right gift, telling the person what you would do if you could, justifies everything—as you present that not-so-perfect substitute.”

Vera Nazarian, The Perpetual Calendar of Inspiration

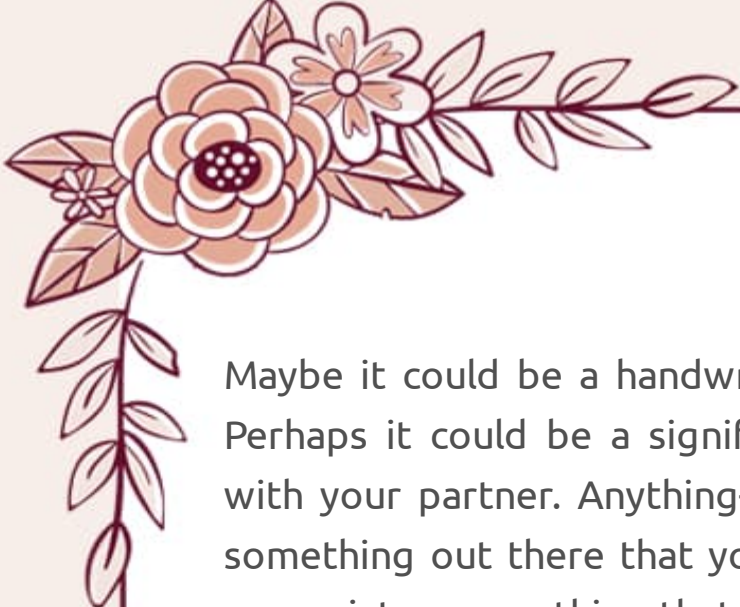
Now, I'm not telling you that you have to buy your way back into the relationship or into your spouse's heart. But, like Vera Nazarian said, gifts are means to show how much you understand them, how you were thinking of them, and how you want to make them happy. Gifts don't necessarily have to be expensive, they can be little tokens and trinkets—just make sure they're from the heart and that you have a reason for giving them.





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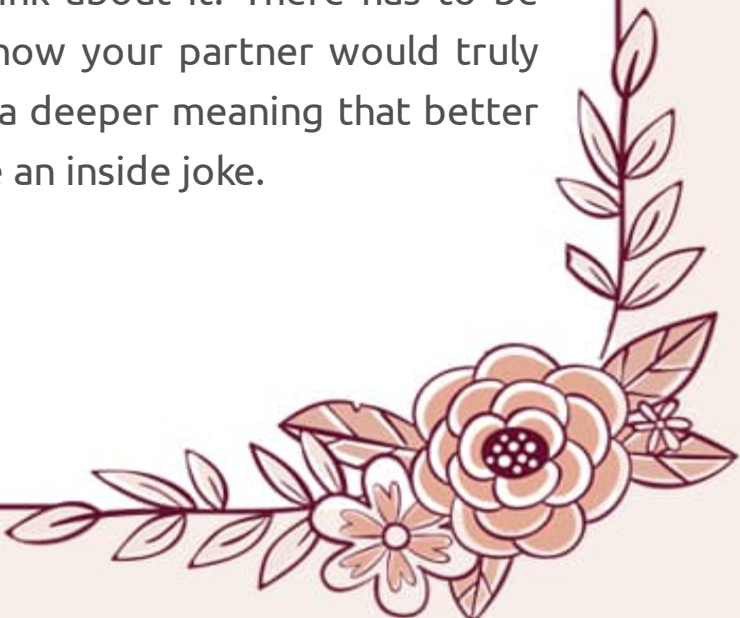
Maybe it could be a handwritten letter, or a simple portrait. Perhaps it could be a significant candy from your first date with your partner. Anything—think about it! There has to be something out there that you know your partner would truly appreciate—something that has a deeper meaning that better connects you two. Somewhat like an inside joke.

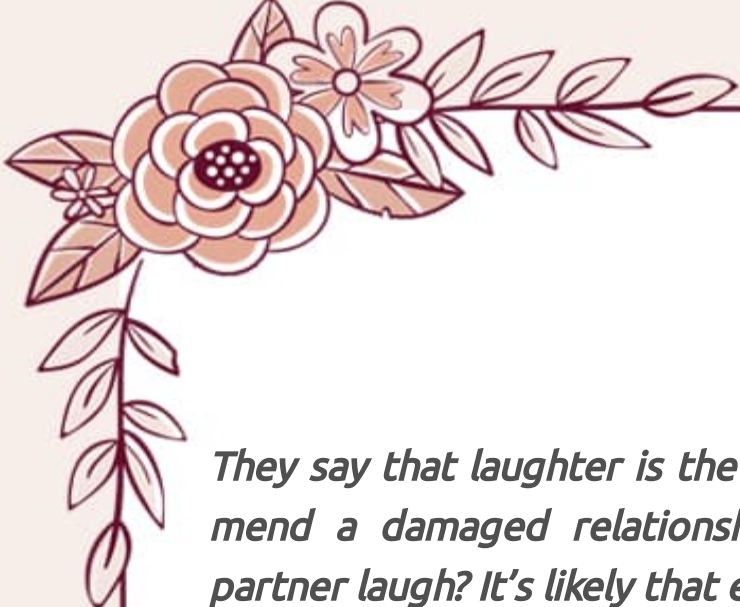
Laughter is the Best Medicine

"Couples who laugh together last together."

Dr. John Gottman

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They say that laughter is the best medicine—to help heal and mend a damaged relationship, why not try to make your partner laugh? It's likely that earlier on in your relationship, you and your partner could joke and bicker together playfully. Try to insert a little humor into the relationship every now and then. Don't be afraid to make jokes or to try and make your partner laugh every now and then. By doing this, you'll remind your partner how happy you two can be together, and how natural it is for you two to be together.

Laugh with them as well. When they attempt to humor you, acknowledge their efforts. No matter how cheesy the joke may be, appreciate the effort to make you laugh too. On the other hand, it's important to have the wisdom and judgment to know when too much humor could be overboard. Always assess the situation and see if humor is appropriate for the circumstance at hand.

Let lose, love, and laugh.





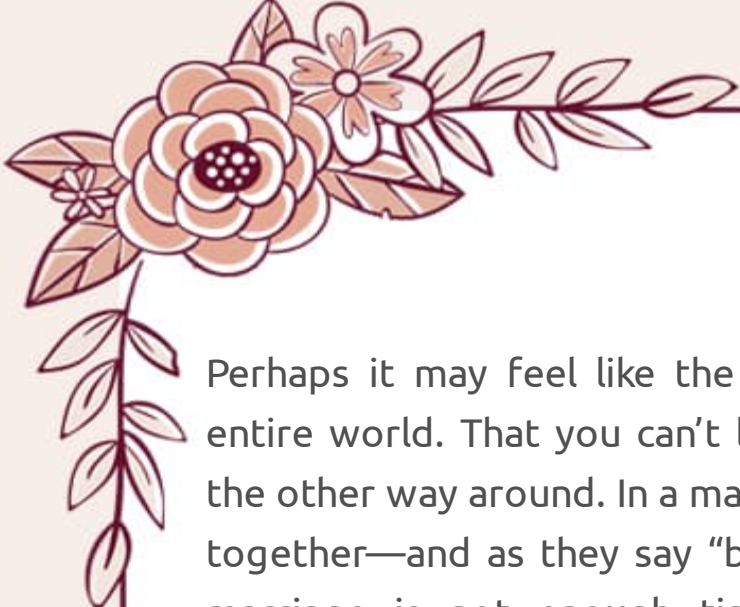
Chapter 5: One Unit, But Not the Whole World



"Independence is fun, especially when there's a beloved waiting in the wings, and freedom makes you a more interesting person. Having separate lives brings fresh air into a relationship"

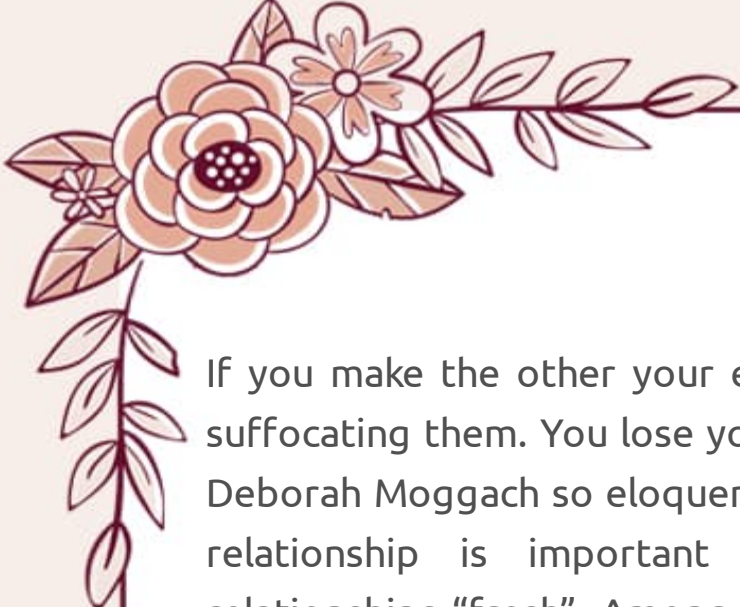
Deborah Moggach





Perhaps it may feel like the other person has become your entire world. That you can't live without them. Or maybe it's the other way around. In a marriage, it's important that you act together—and as they say “become one”. If the issue in your marriage is not enough time together or just living too separate lives, then by all means attempt to create more “oneness” with each other. However, this has the extreme of going overboard. **While it's important to be together and to be “one”**—don't make the other your entire world.







If you make the other your entire world, you run the risk of suffocating them. You lose your own sense of individuality. As Deborah Moggach so eloquently put it, independence within a relationship is important and essential, it makes the relationships “fresh”. Among the worst things to happen to a person in a relationship is for them to lose their sense of self.




In repairing your marriage, it's important to build and maintain your own identities—but to not neglect each other in the process. Instead, support each other to become the best versions of yourselves. Create time to focus on your own passions and hobbies—but also set aside time to do activities together, as a couple.

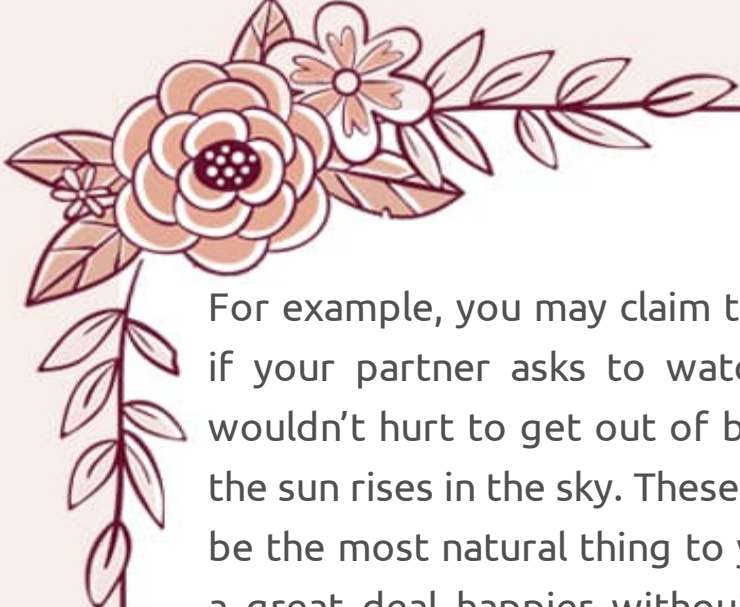




Another pitfall of making the other one's entire world, is if that world becomes unstable and slips away every now and then, then that person's world will crumble and their life will likely fall into a state of uncertainty and confusion. If and when your partner argue, if you've made them the sole foundation of your life, you're likely to lose your sense of self and sense of purpose. Another person should not be your identity—you should be **your own identity**. Although it is important to be able to depend on your partner, and for them to be able to depend on you, you cannot be completely dependent on your partner to survive, and vice versa.

Perhaps some advice to balance both out is to stay true to you and your dreams and yourself—but at the same time, don't be so stubborn that you refuse to compromise and adjust to your partner. Don't completely change yourself, but do your best to accommodate your partner in certain situations out of love and care for the other's happiness.





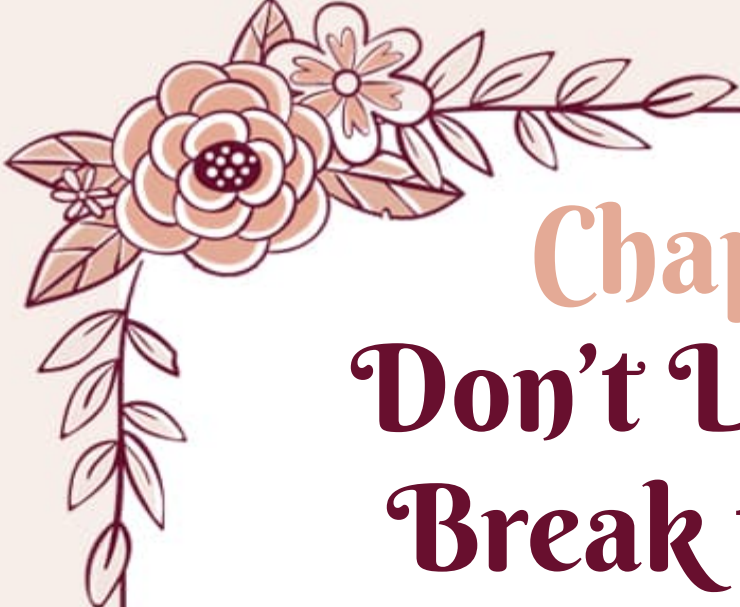
For example, you may claim to not be a “morning person”, but if your partner asks to watch the sunrise with you, then it wouldn’t hurt to get out of bed earlier to accompany them as the sun rises in the sky. These are simple gestures that may not be the most natural thing to you, but could make your partner a great deal happier without you having to change yourself and your personality.



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Deborah Moggach





Chapter 6: Don't Let it Stow Break the Cycle



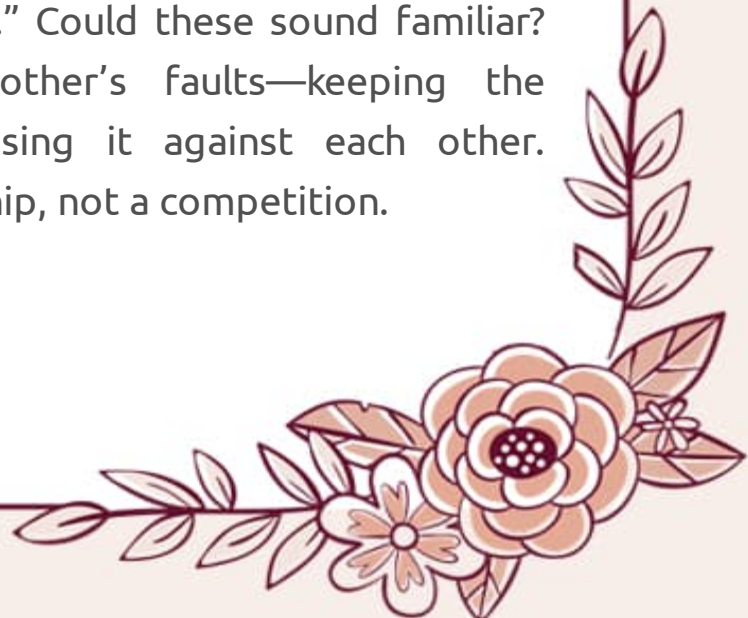
"Don't let yourself get so angry that you stop loving,
because one day you will wake up from that anger
and the person you love won't be around anymore."

Quote from Dawson's Creek





No relationship is without its struggles. It wouldn't be a real relationship if it were completely perfect. People in relationships will fight, bicker, and even hurt each other every now and then. But what's important is that the couple doesn't fall into a cycle. A deadly and ruthless cycle wherein the two in the relationship are constantly throwing barbs and jabs at each other, and then resenting the other for it. A cycle wherein it becomes a matter of keeping score—whose fault was it last time? Who apologized the last time? "It was your fault last time, so now it's okay if I do it." Could these sound familiar? Don't keep score of each other's faults—keeping the resentment and anger and using it against each other. Remember, you're in a relationship, not a competition.




Anger

"If you're angry at a loved one, hug that person. And mean it. You may not want to hug - which is all the more reason to do so. It's hard to stay angry when someone shows they love you, and that's precisely what happens when we hug each other."

Walter Anderson

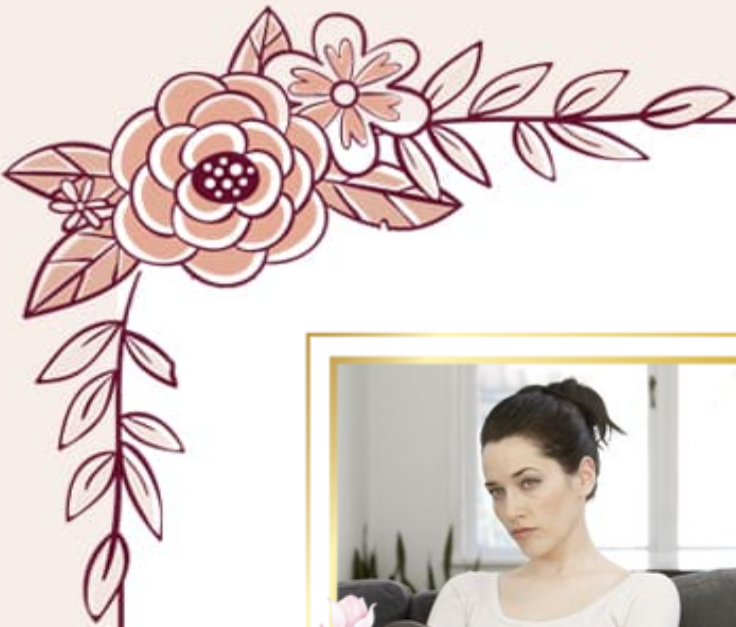




Anger is a completely valid feeling, and in certain situations can be merited. But don't let the anger consume you in a relationship. You can spend your days so angry at your partner, that you won't remember what it's like to not be angry at them anymore. Don't let it reach this point. If it already has, then forgive and heal the anger—we will tackle this more in a later section.

Anger can be very deadly. Anger can provoke the sharpest and harshest words, and the most impulsive actions. Don't make rash decisions out of anger—and refrain from saying hurtful irrational things at your partner even when you feel angry at them. Process the anger, acknowledge that you feel it and why you feel it, but don't let it control you. Let your partner know that you're angry, and explain to them why—don't fly into a rage, hurling insults and hateful comments, but at the same time, don't completely cut them out and shut them off, burying the anger inside, with them only wondering why you refuse to talk to them.





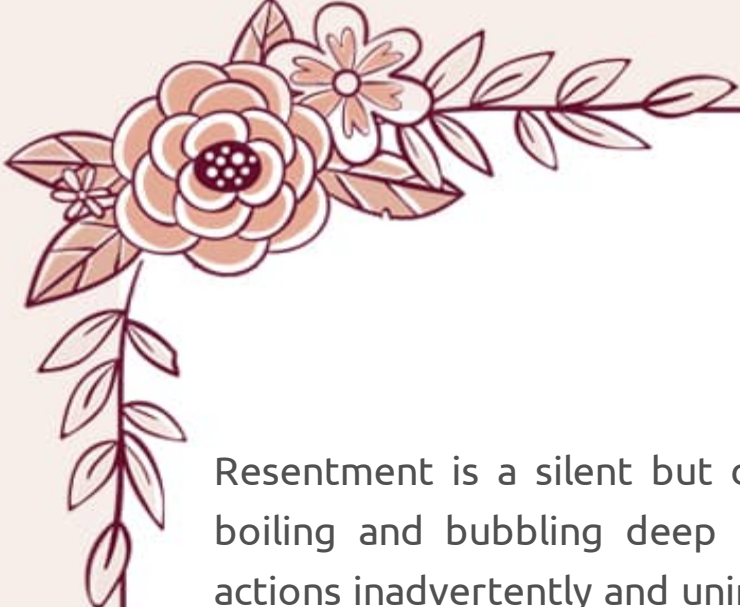
Resentment and Keeping Score

"Resentment always hurts you more than it does
the person you resent."

Rick Warren

*Resentment is bitterness and indignation towards another
person or event. Don't let this sort of feeling and energy stow
towards your partner.*






Resentment is a silent but deadly killer—it leaves the anger boiling and bubbling deep inside, leaving one’s consequent actions inadvertently and unintentionally affected by this inner resentment towards that other person. Like we discussed in the earlier section, if something your partner did or said angers you, communicate with them—talk to them about it—don’t let it stow inside until it’s hooked itself far too deep in your conscience and feeling.

Keeping score can be a terrible thing in a relationship. Whether you’re constantly trying to one-up each other, or pull the other down, it’s tiring to be in a marriage wherein instead of being on one team together, you’re against each other. Instead of finding comfort with each other and in each other’s presence, you find yourself constantly on edge and ready to defend yourself and take a few jabs yourself. Learn to let go—there is no score, there is only the relationship you have with each other.





"The minute you start keeping score, you're destroying the relationship."

Tonny Robbins




Guilt Tripping

"The primary weapons of emotional abusers is the deliberate infliction of guilt. They use guilt the same way a loan shark uses money: they don't want the "debt" paid off because they live quite happily on the interest."

Andrew Vachss



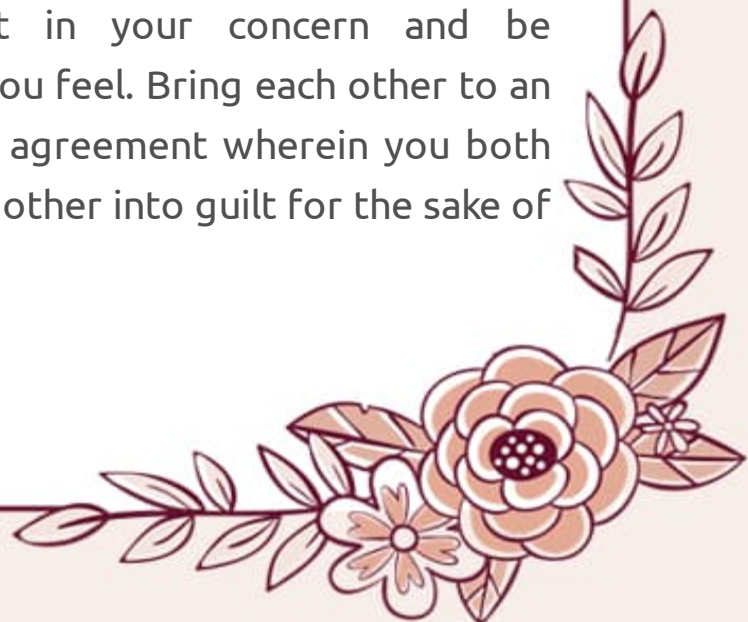


Don't fall into the trap of guilt tripping. Guilt tripping is making the conscious, sometimes even unconscious, effort of making your partner feel guilty for something. Often, this "something" that is the supposed source of guilt is blown out of proportion in order to elicit more guilt from the other party. This is one of the worst things you can do to your partner in a relationship. It is the decision to make the other feel bad, and is a form of manipulation that should not happen in a marriage—in any relationship, for that matter.





If your partner tries to pull it on you and guilt trip you, identify it and let them know how it makes you feel and how it harms your relationship. Be earnest in your concern and be transparent with how it makes you feel. Bring each other to an understanding, and come to an agreement wherein you both promise to not try to goad each other into guilt for the sake of your relationship.






Forgive

We talked about trust in our 2nd Chapter—one more thing about trust, is learning how to forgive. Forgiveness is related to all the former sections of this chapter. With forgiveness, you let go of any transgressions against you, and you stop holding them against your partner. Forgiveness is a difficult process, but it is a conscious decision you need to make whenever you can, especially in order to maintain and save your relationship. Instead of shouldering the burden of years of anger and resentment and bitterness, gather it up, process it and understand it, and let go and forgive your partner. It may take time—no it will take time, but with the right amount of dedication and determination, I'm sure you can do it.

Allow your partner to forgive you too for your transgressions against them.





Apologize when they've made you realize any offenses you've done toward them—humble yourself to acknowledge mistakes and failures that have sincerely hurt your partner. Forgiveness is a two-way street, it will affect both of you if either of you refuse to forgive.



"That's what people do who love you. They put their arms around you and love you when you're not so lovable."

Deb Caletti

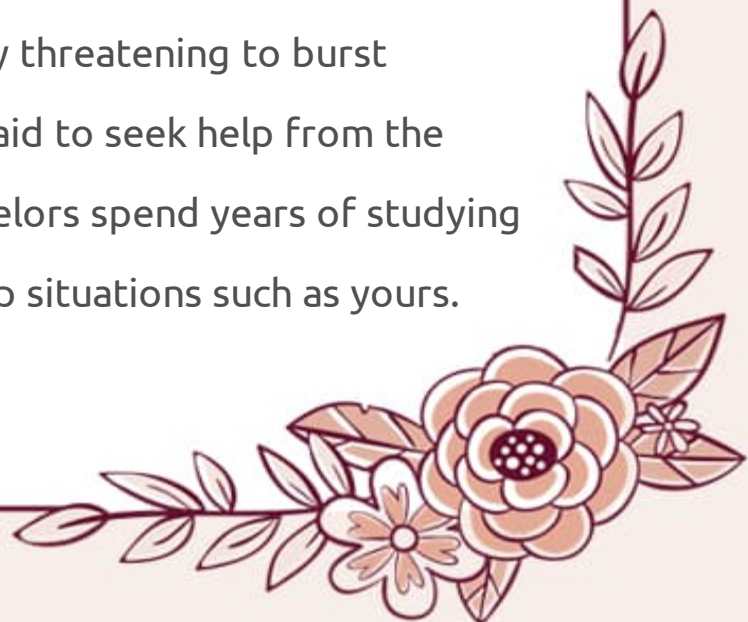




Chapter 7: Meet the Professionals



If your marriage is truly threatening to burst at the seams, don't be afraid to seek help from the professionals. Marriage counselors spend years of studying and practice in order to help situations such as yours.





Through committing to marriage counseling, you allow yourselves time to focus on your relationship, and time on each other. Often, couples can neglect the importance of maintaining the relationship and getting to know each other better and growing together. The commitment of marriage counselling allows all these. But first, agree as a couple to be dedicated to going through it together for the sake of the health of your marriage.

Furthermore, with a marriage counselor, you have an unbiased mediator who can help you sort your problems without the usual struggles of being overemotional getting in the way.



Conclusion

The road to rebuilding and restoring your marriage may not exactly be the smoothest or the easiest, but I assure you that with the right mindset, tedious application of the lessons in this book, and a sincere and loving heart, you'll be on the road to making your marriage and relationship stronger than ever. I'm rooting for you! We all are!





Thank You!

WE WELCOME YOUR FEEDBACK

Feel free to get in touch with us for any
feedback or question.

