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Actions you can take to Rescue your Marriage



Introduction

In this brief guide I outline actions you can take to rescue your marriage, bring back the trust and reignite the passion you had when you first met.

You may believe that at this point there is no hope for your relationship. The emotional pain is probably horrendous and you want to escape these feelings at all costs. You no longer have the feelings you used to have for each other, so what's the point in carrying on.

But are you sure what you believe is actually true? Before you make that life-changing decision, I believe, it's worth discovering what the real truth behind your current feelings and frustrations. The answers may well surprise you!

Marriages can be rescued and reignited, so avoiding the emotional pain of divorce. If children are involved, this is doubly important because you will be giving them a renewed stable family environment in which to grow and learn.

A good marriage should be fun, happy, intimate and be growing. Right now it needs some work but that doesn't mean it isn't achievable!



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Action 1

Listen

Yes we all think we are good listeners and we hear what's being said to us!

Really!

How often though have you been listening to your partner but not really paying attention. We all do it!

Listening and really paying attention, without interrupting is a skill. It's a skill all good relationships have. This is easy when everything is going well. It isn't so easy when life isn't. When you are feeling defensive, hurt, angry or disrespected.

So having listened now let them know you've heard. How? By repeating back to them what you've learnt. You may find that you haven't understood at all and from their point of view you're not listening. Be patient and calm and sincere in your desire to really understand. Don't let them walk away until you get it! Even if you're feeling hurt by some of the things they've said. This isn't the time to get defensive; this is the time to really work at understanding what they're feeling from their point-of-view.

Key Point: When someone is in a place of emotional pain they can often say things they don't actually mean. They just want to get rid of the pain or problem. So try not to fix everything they're telling you.



Action 2

Give

So what do I mean by Give?

Give yourself!

The greatest gift you can give your partner is you. After all that's what you did when you first got together.

So give your time to your partner. Show them that they're important to you. Right now this is doubly important.

If you withdraw now then you'll just reinforce the message that they believe you don't care.

Key Point: Be sincere and be present. Improve your eye contact with your partner. Give with all the love in your heart. Give unconditionally. Do not expect anything back in return



Action 3

Appreciate your differences

This isn't just about your different characters!

Men and women think differently and so behave differently.

Problem solving is a key issue here as men and women approach this in totally different ways. Unless you understand this and appreciate the differences then resentments can build up, along with confusion, hurt and then a lack of trust.

Key Point: Men you probably want to dismiss problems as quickly as possible – even to the point of considering them trivial! **Women:** You probably want to discuss and offload the problem in detail.

Think about the key point above and consider if looking at this from each other's perspective makes a difference.



Action 4

Become their Solution

No one teaches us how to be successful in a relationship. We are educated how to do well academically and even to socialise; how company hierarchies work and the modes of behaviour we need to do well. We even know how to approach issues of discontent when we're at work. There's usually a whole department available to deal with disputes and misunderstandings. But none of these are available 'on tap' for the most important aspect of our lives – our marriage.

The approach we have has probably been learnt from our parents. So two people entering a marriage now have two different models of what works or doesn't work. One person's solution could now well be the other's problem!

Using the actions I've already outlined now is your chance to become the solution.

Key Point: If you can provide your partner with what makes them feel special, that no-one else can provide, then you become their rescuer.



Action 5

Needs

We all have basic needs. These are critical to each of us. These needs and values have rules which need to be met for the need to be fulfilled.

Do you know what your partner's needs are and how they need to be met? Do you know what your needs are?

How would it be if you devoted all your energies to meeting their needs, regardless of your own?

How would that feel?

How would it feel if you both decided to do this for each other?

Key Point: Devote yourself to meeting your partner's needs all the time.



Action 6

Goal

Create a goal, a plan, a dream.

Something you can both aspire to that gives you both what you want and a future you would love to have.

Maybe you never had a clear plan for your future together. Have you ever discussed it and listened (yes that word again) to each other? At first you may feel your goals are totally different – but are they really?

Key Point: Discuss your goals together. Find out the truth from a position of **giving** to each other.

When a marriage is in difficulties it's very easy to see the only goal as getting rid of the emotional pain. But if you could shift the pain and look beyond that to what you could have in the future you are now broadening your horizons to something greater and with more depth. You're bringing growth into the equation.



Action 7

Trust

Learn to trust each other.

If you create a team that is working towards the same goal and the same future, who understands each other and appreciates each other's differences; who understands what the other needs and how those needs have to be met, then regardless of the ups and downs life throws at you, you will both have the confidence to work together and grow.

Key point: Trust is built knowing that your partner is there for you come what may. Once you know this then anything is possible.

Now you can have fun again.



And Finally....

If these relationship Actions have struck a chord with you and you would like to learn more on how to turn your marriage around then please get in touch.

A great fun future could well be just round the corner, regardless of what's happened and what pain you're suffering right now.

A few weeks work is all it's going to take for you to find out the truth and so give you the right future for you both.

To your future and success

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