

Common marriage problems and how to solve these problems.



Marriages are made in heaven but the function of its maintenance occurs on earth.

Every married couple experiences critical issues. If not in public then at least in their bedroom. The problem does not necessarily start post-marriage. Wedding jitters and anxiety about the life long commitment have become visibly common these days. Such is the nervousness that some do not even show up at their own wedding. Best way to handle such circumstances is to talk your heart out to a person whose sincerity you have always trusted. This will help you make an appropriate decision.

The predictable cascade of pre-nuptial stress is overcome only to face the unpredictable storm of common marriage problems. Like fungi and moss these can grow out of any place. In either case of love or arrange marriage seeds of trouble may grow due to contamination in mutual faith and acceptability. Let us come to straight to the point.

Some common marriage problems

Financial disagreements may occur in couples especially when one is a saver and other a spendthrift. Issues regarding who is penny wise and who is pound foolish may sometimes take an egotistic turn in arguments. Then words become daggers piercing hearts of each leading to severe injury especially to the sensitive male ego.

Sexual satisfaction is one of the most important expressions which bind the marriage stronger. Any form of irrational behaviour or insensitivity towards the partner may sow the seeds of permanent disrespect for the other. It also forms the basis of justified infidelity which is emotionally wrecking to handle.

In-law trouble is the evergreen topic of common marriage problems. For women these may arise due to obvious generation gap or due to basic disagreements on tradition or the type of profession they are in. Men too feel awkward by the continuous interference of their in-laws in their marriage. By the end of the day it's the couple that has to stay together for life. This grounding needs to be understood.

Lack of communication can do to your marriage what even infidelity can't do. It causes

misunderstandings. It is a necessity that the couple must communicate in a way comfortable to both.

The bottom line is no matter what may be the problem; the couple should **talk, talk and talk...** Marriages are meant to beautify life so pay attention in solving such common marriage problems.

Marriage Problems - Signs Your Marriage is in Trouble



It is so important that you learn to recognize the most common marriage problems signs before they destroy your marriage. Hurt, anger and resentment build when you ignore the signs of problems in your marriage. Even so, research shows that most couples wait six years from the first signs of problems before they try to find help. During those years the problems become progressively worse. Every day there are people who give up on their marriages instead of trying to find the help needed to solve their problems. There are also those people who know they have marriage problems, but believe that their marriage is not in danger of failing until their spouse gives them the wake-up call by asking for a divorce. It doesn't matter whether you are almost ready to give up or whether your spouse is the one who is ready to give up. Divorce does not have to be the answer. Marriage problems can be resolved, your relationship with your spouse can change and with a little help, you can save your marriage.

Avoid a Common Cause of Divorce - Learn to Communicate with Your Spouse

One of the most common causes of divorce is breakdown of communication. The dictionary defines communication as the exchange of thoughts, messages or information. Notice that it does not say the giving of thoughts, messages or information or the receiving of thoughts, messages or information, but the exchange. The exchange is where most couples struggle. Do you listen to your spouse or do you just talk and talk and talk? A business man said this : “A man that I deal with on a weekly basis in my business is a good example of communication breakdown. He is usually here for a least an hour even though the reason for his visit could be completed in about 15 minutes. Why is he here so long? He loves to talk, but he needs a few lessons in communicating. He doesn't listen, I barely say a word, and when I do manage to squeeze a word in, he is already talking again before I can finish my sentence.” “Now according to our definition of communication, what he and I do is not communication. We don't exchange anything. He gives me his thoughts, messages or information, I am usually unable to give him anything in return. His visits and our conversation almost always leave me frustrated. I genuinely know a lot about the subject that we always talk about and he could probably learn something if he only knew how to listen”.

While my example is about a business relationship, communication with your spouse is the same, you need to listen as well as talk in order to truly communicate and avoid a common cause of divorce. Learning to listen to your spouse may take effort and practice, but listening is something do in order to have a good marriage and be able to resolve problems . If you are not listening when your spouse talks, and I mean really listening, then you are probably frustrating your spouse and hurting your marriage. Do you know how to talk? Being a good listener is part of communicating effectively, but you also have to know how to talk. I know, I know, I just told you to shut up and listen and now I am telling you to talk. Well, let me explain. If something is bothering and your spouse asks what is wrong, do you tell them or do you say nothing is wrong? Now, unless you are married to a mind reader, that approach is only going to cause more problems. A much more effective way is to simply tell your spouse what is bothering you. When women bottle up what they are feeling during a disagreement it has a measurable effect on their health . So, not saying what is bothering you can not only cause more problems in your marriage but with your health as well. Do you take the time to talk to your spouse about things that are important to them? If your conversations consist of ,”Hi, how was your day...Fine, how was yours”, you need to make an effort to sit down and really talk. Remember when you two were dating, how did you get to know each other? I bet you talk for hours. Make an effort to talk to your spouse and get to know them all over again. Listening and talking, the two parts of a conversation, you need both in order to communicate with your spouse and avoid a common cause of divorce.

Recovery After An Affair-Is it Possible?

For better or worse, for richer or poorer, until death do us part. Most of us recite these traditional wedding vows and may never think about exactly what we are promising to our spouse when we say the words. Your wedding vows are a commitment to your husband or wife. A commitment that is broken when an affair takes place. If that commitment is broken, can you restore it and save your marriage? The answer is yes, you can save your marriage after an affair, but it will take sincere effort and dedication. The foundation of a marriage is trust. Trust is built on honesty. When you or your spouse have an affair you are betraying the trust that has been given to you. Trust is hard to build and easy to tear down. Once trust has been betrayed, it is even harder to rebuild. If you are the partner who has had an affair, the first thing you must do is be completely honest with your spouse. The only way you can regain your partners trust is through total honesty in everything you do. Your actions will need to provide the proof that you can be trusted. You can tell your spouse all day long that you are trustworthy, but your actions will speak louder than your words. If you say you will do something, do it. No matter how inconvenienced you are, it is vitally important that you follow through with what you say. If you continue to provide proof of your honesty, you will slowly be able to regain your spouses trust. Along with your spouses trust, you must also gain their forgiveness. Forgiveness for the affair is a necessary part of saving your marriage, but it is a difficult step for most people. After having your trust betrayed, the hardest thing to imagine is ever being able to forgive your spouse and trust again. Until you are able to imagine trusting again, you will not be able to forgive. Yes, you heard me right, the biggest obstacle to forgiving your spouse, is believing that you can trust them again. If you are willing to try to trust again, forgiveness is possible. In order to forgive and trust again, you need to make your spouse aware that the behaviour that will reinforce their efforts to regain your trust. You should work together to create a do and don't list. These are things that will allow you to focus your efforts on saving your marriage and getting past the affair. Don't expect to recover from the affair overnight. Healing from a major betrayal of trust takes a lot of time. Many times counselling or other expert help is needed to overcome the hurt. Some days will seem like two steps forward and one step back. You must take things one day at a time and slowly forgiveness will be granted and trust will be restored. These tips should help you see that recovery after an affair is possible. With help, many other couples have successfully restored love in their marriage after an affair. To get the help you need to begin healing your marriage today...

Marriage Help - How to Regain Trust in a Marriage

If you and your spouse are having trust problems you must learn how to regain trust. In a marriage with no trust, neither partner will be happy because trust is the foundation of a happy marriage. When the foundation of a building is compromised the structure will become unstable. The same is true of trust in a marriage, when trust is compromised the marriage will become unstable. It has been said that you cannot have

love without trust. It's a fact that without trust, your marriage will never be what it should or could be. This is why regaining broken trust is so important. If you want to save your marriage, trust can be regained, but it will take time. When you first meet someone, you don't immediately trust them. Trust is gained over time and is based on a person's actions and behaviour. The level of trust you give someone is built based on your feelings about their actions and behaviours. Once trust has been betrayed in a marriage, you might say that you are beginning your relationship with your spouse all over again. The partner who betrayed the trust of the other must prove themselves trustworthy all over again. Regaining trust is a slow, gradual process. In order to prove yourself, you must be honest and upfront about every aspect of your life. There can be no secrets or empty promises. Remember, you are starting at square one and you must prove to your spouse that you can be trusted. The partner who was betrayed must learn to trust again. The key to learning to trust again is being willing to trust again. I know that it may seem impossible that you can ever trust them again. If you don't accept the idea that trust is possible, you will not be able to forgive and move past the hurt. Being willing to trust again does not mean that you approve of the things that were done to destroy your trust. It simply means that you are willing to try to forgive and go forward in your marriage. Help your spouse prove they are trustworthy by allowing them to try. Trust is easily broken and hard to regain, but it can be done. Loss of trust doesn't have to destroy your marriage.

Forgiving Your Spouse and Moving Forward in Your Marriage

Most people struggle with forgiveness, especially if the person who hurt them is their spouse. Regardless of what your spouse has done or how badly you have been hurt, forgiveness is necessary if the relationship is to continue. It is much easier to say you forgive someone than it is to actually forgive them. Even so, in order to move forward and get your marriage back on track, forgiveness must truly take place. Forgiveness is not approval of hurtful behaviour. One of the main reasons that people struggle with forgiveness is they think by forgiving they are condoning the behaviour they are forgiving. This is absolutely untrue. When you forgive your spouse you are not saying that you approve of whatever the behaviour was that hurt you. You are simply acknowledging that they are human and make mistakes and that you can move past the mistake. Holding onto hurt is unhealthy... By holding on to your hurt and refusing to forgive, you allow more hurt, anger and resentment to build. This only leads to more problems, so you can see why forgiveness is so important. Not offering forgiveness is unhealthy not only emotionally but also physically. Holding onto the anger builds the stress level in your body which can lead to all sorts of physical problems from simple stomach upsets to problems with blood pressure. Forgiveness offers your marriage another chance... The first step to forgiveness is telling your spouse exactly how their actions made you feel. It is also important that you let your spouse know, that the behaviour is unacceptable and will not be tolerated again. Remember forgiveness does not mean approval. If your spouse is truly repentant, forgiveness will allow the two of

you to redefine your relationship and move forward towards trust again. Now while these tips may be enough for you to begin forgiving your spouse, if you're serious about moving forward in your marriage, you need a solid plan.

Lack of Commitment-A Common Cause of Divorce

The dictionary defines commitment as a pledge to do. It also says commitment is the state of being emotionally or intellectually bound to a cause or a person. Both of these definitions perfectly describe the marriage commitment. We pledge to do when we repeat our marriage vows. The marriage vows then bind us emotionally to our spouse. But what happens when that commitment isn't real or isn't very strong....marriages fall apart every day because of lack of commitment. Ideally commitment builds over the time that a couple is dating and becomes strong enough that nothing can destroy that commitment. Sadly, that doesn't always happen. Many times a couple gets married even though the commitment to the relationship is not strong enough to warrant marriage. A couple must be committed not only to each other but also to the marriage relationship. Part of the problem with commitment is the attitude today toward marriage. Marriage is a serious step, that many people treat as a trial. Well they say, if we don't get along or don't want to be married we can always get a divorce. Why would you enter in marriage with that kind of attitude? If you are not committed 100% to making the marriage work on your wedding day, you should never take that walk down the aisle. Marriage is hard work. It will never be a bed of roses. Marriage requires sacrifice from time to time. It requires that you love your spouse even on days when they might be really unlovable, and they have to do the same for you. It requires finding a way to work through whatever problems come your way and still come out the other side loving your spouse. That is what commitment really means. Are you are your spouse struggling with commitment problems? Are you looking for answers to save your marriage from divorce? You owe it to yourself and your spouse to do everything possible to avoid the heartache and grief that is a part of a marriage breaking up. Don't spend another day in an unhappy marriage filled with problems.

7 Ways to Stop Your Marriage Breakups

It's hard for newly weds or even those who have been married for a long time to recover from a serious mishap. There are sometimes when people will fault and then there are times when people split up because of no faults of their own. In cases where there is someone to blame, the relationship has a better chance of recovering. However, if you know how to stop your marriage from breaking up, then you will be able to recover from anything. The first thing that you have to do to stop your marriage from breaking up is by saying I'm sorry. There are a lot of relationships that end because neither one could say I'm sorry. Learn to accept responsibility for the things that you do and show your mate that you are serious about your relationship. Also, you need to know how to change your actions. When you apologize for something that you have done wrong, you have to change your actions. You can't say that you are sorry and then do something

again. By apologizing, you may be able to save your marriage. Those words can mean nothing if you don't show the person some positive action. Then you may also need to take some time away from each other. Every relationship needs to have a grace period. This is when you need to pull away from each other and then try to patch up the holes in the relationship. The way that you can do that is by moving apart a step or two and then going back to when you were wooing her/him. Take her/him back to where you meet or where you had your first date. Spend some time focusing on the relationship. Bring back what was lost. When you step back from the situation you are able to see where the relationship fell apart and why. Then you should be able to right some of the wrongs. When she/he brings up seeing a professional, you should always do it with an open mind. When you stay open to new suggestions you will be more honest with yourself and about the relationship. Professionals are not always a bad thing for your marriage, but they can help both of you focus on where the marriage fell apart and then fix everything. Sometimes it can also make you realize things about yourself that you never even thought about. You will also want to stop doing things on purpose to start a fight or provoke her/him. You don't want to chew on your nails cause it bothers her/him. You don't want to leave the seat up just to see what she'll/he'll say. It's time that you start acting your age and by doing things to deliberately separate your wife/husband from you won't save your marriage, but condemn it even more.

You will also want to take her/him in mind more than yourself. When it comes to fixing a marriage, you have to do things just because. You have to buy her flowers because you wanted to. You have to fix things around the house just to make her happy. You have to think about all those thoughtful things that you use to do to make her fall in love with you. When you can begin to think like the person that you once were you will be able to find the love again. Another thing is that when you are in a long relationship you take a lot of things for granted. You need to give more compliments. You need to be more sensitive to their needs as well as your own. You need to have a solid communication line so that you two can talk all your issues out like adults. Talking will make you both feel better and allow those little things to not grow into something big. You can contain the problem before it gives any bigger. Also, it is normal for a person to change, however, if you keep showing the love for someone, you can grow together. The final tip that you will want to try is to recover the romance. You need to do things for her/him that she'd/he'd never expect. You have to show how much you love her/him by doing things that she's/he's always wanted you to do, but you were never quite open to it. You need to be open to the new and exciting things that she/he wants to incorporate in the relationship. You never know, you may find some new interests, as well as, save your marriage

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