

Solutions to Common Marital Problems

The most common complaints seen in therapist's offices include depression, anxiety and relationship dissatisfaction. We are all aware of the growing divorce rate. Everyone knows the horror stories about sitting in courtrooms, dividing assets and playing tug of war with the children. What people don't know is that this doesn't have to happen. If even one person is willing to do things differently a relationship can survive and flourish.

Couples talk a lot about not being able to communicate. Unfortunately, they communicate plenty but the way they do it is destructive. Sometimes just committing and practicing talking to your partner the way you would talk to a friend coworker or supervisor can make a huge difference.

Many people believe that conflict and anger are signs of a relationship failing. Conflict can be productive if ground rules are established for discussing heated topics. Conflict can be either destructive or constructive depending on how it is handled.

Couples often say they don't feel like a priority to their spouse because families are so stressed and there is no time together. Having a specific plan about how to make this happen can make a huge difference because time and opportunity seldom appear out of the blue. Couples can stay together if they have different backgrounds, beliefs and interests. They can learn effective ways to manage differences and nurture what they have in common.

Other common problems focus on finances, parenting issues and blended or extended family relationships. Finding win-win compromises and clarifying those compromises in concrete terms can provide very workable formulas for success.

Often couples talk about not feeling loved. There is no doubt that men and women speak different languages regarding emotional issues. One of the keys to resolving this is an open conversation defining what makes each person feel loved. Too often people show love in the way they want to receive it assuming it what their partner wants and completely missing the target.

Unfortunately, there are those situations where couples decide that a marriage cannot survive. The good news is that the legal profession has begun a new movement called Collaborative Divorce that helps couples work through divorce issues without antagonism or undue conflict and bitterness.

Every married person owes it to themselves, their children and their loved ones to do everything humanly possible to make their marriage survive.

Intact families have healthier children, healthier finances and longer more satisfied lives. If this can't happen a healthy collaborative divorce is the best option to accomplish health.

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