



How To Save My Marriage



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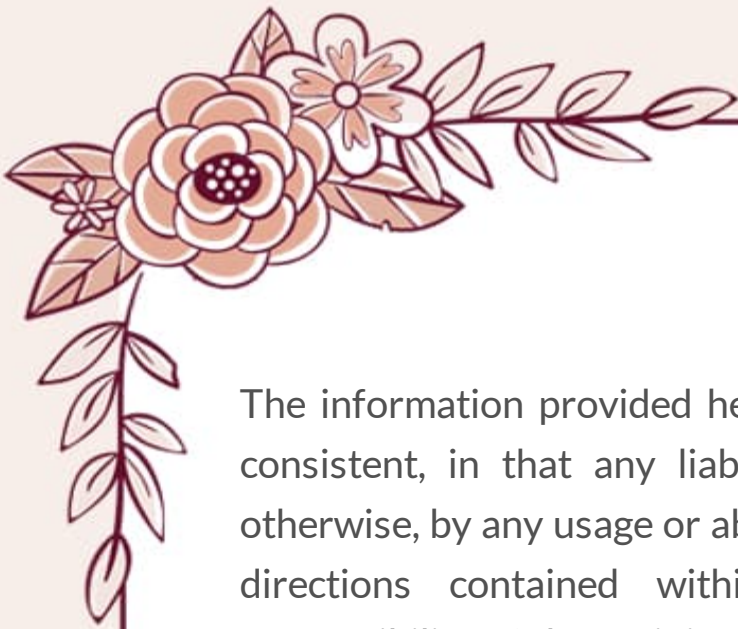
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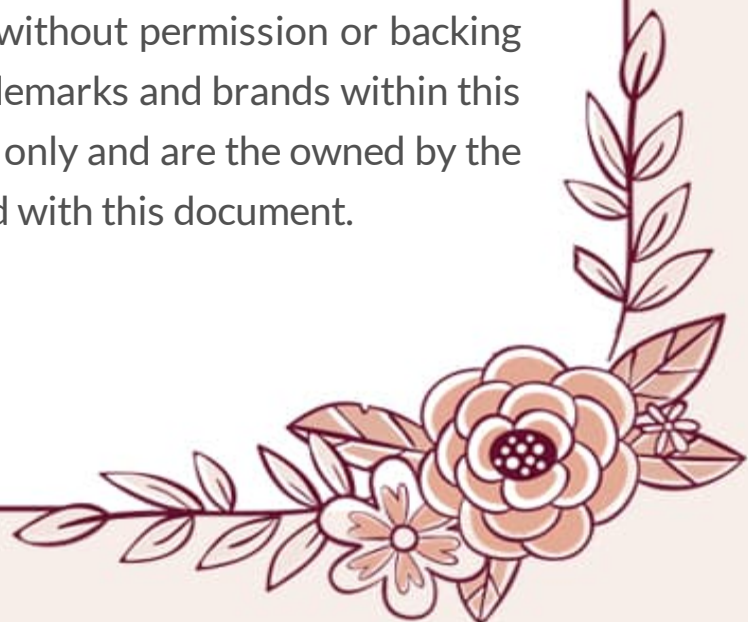





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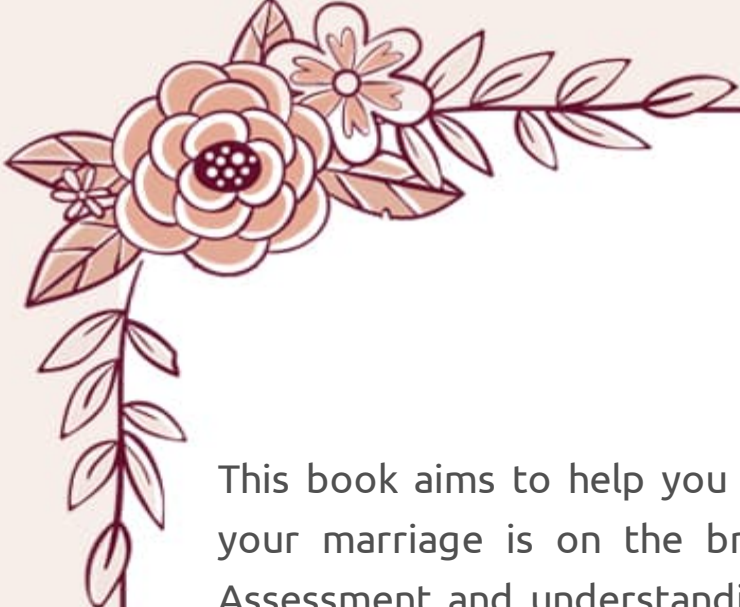
Introduction

What has my marriage come to? Is it coming to an end?


Can I still save it?


Marriage affects your entire life—through marriage, you connect to a person in one of the deepest and most profound ways possible. Sadly, however, not all marriages make it until the end. Some marriages crumble and fail, slowly disintegrating and fading away—others burn out quickly, almost as if it were never there.

You've likely picked up this book because you're at your breaking point and at a loss for solutions. There is no one-size fits-all way to save marriages or mend the broken pieces, but there are numerous practical advice and values one may instill slowly but surely to pick up the broken pieces and heal the hurts of your marriage.



This book aims to help you first understand why it feels like your marriage is on the brink of divorce. What caused it? Assessment and understanding is the first step to fixing any problem, and the first step to forming a solution. Rebuilding Your Marriage also aims to help readers establish a strong and solid foundation for their marriage. A strong foundation is the mark of a great and powerful structure. It's important to know **what the components are to build this solid foundation.** Next, this book will elaborate on the importance of time, effort, and the little things in maintaining a relationship. Among the other topics to be elaborated on in this book are the essentiality of the balance between individuality and togetherness, how to "break the cycle", and how to seek help from the professionals. Ultimately, this book seeks to provide practical advice and **values that can help burdened individuals restore and rebuild** their marriages.






Chapter 1

Assessing the Situation



Why are you here, and why have you decided to pick up this book? At what point are you in your marriage? These are the questions you first need to ask yourself in order to save your marriage.



As with any situation or problem, in order to solve it, you must first understand it and assess it, so that you may take the proper measures towards fixing it and making things right again. It's sort of like solving a math problem, you need to know and understand the problem first—what are the elements involved? What do you need to find?

Perhaps the answers are clear. Or perhaps that's part of the reason you're picking up this book—you still don't know why.





In assessing a relationship, you need humility. You need to be honest and transparent with yourself to understand, what exactly is happening in your marriage, and why aren't things all **"smooth sailing"**? One can't solely pin the blame on the other—playing "the blame game"—but marriage needs a sincere analysis of the situation at hand. Whether it's your own flaws and faults, or their flaws or faults, in order to mend whatever may be the root of your problems, you need to look at your relationship with clear eyes and an open mind.




Ask yourself questions like:

01: Does my marriage seem more like an obligation than a genuine and heartfelt commitment? When did you start feeling this?

02: How much time do my partner and I spend together? What do we do when we're together?





03: How does my partner usually make me feel? How do I make them feel?

04: How often do my partner and I fight? What are the usual causes of these fights? How long do we fight and how do we each respond?

05: Do our conflicts ever escalate beyond verbal sparring?

06: How do I think my partner is lacking in our relationship?


07: How am I lacking in this relationship?

08: When am I happiest with my partner—and when is my partner happiest with me?

09: When do we feel the most harmony together?

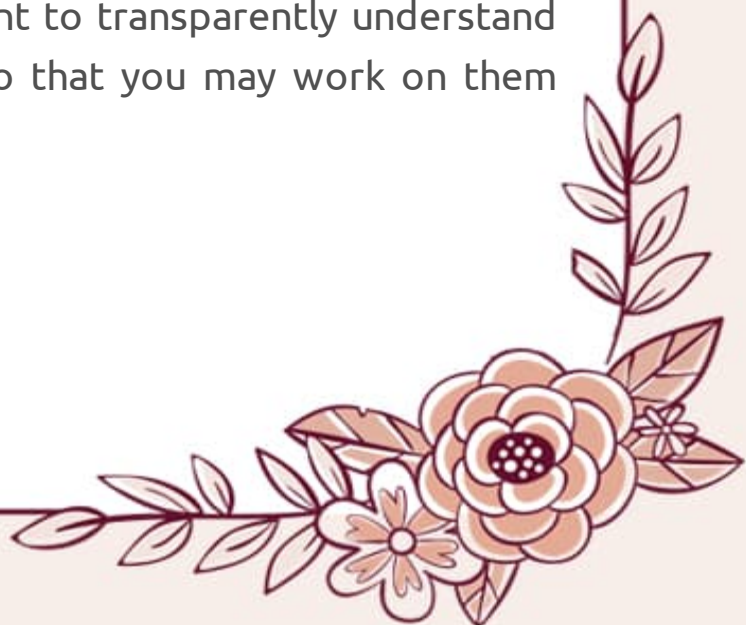
10: If we were to separate, what would be at stake? Who else would this effect? What impact would that have on our lives?

11: What are some of the most common and frequent problems in our relationship? Can they be solved? How can we solve them?





Jumping off from that last question, it's important to know that with many marriages that end in divorce, the problems that led up to the divorce were fixable and solvable. This may likely be the case with your marriage—the problems or sources of conflict in your relationship may be mended with the right processing and the right commitment to solving them. In repairing a relationship, it's important to be committed to growing and taking care of the problem at hand. These problems can be lack of communication, lack of affection, too much suffocation or possessiveness, lack of time spent together—it can also be a combination and build-up of several. That's why it's important to transparently understand and assess your relationship, so that you may work on them together.



I know it may sound technical and robotic, but these are the necessary troubleshooting steps and processes one must take to thoroughly and properly rebuild the relationship.

