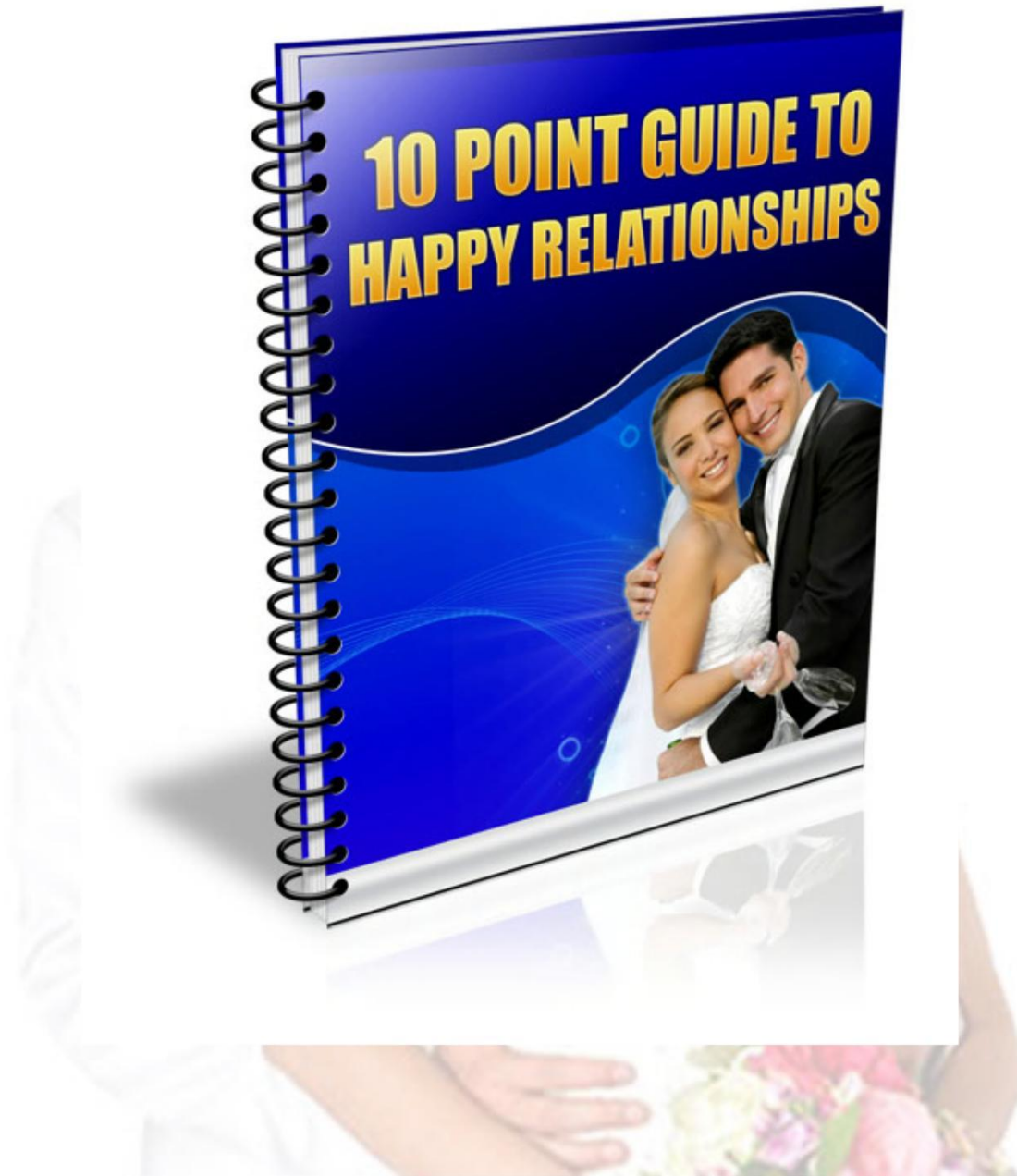
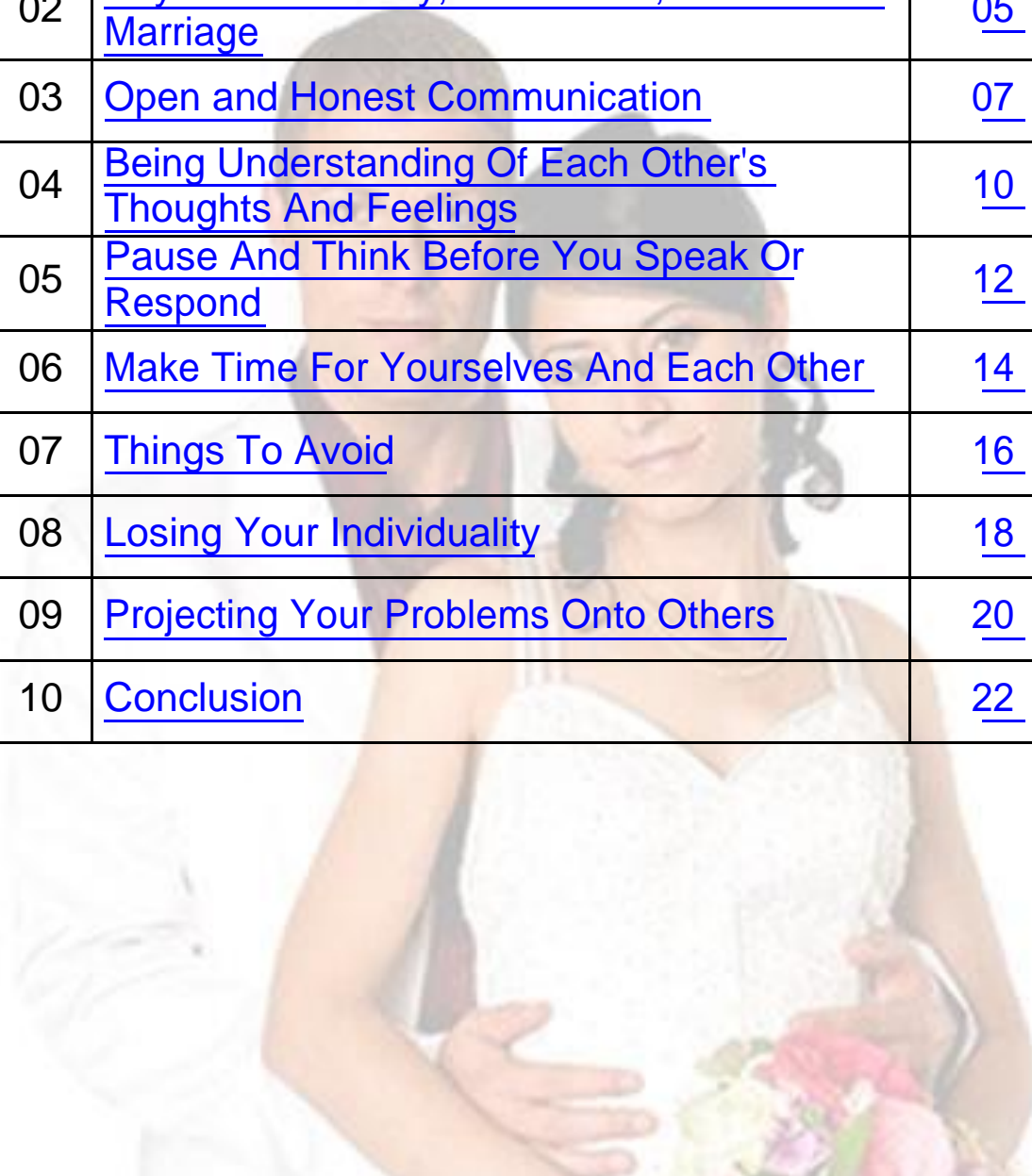


# 10 Point Guide To Happy Relationships



**SAVE** *Marriage* **RIGHT NOW**

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## You Can Save Your Marriage



Today, it seems that as many people that get married in a year also get divorced. If you are experiencing marital problems (which are often a combination of traditional couple's problems, outside influences, and even individual problems), you may feel that there is just no hope for you and your spouse and that you should just save both of yourselves a lot of time and effort and get a divorce. However, there is hope! You can save your marriage.

The most important thing that you and your spouse can do to save your marriage is to enroll in therapy. You want to both enroll for individual therapy sessions, as well as couple's therapy sessions. And preferably you want the same therapist for all three. This will best help you because the therapist will get to know each of your individual issues as well as your issues as a couple and will best be able to prescribe solutions to your marital problems.

When going into therapy, make sure that you are open to what the therapist has to say. If you go into therapy as a skeptic and do not want to try any of the techniques and solutions the therapist offers you, then you are wasting both you and your spouse's time and money.



However, if you go into therapy ready for anything and willing to try anything, then you will have the best chance of saving your marriage and improving it beyond even the best years you have had thus far.

In therapy, you will there that there are a number of keys to a healthy and successful relationship. These keys include maintaining clear and honest communication between you and your spouse, being open and understanding with your spouse, thinking before you speak to your spouse, and always making time for both each other and yourself. These keys are present in every successful relationship and your therapist will help you learn tips and techniques that will enable you and your spouse to work toward attaining these goals in your relationship.

Your therapist will also teach you about the two big mistakes that a lot of people fall into in a relationship. The first of these mistakes is losing your individuality when you get involved in a relationship. The second is projecting your problems onto someone else instead of owning up to being the cause of your problem.

At this stressful time in your marriage, it is necessary to still think positively and have hope that your marriage will be saved. This positive outlook will greatly boost the probability that you will be able to save your marriage and improve it beyond your wildest dreams.



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## Keys To A Healthy, Successful, And Content Marriage



There are a few keys to a good relationship. The first and most vital of these keys to a successful and happy marriage is open and honest communication. Your spouse should be the most important person in your life and being able to share your feelings openly and honestly with him or her is very important in ensuring that you have an open and understanding marriage and relationship in overall.

You and your spouse also need to be understanding of one another. No matter how open and honest one of you tries to be, if the other only meets that communication with judgment, anger, and hurt, the first is not likely to share his or her feeling again. No matter how perfect your relationship is in your opinion, there will eventually be times when the two of you disagree and if you do not know how to listen and be understanding of your spouse's feelings, your small disagreements and arguments will soon lead to resentment and lack of general communication between you two.

Another key to a good relationship and honest and open communication is to think before you speak. This is vital to keeping the lines of communication between you and your spouse open. If your spouse says something to you that angers you, taking a moment to breathe before you reply to him or her will keep you from regretting what you may have otherwise have simply blurted out.



It is also very important that you not only make time for each other but also make time for yourself as an individual. There are quite a few ways that you can make time for yourself and for you and your spouse together. Some of these include taking up a hobby, taking a class or two, and even starting an exercise regimen. Regardless of the various ideas and options you choose in order spend time with yourself and your spouse, the most important thing that you must make sure to do is actually spend that time. Do not just haphazardly say you will spend time by yourself or with your husband but then never follow through with the plan.

A therapist can help you and your spouse to gain these keys to a successful relationship and marriage in your relationship and marriage. Moreover, a therapist will be able to help you both learn what you must do in order to keep these keys of success in your marriage as well. Remember, maintaining a healthy, successful, and overall happy marriage takes work - the minute you stop working at your marriage is the minute it will begin to crumble and the two of you will begin to have severe couple's problems.



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## Open and Honest Communication



Again, open and honest communication is the most vital ingredient for a happy, successful, and healthy relationship and marriage. In order to maintain and or bring about a successful and healthy relationship, both you and your spouse must work together to foster an environment for open and honest communication. Through sharing your individual feelings about things that you are experiencing with yours spouse, you will be able to work through your individual problems more quickly and will also strengthen the bone and relationship between you and your spouse at the same time.

The only true solution to any and all marital problems is open and honest communication. You have to discuss what you and your spouse are experiencing, thinking, and feeling with each other - regularly and openly. If this is a new concept for either you or your spouse or both, then it is usually best to start fostering such an open and honest line of communication by going to a couple's therapist who can help guide you through the process. He or she will also be able to help you both fully review your marital problems on and individual level and break them down into their underlying individual, couple's, and outside influence issues.



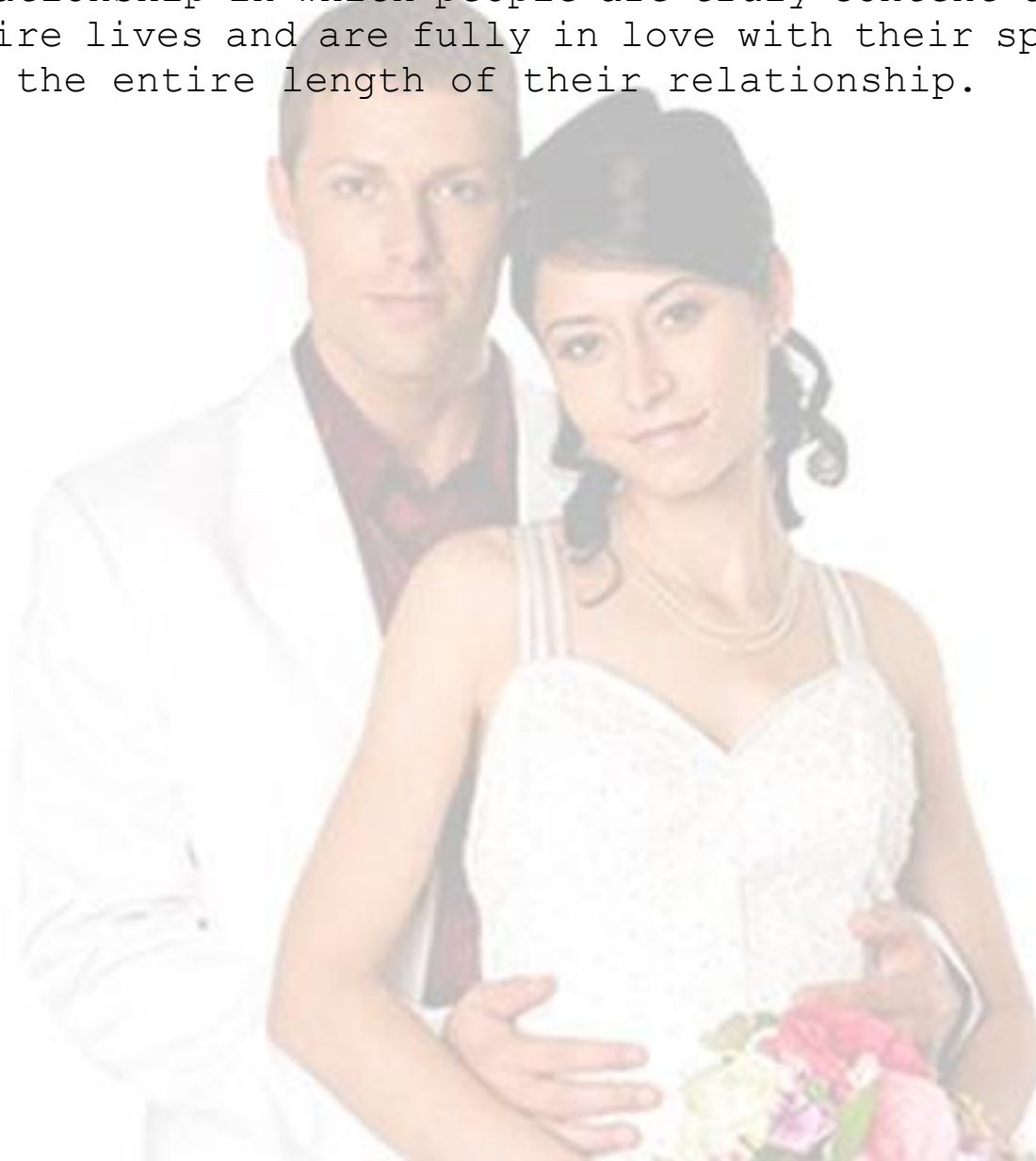
Your therapist will also help you learn to express yourself as soon as you begin to feel upset over something, which will greatly reduce any resentment or misunderstandings that usually result from a spouse holding his or her feelings back. Basically a therapist can help you and your spouse learn exactly how to be fully honest and open with each other without hurting the other one's feelings.

Those people who are very closed off and never share their feelings with even themselves should participate in individual therapy before participating in couple's therapy. This will aid them in learn how to be open and honest with themselves first, which is a necessary step in order to be open and honest with another person. In individual therapy, you will be able to talk about your problems with just the therapist (a neutral party) first and learn some techniques and tools that will aid you in sharing your problems and feelings with your spouse at a later time. If possible try to see an individual therapist that can also be your marriage counselor -- that your therapist can fully get to know you as an individual and as a member of your marriage, which will enable him or her to give you the best advice possible for your particular situation. Moreover, later on in couple's sessions, he or she will able be able to help you more easily work up to sharing your concerns and feelings with your spouse because he or she is already fully aware of your thoughts, feelings, and concerns from individual therapy sessions.





It is necessary that you open yourself up to being vulnerable in order to fully connect with another human being and reap all the benefits from a close relationship like that. It is only these types of relationship in which people are truly content their entire lives and are fully in love with their spouse for the entire length of their relationship.



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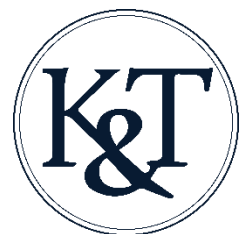
## Being Understanding Of Each Other's Thoughts And Feelings



It is also vital that you are understanding of your spouse's thoughts and feelings in order to keep your relationship's lines of communication open and honest. Your spouse will only truly be comfortable being very honest and open with you if you do not judge or get angry at anything he or she shares with you. If you immediately snap to anger and judgment simply because you do not like what he or she is telling you, you are keeping your relationship from attaining the necessary honest and open communication in order for it to fully succeed.

In order to be understanding, remind yourself to be completely open when your spouse wants to share something with you. Do not cut him or her off, but instead, listen carefully and attentively while he or she speaks. This will make your spouse feel even more comfortable in sharing his or her thoughts and feelings with you and will allow this to happen more and more; strengthening your relationship with each other more and more each time it occurs as well.

Regardless, even those who have succeed in being open and understanding with their spouse most of the time will find it very difficult at times.



It is vital that you continuously practice being understanding, especially with your relationship with your spouse, in order to ensure that your marriage and relationship remains healthy, happy, and genuinely successful.

Learning to be understanding is a skill that takes continuous practice even for those who seem to have "mastered" it years ago. Try to always be conscious of your thoughts, reactions, and even facial expressions when your spouse or any one else is sharing their feelings, thoughts, and opinions with you. This kind of self monitoring is very difficult at first, but it is an important step in fostering the kind of understanding necessary to maintain and / or save your marriage.

One of the best tools you should take advantage of when trying to foster an understanding and open environment between you and your spouse is your therapist. He or she will help you to explore your individual reactions to your spouse's sharing of his or her feelings in the privacy and safety of an individual sessions - learning more about how you react to certain feelings and thoughts that are shared with you will help you be more open and understanding more quickly.



## Pause And Think Before You Speak Or Respond



Taking a moment to pause and think before you speak or respond is very important to ensuring that you maintain open and honest communication with your spouse and also continue to foster an open

and understanding environment in your relationship as well. This will keep you from blurting out things that actually hurt your spouse's feelings and cause him or her to close up and not share his or her feelings with you. These kinds of pains can actually lead to a lot of resentment and misunderstandings between the two of you and lead to less open and honest communication.

Thus, take a moment and think about exactly what you want to say and how you want to say it. Make sure to phrase your speech in an open and honest way, but also not in a derogatory or judgmental manner. This may sound like a very hard thing to learn to do, but once you get the hang of pausing before you speak or respond, you will find this skill coming to you easily and without any kind of effort at all.

One very easy way to learn how to think before you speak is to take advantage of some individual therapy. A therapist can tutor you in exactly how you should phrase your thoughts and feelings when sharing them with others.



He or she will help to point out which language choices are the best - which language choices do not offend the other person listening to you. Most often, it is men who find this kind of tutoring very helpful because women are usually the ones who tend to read more into actual statements than most men do.

Another great technique for learning to pause and think before responding is to count to ten before saying anything. This will calm you down if whatever you want to say was going to be an angry retort. It will also give you a moment to yourself to collect your thoughts and phrase your response in a more healthy and understanding manner.

Thus, whenever possible think before you speak or respond. You will get better at this skill the more you practice it. So keep trying and eventually it will become second nature to you.

Oftentimes a therapist will recommend that their patients wear some kind of reminder to help them remember to pause and think before opening their mouths. This reminder can be in the form of just about any item, including a ring, a bracelet, or even a simple string tied around your finger. The idea is that you will continuously see this reminder and will continuously remind your unconscious mind to think before responding, which will soon become second nature to you.



## **Make Time For Yourself And Each Other**

The final key to any good relationship is making time for both yourself and time for you and your spouse together. It is extremely important that each member of a relationship take time for him or herself on a regular basis. This is the only way to maintain one's individuality and even one's sanity. When one individual gives up his or her entire individuality for another, the resulting relationship is just a dysfunctional and frustrating mess for both people involved. Thus, if you truly love your spouse, give him or her time away from you - this will be incredibly beneficial for both of you.

Just as making time for yourself is incredibly important, making time for each other is also a necessity in maintaining a healthy relationship. Even though you and your spouse may spend quite a lot of time together doing mundane activities, this is not the same as setting aside special time to just be alone together and remember why you fell in love. So, plan a romantic weekend away together. Go out to a special dinner just the two of you. No matter how long you have been together, it is important to continuously remind your spouse how important he or she is to you. Moreover, the more one on one personal time you two have with each other will only strengthen your relationship and guarantee the success of your marriage for years to come.



Many people find it very difficult to schedule one time for ourselves and with each other because of our busy lives. In fact, today, most of us have very busy lives in which we are constantly on the move and constantly on call which can make it very difficult to set aside time for ourselves or others. For this reason, it is usually best to pre schedule your time- actually block off the time in your calendar like you would any other business appointment that you can not miss. This way there is no chance that you will double book anything and will guarantee that you will get your personal time and the one on one time with your spouse that you need.

You can also take small steps when scheduling your one on one time or the time you spend with your spouse alone. Do not block off an entire day in your calendar at first, especially if you are a very busy person. Instead, block off a thirty minute time slot in which you can sit and cuddle on the couch with your spouse or read one of your favorite books alone for a few. If you schedule these mini time slots with yourself and your loved one on a regular basis, you will be craving longer time slots before you know it.



## Things To Avoid



There are also a couple of pitfalls that you and your spouse should try to avoid falling into in your relationship. The first is losing your individuality as you commit yourself to your relationship with your spouse. This easily

happens if you are lacking self esteem and want to try to appease your significant other in any way you can so that he or she does not leave you. This may result in you agreeing with anything he or she says, simply not taking any time for yourself, and scheduling your entire life around his or her schedule. Eventually, you will greatly resent your spouse and your spouse will greatly resent you. Thus, do not let yourself lose your identity.

The other pitfall you should avoid with all your might is projecting your problems onto someone else. For instance, if you are suffering from an individual problem of depression, do not project that problem onto your spouse and blame him or her for causing your depression. You will only be able to work through your individual problems by owning up to them and being willing to fully explore why you feel the way you feel without assigning blame to anyone.





Many people also project their problems onto other living things in their households. For instance, many women in dysfunctional relationships believe that bringing a child into the relationship will solve all of their problems, when in reality it only quadruples their problems and negatively affects the child's life as well. Some people also project their problems onto pets as well, which can negatively affect the lives as pets as well.

If you tend to find yourselves in these pitfalls, therapy should help you. A trained therapist will help you learn to change your thought and reaction patterns so that you do not easily fall back into these relationship pitfalls. Moreover, the therapist will be able to help you explore your most hidden feelings, which may help to explain why you have fallen into these relationship pitfalls before.

Thus, make sure to be aware of your choices and actions before and while you are doing them. This will help you to monitor yourself and catch yourself before you fall into a pitfall. If you have any doubts or questions regarding what the proper choice for you in your current situation is, you can always call your therapist who should be willing to discuss your options over the phone with you and help you come to the best choice for you. Regardless, do not beat yourself up if you have fallen into these pitfalls in the past. Instead, simply own up to it and move on from it - obsessing over the past will not help you save your marriage. In fact, for the most part, it will simply harm your marriage even more.



## Losing Your Individuality

In more and more modern relationships, one or even sometimes both members of the relationship will lose some, if not all, of their individuality. This is usually a result of low self esteem. The person suffering from low self esteem is worried that his or her significant other will leave them if they do not agree with everything he or she says, schedule their lives around his or her schedule, and even if they choose to spend any alone time with themselves. This will result in a relationship full of anger and resentment on both parties' parts.

When one person chooses to schedule their entire life around the other's, first person ends up losing any personal time and personal freedom he or she may have once had. This often causes depression in the one that has lost his or her individuality and anger in the other. If these feelings are not openly communicated and dealt with, eventually larger and more traditional couple problems will arise. These larger and more traditional problems will usually end up breaking the couple up. Thus, preventing the loss of one's identity is a lot easier than trying to fix a relationship in which has already occurred.

So, keep your individuality. Be open and honest with your opinions - this will lead to greater love and understanding between the two of you (and also makes for much more entertaining discussions). Moreover, never allow yourself to schedule your entire life around your significant other's.



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Though spending a lot of time with your significant should be enjoyable for you, you must also keep something that is yours and yours alone for your sanity and that of your significant other's. Make sure to schedule personal time with yourself or just your close friends regularly - this will aid you in keeping an honest perspective on your relationship and also help you to keep and grow your individual spirit.

Individual therapy sessions are wonderful tools to learn how to avoid losing yourself when you get into a relationship. Such a therapist will help you look below the surface problem of losing your individuality and find which insecurities are causing it. Once you have found the underlying issues, your therapist will help you to work through them and eliminate them from your psyche. In this way, you will not only avoid falling into one of the most devastating relationship pitfalls, but will also keep yourself from ever being tempted to ever again.

If you and your significant other are participating in couple's therapy, ask your therapist if he or she would be willing to see you on an individual basis for a session or two. Using the same therapist will enable him or her to gain more insight into you and your relationship problems in general.



## Projecting Your Problems Onto Others

You should also avoid projecting your problems and feelings onto others, such as your spouse. When we project our individual problems onto others, we are unable to recognize these problems as individual problems at all. Instead, we blame others as being the cause of them. By participating in this kind of projecting, you perpetuate a lie to yourself. Lying to yourself is incredibly dangerous, because if you can not even be honest with yourself, you will never be able to be honest with another human being and will thus never be able to have any kind of fulfilling relationship with anyone, including yourself.

An individual therapist will help you to explore the true cause of your problems. He or she will also help you to learn to recognize when you are projecting your problems onto another and learn how to once again own your problem as your own. It is only through admitting that you are the underlying cause of the problem that you gain the power to resolve it.

Another way many people project their problems is by bringing a distraction into their lives, such as a new baby. Though during the baby's first few months of life it may appear that your original relationship problems have disappeared, they have simply been masked by the unending stress and responsibility that a new child brings with it. Eventually your original problems will come to the surface again, but they will be at least twice as big now that you have another life in the mix that is affected by it.



This kind of projection is incredibly selfish and harmful not only to yourself and your spouse, but also the child that you chose to bring into the world.

This kind of projection can also occur when a spouse chooses to bring in a pet to solve their marital problems. Though this is to a lesser extent than bringing a new baby into the world, choosing to have a pet, especially a young pet, when your relationship is rocky will only add extra stress to your relationship. Moreover, you will also affect the poor pet's life by bringing him or her into a household that is full of anger, stress, and resentment. No one will be happy with this situation.

Thus, do not choose to bring any kind of new life, whether human or animal, into your relationship until you have both resolved your problems a bit. Otherwise bringing new life into your relationship will simply be like a band aid that covers the actual wounds for a while; however, eventually the band aid will have to be removed and the real wound will have to be dealt with. Moreover, the band aid will often open your wound up even more if the wound has not been dealt with properly - bringing new life into your relationship when your relationship has a big gaping wound in it, will simply compound the problem even more.



## Conclusion



Thus, in conclusion, there are some good keys to any healthy and successful relationship: honest and open communication, being understanding of your spouse, thinking before you speak and respond, and making time for yourself

and others. If you and your spouse continuously work on attaining and maintaining these keys in your relationship, your relationship will be successful always and in all ways.

Whenever necessary, take advantage of a therapist to help you both foster and grow in these relationship keys and steps. A therapist will be able to give you both individual and couple techniques and tips that you can practice to help ensure that your relationship contains all of these keys to a happy and successful relationship. Remember that these keys are not guaranteed - you and your spouse must continuously work at them to maintain them and continue to improve upon them. If you continuously do this, you will almost guarantee the continued success of your relationship. A therapist will also be able to help you both to avoid the common relationship pitfalls of losing your identity and projecting your problems onto others. If you are completely unaware of how your mind works, then you will easily fall into these pitfalls again and again and continuously sabotage any relationship that you get into.



Thus, it is important to go to some individual therapy sessions in order to learn what may be the underlying causes in your life that cause you to continue to fall into these relationship pitfalls. Once you learn the underlying causes, your therapist will be able to help you get over them, and eventually will avoid these common relationship pitfalls with hardly any effort on your part at all.

Thus, no matter what kinds of marital problems you and your spouse might be experiencing, you can save your marriage. The key is to go to individual and couple's therapy that will help you to recognize your underlying causes and reasons for the problems in your relationship. Once you have recognized them, your therapist will be able to help you get over them and then you can begin fostering the goals and keys of a good and healthy relationship that have been discussed in detail here.

The most important thing that both you and your spouse can do to save your marriage is to have hope and to be open to anything and everything that your therapist suggests and tells you. If you go into therapy skeptical, you will only waste both your time and your spouse's time - not to mention your money. However, if you go into therapy open and ready for anything, you will reap marital benefits beyond the most expensive of jewels.



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