

Marriage arguments can be upsetting. Most therapists agree that fixing marriage problems requires that couples learn to resolve their differences collaboratively, without criticism, anger or.

Or are you the one in the marriage that feels jealous when your spouse focuses on other people or interests? Whoever is the one that exhibits this behavior, jealousy is a toxic emotion that, when carried too far, can destroy a marriage. Contrary to what media portrays in romantic movies, jealousy is not love. Jealousy stems from insecurity. Their low self-esteem makes them perceive other people as threats to the relationship. They, in turn, try to control the partner by preventing them from having any outside friendships or hobbies. This is not a healthy behavior and will doom the marriage eventually. Jealousy starts early in childhood. Most of the time this irrational perception goes away as the child develops and gains a healthy level of self-esteem. But sometimes, it persists, and the green-eyed monster continues to grow, ultimately transferring over to love relationships when the person starts dating. What is the basis of jealousy? It all begins with poor self-esteem. The jealous person does not feel a sense of innate worth. A jealous spouse might harbor unrealistic expectations about marriage. She might have grown up on the fantasy of marriage, thinking wedded life would be like she saw in magazines and movies. Her expectations about what a relationship is are not grounded in reality. They think that by remaining alert jealous they can prevent the situation from repeating itself. The jealous pathology actually creates the very situation that the afflicted person is trying to avoid. Pathological jealousy A small amount of jealousy is normal; most people state that they feel a twinge of jealousy when their partner talks about an old love or maintains innocent friendships with members of the opposite sex. But excessive jealousy is abnormal and can even lead to dangerous behavior such as that displayed by O. Simpson or Oscar Pistorius. Fortunately, that type of pathological jealousy is rare. The object of jealousy can be time spent at work, or indulging in a weekend hobby or sport. It is basically any situation where the jealous person cannot control the circumstances and therefore feels threatened. Yes, it is irrational. The jealous partner requires constant reassurance that the imagined threat is not real. These behaviors have no place in a healthy relationship. The non-jealous spouse finds themselves in a continual state of defensiveness, having to account for every move made when not with their spouse. Can jealousy be unlearned? It is possible to overcome jealous feelings but it takes a lot of time and effort. If your marriage is at stake, it is worth entering into counseling to help untangle the roots of jealousy. Typical areas that your therapist will have you work on include: Recognizing that the jealousy is damaging your marriage Admitting that the jealous behavior is not based on anything factual actually occurring in the marriage Relinquishing the need to control your spouse Stopping all spying and surveillance behavior Rebuilding your sense of self-worth, through self-care and therapeutic exercises designed to teach you that you are safe, loved and worthy So whether it is you who is experiencing an abnormal level of jealousy in the marriage, or it is your spouse, it is recommended that you seek help if you want to save the marriage. Even if you sense that the marriage is beyond saving, getting therapy would be a good idea so that roots of this negative behavior can be examined and treated, and any future relationships you may have can be healthy ones.

Chapter 2 : Notice of Interruption - Anchorage Daily News

Unresolved arguments Never sleep on little arguments or disputes with your spouse without putting them to bed. If you argue and your spouse walks out on you, wait for them to come back and make sure you issue is been resolved.

Contact Signs Your Marriage May Be Over Today, it is more common that couples are living in a failing marriage because they have hopes that it will one day change, they believe that this is how all marriages are, or whatever the reason. Here are some tell tale signs that your marriage is over sorry: They key is that you are sharing your life together, not just living in the same space as each other. Are you going out on date nights? When you feel that you have a roommate and less of a spouse, this may be a warning sign that your marriage is on the rocks. Are you or is your partner confiding in someone else? Talking about a life with another person? Whether it is on the internet or a person at work, this is a dangerous place. This emotional affair can destroy a marriage. Remember When You Used to Communicate? All successful relationships need communication. If communication is limited or stopped, there is clearly something wrong and this should raise some red flags about your marriage. Along the lines of communication, making time for each other is also essential. Romance and Intimacy is Gone: This lack of intimacy shows the broken bond between partners. Whether their is an affair or not, a lack of intimacy in your relationship is a sign that you should be aware of. As marriage is about sharing your life with your partner, both people need to be supportive of one another and make choices to that benefit both people in the relationship. This means sitting down and talking through a job offer that requires a move or whether buying a new car is the best financial decision for the family. Whatever the reason, both parties job, wants, and needs are equally important and need to be equally addressed. Unresolved Fights and Sleeping On the Couch Often When you get into an argument, sometimes it is best to continue the conversation later when both parties have had some time to cool down. However, unresolved arguments will put a wedge between the two of you and a big red flag is if you keep having the same argument over and over. Then, if these arguments are causing one of you to sleep in the guest room or on the couch, this is a bigger issue. It is common for people to sleep in different locations, especially when taking into consideration health problems like sleep apnea, or snoring, etc. However, if you usually sleep in the same bed and you get into an argument, you should still sleep in the same bed even if the argument is going to continue at another time. Sleeping in different places than the normal a lot is a sign that your marriage may be over. That you cannot do anything right and he or she is always searching for a reason to attack? Whatever the issue, it is usually a minuscule thing that gets a lot of attention for the sake of an argument. This leads to at least one person feel like they are always walking on eggshells and will eventually lead to at least one party avoiding the other. You should want to spend time together! These are signs of a failing marriage. Contact The Law Corner Today! Family law attorneys in Wake County are often more interested in posturing than in actually resolving family law disputes. As a result, they often employ hard bargaining tactics which emphasize the differences in their positions rather than seeking a common ground for settlement. This technique often results in one of the parties filing a Complaint in court which commences litigation. The high cost and long delays associated with the Wake County Family Court System often make litigation an impractical method for resolving disputes. Parties increasingly find that they are spending more time and money to litigate than the cost to settle the matter. The increasing number of lawsuits filed each year is indicative of the unwillingness or inability of parties and their attorneys to effectively utilize negotiation to resolve disputes. The Law Corner divorce attorneys in Raleigh can help explain the divorce process to you and help you with other divorce related issues, to include, but not limited to, the following:

Chapter 3 : Emotional Effects of Unresolved Issues in a Relationship | Our Everyday Life

The best way is to both pray and commit problem to God the third person in the marriage. I see marriage as a triangle with God on top. The two people seeking Gods help will come closer to each other in the search.

Visit Cart Couples Sharon M. By being aware of what you may be doing in your marriage that could eventually destroy it, you can create a successful and flourishing relationship: Stay interested in your partner by talking about your lives, your work, and your relationships. But be thoughtful by not bombarding your partner with mindless chatter or endless complaints, which could cause your partner to tune you out.. Are you being complacent? Taking each other for granted. This can happen if you only see their faults and forget how special they are to you. Show and speak appreciation daily. Little gestures take no time and go a long way. Begin and end the day with an appreciation. Are you taking your partner for granted? Is your spouse all of a sudden moody, angry, distant, sad, or uninterested? Or overly happy or concerned about their appearance? Pay attention to these signs. They could signal trouble, such as an affair. No sign is too small to address. Are you paying attention? Not enough time together. Of course, we all have busy lives and individual interests, but you did get married for the companionship and partnership. Do things together that you used to love doing. Leave the kids at home, leave your work behind, and just focus on your partner. Do you feel that you and you partner are not spending enough time together? If your verbal exchanges with your partner seem to consistently elicit feelings of frustration, not being heard, or heated arguments, heed these warning signs that something is definitely awry in your marriage. Lack of communication is the one of the leading causes of marital breakdown, so get busy working to improve how you talk and listen to your partner. In short, each party feels heard and understood. Do verbal exchanges with your spouse frequently end up in heated arguments? Sweeping issues under the rug. You think the fights will disappear by not talking about them, but in reality, they gain momentum, until eventually they wreak havoc, causing resentment and, at the worst, affairs in marriage. Resolve conflict by learning argument resolution skills. It will change the potential for disaster to the potential for a wonderfully connected relationship. Do you sweep issues under the rug just to keep the peace? The biggest cause of failed relationships is unresolved arguments and appropriate tools for argument resolution. Unresolved arguments are typically the fights that repeat themselves and escalate as time goes on; giving us that hopeless feeling that nothing will ever change or be the same again. Do you have unresolved arguments? Sharon offers couples counseling in Santa Rosa, California and has written books on arguing and affairs in marriage.

Chapter 4 : 9 Bad Habits That Could Ruin Your Marriage

While affairs can destroy the foundation of trust upon which a marriage is built, the cause of divorce typically precedes the affair.

Have you been avoiding sex? Do you hide big purchases from your partner? These behaviors hurt your marriage. Here are the 9 worst relationship mistakes and how to start fixing them today

Addiction to anything Addiction on any level – social media, food, alcohol, drugs, shopping or gambling – can sour a marriage fast. So stop, and think about what you really value and how your addictive behavior is affecting your relationship, Bahar recommends. You must first want help and then pursue counseling. An over-reliance on social media also puts a crimp on your time together as a couple. Intimacy is the glue that holds a union together. Not in the mood? Your attitude toward your spouse may be the problem. Try concentrating for a month on all the things you love about your husband. Men and women experience health and mental benefits from orgasms and from healthy physical touch, many studies have shown. A hug lasting 10 seconds or more lowers blood pressure and releases the feel-good hormone oxytocin while levels of stress hormones decrease, according to a study of men and women ages conducted by the Centre for Brain Research at the Medical University of Vienna. So go ahead and cuddle.

Not communicating Does every conversation turn into a fight? Avoid vague statements and assumptions, Bahar says: Try these other 9 communication tricks. What holds us back? Blame bad patterns we saw in our families growing up, such as conflict avoidance, fear of how your husband will respond, unresolved traumas and more. She suggests this exercise: Sit down facing each other. One partner makes a statement while the other simply listens – without responding – and then repeats what he or she said. Sometimes, Shinbaum says, this exercise takes as many as 10 tries before the listening partner gets what the other was expressing. Women have an especially difficult time stating their needs, Bahar notes. You may find it easier if you ask yourself, How does my request serve our relationship as a couple? Consider how a more peaceful, rejuvenated you makes a better a partner for your husband. Treating your husband like the enemy

Having a bad day? He found that contempt, criticism and defensiveness ultimately lead to divorce. These negative attitudes creep into marriage when we get frustrated with each other – usually by unrealistic, idealistic expectations, ideas, and myths about marriage, says Terri L. Learn about more surprising benefits of being well rested. Seeing red when it comes to the green stuff

Love of money may be the root of all evil, but arguing over it is the root of many marriage woes. Squabbling over money is the top predictor of divorce, according to a study from Kansas State University. Couples tend to use harsher language when arguing about money and take longer to recover from the conflict, the study of more than 4, couples found. Researchers recommended that financial planning be part of marital counseling and that couples share their credit reports before marrying. Are you keeping money secrets? Are you struggling over how the money is spent or saved? Financial planning is important for a happy marriage. So talk openly about your shared financial picture. Here are some tips from the NEFE: Recognize the signs of financial infidelity. Do you see the bills each month? Approach your partner about your concerns in a nonthreatening manner. Once the cards are on the table, agree on a plan moving forward. Check in with each other to sustain your transparency. That includes spilling private information to your family about your husband or marriage or siding with them over him. If your families have different styles and traditions, negotiate with each other first, then present a united front. Is your spouse dropping hints about how he wishes you were around more? Be careful to not neglect your husband in favor of your child. Children get security from seeing their parents get along, says Mark Meyers, a licensed clinical social worker in Crystal Lake, Ill. Get tips to avoid a sexless marriage after you have children.

Not fighting fair Do you spend more time complaining about an issue than working to resolve it? You and your spouse will inevitably have some differences. The way you settle those differences can either solidify – or tear down – your relationship. Watch your tone and timing. Validate your spouse by acknowledging the points you agree upon and practicing reflective listening, he suggests. When something bothers you, ask yourself how important the issue really is, Tessina recommends. She suggests these fighting-fair guidelines: Here are five must-haves for an effective apology. Researchers analyzed videotaped

interactions of more than 80 middle-aged and older heterosexual couples, focusing on how they recovered from disagreements. Marriages in which wives took the lead on stating the problem and offering solutions after disputes were ultimately shown to be happier, both in the short and long run. Your husband looks to you to fulfill those needs. But in the crush of your busy life, you can sometimes swoop past an opportunity to pay a sincere compliment or offer to take care of a task you know he hates. In fact, a UC Berkeley study tracked 50 couples who wrote for a week in appreciation journals about their spouses. Those who felt more appreciated were more likely to reciprocate the following day by writing how much they appreciated their spouse. Couples who demonstrated continuing reciprocal appreciation were less likely to break up in the next nine months and stated that they were more committed at the end of that time frame. Establish little rituals like kissing him hello in the morning and kissing each other good night, therapist Shinbaum says. Thanks for signing up for our newsletter! You should see it in your inbox very soon. Please enter a valid email address [Subscribe](#).

Chapter 5 : The Stupid Arguments That Will Ruin Your Relationship

If solving marriage conflict is a good work, then the Bible will tell us how to do it. Other people may help, but we must reject any ideas that do not agree with the Bible. Most of us accept this view of authority regarding salvation, worship, church organization, etc.

What is the most common type of expressed anger in your marriage - active or passive-aggressive? To make this distinction, it is essential that the spouses understand the nature of anger and develop the ability to express honestly disappointments and stresses which lead to angry toward a spouse in a healthy manner. Just as there are two types of lipoproteins in the body, one of which is healthy high density and one which is damaging low density , so there are two basic types of anger in marital relationships -one healthy appropriate anger and one damaging inappropriate or misdirected anger. For the health of the marriage, it is essential that the excessive anger be eliminated. Certain considerations can assist the spouses when conflicts arise in the home. After experiencing anger, the spouse who expressed anger or the recipient of the anger should try to determine whether the emotion is deserved and appropriate or whether it might be exaggerated. Distinguishing between these two different, yet similar, types of anger is critical because each calls for an entirely different response. The response to appropriate anger may be an apology or the effort to be more sensitive to the partner in the future. It is important to look for the truth in what a spouse is saying. Spouses, who regularly overreact or misdirect their anger, tend to blame their spouse for the painful feelings they experience. Overreacting spouses usually are unwilling to examine how they themselves contribute to the marital difficulties. Some seem to take a certain pleasure in criticizing their spouses and have difficulty making an apology. They do not admit that they overreact and there can be a stubborn refusal to consider that they, too, may have unresolved family of origin or other conflicts. Immediate Forgiveness Exercises Spouses need to be able to address and master anger quickly when it happens from daily stresses in the home and work. A prompt forgiveness process is essential to marital happiness, family stability and the psychological health of spouses and children. The mistaken idea of premature forgiveness ignores the harmful effects of anger upon individuals who hold onto grudges. Just as the need for immediate treatment of a high fever in a spouse with an infectious disease, so too anger must be addressed promptly through forgiveness to protect the health of the marriage and children. While physical anger harms the body, verbal anger wounds the heart and is far more difficult to heal. In addition, a desire to protect their children from the harmful and frightening aspects of parental anger motivates many spouses to work to master their anger as rapidly as possible and to avoid giving in to its expression. This should be followed by a promise to work harder to stop the expression of anger. The failure to master anger rapidly, with intense verbally hostile overreactions or with the cold treatment passive-aggressive anger , is a serious psychological weakness and is a leading reason for severe marital conflicts, separation and even divorce. Many spouses give into the pull of the narcissistic culture and act in an immature, entitled manner, as do children, by erupting in anger when things do not go exactly their way. The commitment to struggle against selfishness is essential in mastering this common cause of hostile eruptions. Not infrequently, the reason behind anger is the result of unconsciously modeling after an angry, controlling or selfish parent. Faith also can motivate many spouses to develop the habit of prompt forgiveness. It is impossible to fulfill their marital vows to cherish and to honor each other unless they gain rapid mastery over anger and work to stop expressing it. This scripture passage that applies to both spouses and children has also helped with growing in refinement in marital communication: It is as though anger forms a hardened capsule around past hurts. The good news is that Dr. Clinical experience indicates that each spouse brings a degree of unresolved anger into their marriage. Many marriages are seriously harmed because spouses overreact in anger due to the failure to resolve resentment from past hurts with a parent, sibling, former dating partners, spouse or from other important relationships. The resolution of anger from different stages of life is essential to a healthy marital friendship and can be accomplished through the use of past forgiveness exercises. Some people blame excessively and exclusively their spouse for their anger. This is especially the case when there has been childhood emotional trauma with parents. This problem can be worked through by helping the spouses understand the degree to

which their emotional needs were not met by parents or other significant people from the present or the past. The use of past forgiveness exercises can result in the emergence of previously unconscious, strong feelings of anger from the past which will diminish as the spouse perseveres in working on the forgiveness process. The growth in virtue of forgiveness is hard work but the benefits to a marriage and family are enormous. Some Catholic spouses report making great progress in resolving anger from the past and in breaking the pattern of misdirecting anger at a spouse or children by taking this resentment to the sacrament of reconciliation. The most common sources of anger which spouses bring into their marriage in our clinical experience are from the father relationship, from dating relationships in which they were deeply hurt or used as a sexual object and from divorce. However, for some their deepest hurt is with the mother. We encourage these women relate to their husbands that forgiving those in their past has helped them and that their husbands might also benefit from forgiving for past hurts. If you believe that your spouse misdirects anger at you because he or she has not resolved anger with a parent, you should not be afraid to communicate this belief. The bottom line here is that past forgiveness exercises contribute very effectively to the strengthening of marital friendships and to the reconciliation of marriages. Without their use our clinical work supports the view of John Paul II that individuals remain prisoners of their past and, therefore, marital conflicts do not resolve. Goal - Decrease or End the Expression of Anger in the Marriage The daily exercise of virtues should enable spouses to gain mastery over their anger and other emotions. This self-giving then is necessary for marital happiness. The daily use of immediate and past forgiveness exercises, coupled with the growth in other virtues, regularly enables couples to protect their marriage and children by ending the expression of damaging anger in the home. Most couples come to recognize in the challenging healing process that their previous expression of anger was a sign of emotional immaturity. Progress in Forgiveness There are specific indicators that one has made progress in forgiveness. Finally, as the past has less and less control over the present, there is greater trust and love in the marital relationship. If the someone is forgiving a spouse and the anger is not decreasing, this may indicate an unconscious association with another else from the past who hurt them in a similar way or a misplacement of their anger. Also, patience may be needed because of the degree of anger which is present or it may be necessary for a period of time to avoid the person from the past one is trying to forgive. Common Sources of Anger The following are some of common causes of excessive anger in marriages. Please try to identify those which apply to you and to your spouse.

Chapter 6 : Is feminism destroying the institution of marriage? - Telegraph

If unresolved anger is eating away at the framework of your marriage or other relationships, you can exterminate it. With God's help and by His grace, you, your marriage, and all of your relationships can become stronger " even better " than ever.

I get asked this question when it becomes public a marriage everyone thought was rock solid falls apart. There are probably lots of reasons. There are usually a few common causes in my experience. So, let me address this to those who may be in a season" or an upcoming season" where a good marriage is in jeopardy. Satan loves those seasons. Here are five ways you may be destroying your marriage: Other Interests Come Between You. It could be a relationship" even good relationships like children or other friends" or a hobby, or work, but something gets a higher priority than the marriage. But, other things began to grab one or both of your attention" slowly, over time. Outside distractions will destroy a good marriage. I have also seen solid couples who once were so committed to the church. It was a stabilizing place for them. They found their friends there and their weekly encouragement. Gradually they get off track and are infrequent attenders at best. It provides a hole for the enemy. Are there distractions coming between you and your marriage? Every couple is different" and every individual. There may be one who little things bother and one nothing seems to phase. Drawers continually left slightly open or clothes on the floor can prove to be a major problem if never addressed. And, there are all kinds of combinations in between. But, when conflict develops at some point it must be addressed. Hidden pain never disappears on its own. Conflict left unattended sometimes sits like it never existed. But, oh it did. Someone is holding on to it. And, the longer it sits the deeper the wedge it causes. Someone reading this may be allowing an injury from years ago to continue to haunt you. Your spouse may not even know the hurt is still there.

Chapter 7 : VODOO LOVE to help you get a true lover and get married

Unresolved issues are problems which are continuously brought up in a marriage. However, marital conflicts are not the only source of unresolved issues in a relationship. Unresolved conflicts within the marriage can affect the longevity and quality of the marriage, but personal background and individual trauma contribute to marital problems more often than conflicts within the marriage.

Knowing when not to agree to disagree Six steps to resolving conflict Question: My spouse and I have a lot of unresolved conflicts. What can we do to reverse this trend? At what point should we simply agree to disagree about our differences? This is hard to do, since most of us want to be "right" and justify our behaviour. Differences are usually what attract partners to one another. But how do you tell the difference between a petty disagreement and a serious discrepancy in perspective and philosophy? How do you know when you should "agree to disagree" and when you should "stick to your guns"? The answers to those questions will depend on the importance you attach to each issue. Other problems – for instance, whether to have pets, where to go on vacation, how much to spend on dining out, who cleans the bathrooms – may be easier to work out on your own. In every instance, the key is your willingness to bend and flex. Defensiveness and an insistence on "winning" the battle are always destructive and counterproductive. Six steps to resolving conflict So what can you do if the same issues keep popping up unresolved? Here are some steps you can take to deal with the more formidable conflicts in your marriage: First, realize that you learn to work through conflict by confronting the issue – not by avoiding it. Remember the purpose of confronting the conflict: Your ultimate goal is to reconcile and make your relationship even stronger. What matters is continuing to strengthen your bond. Conflict resolution should be undertaken as soon as either party recognizes that he or she is feeling upset. Take turns expressing your feelings about the conflict at hand. Listen to your mate carefully. Then come up with a mutually satisfactory plan of action. That way, both of you will have the same expectation. Find another couple, a pastor or a counsellor to whom both of you will be accountable. Knowing that someone is holding you accountable can help you follow through. If, after trying to implement these measures, you find that your chronic conflicts continue to drag on, never reaching resolution, it may be time to seek professional help. Our staff would also be more than happy to discuss your situation with you over the phone. You can contact them Monday through Friday between 8 a. If you liked this article and would like to go deeper, we have some helpful resources below.

Chapter 8 : 5 Ways You May Be Destroying Your Marriage

Conflict in your relationship can arise over the smallest of issues, but if these small issues remain unresolved, then they have the power to ruin your relationship. Arguing with your partner is a normal part of life and relationships, and can actually be healthy if you can argue in a productive way that leads to better understanding and commitment.

Chapter 9 : The Angry Spouse -- The Institute for Marital Healing

Arguments About Teenage Marriage. Teen Marriage Teen marriage has been a growing phenomenon over recent decades, with marriage rates among teens soaring: in the 's the teen marriage rate swelled 50%, reversing an adolescent marriage decline that had been on the fall for nearly 30 years (Chan).