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# Marriage

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Surveys find that we value having a happy marriage above all else – money, satisfying work and even our health. Many couples long for a loving intimate relationship but often do not see the following warning signs of a troubled marriage:

- Difficulty getting emotionally close
- When dinner together becomes the exception rather than the routine
- When you cannot express your feelings without your spouse becoming defensive
- When you spend an increasing amount of overtime at work or other activities that decrease your time at home
- When you spend more time talking about problems and less sharing about each other's general daily events or needs
- Frequent arguments without resolutions
- When issues about the children regularly get in the way of any quality time for you and your spouse
- When there are long silences between you and your spouse
- When there is very little time for intimate conversation or physical contact
- When there is very little nonsexual touching (e.g., daily hugs, kisses, gentle touches)

## **TREATMENT**

Counseling is a very important step toward the development of a healthy marriage relationship. Although it is best when both partners enter into counseling, there are times when one partner is not ready or willing to participate. When this happens it is recommended that counseling take place with the spouse who is willing to get the help. Counseling can help you learn to:

- Build trust
- Conquer conflict
- Pray together
- Communicate effectively
- Play and relax together
- Understand the opposite sex
- Use commitment during hard times
- Keep alive the romance or rekindle it
- Increase intimacy – physically, emotionally and spiritually
- Resolve difficult issues like time, intimacy, money, children, tough times, extended family and much more.