

# Marriage



Relationships are complex. Baffled by how easily things can go wrong, we can feel misinterpreted; not heard or understood. Before long we feel isolated and alone in our marriage. Reaching out to our partner, being encouraged to keep talking and not to become polarized is important to being interconnected. Respectful and honest communication is essential in striving to understand each other. Are you on the same side or do you feel

like you are ready to have a stand-off? Do you feel frustrated and feel nothing will change? Identifying and *knowing* the essence of your partner is imperative to understanding *what* they need and *how* to meet their needs. This ensures healthy relationship development. Do you find yourself making hasty judgments and refusing to discuss things further? Or would you like to resolve the issues but your partner shuts down? Is it just a matter of "I am right and you are wrong"? How do you and your partner feel about each other? Can you honestly convey to each other what the issues are, and be prepared to sift through the myriad of differences of opinion and miscommunicated comments? This is one of the keys to relating to each other in a meaningful way - the alternative is breakdown in marriage. Confusion, frustration, and hurt become cemented and the relationship begins a downward spiral. Clearly loving another person is an intensely dynamic commitment. Marriage is an eloquent dance; it can be quite beautiful! It is also hard work.



*real consulting* offers 'Marriage Re-building' and 'Anger Management' sessions with couples. A tune up to ensure your relationship continues to be strong and healthy may be all you need. *real consulting* can help!

Please contact the *real consulting* office for more information or to book an appointment.

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