

I Love You, But I'm Not In Love With You...

"15 Step by Step Marriage Tips to Understanding Your Mate"

by: Terry Clark



Do You Know What Your Spouse Is Thinking? Have You Both Fallen Out of Love? What Can You Do?...

Table Of Content

1. Your One Chance at A Second Chance...Is It Possible
2. Food for Thought: What Time Is It For You
3. Does Your Relationship or Marriage Needs Rescuing
4. Knock 3 Times On The Pipes If You Can HEAR Me
5. Marriage Problems and Your Kids
6. How to Change Your Marital Situation In the Best Possible Way
7. How to Say I'M SORRY
8. How Do You Know If You Married The Right Person
9. If Your In A Bad Relationship - Self Help Techniques May Not Work
10. Are You Studying Relationship Psychology to Understand Your Relationship
11. How to Heal An Ordeal In A Trouble Marriage
12. How Can You Heal Old Wounds In Your Marriage
13. Are You Being Taken For Granted or Unapreciated In Your Relationship
14. Giving Your Spouse An Ultimatum - Does It Work
15. How to Get Your Spouse to Change

Conclusion: Do You Feel Like A Grape

BONUS: Marriage Tips and Advice Resource Section

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Your One Chance at A Second Chance...Is It Possible

I'd like to share with you one of the building blocks for restoring a marriage.

Everyone has a reputation. We don't get to pick, but everyone is known for something. It seems that I'm known for helping people repair broken marriages or girlfriend/boyfriend relationship issues. And in particular, you could say that my specialty is helping people "win back" their spouse who claims to have fallen out of love. If that's your situation, you'll want to listen carefully. And even if it's not, you can learn a lot about how to reconcile your marriage from what I'm about to share.

When a person learns that their husband or wife doesn't love them anymore, they go crazy trying to find a fix for their problem. The same is true for couples trying to resolve differences before it's too late. Many people go online and search for THE answer. (That's probably how you found me.) But finding a solution to your marriage problems is NOT like finding a solution to your home financing problem. You can't just click, buy, and get instant gratification.

- Today people are into quick fixes. But you can't "microwave" a relationship. Relationships work according to the law of the harvest...

You know how a harvest works, don't you? In the spring time you have to plant. Then you have to water, fertilize, and irrigate all summer long. There's something else you have to do too...wait! You have to be patient. And then, after you complete every step of the process, you can harvest the crop.

We're not used to revering a process. Most people look for short-cuts. Today everything is about efficiency. Efficiency works with machines, business, and finances. But efficiency does NOT work with relationships.

Renewing a marriage takes TIME. There are no short-cuts! You have to respect the process and be willing to take every step. (And you have to know what the steps are.)

- Can you imagine goofing-off all spring and summer and then trying to harvest a crop in the fall? It's impossible!...

Relationships, like crops, are governed by the natural laws of the universe. If you skip a step, you'll short-circuit the process and slow yourself down. But if you take your time and go step-by-step...that's the fastest way. Let me give an example:

A close friend of mine whose marriage was falling apart fast, he was desperately trying to "win back" his wife. He told me about an e-book he downloaded which recommended that he date other women in order to make his wife jealous. He said the author explained that this would bring his wife back to him.

"Yeah," I said. "And then what?"

"What do you mean?" he said.

"Your wife left you because she wasn't happy with YOU," I explained. "If YOU don't change, then she'll leave again. If your relationship doesn't change, then you will have accomplished nothing LONG-TERM."

Think about it. What kind of man would date a woman to make his wife jealous? The woman he's dating is looking for emotional intimacy and probably to get married. But he's using her.

That's not nice! In fact, that's exactly the kind of man that a woman would leave and NEVER come back to.

Now you might be thinking, "Yeah" - but how would his wife ever know that he was using this woman?"...

Here's the answer. Listen carefully.

His wife would know because if he did it, then that's who he is. His wife may not know the details of what he's doing. But she knows him. And if he did such a thing, then that's him, and everyone knows it.

-William George Jordan said: "Into the hands of every individual is given a marvelous power for good or evil...the silent, unconscious, unseen influence of his life. This is simply the constant radiation of what man really is, not what he pretends to be."

There IS an energy that emanates from all of us...You can't fake it. It's a function of who you really are. And who you really are is determined by how you live. The only way YOU can change your marriage is to change yourself. You've got to become the man or woman that anyone would want to be married to.

You have to learn what a man/woman wants in a marriage AND how to implement relationship habits so that you can offer it CONSISTENTLY.

I know what your saying, "It's not me that needs to change; it's my spouse."

It's easy to confess your spouse's sins. And you're probably correct about what your spouse needs to change. But it does no good to be right. And it's a complete waste of time and energy to focus on your spouse's problems. There's nothing you can do about it. The only relevant question is: What's YOUR fixing?

You had a role in the deterioration of your marriage. I have NEVER seen a marital situation that is caused by one spouse. There's always dual responsibility. What can YOU do to improve the situation?

Reflect on your past relationships. Do you see a pattern? Look at your parent's marriage. Are you recreating the model you saw when you were a child? Have you explored the

childhood roots of
your relationship habits and how they contributed to your marital circumstances?

Even if your spouse had an affair, you're partly responsible. That doesn't mean that it's your fault and it doesn't excuse your spouse's inappropriate behavior, but the question still remains: What was your spouse seeking outside your marriage that was not available within it?

Business people selling e-books (or other such product and services) might be able to take advantage of desperate men and woman searching for a fast solution to their problems. But these

quick-fix techniques NEVER work. In fact, they make matters worse! Why? Because you only get one chance at a second chance. Did you hear that, You only get one chance at a second chance. Don't blow your chance on a quick-fix technique. Begin now the REAL process of renewing your marriage and start to put into place the building blocks for a healthy LASTING marriage.

Food for Thought: What Time Is It For You

Many people think the goal of life is to be happy. I don't think so!

Have you ever been to a funeral? That's not a time to be happy. It's a time to be sad. Did you ever take the SAT's, the MCAT's, or any other important entrance test? That's not a time to be happy. It's a time for intensity!

Have you ever waited for test results from a medical exam? That's not a time to be happy. It's a time to worry!

Have you ever encountered a lot of turbulence on an airplane? That's not a time to be happy. It's a time to be scared!

-The goal of life is NOT to be happy. The goal of life is to know what time it is...

In the words of King Solomon:

"Everything has its season. And there is a time for everything under the heaven."

"A time to be born and a time to die."

"A time to weep and time to laugh."

"A time to wail and time to dance."

"A time to rend and time to mend."

"A time to be silent and a time to speak."

"A time to love and a time to hate."

"A time for war and a time for peace."

What time is it for you? If you're reading this, then maybe it's time to renew your marriage. It can be a difficult and painful process, but maybe that's what time it is for you.

Does Your Relationship or Marriage Needs Rescuing

Are you wondering if you need a relationship rescue service? Are there warning signs that not all is well in your love life? Perhaps your partner is being evasive or non attentive? Perhaps they are busier than normal and not available to go on dates if you are not yet married or come home early if you are? When you are with them, do you get the feeling they would rather be anywhere else?

Before you panic there could be a million reasons why your partner has gone a little cold on you. He or she could be worried about their job, money or a health issue. They could have a friend going through a rough patch and be trying to help them. It doesn't mean, necessarily, that they don't love you.

In my blog, [How to Save Your Relationship or Marriage From Catastrophe](#) I talk about being able to communicate properly. This is one area that can be improved in almost all relationships. Did you know that most couples break up not because of infidelity but because of a lack of communication. They simply can't or won't talk to one another.

The problem is that if you do not chat openly about your concerns or worries about your relationship, seeds of doubt are grown and suddenly these seeds become huge bushes. While they were seeds, they would have been relatively easy to work out but now they have grown out of proportion, they become a lot more difficult to deal with.

If you suspect there is an issue in your partnership you need to deal with it as soon as possible. Ask your partner to meet you for a drink or a meal on neutral territory. If you have kids get someone to babysit as this is important. Meeting on neutral ground means you are more likely to have a reasonable discussion than a full blown argument.

Don't attack him or her or accuse them of anything. Simply talk about how you are feeling in general terms trying very hard to keep any blame out of the equation. Give them a chance to talk and explain their feelings. Even if it is your relationship that needs rescuing, they may be very grateful that you have brought the issue out into the open.

Most of the time secrets are not good for relationships. The people who have been together for forty years will tell you that it takes hard work, mutual trust and respect to keep love alive. By trying to keep the lines of communication open between you as a couple, you go some way towards developing the trust and respect that you need to survive.

Stop second guessing yourself today and take some action. You and only you can resolve this and it won't happen by putting your head in the sand. Check out my blog [How to Save Your Relationship From Catastrophe](#), located at the back of this ebook, read the articles that fits your situation and then speak to your partner. Only by taking action can you prevent a relationship rescue service being required.

Knock 3 Times On the Pipes If You Can HEAR Me

True story, listen to how this person described their situation. I bet you'll be able to relate to it.

This person said they felt trapped in their basement trying to communicate with their spouse via Morse Code. They said they were banging on the pipes trying desperately to be heard.

They

would bang on the pipes and wait for a response. Bang and wait...bang and wait...bang and wait. But each time they finished banging, there was silence. No matter how hard they banged and no

matter how long they waited, their spouse never heard them.

Are you trying to get heard? Do you feel ignored? Is your spouse not responding to your communication?...

We live in an interesting time. With one click, you can communicate with anyone in the world. It's easy, quick, and free. You even have options. If you don't want to click, you could dial, beep, page, instant-message, or Fed Ex. It's true. Your ability to communicate with the outside world has become increasingly easy. But my guess is that your ability to communicate with your spouse has become increasingly difficult.

The reason for this is that most people confuse INFORMATION communication with PERSONAL communication. Technological advancements give us all sorts of options to communicate information. But how do you feel the pulse of someone's soul? How do you communicate the subtleties in your heart? You can't text message that. You can have the latest and greatest in communication gadgets, but it won't matter. PERSONAL communication is a whole different ball game. And it's PERSONAL communication that determines the success or failure of your marriage.

I'm reminded of a scene from a Broadway play. A man and woman happen to meet on a train and engage in polite conversation. They were both headed home to New York after a day in New Haven, CT. After further discussion, they learned that they were going to the same building on Fifth Avenue. Lo and behold they discovered that they had the same daughter and lived in the same apartment. They finally discovered that they were husband and wife.

You know what's killing marriages these days? EMAIL! More and more I'm seeing husbands and wives resort to email to communicate with each other. You want to do something tangible TODAY to improve your marriage? STOP EMAILING YOUR SPOUSE! Email is for INFORMATION. But in a marriage you've got to HEAR each other. And I don't mean hear the sounds of each others words. You've got to be able to hear the silence between the sounds and interpret the unspoken meaning of pressed lips or teary eyes. You've got to be able to hear the shapes and sounds in each others heart. You can NOT accomplish this via email.

Also let me be clear about something, you can't do it with communication techniques either. There's no clinical communication therapy that can help you and your spouse think each

others thoughts, feel each other joy, and cringe from each others pain - If you're like most people with marriage trouble, you've been down that path and you know that it does NOT work.

So what does this have to do with communication in a marriage? Because most people think that if spouses aren't hearing each other that communication techniques will solve the problem.

But that's like putting a band-aid on a bruise. It's the wrong solution.

Communication techniques can help colleagues transmit INFORMATION clearly. Communication techniques belong in seminars that teach negotiation and sales. But you're not trying to complete a transaction with your spouse, you're trying to renew a relationship. I can almost guarantee you that your problem is not clarity, it's concern. Ironically, communication techniques sometimes give people clarity that they don't care what their spouse thinks or feels. They "got it," but "it" doesn't matter to them anymore.

How do you get back to the place where you and your spouse care again?...

Listen carefully, Communication has very little to do with techniques or knowledge of each other. It has everything to do with the depth of connection between the communicators. The question you should be asking is NOT, "How do I communicate effectively with my spouse." The question you should be asking is, "How do I connect with my spouse again?" Once you reconnect, you won't be sitting in silence in the basement. You'll hear the sound of the pipes from above. It'll be your spouse. You were heard.

Marriage Problems and Your Kids

First a quick quote:

You can use most any measure
When you're speaking of 'Success'.
You can measure it in fancy home,
Expensive car or dress.
But....the measure of your REAL success
Is the one you can not spend.
It's the way your kids describe YOU
When they're speaking to a friend!
- Martin Buxbaum

Now you might be thinking, what in the HELL this got to do with the title? Let me explain...

You're probably trying your best to be a good parent, right? Think for a moment about all the time, energy, and money you put into your children. You send them to the best schools, help them with their homework, buy them the cutest Sunday clothes, work hard to save for their college education, take them to the best doctors, plan special birthday parties, drive them to baseball practice, and make their favorite dinner.

That's all fine Terry, but make no mistake about it, the MOST IMPORTANT thing you can do for your children is NONE of those things. The most important thing you can do for your children has nothing to do with their education, entertainment, athletic endeavors, or even their physical health. The most important thing YOU can do for your children is to have a GREAT MARRIAGE with your spouse. It's hard to be a good parent unless you have a good marriage. Why? Because teaching your children how to succeed in love is your MOST IMPORTANT responsibility.

There will be nothing more important in your children's lives than the success of their marriage. (I know you know that.) And who's going to teach them how to love their spouse. You are!

But they won't learn it from what you say, they'll learn it from the life you lead...they'll learn it from YOUR marriage.

Ralph Waldo Emerson said, "Who you are speaks so loudly, I can't hear a word you're saying."

Whatever you want your children to achieve in their life, you first have to achieve yourself. If you're struggling in your marriage, it's probably because your parents struggled too. So, who's going to break the cycle? Will YOU be the one to change things for generations to come? Or will your children suffer the same burden? Balls in your court!!

It's not easy to be what's called a "transition person." But it's doable. YOU can be the "transition person" in your lineage and pave a new path for future generations in your family.

there's nothing better for your children than to raised amidst the comfort of parents who love each other. And there's nothing more devastating to a young soul than to be the victim of a broken family.

How to Change Your Marital Situation In the Best Possible Way

It's well known that 50% of FIRST marriages end in divorce.
Do you know what percent of SECOND marriages end in divorce?

It should be LESS than 50%, right? After all, who would make those same painful mistakes again? People marrying a second time have the "benefit" of knowing what kind of person to pick this time, right?

The divorce rate for SECOND marriages is 70%! And THIRD marriages - closer to 80%!

Do you mean to tell me my chances get worse not better?"

That's right. Because the key to succeeding in marriage is NOT finding the right person, it's YOU becoming the right person. We'll get back to that point in a moment. Did you know that women who finally get out of abusive relationships usually fall in love with another abusive man? What bad luck, right?

It's not luck.

Did you know that men whose first wives cheated on them usually get cheated on by their second wife too?

How could that be? You'd think that after suffering the torment of infidelity a man would only marry a woman with impeccable morals and unwavering commitment. You'd think...but it doesn't work that way.

listen to this story. It'll pull all the pieces together for you.

A man once came to a town and asked the local sage, "I'm thinking about moving here. What kinds of people live here?"

The sage asked the man, "What kinds of people live in the town you came from?"

"Where I'm from the people are liars, cheaters, and mean spirited," the man responded.

"The people are the same here," said the sage.

Then another man came to town and asked the sage the same question, "I'm thinking about moving here. What kinds of people live here?"

The sage asked the man, "What kinds of people live in the town you came from?"

"Where I'm from the people are wonderful, kind,

and courteous," the man responded.

"The people are the same here," said the sage.

- You see, people are not as you see them, people are as YOU are...

What do you get when you smile at someone? You get a smile back. And if you stare at someone? You get a stare back. What you get is what you are. We're NOT an objective observer of the people in our life; we're a subjective influence. In other words, our presence changes what we observe. Let me give you a simple example. Let's say you wanted to measure the temperature in a small room. So you bring a thermometer into the room and wait for a reading. But since your body temperature is 98.6 degrees, the fact that you're in the room changes the reading you get. As long as you're there, things are different.

It works the same in your marriage. Your relationship is not simply a function of who you pick, it's also a function of who you are. Who you are and who your spouse is mixes to form the dynamics of your relationship. I know you want your spouse to change. And YES your marriage would be better if they did. But YOU changing can change things just as well.

Now, please listen carefully and please don't misunderstand my point. I'm NOT saying that everything is your fault. If your spouse receives my emails or whatever, then they're reading the same message directed to THEM. It's no one's fault, but it's everyone's RESPONSIBILITY. In other words, BOTH you and your spouse contribute to the dynamics in your relationship, whatever they are, and BOTH you and your spouse can single handed-ally change them.

No matter what your spouse did to cause your marriage to deteriorate, they're responsible. And they should change. But you played a role too. I know that's hard to hear. It's a bitter pill to swallow. But once you swallow it, you're no longer a helpless victim, you become empowered to change circumstances that seemed out of your control.

It's easy to confess your spouse's sins. And you're probably correct about what your spouse needs to change. But it does no good to be right. And it's a complete waste of time and energy to focus on your spouse's problems. There's nothing you can do about it. Your spouse will change only when they're ready to change. The only relevant question for you is: What's YOUR fixing? You had a role in the deterioration of your marriage. I've never seen a marital situation caused by one spouse. There's always dual responsibility. What can YOU do to improve the situation?

Reflect on your past relationships. Do you see a pattern? Look at your parent's marriage. Are you recreating the model you saw when you were a child? Have you explored with a professional the childhood roots of your relationship habits and how they contributed to your marital circumstances?

Even if your spouse had an affair, you're partly responsible. That doesn't mean that it's your fault and it doesn't excuse your spouse's inappropriate behavior, but the question still remains: What was your spouse seeking outside your marriage that was not available within

it?

Don't just sit there sulking in the misery of your situation while you wait for your spouse to change or for God to perform a miracle. If you want your situation to change, then change it! Do YOUR part. Because if YOU change, then everything around you changes too.

How to Say I'M SORRY

Have you ever heard the expression, "Love is never having to say you're sorry?"

Sometimes I wonder how such utterly ridiculous expressions become commonly accepted. If you're close to someone, you're going to step on their toes occasionally. And when you hurt someone, ESPECIALLY YOUR SPOUSE, it's important to say, "I'm sorry."

Not only is it important to say "I'm sorry," but it's important to say it well. Usually the words alone are not enough. You have to get inside your spouse's heart, feel their pain, and in order for them to forgive you, they have to feel COMPLETELY understood. Otherwise, you might say, "I'm sorry," and your spouse might say, "It's okay," but nothing will change. You could be stuck in that hurt for years.

I wish for you and your spouse that you SUCCESSFULLY move through your past hurt and that "I'm sorry" restores your relationship the way those 2 magic words have the power to do.

Ask TW - "Dub" Jackson (expert counselor)...If You Can't Find The Words, He Can Help You!

How do You Know If You Married The Right Man or Woman

Here's the answer.

EVERY relationship has a cycle. In the beginning, you fell in love with your spouse. You anticipated their call, wanted their touch, and liked their idiosyncrasies.

Falling in love with your spouse wasn't hard. In fact, it was a completely spontaneous experience. You didn't have to DO anything. That's why it's called "falling" in love - because it's happening TO YOU.

People in love sometimes say, "I was swept off my feet." Think about the imagery of that expression. It implies that you were just standing there; doing nothing, and then something came along and happened TO YOU.

-Falling in love is easy. It's a passive, spontaneous experience. But after a few years of marriage, the euphoria of love fades. It's the natural cycle of EVERY relationship. Slowly but surely, phone calls become a bother (if they come at all), touch is not always welcome (when it happens), and your spouse's idiosyncrasies, instead of being cute, drive you nuts.

The symptoms of this stage vary with every relationship, but if you think about your marriage, you will notice a dramatic difference between the initial stage when you were in love and a much duller or even angry subsequent stage.

At this point, you and/or your spouse might start asking, "Did I marry the right person?" And as you and your spouse reflect on the euphoria of the love you once had, you may begin to desire that experience with someone else. This is when marriages break down. People blame their spouse for their unhappiness and look outside their marriage for fulfillment.

Extramarital fulfillment comes in all shapes and sizes. infidelity is the most obvious. But sometimes people turn to work, church, a hobby, a friendship, excessive TV, or abusive substances.

-But the answer to this dilemma does NOT lie outside your marriage. It lies within it...

I'm not saying that you couldn't fall in love with someone else. You could. And TEMPORARILY you'd feel better. But you'd be in the same situation a few years later. Because (listen very carefully), THE KEY TO SUCCEEDING IN MARRIAGE IS NOT FINDING THE RIGHT PERSON; IT'S LEARNING TO LOVE THE PERSON YOU FOUND.

SUSTAINING love is not a passive or spontaneous experience. It'll NEVER just happen to you. You can't "find" LASTING love. You have to "make" it day in and day out. That's why we have the expression "the labor of love." Because it takes time, effort, and energy. And most importantly, it takes WISDOM. You have to know WHAT TO DO to make your marriage

work...And, make no mistake about it. Love is NOT a mystery. There are specific things you can do (with or without your spouse) to succeed with your marriage.

Just as there are physical laws of the universe (such as gravity), there are also laws for relationships. Just as the right diet and exercise program makes you physically stronger, certain habits in your relationship WILL make your marriage stronger. It's a direct cause and effect. If you know and apply the laws, the results are predictable - you can "make" love.

If You're In A Bad Relationship - Self Help Techniques May Not Work

If you are in a bad relationship self help techniques may not work unless you seek the right type of advice. If you walk into any bookstore you will see shelves of books written on relationships. They will cover all topics and be written by men and women, some of whom will have very impressive credentials.

But how do you know they will work? How do you know that these same writers are themselves happily involved with someone? Quite frankly I believe you have to be in a great relationship before you can help other people with theirs. After all you don't go to a nun for sex help do you? So why ask a single person how a partnership should work?

You need to use self help books like "The Cupids Cure" a interacting software designed by a real person, who is very happily married and writes to help real people just like you, with similar relationship problems. You want someone who cares whether you and your partner make it or not. Someone who will answer your emails should you wish to ask them a personal question because just sometimes the books don't always cover everything.

Any relationship can be improved. There is no such thing as a "perfect one" just as no human being is perfect. But you can have a great relationship with your existing partner. They are probably Mr or Ms right for you, just you have hit a couple of hurdles you need some help in getting over.

Self help marriage counseling may be an answer for those of us that don't want to sit down with a stranger, to discuss the intimate details of our relationship. But unless you know where to start and what to look for, you probably aren't going to achieve much more than another argument. The problem is that when you are involved in the situation you often can't see things from the other person's perspective. It is important that you learn as it takes two to tango as the old saying goes.

You will have to deal with painful issues and discussing these will take patience and practice. For example, sex may be causing an issue between you but it is often very difficult to discuss making love. Both of you may feel embarrassed or ashamed or annoyed that this subject is coming up again.

So before you dive into sorting out your relationship, make sure you have done some reading and tread carefully while you apply what you have learned. Take things slowly and don't let your discussions turn into an argument. If things get heated, walk away and cool down. You cannot make the other person speak to you, so if they are not into a chat at that time, then leave it, and wait for a couple of days. Usually you will find that your partner is just as eager as you are to sort things out. Pick your moment before applying the relationship self help approach.

Are You Studying Relationship Psychology to Understand Your Relationship

Are you studying relationship psychology in a bid to discover why you and your partner don't appear to be getting on very well? If so I would suggest you stop before you end up driving yourself nuts.

There are a huge number of relationship philosophy and psychology books out on the market but every one you read appears to contradict the others. In a recent interview, even Dr Phil, the relationship expert, admitted that most therapist and counselors don't know how to fix a partnership. Sure they will give you the theory and the reasons behind some types of behavior, but whether that sorts out your particular problem is more a matter of luck than anything else. Often they come from a background of broken relationships, but you won't know this as your counselor never divulges their personal details to their clients.

Every partnership is different and while some issues between men and women who wants more sex, who does the most housework, who earns the most money, who minds the kids more often, can be similar. However at the end of the day the issues you are facing are as a direct result of who you and your partner are.

Does that mean you can't find help? Of course not but you don't need a relationship psychology course to do it. What you need is a great self help book that will help you to communicate and relate to your partner better. Something for both of you to read and share.

I suggest the "How to Save Your Relationship From Catastrophe" blog as it is written by a man which is rather unusual to start with. Mr Clark is very happily married and committed to helping his clients either become that way or remain that way. Perhaps you have come to the end of your partnership, as I am not going to lie and say every relationship can be saved, but at least wait before making your decision until you read the blog. Then you will be armed with the knowledge to make the right decision for you, your partner and if appropriate your kids.

It takes guts to admit that there are issues in your partnership that need working on. It is so much easier to put your head in the sand and hope that they will go away. But the sad fact is that most won't disappear for good. They may go away for a little while but they will come back and perhaps even worse than before. Problems have a way of developing a life of their own if they are not dealt with quickly and efficiently.

You and your partner have invested a lot in each other and so you should be willing to take one more step to try to prevent a breakup. So forget about studying relationship psychology and instead concentrate on making each other happy once again.

How to Heal An Ordeal In A Trouble Marriage

A woman who just discovered that her husband cheated on her for many years recently asked me a great question.

She said, "My husband apologized 100 times, stopped his affair, and is committed to being a new man. I see he's changed. But wouldn't I be better off divorcing him and starting fresh with someone new?"

I can understand her point of view.

Right now in her marriage there's so much pain, baggage, and a mountain of hurt to heal. The same is probably true in your marriage, whether the issue is infidelity or something else.

Is it possible to come back once the trust is broken? Can you heal from your ordeal? Or maybe it just makes sense to just start over with someone else?

Most victims of infidelity (and other emotional hardships) believe that they'll be safer in a relationship with someone who never cheated on them or hurt them. I completely understand this FEELING. However, the OPPOSITE might be true.

In the case of the woman above, it appears that her husband really changed. And I've seen many people transform themselves after getting the "I want a divorce" wake up call. Unless her husband is a pathological liar or a sex addict, he's LESS LIKELY to make the same mistake again compared to someone whose track record is clean. In other words, once a spouse learns their lesson, they're LESS vulnerable to make the same mistake than someone who's never erred in that way before.

According to a 1998 survey by researchers at the University of Chicago, about 25 percent of married men and 17 percent of married women in the United States ADMIT to having been unfaithful. The noted author Shirley Glass' research suggests it is probably closer to 25 percent of women and 40 to 50 percent of men! That means that starting from scratch gives the above woman a 50% chance of finding another husband who will be faithful.

Now let me ask you one thing, at this point in this woman's husband's life, given all he's been through and learned, what are the chances that he'll screw up again? If this woman gave him another chance, what's the likelihood that he'd make the same mistake that almost caused him to lose his family years before? In my opinion, it's dramatically less than 50%. In fact, I think it's slim to none.

Let me clarify that I'm talking in this case about a man who truly transformed himself and succeeded to prove that he's changed. I'm NOT talking about someone who continually makes empty promises.

If this woman were to leave her husband, I think Las Vegas would give her LOWER odds that this sort of thing would never happen to her again.

Here lies an unfortunate irony. People wait years and years for their spouse to wake up and change their ways. Then when they finally do it, they're told it's too late.

I understand why someone would feel, after being cheated on, for example, that "it's too late." But the fact of the matter is that they're about to walk away from a person who is FINALLY prepared to be a wonderful loving spouse.

In my experience, it's these people, people who have made serious mistakes, people who have had the harshest wake up calls, who become the BEST spouses and are capable, more than anyone else, of forging the MOST fulfilling relationships.

Do you see the irony here?

The mistakes that ruin relationships are those that transform the sinners into people capable of the most outstanding relationships. The unfortunate thing for the victim is that they don't know how to heal from the hurt that would enable them to reap the benefit of their ordeal.

So the roles become reversed. The person who was ruining the relationship stands ready to transform it; while the person who wanted to work on the relationship all along becomes the cog in the wheel that inhibits true love.

In other words, the woman above has a choice. If she lets her husband go, he'll most likely fall in love with another woman and treat her like a queen. He'll be the husband to his new wife that the woman above always wanted him to be to her. I've seen it happen too often. Some lucky woman owes a poor victim a lot of gratitude. But this woman has another option. She could forgive her husband and become that lucky woman!

How Can You Heal Old Wounds In Your Marriage

Get a glass of water. Really! Don't just read on, first get a glass of water.

Got it?

Okay. Now, hold the glass of water in your hand and pick it up.

Are you holding it up?

Now let me ask you this: How heavy is the glass of water?

What do you think it weighs? 1 pound? 2 pounds?
Less than a pound?

Keep holding the glass up. Don't put it down yet.

What do you think it weighs?

As you continue to hold the glass of water, you'll notice that its real weight doesn't matter as much as how long you hold it. The longer you hold the glass of water, the heavier it feels, right?

If you hold the glass of water for minute, it's not a problem. It's not heavy.

But if you hold the glass of water for an hour, your arm might start to ache. Eventually the glass of water will feel like a ton of bricks.

The weight of the glass of water is always the same. But the longer you hold it up, the heavier it gets.

That's the way it works in your marriage too. Things are bound to happen between you and your spouse that will weigh heavy on you and your spouse's heart. But the longer you "hold them in," the heavier the burdens gets.

I can't tell you how many times I'll discover in talking with close friends privately that the source of someone's anger or bitterness is something that happened 15 YEARS AGO!

"Did you ever discuss what happened with your spouse," I'll ask.

"No."

In an effort to make sure I understand I'll ask, "You never talked it through? You never processed with your spouse at all?"

"No."

Rhetorically I'll ask, "This has been building up inside you for 15 YEARS and you never said

anything?!"

"That's right," is the response.

Do you hear that? It happened 15 YEARS AGO! And it still plagues them TODAY. In fact, as I illustrated above, the burden gets worse not better.

But do you know what always amazes me? The burden gets worse for the person who's holding it in. But their spouse forgot about the incident 15 years ago. They're clueless that the pain even exists. They would be SHOCKED to learn that their spouse still remembers what happened no less that it pains them and remains in their heart.

Do you know what's bothering your spouse? Do you know the root of their frustration? Do you know what they just can't let go of? And most importantly, do you know how to draw it out and how to help them finally heal? This is one of the many topics I'll cover in the "How to Save Your Relationship or Marriage From Catastrophe" blog.

Most people have something that continues to bother them, something that happened years ago that they never let go of, something that they never "moved through" with their spouse. And there it sits; getting heavier and heavier as the years go by. Until finally it comes out as, "I'm not happy" or "I want a divorce" or "I don't love you anymore."

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Old wounds that don't get treated aren't really old, they remain fresh. They're still open sores that eat away at your marriage from the inside without you even knowing it. How do you stop the bleeding? How do you finally let bygones by bygones and move on in your relationship in a healthy productive way? By going to "How to Save Your Relationship or Marriage From Catastrophe" blog today!!!

Are You Being Taken for Granted or Unappreciated In Your Relationship

Let me begin to deal with APPRECIATION in marriage by explaining a basic human dynamic.

What gets your attention? Think about it. Do you notice the beat of your heart, the comfort of a hot shower, or the milk in the refrigerator? My guess is that these things (and a million other things that are commonplace in your life) do NOT get your attention. And if they don't get your attention, then they don't get your appreciation.

When was the last time you said to yourself, "Thank God my heart is beating."

After your last hot shower, did you jot a note of thanks to your local power company? I didn't. Did you thank the breadwinner in your family last time you poured milk in your cereal? Not likely, right?

Why aren't we appreciative for the things that are so essential in our life? Without them we would be miserable. But as long as we have them, we don't even notice.

Can you imagine your first hot shower? What would you be thinking? What would you say to the person who served you your first home cooked meal? Do you think they'd feel appreciated? Would you find ways to express your thanks? I don't think there's any doubt that you'd feel enormous GRATITUDE and that your hosts would feel deeply appreciated.

What stirs gratitude within us? It's when we're the recipient of UNUSUAL kindness. When I say "unusual," I don't mean extraordinary; I mean not-usual, uncommon, or infrequent. But when events become the norm our gratitude slumbers.

Human nature is such that there is an INVERSE relationship between frequency and appreciation. The more you get it (whatever "it" is), the more you expect it, and the less likely you are to appreciate it. And it makes no difference how crucial "it" is. The beat of your heart is a perfect example. There is nothing more crucial in your life. But there's also nothing more frequent. And probably nothing you take more for granted.

This explains why it's so common for spouses to take each other for granted. As the frequency with which we do things for each other increases (as the years go by), the experience (and the expression) of gratitude decreases. It gets to the point where people peripheral to the marriage feel more valued than husbands and wives feel toward each other.

Husbands and wives do more for each other than anyone else in their lives, but THAT'S THE PROBLEM! A man's wife, for example, has rubbed his neck, kept a stock of his favorite cigars, and planned their anniversary celebration every year for 23 years. But he feels and expresses more gratitude when his new secretary brings him a gift from her trip to Mexico.

A woman's husband has cut the lawn, paid the bills, and taken her away on her birthday every year for 23 years. But she felt and expressed more gratitude when Uncle Billy fixed the kitchen sink.

There's an irony to this dynamic. We're so appreciative when someone does something for us ONCE, right? So whatever it was that warranted our gratitude once, shouldn't it warrant more gratitude the SECOND time? I mean if it was so wonderful early in your relationship when your spouse made a home-cooked meal, then wouldn't it be MORE wonderful the second time, and the third, and the fourth? But it doesn't work that way, does it? It's logical; but it's not psychological. The psychology of it is that it becomes LESS wonderful in your eyes.

Isn't it amazing that the blessings right in front of our eyes EVERY DAY are the ones we're least likely to see. And the ones that surprise us every now and then monopolize our gratitude.

This is one of the great challenges of building a LASTING marriage. We crave appreciation. A successful relationship depends on it. People can't live fulfilling lives without it. But the longer we're married, the LESS likely it is to exist in our relationship. That is, unless you're aware of this NATURAL tendency and are PROACTIVE about defeating it.

One of the local supermarkets in Chicago gives free balloons to our children. This is NOT something they do occasionally nor are the balloons only given to NEW customers. They do it CONSISTENTLY. Is it easy for them? No. They have more than enough tasks on their "to do" list. But it's their policy. They plan to make it happen. It takes a special effort, but demonstrating appreciation REGULARLY pays off.

Any business can give away freebies to attract new customers to their grand opening. But the businesses that thrive LONG TERM are the ones that learn to express gratitude to their customers CONSISTENTLY. And that's NOT natural. It'll never be easy. It takes time, effort, focus, and planning.

It's easy to be appreciative to occasional guests in your life who sweep in and do a random act of kindness. It's harder with your spouse. But if your marriage is going to succeed long term, you have to express gratitude often and check-in with your spouse periodically to make sure they're feeling appreciated.

There's no easy way to fill your marriage with appreciation. It will NEVER come naturally. You have to make it a conscious discipline.

Giving Your Spouse An Ultimatum - Does It Work

have you thought about giving your spouse an ultimatum? Something like, "If you don't stop XYZ, this marriage is over." Is your spouse having an affair, hooked on drugs or alcohol, a workaholic, too emotionally close to an opposite sex friend, or obsessive about a hobby or activity?

How do you get your spouse to stop behavior that's destroying your marriage? An ultimatum is an interesting idea. I bet a friend or family member even suggested it. I'm sure it's crossed your mind. Maybe it was even advised by your counselor. But will it work?

Listen, if you want to restore your marriage, do NOT give your spouse an ultimatum. It will NOT work. Let me explain why. And let me explain how YOU CAN get your spouse to end their affair or stop their addictive or obsessive behavior.

In a sense, it's empowering to think, and even say to your spouse, "Your behavior is unacceptable. And if it doesn't stop, I'm leaving you." An ultimatum offers the ultimate role reversal. It puts you, the victim, in control. Understandably, that's appealing. And there's no doubt that in the SHORT RUN, you'll FEEL better. But it also FEELS good to eat dessert after every meal. Just because something FEELS good does NOT mean it is good. The question you have to ask yourself is: Will the LONG TERM effect be good? Will an ultimatum give me the result I want? Will it lead to the renewal of my marriage?

The answer is NO!

Now I know what you're thinking, what about TOUGH LOVE? Don't I have to set borders and boundaries?" If you give your spouse an ultimatum, you'll establish clear RULES for your marriage. You'll set borders and boundaries. But, where will the MOTIVATION come from for your spouse to live by the rules? In other words, the rules will be clear, but why would your spouse WANT to adhere to them?

Okay, You see - if your spouse is a sex addict, a workaholic, an alcoholic, having an affair or involved in any other type of obsessive or destructive behavior, the problem is NOT a lack of rules; it's a lack of MOTIVATION to live by the rules. Your spouse knows their behavior is wrong. Even if they won't admit it, even if they justify it, deep down they know that their behavior is immoral and that it's destroying your marriage and soiling their soul. The problem is that they don't care. The problem is that they lack an internal MOTIVATION to do the right thing.

Your spouse has to WANT to stop. The key is their inner motivation, their WILL. An ultimatum imposes rules from the outside... it does nothing to address the lack of motivation on the inside. The Bottom line: although giving an ultimatum feels good, it misses your target.

Your target is your spouse's inner motivation. And how do you affect someone's inner

motivation? The secret is to CONNECT with them. Let me explain.

Life begins as a connected experience in the womb of our mother. When we're born and that physical connection is severed, we yearn to connect again. How we go about creating that connection and how well we succeed becomes the story of our life.

People who make healthy and meaningful connections with other people feel happy and fulfilled. (Research proves that the single most important factor that determines happiness in life is CONNECTEDNESS.) People who lack a real emotional connection with others will grasp at anything in an attempt to fill that void in their life. That's what leads people to sex, drugs, alcohol, hours of mindless TV, falling in love over and over again with new people, or an obsessive commitment to money, success, work, or a hobby. These trappings offer a MOMENTARY filling. But the cause of the emptiness your spouse seeks to fill is a lack of a meaningful CONNECTION in their life.

When you create that connection with your spouse, you accomplish two profound things.

First, you eliminate your spouse's desire for their destructive behavior. You take the wind right out of its sail. You cut it off at its source. They don't need it anymore. There's no more hole to fill. YOU filled it!

Second, you offer your spouse a permanent filling for a hole that's been insatiable probably since their childhood. (Your spouse's destructive behaviors can probably be traced back to a disconnected relationship they had with their mother or father). And their DESIRE for your connection, a REAL and LASTING filling of that hole, will trump any momentary interest in seductive pleasures.

So how do you get your spouse to stop their destructive behavior? You create a connection with them.

The chances are very good that YOU have no clue how to deeply CONNECT with your spouse. You see, disconnected people tend to marry disconnected people. In other words, you picked your spouse BECAUSE they're disconnected, and that was safe and familiar for you. (Your spouse is probably like your mother or father.) You didn't have to make a real connection to your spouse and that's why you fell in love with them. Your spouse didn't need what you couldn't offer. Do you see how that worked? It's totally dysfunctional, but it's true.

Now don't misunderstand, I'm not saying that your spouse's inappropriate behavior is your fault. But it is your RESPONSIBILITY. Meaning, that you can choose (if you want) to do something about it. You can impact your spouse's choices. But you'll need to learn to forge a real connection with your spouse, and you'll need to learn to do that WITHOUT your spouse's cooperation.

How to Get Your Spouse to Change

In your quest to fix your marriage, you may encounter resistance...from your spouse!

Your spouse may dwell on the 101 reasons why "this just won't work for us" and blame you for every one.

Or, your spouse may be emotionally "checked-out" of the marriage and not care about your efforts to improve the situation or be willing to extend any effort of their own.

-This, by far, is the most common question people ask me: "How do I get my spouse to change?"...

Why would your spouse resist change in your marriage and what should you do about it?

There's a deep-seated belief in our culture that people resist change, no matter what. But is this true? Do people really want things to remain status quo? Do we really not want things to change? If you look closely at human nature, it's not change itself we resist; it's change that's IMPOSED UPON US.

Think about it. We have no problem with change that WE INITIATE. But when we feel forced or manipulated to change, then we resist with all our might. Your spouse may not be willing to change for the sake of your marriage right now, but that's not because your spouse doesn't want a great marriage. Everyone wants a great marriage. It's because if they're going to change, they want the change to be THEIR IDEA!

I can promise you this, your spouse will change when they're ready to change and not one second before. And the more you push them, urge them, nudge them, ask them, scream at them, or beg them, the LESS LIKELY they are to change. I know it's hard to wait, but you have to let it come from them.

It's possible someone could INSPIRE your spouse to change, but the person LEAST LIKELY to be the inspiration is YOU. It's sad but true. A complete stranger is more likely to get through to your spouse than you are. A chance experience or encounter is more likely to shake up your spouse than anything YOU could say.

True Story: The names have been changed to protect my client.

Angie Stone registered with the Magic of Making up program on April 17, 2010. She knew she had to make changes and joined the program with a genuine interest to improve her marriage. She wanted Mike (her husband) to be part of the process, but he wasn't willing to join her. She had been asking him to go with her to get help for over a year. But Mike consistently refused.

I spoke with Angie Stone during a session and convinced her to back-off of Mike and just let him be for a while. I counseled her to make some changes that created a more positive energy in their relationship. When the time was right, I suggested that Angie ask Mike if he would be

willing to meet me for a cup of coffee speak. Angie's timing was good...Mike agreed.

Within 7 minutes of my conversation with Mike he agreed to join Angie in the program. Angie Stone switched from the Lone Ranger Track to the...Duo Track.

Why was I able to get Mike to agree to something in 7 minutes that Angie couldn't get him to do in over a year? It's true I know how to handle these situations, but there were 2 other important factors:

1. For the first time in over a year, Angie backed-off far enough so that Mike had the space to make his own choice.
2. The inspiration came from someone other than his wife.

Your effort to change your spouse is probably COUNTER productive. The chances are good that you're "in the way." You need to get out of the way and create the space for your spouse to CHOOSE to change. That's the only way it'll ever happen.

I can't tell you how many times a spouse will say to me that their husband/wife changed for a few days, but then returned to their old ways...even if your just living together the outcome is still the same. That's because they never really decided to change. They were pressured. They were manipulated. And so it didn't stick.

If you tell your spouse what to do, it's a challenge. If THEY decide to do it, it's a great idea. YOU HAVE TO LET IT COME FROM THEM. That's the only way it'll make a difference long term in your marriage.

Now you're probably thinking, "Makes sense, but isn't there anything I can do to encourage my spouse's choice?" YES, there is! YOU CAN BE AN INSPIRING EXAMPLE and let your spouse see how the choices YOU'RE making impact how YOU feel about yourself and your marriage. Resist the urge to believe that your marriage won't change until your spouse "gets with the program." The love YOU feel is much more a result of what YOU DO for your marriage than what your spouse does for it.

We tend to think that the love in our marriage is in our spouse's hands. But it's not. Love is a verb. And if we do it - if we love - then we feel love. THE CHOICE IS OURS.

Consider the love you feel for your children. Is it because of everything they do for you? Is it because they're such angels? Of course not. The love you feel for your children is a result of what YOU DO FOR THEM. The love you feel in your marriage is a result of what YOU DO too.

Conclusion:

Do You Feel Like A Grape

Have you ever been to a winery?

Can you imagine what it would be like to be one of those grapes? Really...play along with me here for a moment.

Can you imagine what it would be like to be plucked, pushed, crushed, pressed, skinned, and fermented? OUCH! The pain! Okay! What's the point of it all?

A lot of people feel that way about the pain they experience in their marriage. "Why am I doing this? Where is this relationship going?" But just as a grape goes through a difficult process before it becomes a fine wine, sometimes our marriage has to go through a painful process before it matures.

The people who have the best marriages are NOT people who grew up well-adjusted, have healthy adult lives, and normal parents. People like that usually have OKAY marriages. The BEST marriages are with couples who were crushed, who went through a painful process, and who built their relationship from the ruins of broken hearts.

-There's an ancient song by King David, "Those who sow in tears will reap harvest in glad song."... And so it is that pain is often the preview to pleasure. Any woman who has experienced child birth can testify to this truth.

As I interact and talk with other married couples, I notice that very often the turning point in a marriage is when a couple hits rock bottom. It's not until they've been through the worst that things start to get better.

But the turnaround in a marriage is NOT automatic. Just because you hit bottom, does NOT mean you'll bounce back. If you don't make it happen, you'll just crash. In order to turn your marriage around, you have to take RESPONSIBILITY.

What does it REALLY mean to be responsible? A person who is responsible has the ABILITY to RESPOND. In other words, if you take response-ability for your marriage, then your marriage is not determined solely by what happens, it's also determined by how you RESPOND to what happens.

A responsible person is not a victim to their circumstances. They are the master of their fate. How you respond to your marital circumstances today WILL determine your marital circumstances tomorrow. YOUR actions create your marriage. You can turn sour grapes into a fine wine.

Making a relationship work is not mystical. Love is NOT a mystery. You don't have to be "lucky in love." You can "make love." You just have to know the recipe.

Bonus:

Marriage Tips and Advice Resource Section

Click on the Text Link Below:

[How to Save Your Marriage or Relationship from Catastrophe](#)

Or

Copy & Paste link into your browser

<http://saveamarriagefromcatastrophe.blogspot.com>

Click on the Text Link Below:

[Ask TW-"Dub" Jackson \(Marriage and Relationship Expert\): Magic Of Making Up](#)

Or

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<http://tinyurl.com/TheMarriageEbook>