

Why, What & When To Seek Help With Marriage Problems...

“What are my options?”

The answer depends upon what your **goal** is toward your partner:

Self-focused to “get” your needs met **or** To learn how **to respond** to your partner in a **healthy, respectful way, seeking to meet their needs first.**

◆ *Accept the situation and live with it.*

If not handled correctly, the consequence of this reaction usually ends up with bitterness between each other and deprivation of needs and desires being met by both of you. **Denial and avoidance is self-destructive.**

◆ *Leave or get out.*

This may be the easiest thing for you to do, but not always the most beneficial for you or your spouse. **There is nearly a 100% probability you both will then take your woundedness & internal baggage, into the next relationship.** It takes far less far less time & energy to build an existing marriage than to scrap it & start over.

◆ *Accept Reality.*

The best way to change your mate’s behavior is to change yours! That could mean dealing with negative issues you bring to the relationship. It could mean setting appropriate boundaries on acceptable behavior of your spouse. **It could mean both.**

◆ *Turn the situation around.*

This may not be the easiest decision to make, but it is more beneficial in the long run, especially if children are involved. If a couple truly desires a loving relationship which involves mutual love and giving, then it can be done. **It will involve struggling together, work, compromise & sacrifice ---- but intimacy will grow.** This is the direction of **hope, & a mysterious paradox** of personal growth.

◆ *Here are the facts of over 30 years of research.*◆

- **Divorce rate: between 50%-68% nationally...75% in 5 southern states**
- **1990 census: marriage rate decrease at 27%**
divorce rate increase 233%
- **Divorce/Re-marriage statistics:**
 - 1st marriage @ 95% will remarry after first divorce within 5years**
 - 2nd marriage @ 76% who marry will divorce again within 5 years**
 - 3rd marriage @ 87% will fail within 5 years**
 - 4th marriage @ 94% will fail within 5 years**

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When do you know it is time to get help

for your marriage?
Check what is going on in your relationship.

- ❑ When certain **issues** keep coming up and never get resolved.
- ❑ When you begin to **resent** your partner.
- ❑ There is **little trust** of each other.
- ❑ One or both of you is **avoiding** the other respectfully as a person, socially, affectionately and sexually.
- ❑ You or your spouse begin frequently **fantasizing** and wishing you were single or with someone else. This is mental adultery.
- ❑ Communication has **broken down**, and there is **little listening** of each other's thoughts and feelings.
- ❑ You find yourselves **criticizing & demeaning** each other more than encouraging or building each other up.
- ❑ One or both of you knows the relationship is **out of control**, but neither can discover the cause of it.
- ❑ There is a feeling of **boredom** in the marriage, and one or both of you don't know what to do in changing it.
- ❑ You have begun to **fantasize** that you married the wrong person **& resent yourself and your partner**.
- ❑ You or both of you have fallen into the **trap of depending** on your partner to meet the **core needs of your soul** of security/relationship & significance/impact, **instead of the LORD**. Such results in defensive self-protection & demandingness to **control** the other. **The purpose of marriage is oneness** & controlling attitudes & behavior prevents & destroys oneness & hope. It is complex, but it is core level selfishness.

Substantial change is possible
When you are willing to start from the inside out.