

Prevent Your Divorce

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Introduction To Prevent Your Divorce

The statistics are frightening, aren't they? It's said that every 1 out of 2 marriages ends in divorce. So when you feel your relationship start to break apart, and you're still very much in love with your spouse, you'd do just about anything to put things back together - and get back to that place you once were. In love, committed, excited about the future.

Do you know why so many marriages are doomed for failure? Because of a disconnect in communication. We simply stop talking, stop trying and we fail to really recognize what's important to our spouse.

We focus on ourselves - what we need, what makes us happy, where we want to go in life.

But marriage is a partnership, and in order to build a union based on strength and devotion, we need to look at our relationship as one team.

Your spouse should be your ally in life, your best friend, your confidant, and there should be no other person you can turn to, talk to and share your heart with.

On the flip side of the coin, regardless of how many marriages end in

divorce, if you are truly committed to saving yours, there are steps you can take to put your marriage back on track and restore the love you once had.

Evaluating Your Marriage

Before you can begin to fix what's broken, you need to identify the problems in your relationship. You need to know what is tearing you apart in order to be able to come together again.

This isn't always as easy as it seems. What you believe to be the missing ingredient in your relationship may be something very different to your partner. You need to look at the situation from your partner's perspective first, yours second.

What do you believe is responsible for the collapse in communication? Why are you and your partner feeling disconnected? What was the single breaking point that you can identify?

You need to focus on what role you played in your marriage problems, and how you can fix things so that you can show your partner that you are committed to restoring your relationship.

Think of the reasons that led up to this point, and remember not to single out any one problem or argument that you may have had.

When it comes to difficulties in marriages, it's usually a series of incidents

or repeated problems that caused the final blow up to take place, and you need to identify what these issues were, so that you can make sure that once you've both worked to repair your marriage, that the same problems don't resurface.

While there may be multiple factors that influence your ability to rekindle your relationship, you need to be able to pinpoint where it all went wrong. Only then can you reverse the situation, and begin to repair your relationship.

If you believe that you're responsible for your relationship having broken down, you need to take steps to amend the problem.

Have you neglected your spouse?

Has the daily grind taken control of the time you get to spend with your spouse?

Has raising children left you little time for intimacy?

Has work been a leading factor in your being sidetracked?

Every relationship requires nurturing, especially if you've been together for

quite some time. We all have a tendency to take for granted what we believe will never fade, and when we become comfortable with our partners, and we believe that they will always be there for us, it's far too easy to get caught up in the many distractions that ultimately, lead us away from the one we love the most.

So, begin by setting time aside for your partner. It needs to be just the two of you, like it once was. Plan out a date, so that you can recapture the feeling you had when you first started dating. It's always possible to rekindle your romance, even if you've been together for many years.

You know your spouse better than anyone, so think about what you can do to plan a special date where you can build new memories, and get to know each other all over again.

This isn't the time to address your problems. You simply want to have time together away from the chaos of daily life.

This is a time for you to unwind, to simply be with your partner in a relaxing setting, so that you can both remember what it's like being together as well as reminiscing on the days where things were much less complicated.

Restoring Your Marriage

Once you've been able to go back to a time in your life where you recall the reasons why you fell in love with your spouse, it's time to work towards harnessing that passion so you can revitalize your marriage, and reignite the spark.

In order to move beyond your relationship problems and get things back on track, you need to make time to discuss your relationship with your spouse. This is a private discussion between the two of you, so you need to make sure that there will be no interruptions, and that you'll have the time you need to really connect.

Be honest during your conversation. You need to share your concerns, your frustrations, and your pain with your spouse. Just the same, your spouse needs to be upfront with you about his or her feelings, and you both need to establish the freedom to be as open as possible, without judgment.

While there may be things said that are hard to hear, if you are serious about repairing your relationship it's important that you know of all the problems and concerns, so you can address things one at a time.

Give your spouse time to talk, without interruption. Even if you feel the

need to voice your concerns, or to make a correction, you need to let go and understand that your point of view will be different from your partners, and that the more you know about how your spouse is feeling, the better your chances at being able to restore your relationship.

This is valuable information, so let your partner feel at ease sharing his or her thoughts and feelings without worrying about how you'll react.

You both have your own set of ideas, thoughts and feelings and you need to compromise and consider both sides equally, so that you can ultimately come together in such a way that you compliment one another, and can grow as a couple.

Many times when we try to get to the bottom of a problem, we allow someone else's feelings or reactions guide our own.

When this happens, we hold back, feeling uneasy about sharing our real thoughts and concerns because of how we'll make our partner feel.

This makes it incredibly difficult to determine what the problem really is, and minimizes your chance at repairing your marriage - so listen closely, give your partner the reassurance he or she needs to speak freely and absorb.

Moving Forward

Often times, simply sitting down with your partner and having a heart to heart will help you get back to the place you once were. It's like a "reset" button where once you voice your concerns, share your feelings and get it off your chest, you feel new again. You feel understood, and in return, you better understand your partner.

Once you have had a heart to heart, and you believe that you truly understand how your partner is feeling as well as what your spouse desires and needs, you need to put an immediate plan into action.

It's far too easy to slip back into old habits, so sit down and think about how you can spend a little time each day nurturing communication with your spouse, and giving each other the time together you need.

This might involve modifying work schedules, getting the kids to bed a bit earlier, or waking up earlier so you can have a conversation over breakfast.

Whatever you have to do, it's important that you develop better habits concerning your marriage, so that you can demonstrate to your spouse that you're taking it seriously, and that you're truly committed to getting your marriage back on track.

Of course, your spouse needs to return the communication and attention to you as well, and if either of you feels that the other is getting off track again, you need to voice your concerns early on.

Keeping a marriage on track requires dedication on both your parts. You need to understand that it's not always going to be easy, but that you love each other enough to stick it out, and make it through the rough spots.

Every marriage has them!

Consider Counseling

Marriage counseling isn't always an easy step forward for a couple. It carries with it the thought of humiliation, of having to open our hearts and share our feelings with a complete stranger. But counseling can be the very stepping stone you need to restore your relationship and get things back on track so you need to be open minded about the possibility of seeking marriage counseling from a professional.

A marriage counselor can form the bridge between you and your spouse by helping you both communicate how you feel without judgment, and can often unearth ways to further your communication and interaction on a much deeper level.

Furthermore, counseling can help you identify bad habits or areas in your marriage where you've gotten "lazy", so you can improve the way you manage your marriage, as well as help you gain a better perspective as to how your partner is feeling and what his or her needs really are.

If your spouse suggests seeing a marriage counselor, demonstrate your commitment to repairing your marriage by agreeing to a session.

On the flip side, if you strongly believe that marriage counseling will help

you both get back on track, don't be afraid to make the suggestion.

Focus On The Positive

Life is chaotic, and with it, we're faced with dealing countless struggles along the way. Raising children is never easy, careers force us along paths we may not be happy with and family can require more attention than we have to spare.

This is where your marriage should be strengthened as you have someone by your side who is always there for you.

When you're frustrated, tired, and simply overwhelmed, rather than take it out on your partner, look to your spouse for strength and guidance.

It's far too easy to take out our frustrations on the one person we believe will be there for us, but rather than lash out at your partner for circumstances and situations that are out of their control, lean on them, and show them that you truly need them in your life.

Be committed to focusing on the things you appreciate and love about your partner, as they are your strongest ally in life.

Final Words

Marriages take work, but it shouldn't feel as an obligation to you, but rather a joy. Reaffirm each day that you are in love with your spouse and that you made the choice to be together, and that you want your marriage to work.

You both need to give and receive equally, paying attention to one another's needs and desires, and doing your best to fulfill your partners expectations, as they work equally to fulfill yours.

Marriages aren't one-side; they require an equal commitment from both sides in order to establish balance, and to be genuinely happy and fulfilled.

Make a point of doing something nice for your spouse each day, even if it's a small gesture that shows your appreciation and adoration. You want to make your spouse feel loved every day, because ultimately, that is what will keep your marriage strong for the rest of your lives.

In order for our marriages to blossom, we also need to learn to let go of the little insignificant things that really play little importance in our lives. Be watchful of needless nagging, and show appreciation for the little things your partner does to make your life better. Think before speaking! It's far

too easy to get caught up in a heated discussion and say something that you can't easily take back.

It's never wrong to confront your partner over things that are upsetting you, in fact, it's important that neither of you bottle things up, but stay focused on discussing problems reasonably, rather than lashing out.

Make your marriage a top priority.

While you may have career, children and family, your marriage is the foundation of your life, and you need to be willing to prioritize your relationship and let it be at the very top of your list.

I wish you the happily ever after you deserve,