

HOW TO SAVE YOUR MARRIAGE
RELATIONSHIP ADVICE FOR COUPLES

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Book Description:

This is a complete guide book or a self help book as you may call it, meant for couples who are in a marital relationship as well as for those who plan to get into one at any point in their lives.

This book is meant to provide you with a complete outline on how to develop good rapport with your partner by incorporating positivity and sincerity within yourself. It will build up on how to develop efficient communication skills with your spouse in order to not only resolve but prevent arguments in the first place.

You must recognize the beauty of the relationship between couples, how intimacy is developed at every level; physical, mental and emotional. We will discuss the essence of this relationship and how to build it with respect, love and compassion for each other.

Once you realize the importance of it, you will also recognize the sacredness of the promises made to each other in marriage, regardless of whatever religion or culture you belong to. A religious section has also been added specific to Muslims and Christians with relevant advice.

INTRODUCTION

This book is a self help book designed for couples; those who are married and those who plan to get married at some point in life. Every relationship has its ups and downs. It is certainly not uncommon for couples to get into arguments which can grow into bigger issues if not resolved timely. Hence, the objective of this book is to determine the core of such problems, the common issues faced by couples and how to resolve them.

It must be differentiated here that marriage is a separate entity and hence married couples differ from dating couples. There is a broader horizon when it comes to marriage which involves a bigger responsibility while living together and having to share everything from a physical, mental and emotional aspect. Therefore, it is perfectly normal to face adjustment difficulties in the beginning and to face problems.



This is because every individual differs in his/her temperament and you are bound to face differences with your partner on something or the other. This imposes a strong emphasis on the fact that you must not look for similarities in your partner, rather respect the differences that arise between the two of you. You must be able to develop enough maturity and be able to communicate efficiently with your partner. This aspect will also be discussed in greater detail in the book as communication is an essential part of the relationship.

It is also important to know the psychological aspect when it comes to relationships and the issues involved as negativity and egoism play a huge role in complicating matters. Hence, we will determine ways in which you can change your attitude to think more positively, how to react in different situations and to prevent arguments or bigger issues. Remember that there is no issue that cannot be resolved unless you do not will for it. You must however know how to deal with different situations and circumstances in the correct manner in order to bring balance in your life.

The correct way to deal with matters is that you must not give up. If you give yourself the margin of letting go of your relationship with your spouse, you are bound to go downhill. You must therefore focus on making things better for the two of you. This does not mean in any way that you should fix things no matter how bad things get. We shall discuss where to draw the line and what should be unacceptable.

Remember that there is no single way of doing things. Hence, we will discuss different situations with varied individuals. You should be able to determine which category you fall in and how you should go about things in your specific case.

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CHAPTER 1: THE BEAUTY OF MARRIAGE

Marriage is a sacred bond that ties two individuals at a physical, mental and emotional level. There are four things that must be held closely in it; respect, love, care and trust. They cannot coexist without each other. Its importance must be understood from the core of our heart, our mind and the depth of our souls.

Marriage takes great responsibility from both sides. Emphasis must be placed on the mutual aspect here which is essential in order to bring about balance in the relationship. There are a few principles that form the backbone of your relationship with your spouse. If violated, they can lead in the disruption of the balance and hence, may put your marriage at stake. This chapter will provide you with the basic insight on the essential principles of a marital relationship that ensure its survival.

RESPECT:

Respect is an integral part of every relationship. Every person must be valued for who he/she is. Marriage involves the union of two people who are expected to spend their lives together, share everything and build up on an all new life together. You are supposed to have kids, nurture them and be role models for them, educate them while dealing with the countless problems in life. You may not want kids but it is a journey where you must bear ups and downs and grow old together.

All of this is certainly not possible if you do not give respect to each other. What is respect, you may ask. Well respect is the acknowledgement of each other's feelings and ideas. It is the acceptance of your partner just the way he/she is such that you do not exercise any superiority over him/her. It is important to treat each other as equals. This is especially for men who tend to believe that they have an edge over women.



It must be borne in mind that both men and women have different responsibilities. It is essential to realize that there cannot be equilibrium if these do not coexist together. If, for example, the man bears the financial burden, the woman takes care of the house and kids. If either of the responsibilities is not fulfilled, there would be no equilibrium. What most men fail to realize is that the household chores the woman does do not count as any form of work. If they start acknowledging it, there would be no issues.

The situation can vary in different cases but the point to understand here is that equilibrium cannot be achieved if either of the two parties fails to fulfill their responsibilities. Hence, there is no edge of any individual over the other which is reason enough to state that both should be treated as equals and share mutual respect.

LOVE:

Love is a broad term. In marriage, it is meant to be the feeling of being complete with an individual, to find consolation and warmth in their words and actions. It is the expression of belonging to that one person. To some, it is the reflection of their souls in their spouses. Love is an expression in the physical, mental and emotional aspects. It demands to be heard, felt and known.

It is an absolutely integral part of a relationship in couples. For a healthy and happy relationship, it is important to develop love. How do you develop love? Well it must be differentiated here that love and infatuation are two different things. You may develop

physical attraction to an individual and long to be with him/her but that is merely an infatuation in most cases.

It must be clarified here that this does not imply that physical attraction has no role in the development of love. It is the first thing that you are able to see for you cannot look inside the minds and souls of an individual until you talk to them



and spend more time with them. Hence, physical attraction counts but it certainly is not the main criteria.

So how do you love your spouse? In marriage, love must develop at every level where correlation is seen between each of them. There must be mental compatibility between two beings so they may synchronize efficiently. This involves respect for each other's ideas/feelings and the acceptance of who they are. Hence, you are able to adapt yourself to your partner more efficiently given the respect and compatibility.

There is no doubt that physical relationship is also an integral part of matrimony. Intimacy is developed at a sexual level and is essential in building the relationship. This is because you are able to connect with your partner in a way that is restricted to the two of you and hence it is undeniably a special bond.

It is also important to connect with your partner at an emotional level. You should be able to find comfort and solace in your partners embrace; the feeling of having that one person there for you no matter what. Love must be unconditional and forgiving. It should be a form of constant support and encouragement such that it provides you with the strength to do the impossible.

Love can be your biggest weakness and your greatest strength. You must be able to foster love in its true sense such that you gain control of your sub conscience and gain confidence in yourself as well as your partner.

CARE:

We have just discussed respect and love and their correlation with each other. However, we must add care to the list as it is inter linked with the two. How is it different from love? Doesn't love involve caring for your other half? Well you may love your partner but not care for them enough. How is that possible? The act of showing your concern for your loved one and going the extra mile for them shows that you care.

Caring is the feeling of contentment in knowing that you have that one person looking out for you no matter what. You may be right or wrong, your partner may agree with you or not but will always stand by you as your utmost strength. At times, he/she may be

compelled to do things for you because they care too much and at other times, to not do them because things ought to be done the right way for your benefit.

They will think things through for you even when you have not and be there for you irrespective of their own comfort. Hence, you see they cannot exist without each other as it would only result in a faulty equilibrium.

There must be purity and sincerity in the relationship which is only attainable if you have all three components. It does not take an extra effort to incorporate these within yourself but purity from within to think and do stuff without any corruption from your environment. Hence, respect sincerely, love deeply and care for generously to achieve a pure and healthy relationship.

TRUST:

One must realize the power of trust. It is the ability to believe in your partner blindly and is the essence of a relationship. A bond that lacks in trust is filled with suspicion, dishonesty and misery. It is unhealthy to be suspicious of your partners words, actions etc. This well up negativity inside you and can lead to greater issues.

Honesty is a requirement for every relationship, especially for couples. If every person takes responsibility for his/her actions, everybody would be at peace. If you take it as your rightful duty to be honest to your partner and in turn you expect honesty as your right, it will foster trust between the two of you. However, it must be mutual as it takes two to create a balance.



Suspicion can be disastrous from your relationship. It can lead to problems much worse than the initial one. Hence, it must be avoided at all costs. The only way to deal with it is to build trust which you can build by being honest. Honesty is a great virtue that you

must incorporate in yourself as it leads to your character building and success. Being honest to oneself benefits you more than you may imagine. This is because it gives you the power to recognize who you are and to identify your strengths and weaknesses. In addition, it helps you build good rapport with your partner.

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CHAPTER 2-WHERE DO YOU GO WRONG?

It is perfectly normal to face problems in your marriage at any point in life. It may be the initial adjustment which is difficult for you or the difference in temperaments and ideas of your partner. It may be due to any of the above discussed virtues that either of you lack in. it may even be due to wanting different things from life. So what is the right way to deal with it all to develop equilibrium in your life? How do you bring about stability in your relationship?

You must first identify the problem/s in your relationship in order to find a relevant solution. This is essential as the root cause; that is the problem must be treated from the core to resolve any issue. Hence, you must understand the cause of the problems, the problems themselves and what harm they are capable of causing. This chapter will deal with and discuss some of the most commonly encountered problems by married couples.

MISTRUST/SUSPICION:

Mistrust or suspicion results from a lack of honesty with each other. It gives your partner a reason to doubt your word or your actions and it is bound to destruct your relationship. There is only one possible explanation for lying to somebody; if you have

reason to hide something. There is absolutely no other explanation or justification for this. Lying is a virtue that is not only capable of ruining your relationship with your spouse but it is also self destructive.



A person who lies habitually gets him/herself into more trouble because it gives other people a reason to mistrust them. In a married couple, the most common suspicion has to be cheating. Mistrust can result in you

suspecting your partner of cheating on you and for most people, this is unforgivable. A

few couples might reconcile so as to reach a compromise for their kids/ families while only a few are genuinely forgiving towards it.

Then there are a lot of other problems that can result from mistrust and suspicion but we know that once you give your spouse a reason to doubt you, it is very difficult to regain their trust back. Is it really worth it you must ask yourself? Putting your entire future at stake over a lie? Marriage is supposed to be a beautiful bond between two individuals meant to be full of purity and love. You must do your part and try to maintain it.

Remember it is never too late to bring order in your life. One learns from their mistakes or from other people's experiences. If you have lost the trust of your loved one, you can start afresh and try gaining it back. It would require quite some patience and time but you might just succeed. Regardless, it should be a personal accomplishment for you to be a better human being from within.

POSSESSIVENESS:

Possessiveness is actually a sweet gesture as long as you do not overdo it. It gives your partner a sense of belonging, the feeling of being loved and cared. It is perfectly okay to feel slightly possessive about your partner. According to statistics, a few men and women report it to be 'hot'. However, it also gives a few women the feeling of being suffocated and of being deprived of their freedom. Men, on the other hand do not like if their independence is taken away and need their space as well.

Hence, possessiveness has the tendency to drive you away from your partner if you overdo it. You must therefore make sure to draw a line where you must trust your partner instead of suffocating him/her. So what exactly comes under possessiveness? To sum up a few; interrogating too much, cross questioning, imposing restrictions on your partner, stalking or keeping track of your partner's whereabouts etc.

This can also bring about jealousy in your relationship. You must learn to feel content within yourself and gain the confidence of your partner such that you do not feel insecure about yourself. Many men and women in a married relationship do things out

of jealousy because they are unsure of their own value to their spouses. A person who is content within him/herself is able to handle such a situation in a much more mature manner.

Stalking your partner or keeping a strict check can be a huge turn off for your partner and can even be creepy. Hence, you must ensure that you do not get over possessive. Now you must be able to recognize what an integral part trust plays between couples. There is a point where you must let things be and trust the other person.

COMPATIBILITY ISSUES:

People talk so often about compatibility but how do you really know if you are compatible with a person or not? Basically compatibility with your partner would mean that you enjoy a harmonious relationship without any major conflicts. Now how do you differentiate between major conflicts and normal ones?

If you sincerely try to adjust with your partner but are unable to find him/ her appealing on a physical/mental or emotional aspect, then you may just be incompatible. This means that despite trying to adjust, you are unable to see things or your future at the same level. It could also mean that instead of having more similarities, you have more differences or conflicting interests which you are unable to



come on terms with. Now this definition may also vary with different individuals due to varying temperaments.

The only thing you can try is to develop common interests and reach a level of understanding where you give leverage to each other over your differences. You must be able to respect each other despite the conflicting interests and find a way to look at your future together keeping the interests of both in mind. If at any point, one of the partners is made to give up more, it will result in an imbalanced relationship and will make it

difficult to keep it going. Marriage is meant to be lived together in happiness and not as a burden over each other.

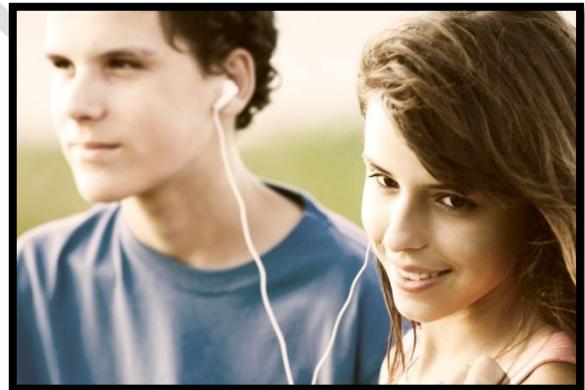
LACK OF COMMUNICATION:

This is one of the most common problems in any relationship. What we tend to do is take it for granted that the other person knows what you mean to say. The truth is everyone has a different way of perceiving matters and hence you should give leverage to the other person by explaining stuff when need be. The problem arises when there is an issue at hand and both parties fail to acknowledge it because of their ego or because they think that they had made themselves pretty clear related to the matter. Hence they choose to do the worst that can be done, that is to stop talking altogether.

This lack of communication is capable of worsening the original issue by a two-fold if not more at times. If we eliminate the negativity inside us, we are capable of doing so much better in our lives in so many ways.

Miscommunication or misinterpretation is very commonly faced by us all. One should adopt a more flexible way of comprehending matters.

What we all lack in is patience. Also, we are just too lazy to discuss issues. If we were to communicate efficiently, we would be able to solve many issues timely instead of aggravating them. Lack of communication also has the disadvantage of aggravating matters as the more time you take to resolve an issue, the situation worsens and you get more negative.



INSECURITY:

Insecurities in relationships can be a disaster. One must know their own value to their spouse. If you are confident and content in who you are and what you are, then you are able to reflect that in your personality as well as steer clear of any insecurities that may arise in you. Basically insecurities arise when you are under confident of your abilities or you feel an inferiority complex. These encourage the development of negativity and jealousies.

This is one reason why you must always value your partner and tell him/her frequently what they mean to you. In addition, it also helps to promote love and affection. You must also recognize your own abilities and be confident about yourself. The key is to be who you are and believe in yourself. Such people are also more successful than others as they do not care about the irrelevant worldly things in life.

CHAPTER 3-SEX AND INTIMACY

UNSATISFACTORY SEXUAL RELATIONSHIP

As human beings, we have been born with different needs. A major part of marriage involves the fulfillment of physical needs that is the sexual relationship between couples. In most religions and cultures, extra marital physical relationships are prohibited. Hence, for such people, marriage is also a pass for the fulfillment of the physical needs. Therefore, it is an integral part of the relationship.

If you are unable to satisfy your partner physically or your partner fails to satisfy you, it can create drastic problems for you. It builds up feelings of frustration inside you and also of discontent. In some cases, one of the partners may choose to look for a physical relationship elsewhere. This is one of the major reasons of cheating as some people are just not content with their marriage in this regard and hence, decide to look elsewhere.

So how do you deal with this problem? This is again interlinked with the factors we have discussed before. Communication is essential and you must feel comfortable enough to talk to your partner about your sexual needs, your expectations, your reservations etc. Like we discussed, there can be variations in different cases due to varying temperaments of people and this case is no different. Each individual has different needs and expectations and there should be no reservations in talking to your partner openly about such issues.

In many cultures, there are taboos about sex and intimacy related topics. While you may feel awkward discussing it otherwise, you must not feel shy with your partner. It is best to open up and let your partner open up to you. It must be ensured that neither parties should take anything to heart but the conversation should be as honest as possible in order to ensure the resolving of the issue as well as satisfaction from both sides.

Another point that should be raised here is that in many cultures, women are given secondary importance to men especially in this regard. Men should realize that women too have sexual needs like them which need to be taken into consideration as well.

Women should be allowed freedom to discuss their expectations and reservations freely too instead of being treated like 'sex objects'.

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CHAPTER 4-NEED HELP FIXING YOUR ISSUES? COMPLETE GUIDANCE ON HOW TO RESOLVE YOUR ISSUES

Now we have discussed the basic principles that are responsible for the efficient survival of your relationship with your spouse. In addition, we provided you with the most commonly encountered problems in marriage. This chapter will however teach you about the different ways to deal with the problems you encounter in your marital relationship.

HOW TO DEVELOP TRUST WITH YOUR PARTNER:

This requires you to build your relationship with your partner and develop effective communication with him/her. This communication enables you to develop friendship and hence trust over time. You may be able to discuss more openly about your likes and dislikes. Even though some people prefer to have a 'with the flow' sort of relationship, some couples decide to talk things through about their expectations regarding the relationship and where to draw the line. We will be talking in detail about this specific aspect later on in the book.

So how are you able to develop trust with your partner? It all comes back to effective communication. The rules that are implicated here are that it should be effective from both sides and it must be honest. If you are unable to express honesty, you will never be able to develop trust in its true sense. If at any point of time, you develop mistrust, it can lead to suspicion and far bigger issues. Hence, you must avoid them altogether.



However, if you happen to be one of those who have lost the trust of a loved one, you must not feel disheartened. The first step is realization that what you did was wrong and

to turn over a new leaf by being honest. It may take time to regain trust if you have lost it once but it is not impossible.

HOW TO AVOID SUSPICION:

You may also choose to let your partner in on the loop in your problems and even day to day life. This helps to develop more trust as your partner feels involved in your life. You must give your partner a sense of belonging and of involvement in your matters. You must also try to not hide major stuff in your marital relationship. Instead, you must develop companionship in every way by building up on your lives together and being with each other through thick and thin as the marriage vows indicate.

However, it is worth pointing out here this does not mean in any way that you must limit your space or that of your partner. Ample space is essential so your partner does not feel suffocated. The only point is to develop effective communication honestly, with no lies. If you are unable to discuss something with your partner, you may choose to be straightforward about it and inform them honestly that you are unable to enlighten them on the matter instead of choosing to lie. Lying as we discussed earlier is not able to solve any matters but further complicates them.

Hence, you must develop ample trust with your partner and give him/her enough space so that they do not feel suffocated. Another thing to do here is to develop positivity in your minds so that instead of jumping to conclusions or choosing to suspect your partner, you rationalize first and be more mature about your next step.



HOW TO OVERCOME OVER POSSESSIVENESS AND BE LESS DEMANDING:

As they say, anything that is done in moderation is good. Hence, over possessiveness is a trait which is not advisable as you may just be driving your partner away. While all of us like being loved and having that one person for us, everybody enjoys a certain sense of freedom or space to themselves. It must be ensured that you do not violate the personal space of your partner or suffocate them to an extent that they start hating the good things you do for them too. This is because negativity is like a vicious cycle. If you put a person off, you start a vicious cycle which is capable of putting him/her off everything no matter what you do.

So how do you overcome this? A person tends to be more clingy or possessive when they have little things to keep them busy. In such cases, they tend to be more demanding of their partners time. This can be a turn off as such things only seem good initially maybe but practically, they can get quite frustrating.

You must recognize the fact that your partner has his/her own life apart from yours and you must allow him/her to develop as a separate entity in it. This is in fact also healthy as it allows you sufficient exposure which is a necessity in today's world. You must develop and allow your partner to develop instead of restricting each other's growth as well. You are also able to cultivate efficient maturity in yourself in this regard.

Possessiveness is cute but over possessiveness is a nightmare for most people. Most girls, for example, like being given a sense of belonging and being cared for by a guy but nobody likes being stalked to the extent where you feel a violation of your personal space. Therefore, you must realize this and not impose undue restrictions on your partner. Remember its good riddance if your partner was bound to go astray. You need not keep hold of him/her too much. Love is a beautiful connection which must not be enforced but only allowed to develop and nurture naturally.

HOW TO DECIDE IF YOU ARE COMPATIBLE WITH YOUR PARTNER OR NOT?

Compatibility plays an essential role in a relationship. There is that thing of instantly connecting with a few people which may or may not be due to similar interests. There is something about chemistry as they say. Some people tend to find it in like-minded individuals while others develop it over time.

So what is dependent on it? It is true that you cannot truly decide your compatibility with another individual unless you develop effective communication with him/her. In some cases, you may be deceived by infatuation which is a temporary phase of falling for somebody without taking the practical aspect into account.

How do you develop compatibility? Well you may seek similar interests with your partner such that you are able to connect on the same level at some point. This is important as being humans; we tend to interact better with people who we are more compatible with. Hence, this aspect is more important if we are to get married to a person and we need to decide it before. Regardless, you can always try find or to develop similar interests with your partner if you are willing to make it work with him/her. It is equally important to be respectful of the differences between you and your partner at the same time.



HOW TO BUILD EFFECTIVE COMMUNICATION WITH YOUR PARTNER:

We have discussed why effective communication is essential in a marital relationship. In a marital relationship, there is much more than just love and intimacy. You start living together and start a whole new life. You share responsibilities and bear the financial burden and stresses life has to offer you. In such a scenario, it is only wise to develop companionship and friendship with your partner who you are to spend the rest of your lives with.

To do this, you must develop effective communication with your partner. There may be different ways to go about it. One way is to open up to your partner and make him/her comfortable enough to open up to you as well. The best way to do this is by adopting a friendly attitude and discussing your routine life with your partner to develop a casual mode of conversation. This way you will make your partner feel more involved in your lives and this will develop a habit of discussing your day to day routines and hence the incidents associated with it.

Another way of building up on your communication with your partner is to discuss similar interests or for that matter, choosing to do activities together that interest you and your partner. This can be a lot of fun for both of you as well as work in your favor by building a healthier, stronger relationship. The most favorable thing for you is to maintain good companionship with your partner such that he/she finds you fun to be around and does not get bored. Remember a good friend makes a great life partner and most people would want to spend their lives with somebody who they can enjoy with. So get to know your partner better.

DIFFERENT MODES OF COMMUNICATION:

It is also worth pointing out here that effective communication involves expression of your words as well as your actions. You must not hesitate to express your misgivings if

any or if anything bothers you. In fact, you must develop sufficient rapport with your partner to be able to express your feelings effortlessly. It is also favorable to express love to your spouse in words as well as actions so as to develop communication and to develop affection.



Everybody likes being loved so you must choose your own mode of expression. Go out on a romantic date and rekindle your love affair. Sometimes all you need is to get rid of the stresses in your life and have the much

needed alone time for the two of you. Dress up for each other and go out on a romantic dinner regardless of whether you have children or not. You could surely arrange for a baby sitter or a relative to come baby sit your kids for the night. If you have more time at hand, you may choose to take a trip with your loved one; renew your honeymoon.

It is true that we often fail to acknowledge what we have and forget the good things in life due to the stresses we are facing currently. Do not let it ruin your relationship. Take trips often or go out on dates often. The objective is to spend some quality time together always, no matter what. As life partners, you must not forget to give each other time and hence, keep your marriage refreshed.

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CHAPTER 5- HOW TO DEVELOP YOUR PERSONALITY TO RESOLVE YOUR ISSUES:

GET OVER YOUR INSECURITIES. HOW TO FEEL MORE CONFIDENT ABOUT YOURSELF:

This trait is essentially useful in your daily lives as a whole. Why does a person get insecure? This is when a specific person is not too confident about him/herself such that they do not have full faith in themselves. Why does a person feel like that? A person may feel that due to a couple of reasons. One reason may be that he/she gets influenced by other people's wealth, beauty, power etc. The other reason can be that he/she may develop a complex due to their own lack of belief in them. It also may be due to a feeling of inferiority complex with regard to the power, wealth, beauty etc of other people.

So where to begin? Sit down and ponder on who you are and what you have achieved from your life. Every person has a set of traits that can help them be successful in life. You must recognize what they are and believe in yourself that you can do it. You must acquire sufficient positivity for this. We generally tend to overlook the positive things in our life or to simply be negative enough to look at what we lack in or what we do not have in our lives. The key is to identify what you do have and to feel confident about it.

You must learn to be comfortable in your own skin and to not pay too much heed to the people around you who are there to ridicule or criticize you. There are some things you should just go ahead with without caring for what people might think. Your own faith should be strong enough to lead you to it. Once you realize the qualities you have and what you are capable of achieving with them, you will quit the negative attitude yourself and focus on the practicalities in life.

Therefore be yourself and have faith. You are no less than anyone. However, you must not get arrogant and start feeling superior over others. It is always best to acquire modesty in your life. Coming to the specific interlink with our topic in discussion, you must not feel insecure with your partner. In some cases, your partner can feel insecure if you talk to somebody too openly from the opposite sex. However, if the focus is on the

fact that you chose your partner for a reason and decide to be with him/her, then that alone should help them get off these stupid insecurities.

HOW TO GET RID OF YOUR INSECURITIES?

Insecurities can give rise to jealousies from the ones you consider better or more privileged than yourself. In such cases, you tend to be competitive and forget to be yourself. The result is that you are much more messed up than you imagine yourself to be. An emotionally disturbed individual is never able to function efficiently and is not going to attract any extra attention from his/her partner. So the key here is to be yourself and feel confident.

HOW TO SOLVE YOUR BEDROOM PROBLEMS?

So basically what are the bedroom problems you may face in your marriage? Your physical relationship may be unsatisfactory due to your partner taking less interest, decreased libido, physical problems etc.

The foremost thing to develop here is effective communication. As you can see, communication plays a huge role in your marriage in many ways and alone, it is capable of fixing so many of your problems. In this case, it is no different. This is because every individual is different in regard to their temperaments, likes, dislikes etc. Therefore, it would not be incorrect to state that every individual has his/her own expectations when it comes to physical relationships. The level of intimacy may vary for different people and hence, it is an important conversation that you must have your spouse.



It is essential to talk about what both of you expect from the relationship, how to go about it, your likes and dislikes and where you expect to draw the line. This also enables

the couple to get more comfortable in terms of physical intimacy as in a few religions; it is unlikely that an individual will have had a physical relationship before marriage. Hence communication is able to play a vital role in this regard.

The same case goes for a situation in which you feel your partner takes lesser interest or you feel that you are unable to participate fully. In such a case, you could try talking to your partner about it to determine why he/she feels less interested or withdrawn. If you feel withdrawn, you could try getting your mind off everything else and focusing on your partner alone. You could also decide to engage in activities together to ensure your attention remains focused and have a favorable foreplay in order to enjoy better intimacy.

Then there may be cases where you or your partner could be faced with a physical problem. In such a case, it is best to seek professional help. You must try to support your partner fully so as to not psychologically demoralize him/her or to discourage him/her from visiting the doctor. These sorts of problems can really crush the morale of your partner so you must try to be there for them and support them.

However, you may decide according to the situation as will be discussed in detail later. The physical aspect is an important part of the relationship and you may not want to compromise on that. If you feel your partner has been dishonest to you regarding it, it brings the aspects of the physical issue as well as mistrust into account due to dishonesty. This may not be favorable to you.

TIP: Therefore, it is also important for you to be a good judge of character in order to decide your situation in a neutral manner. Also, it is essential to put aside your ego in such matters and aim towards rebuilding your marriage.

HOW TO DEAL WITH EXPECTATIONS?

The best way to deal with expectations is to keep your approach simple and realistic. People tend to go over-board with their expectations and believe in perfection. Life is not perfect and marriage is not a bed of roses. It comes with a huge set of responsibilities and the need to deal with it all in a mature manner.

Life has its ups and downs. Marriage accentuates them because you are entering a new phase in your life with a new beginning and a drastic change from your bachelor/bachelorette life. Things may not be as simple as they seem. You have to deal with the shifting to a new place with a different person. You have to accustom yourself to the change and accept the challenges that come your way.



From sharing your room to your stuff to bearing the burdens of life and handling the finances, it is a bunch of responsibilities. With time, you may choose to progress in your life in different ways with regard to your career, studies, personal life etc. you may choose to have kids and that in itself is a new chapter in your life.

So the key is to keep it simple and to keep your expectations realistic. It is stupid to turn a blind eye to the problems in life and wise to deal with them in a mature manner. One who is able to cope with this struggle in their lives along with their partner is the kind who is able to progress well in their lives.

CHAPTER 6- HOW TO DEAL WITH SITUATIONS THAT GO OUT OF HAND?

There could be situations where you may have tried everything else but not benefitted. This can result if you or your partner is not cooperative. In case you are not cooperative, you will need to apply the concepts reinforced repeatedly in this book to your benefit. If it is your partner who is not cooperative, you may want to seek professional help and take advice from a psychologist.

COUNSELING:

A psychologist basically offers you counseling in which you are given a reality check and your main problem is identified. Many people abstain from going to a psychologist thinking that they do not need professional help. However, counseling can be of great benefit to you. Some people are unable to open up about their issues until a professional helps to bring it out of them. In other cases, you might not know the cause of your problem and are unable to resolve it. Counseling offers you an outlet towards that.

Counseling is in fact a step towards self realization that there is something off about your relationship and it is a way of bringing yourself to strive for a change to fix your relationship. A psychologist or a marriage counselor is able to judge things from a neutral aspect and determine where the problem lies and is able to find an effective solution to your concerned issues. In addition, if a couple is negative, the counselor can help reinforce

positivity and make them realize the positives in life that they generally tend to overlook.



WHY DO PEOPLE RESIST PROFESSIONAL HELP?

In some cases, you may not want to seek professional help or spend too much money. In such cases, you may want to involve a mutual friend who could play a neutral role or even an elderly figure to help fix your issues. Generally the problem is not as big as it seems. It mostly comes down to egoistic behavior by one or both the individuals. In other cases, it is the frustration and negativity that results in the failure of the couple to reach a compromise and instead they tend to argue on every little issue following the main problem.

HOW COUNSELING IS BENEFICIAL TO YOU:

Most of the problems as well as solutions related to marriage come from within. It depends on the ability of an individual to change him/herself in order to benefit the relationship as a whole. For that, you must recognize the consequences of the problems that you can face as the foremost thing. Next, you should be able to know how to handle such situations efficiently to prevent them in the first place and if faced by them, then how to deal with them effectively.

Another common problem that is faced in regard to counseling and matrimonial is that people consider it an invasion in their privacy/ married life. They do not feel it relevant to discuss their private problems with a counselor as they are either too personal or feel it will bring no benefit. It is also widely believe to be a waste of money considering you pay so much to basically 'talk' about your problems. The truth is that counseling has the capability of benefitting you more than you believe. You do not merely talk about your issues but in fact, it involves the catharsis of your problems.

Another thing that must be stated here is that your first step should always be to save your marriage. If you have it in your head that you may not compromise more or that you cannot take it anymore, you will start the vicious cycle of negativity which will enable you to go downhill and ruin your chance of fixing your relationship. Hence, you must make every effort to save your marriage by realizing your problems foremost and trying to fix them. If things get out of hand, you must consult a professional such as a

marriage counselor, psychologist etc who would be able to lead the way for you while you are willing to bring the change/s required.

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CHAPTER 7- WHERE TO DRAW THE LINE

This topic is very much debatable as it depends on the respective temperament of every individual. However, we have summed up a few points which are considered by most women as crossing the limits. The use of the word 'women' was implied here as mostly men are able to exercise their dominance over women and use it unfairly to their advantage. However, it would be incorrect to state that women do not go overboard. They do in different ways as well which we shall discuss in this chapter.

So where must you draw the line? Here you go:

DISRESPECT

Now the virtue of respect has been discussed in the previous chapters to indicate its importance in your marital life as well as otherwise. Solutions were also given on how to respect your spouse and how to expect the same. However, you may be driven to a point where things go overboard and you feel threatened by your spouse. You must not let that happen as this gives your spouse the leverage to threaten you when he/she feels the need to do so to get things done their way.

Now disrespect can be in the form of words or actions.

DISRESPECT THROUGH WORDS

Your partner may swear at you which is offensive and in some cases, he/she may swear at you in public which should be unacceptable. You should never let your partner disgrace you like that. Every individual has his/her own respect and that should not be insulted.

Another form is to blackmail emotionally every time you have an argument. Now this aspect you must be able to decide for yourself as to whether the form of blackmailing is acceptable or not. You must not allow



your partner to use you like this every time. Marriage is a beautiful bond between the two of you meant to be nurtured with love and respect, not blackmailing.

DISRESPECT THROUGH ACTIONS

Your partner may also revert to physical abuse which is beyond your self-respect in every way. Such behavior must not be tolerated. Most women tend to accept it and then bear the consequences which involve the man torturing the woman whenever he wants to vent his frustration. The man tends to take a woman for granted in such a case that she will stick around no matter what. It is the way some women are brought up due to their cultures or pressure from families that they forget their basic rights as humans and as women. They tend to forget their own worth and let themselves be used like that.

DISTRUST/CHEATING

In today's world, it is not uncommon to come across people who are into open relationships. This implies that the couple comes to terms with having flings in their respective lives but decide to stay in their marital relationship like normal. On the other hand, it is acceptable for some people to share their spouse with other men/women physically as long as feelings are not developed. It is a strange world indeed.

However, the general rule for most remains which do not consider two timing, cheating or extra marital affairs acceptable. Talking about the majority over here, this is an issue that most people do not take very coolly and rightly so. Let us interlink the concepts we discussed before over here. How will you be able to develop trust in your partner if he/she cheats on you? Trust is one of the integral pillars of a marital relationship and if distrust comes in between, it can hamper with the purity of the relationship.



As stated before, each individual has a distinct thinking pattern and a different threshold to compromise and forgive. Therefore, opinions may differ. However, the

beauty is in the purity and exclusivity of this relationship. If a person is capable of cheating on you and breaking your trust, you may think on a different track.

It must be clarified here though that cheating and marrying after informed consent varies. Some people may be okay with their spouse having more than one marriage at a time depending on their own personal preference, religion or other issues. In such a case, it obviously does not count as distrust.

BEDROOM ISSUES

As we discussed before, sex and intimacy is an essential part of a marital relationship. As humans, we have certain physical needs which need to be catered for and are also essential in the building of your future in the form of your offspring.

Some common issues reported include those of physical problems that were not disclosed to you on time. Such incidents can be traumatic and may be a reason for you to quit your marriage especially if your partner refuses to cooperate. This may seem contradictory with the previous chapter where you were encouraged to show support for your spouse in case he/she has a physical problem. However, what differs here is your

partner's cooperation, the severity of the problem and your own personal preference in the matter.



Other issues that may arise include forceful acts of sex. As we are all well aware that sexual relationships have a broader aspect to them, some acts may make you uncomfortable. You must allow yourself the complete right to choose what you are willing to do and where you would want to

draw the line. As a separate individual, you have an equal right to your opinion and you must not be afraid to exercise it. This is another reason why communication has been stressed on a lot so that you are able to discuss things with your partner and reach common ground.

Let us give you an example here. Sadism and masochism is getting increasingly popular due to media. This involves physical infliction of pain by your partner and you on your partner for pleasure. You may not find it disturbing and decide to go for it but you must make sure that your partner is equally comfortable with it before proceeding. The idea is to grasp the concept that there are two separate entities involved in a marital relationship who must reach a consensus on all major and minor topics.

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CHAPTER 8-CHRISTIAN MARRIAGE COUNSELING

HOW TO CHOOSE YOUR COUNSELOR:

The first step is to look for a Christian marriage counselor who can lead you through your problems and suggest solutions in relevance to Christianity. You may want to check for a counselor who has been licensed by the state to practice in order to protect yourself from frauds/ inexperienced people and also to receive quality advice on your matrimonial issues as per your religion.

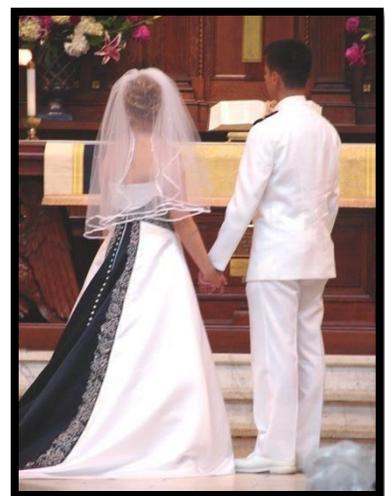
A licensed marriage counselor would be one who has received a degree from a university and been accredited for it. He/she would be a practicing Christian and hence would be able to guide you about your problems according to the faith using relevant prayers and scripts. Also, the counselor must have sufficient experience in working with married couples so as to have an idea about the different problems faced and their true solutions as suggested by the faith.

IMPORTANCE OF YOUR CHRISTIAN MARRIAGE COUNSELOR:

It cannot be stressed that the counselor you choose is capable of molding your future for you. If you choose a catholic counselor, you are able to transform your lives towards positivity and work towards your faith. This has the ability to save your marriage and to help you get closer to God. However, if you do not choose your counselor wisely, you may not be able to follow the wisdom of God in full effect to your marriage. In addition, you may foster negativity.

These counselors are trained to help restore your hope in marriage which is the first step towards betterment. You might require a Christian marriage counselor however as they are able to only restore your hope but also provide you with holy guidance on how to go about your issues.

As we all must know that God favors marriages and reconciliation over divorces. Hence,



we must make every effort in our might to make things work. The best way is to seek God's guidance which a Christian marriage counselor is able to provide us with efficiently.

This has the added advantage of setting our priorities straight such that we may have deviated from the right path in our lives and hence it acts as a focus which redirects our life. We get so engrossed in our daily routines that we fail to acknowledge the importance of many things that we already have. Instead, we tend to focus on the hardships we face and try to fix them while we let other relationships deteriorate.

RESTORING YOUR FAITH AND SAVING YOUR MARRIAGE:

By remembering God and how He wants us to live our lives according to His guidance, we are able to form the basic standards on many important principles. This includes the marital relationship rules which implicate the precious bond He has created between man and woman. It reminds us how beautifully it has been set out to foster love and companionship between the two. We are able to recall how He made us into two separate entities, yet He joined us in marriage as one to spend the rest of our lives together and to be a constant source of support for each other.

This counseling also plays another integral role such that it encourages a healthier and stronger relationship between couples as set by the rules of faith. It further provides you with different ways that you can incorporate to rebuild your marriage. This is done by recognizing the key factor that is threatening your relationship and working on it according to the holy guidance, whilst strengthening your faith and enabling you to form a closer bond with God. In addition, it helps build a stronger relationship by encouraging positivity.

CHAPTER 9-RELATIONSHIP ADVICE FOR CHRISTIAN WOMEN:

Christian women are taught to seek patience and perseverance in their marital affairs. Problems are a part of marriage and may not be avoided. Divorce is not deemed well in the eyes of God. Hence, you must work towards pleasing Him and try to make both ends meet to save your marriage. It might be useful to read up on different Christian counseling books that are available to you. These can provide you with the insight on what rules God has laid out for you and what rights you have regarding your marriage. It can help you differentiate from right and wrong and hence where you are permitted to draw the line.

In addition, you may choose to seek professional guidance from a known scholar who has ample information on marriage and its link with Christianity. You may seek a marriage counselor who can help give you sincere advice. It is also important to know that God is not unfair and has set out a few rules for both man and woman. There may be a limit to which you must compromise after which you may seek divorce. All of this information must be authentic and verifiable through an authentic source.



Lastly, it helps to reinforce your bond with God. Praying is a part of the Christian faith and you may ask Him for guidance and help. However you must not give up. As long as there is hope, there is the possibility to save your marriage. If that is lost, you may not be able to rebuild it back.

CONCLUSION

This book was developed as a self help book intended for any married couple facing problems. It may be beneficial to you if you are a counselor who aims to work towards the productivity of couples in a marital relationship. In addition, it provides good reading on a topic almost all of us will be going through one day.

How to save your marriage? This topic is very vast and requires careful insight on quite a few aspects. The aim was to recognize the core of the problem that is faced in marriage. There may be a number of problems you may encounter and each one was summed up in detail to make you comprehend the reason behind it, the issues it is capable of causing and how to fix the problem efficiently. Hence, it provides you with complete guidance on how to save your marriage with a rationale behind every problem.

In addition, it also promoted different virtues that you must incorporate in yourself for a better relationship with your partner as well as generally. Respect, love, care, compassion, patience etc have been dealt with in great detail. Issues like possessiveness, disrespect, bedroom issues have all been discussed as well and how they are interlinked with each of the virtues indicated above.

As you read in the context of the entire book, everything is interlinked. You must respect your partner and expect the same in return. This will promote love and care between the two of you. Honesty is another important virtue that you must incorporate as mistrust may lead to destruction of your relationship. Cheating may be unforgivable for many as few people are generous enough to share their partner and their love with somebody else.

The physical aspect, that is the sexual relationship and intimacy were discussed in great detail as well to imply their importance in marriage. These needs are natural



and must be fulfilled with satisfaction to ensure the success of marriage. Many a times, everything else may be going well but physical issues may it be a physical problem or general discontent in bed may raise different issues that can threaten your marriage.

It is important to be on the same page with your partner on at least the general things both of you want from life. However, at the same time differences must be respected and you must not try to look for similarities in the relationship. To promote a healthy relationship full of love and sincerity, it is important for both the partners to participate actively such that it is mutual. The failure of any one partner to cooperate may result in the failure of the marriage.

Another important aspect was hope. Never lose hope and give up just because your hardships are getting intolerable. Everything can be fixed as long as you will for it. Hence, you must try and if it does not despite your efforts, you will know that you did your best at least which should make you content. Nobody can predict the success and failure of a marriage. Hence, it may just be a gamble but remember that it is one where you can exercise some amount of control. We sincerely hope you were able to learn something from this book and that it helps you with your marriage whether you need to save it or make it better.

For all the Christian community, we hope the last chapter provided you with a little insight on what to look for while seeking a professional or a counselor.