

# How to Save A Marriage

And Reignite Your Love

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2017

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## And Reignite Your Love

### Chapter 1

#### How to Save Your Marriage and Live Without Regrets

Do you remember when you took your wedding vows and said I do? That should be your guide in everything that concerns your relationship with your spouse. Because there are things in life that you cannot control and you do not know if you will be confronted with the question do you want to know how to save your marriage? And if you reached that point in your married life, you have to brace yourself because like life, it is not easy.

It is a fact of life that some marriage works and sadly some do not. Reasons could vary from simple disagreement and incompatibility to complicated jealousy and unforeseen factors that may greatly affect the marriage. Trying to look for ways on how to save your marriage can be exhausting and a nightmare. You might not know who to turn to, what to sort out, and how you can connect with your spouse again so you can both save the marriage. But if your marriage is at the point where you will have to know how to save your marriage that is still a good sign. Why? Because you still want to work out things with your spouse. That means you still value what you have and not give up so easily. You do not easily give in to divorce, legal separation, or annulment of your marriage.

#### **Accept that Life is Not Perfect and Nobody Is**

One of the ways on how to save your marriage is to accept the fact that you did not marry a perfect person to live in a perfect life. You are not living in a fantasy world. Married life is not always about sparks and flowers. What drawn you to your partner in the first place? There must be something in there that person that is lovable for you to fall for that person and decided to spend the rest of your with. For sure, you will always find faults with each other and that is because nobody is perfect. If you are going to look for faults and imperfections, you will always find one.

How to save your marriage when your incompatibilities are getting in the way? The key is to focus on the good side of the person. It does not mean you will keep blind eyes for your spouse's faults. No. You simply are embracing each other's imperfection in order to save your marriage. Life is too short to concentrate on the bad side of things. You will know how to save your marriage when you realize that you are not perfect either so you must not expect your other half to be one.

### **Communication Bridge the Gap**

One of the hardest things in life is when you have no one to share something with. If you two just share the house but not share a life, you have to start talking again. This answers the question how to save your marriage. The problem starts when one of you keep thoughts to yourselves and not open up. So what happens then when you have kept all your thoughts to yourself and like a bubble it will burst all at once? You have your partner in the first place to share your innermost thoughts, your days and nights, and your aspirations. You have a best friend at home that you can talk to if you are only willing to talk. You have to open up but you must also listen.

Remember that you are not alone in this marriage. You might have your thoughts but so does your spouse. How to save your marriage when you are deaf to your spouse's voice? Have you ever thought that maybe the problem started when you stopped communicating? Talks should be easy and never confrontational. Confront your fear of being misunderstood but the most important thing is you will open up to your spouse. If he/she will see that you are willing to listen to his/her thoughts and not just focus on yours, brick by brick you two are building the bridge on how to save your marriage.

### **Forgive Like You Would Want to Be Forgiven**

There are actions that really could break the marriage especially when trust and heart are broken. How can you save your marriage if you have been unfaithful in thoughts and in deeds? You have to know that infidelity is the hardest one to forgive. And if you have been the unfaithful one, saying sorry is not enough. You have to put extra effort to let your spouse feel you learned from your mistake. Don't expect this to be easy because trust is something you have to gain and your spouse may have from time to time doubt you. You just have to try even harder to gain trust back.

Now if you are the one who has been cheated on, forgiveness is essential if you want to know how to save your marriage. You may not forget it, which is understandable. But learning to forgive is the key to healing your wounds. It may be hard, but working on how to save your marriage after one of you cheated can be survived. It will even make your marriage stronger if both of you are willing to forgive each other and work for your marriage one step at a time. Spend some time again in the company of one once in a while. Rediscover the beauty of each other again. You will realize that the good times will always outweigh the bad ones. You will both see what you have been missing all this time and you will not have to look elsewhere to find that happiness that is already in your home.

### **Marriage Counselors for You**

If both of you do not know how to save your marriage but are willing, seek the professional guidance of marriage counselors. These professionals will help you solve underlying issues of your marital problems. You have to remember that how you can save your marriage will depend on both spouse's participation.

If you want to know how you can save your marriage you have to face the fact that it will take more effort and dedication. You have to accept each other's faults and imperfections in order to make it work out again. A good married life is not given in silver platter, you have to constantly bridge the small gap and share lives through communication. You have to forgive each other when one is at fault and try to forget the past mistakes and move on to a better life. But if you cannot solve your marital problems but still want to know how to save your marriage, you can always seek the professional assistance of marriage counselors. Should your marriage fail or succeed when you did your best on how you can save your marriage, you will live your life without regrets.

### **You Are Not Your Parents: How to Save a Marriage**

The elusive perfect marriage - often sought after, but rarely achieved - many people uphold this image in their minds of what marriage is supposed to look like. We humans are smarter now, thankfully. Thanks to advancements in both the medical and psychiatric fields, it's okay to admit that we are not perfect. As such, perfect and marriage no longer needs to be in the same sentence. Up until about twenty years ago, when things were far from perfect in a marriage, couples did one of two things: One either suffered in silence or if things were really unbearable, they divorced. But today ways to save a marriage that is otherwise toxic is easier than ever.

### **What Causes Suffering and Can End in Divorce?**

Looking back to your parents' or your grandparents' marriage, things weren't perfect, were they? Dysfunction is hardly anything new. As long as alcohol has been a part of our lives, people have consumed it, sometimes to excess. This is just one example of things that could and have frequently plagued otherwise "perfect" marriages. However, the difference between then and now is that rather than one wishing the other would improve, today ways to save a marriage are routinely implemented. Suffering no longer needs to be a part of a spouse's vernacular. Myriad options are available to couples going through something and so literally anyone can take steps to declaring, "I'm working at saving my marriage," rather than falling further into despair or consider divorce.

### **What Are Some of the Ways to Save a Marriage?**

Thanks to more awareness about everything - be it medical or psychiatric - seeking help for individual problems is easier than ever. The stigma attached to having mental illness continues to diminish as society evolves. When individuals get better, ways to save a marriage become more possible and pessimism can be replaced with optimism.

Whether one or the both of you needs counseling, it's worth a shot to consider it an option. Maybe, it turns out, that one of you is bipolar. Let's say it's your husband and he's been self-medicating, unaware that there was a problem with his mental state. In your parents' generation, he would have continued drinking to quiet his mind. Today, because you are looking for ways to save a marriage - your marriage, seeking help can be the salvation you need.

Other ways to save a marriage can include taking a trip together. Sometimes rediscovery and time away without the kids and stresses of life can do wonders and can be a quick fix.

Believe it or not, sometimes taking a break from one another can be an option in how to save a marriage. Thinking back to one spouse having as yet unresolved issues, giving him or her time to heal, decompress and "get right" mentally can allow you both to reunite and can be one of the ways to save a marriage.

Maybe in learning about how to save a marriage, you learn some unrealized things about you. Although your goal might be saving my marriage, you may just discover things about yourself you never knew.

### Take Things As They Come

Given that you are not your parents or your grandparents, suffering in silence no longer needs to be an option. Whatever your problems, most are not insurmountable. Give yourselves the time, patience and space you need to find ways to find what ails you. If you are one of the tons of people who walk around obsessed with the goal of "saving my marriage," don't be your parents. Get help and then you can impart your wisdom to others about ways to save a marriage.

More information can be found at [<http://www.howtosaveamarriagereview.com>]. You can find many ways that have worked for many people that have saved many marriages. Avoid the common mistakes and learn the right ways to learn how to save a marriage

## Chapter 3

### Never Compare Your Insides to Other People's Outsides! Learning How to Save a Marriage

It is easy to look at other people's marriages and assume theirs is better than yours or more solid than yours. Nobody lives with you - or other couples for that matter - and it's easy to imagine from seeing how people relate to one another in public that in private everything has to be perfect. This is especially true of celebrities and their marriages. Whether an actor turned governor who married into American royalty or the two hottest on-screen movie stars who thought a night meant a lifetime, when their marriages fall apart, it's not only a shock, it is actually scary. Most think, "wow if they split up, there's no hope for saving my marriage."

Every marriage has its pressures. Sometimes it's financial - especially in these very tough economic times - or there are meddlesome in-laws to blame or one partner is having a hard time being as equal a parent as the other. These are all valid reasons for being pissed off! They are sometimes even valid reasons for having arguments. But the difference between your marriage and the hot celebrities who married in a fit of passion is that your marriage has a solid foundation. That's why as they're calling it quits, you're digging down and figuring out ways to save a marriage. Look at your issues. So you might be mad that your spouse is not as present at your kids' soccer games but let's face it, how often does someone learn 13 years later that her spouse fathered a child? Clearly communication is better in your home than in others'. That's why when you declared to your spouse, "I am committed to saving my marriage," you really meant it.

#### What Are Some of the Steps to Take to Learn How to Save a Marriage?

Surely this has to be a question on your minds. First of all, assess the issues in your marriage. Figure out why you are arguing. Are you mad that your spouse missed another soccer game or is there something else going on? Maybe he or she is married to the job and how to save a marriage might begin with getting him or her to leave the job at 5:00 each day, not 9:00 each night.

Is it really a big deal that your spouse forgot your birthday this year? "Well if he loves me, he won't forget my birthday." How about helping him remember? Maybe he's just terrible at dates? Is this really a reason for you say, "I am not saving my marriage?" Perhaps send him a reminder a month, then a week and then three days before that your birthday is coming up. He'll appreciate the reminder and ways to save a marriage might not seem so bleak.

"His mother can't keep her nose out of our business. How can I get her out of our lives to accomplish saving my marriage?" This is a very valid request of your spouse. There are two people married here and his mother is not one of them. While it's true that only he can tell his mother to butt out, if you are committed to learning ways to save a

marriage, arguing with him won't solve this problem. Perhaps demonstrate all the reasons why his mother's "assistance" is no longer needed. He might be slow, but he'll get it.

You see what just happened? In figuring out these reasons why you both are arguing and learning about ways to save a marriage, your issues didn't really seem so bad. While there is probably little hope for the hot young movie stars who spent a night together and got married the next day or the Terminator who kept big 13 year long secrets from his wife, the marriage you show the world on the outside and the one you live on the inside is actually pretty strong. If learning how to save a marriage is something you are committed to, as the expression goes, "Go For It!"

## Chapter 4

### How To Save A Marriage - When Your Partner Wants A Divorce

Figuring out how to save a marriage when your partner wants a divorce can be very overwhelming. When this happens, it may feel like you've been backed into a corner without any choices. However, believe it or not, you do have a choice in this situation.

#### How To Save A Marriage - Reasons For Divorce

There are a number of reasons for someone wanting a divorce. They can include things like an affair, conflict, or being separated by a long distance for a long time. While this may be what appears on the surface, barring any abuse or psychological problems that are best dealt with by a professional, a couple usually finds themselves at the point of divorce when there is a loss of communication, love, and intimacy. Conflict or anger doesn't have to cause a rift so big that it can't be repaired. If you have good communication skills and a shared commitment to making the marriage work, the rift can be repaired. However, sometimes it can get to the point where one partner starts to consider divorce, leaving the other wondering what can be done and whether they can save their marriage.

#### How To Save A Marriage - What You Can Do

When you are put in the position where your partner wants a divorce, it can really feel like you've been left with no options and no power to do anything. The truth is, you do have options and power to do something if you are serious about learning how to save a marriage. While you can't and shouldn't blackmail, manipulate, or threaten your partner into changing their mind, you can still change the way you react to this situation. Remember, you have the power to control yourself no matter what situation you find yourself in. Look deep down and take responsibility for your feelings and actions. Think about what message your partner is trying to get across and see what parts of the marriage need to be fixed.

There are many ways you can react when faced with this problem. You can either choose to wallow in misery and pain or become more positive and loving towards your partner. You can also blame them for everything that's gone wrong in the marriage or take responsibility for your actions and for the reason that your marriage is on the rocks. In the end, you can either choose to stay miserable or move on towards working on saving your marriage.

You can still learn how to save a marriage even though your partner may be stubborn and unresponsive. What you can do is change yourself to become more positive and engaging as you were when both of you first fell in love. Usually when a marriage begins to fall apart, both people start to think about the old days when they actually got along. What you should know is that you can still go back to those days and bring your new maturity and growth with you to make it even better. If you can show your partner your intention to make this work and stay together through positive loving actions and open communication, it will help them realize better that you are really committed to saving the marriage.

Become more loving and caring towards your partner when it comes to the little things. If you're a bit of a workaholic, take some time out just so you can be there for them. Set sometime in the evenings so that the two of you can spend some alone time together instead of whatever you may be normally doing.

Open communication is necessary if you want to learn how to save a marriage. When the time is right, you have to sit down with each other and talk about this crisis. You need to ask them if they realize what the consequences are of having a divorce. A divorce brings with it physical, emotional, financial, and logistical consequences. It brings a lot of drastic changes, which should not be taken lightly. If your partner wants a divorce, are they ready to face all these consequences and changes?

You also have the option of getting a third party to help you and your partner through this situation. If you feel that you need marriage help, then by all means go for it. It is okay to admit that you need someone else to help you and your partner through this difficult time. Don't let your pride get in the way of this delicate situation, nobody will call you a failure because you needed to ask someone else for help. It doesn't have to be a professional marriage counselor that you need to see. You can also ask a trusted member of the family or even a friend, but make sure the friend is neutral and not biased towards either you or your partner. This may help in uncovering some deep rooted issues or concerns that neither of you could have discovered on your own. It could be as simple as your partner wanting more attention from you.

#### How To Save A Marriage - Final Thoughts

Understanding how to save your failing marriage is essential if you want you and your partner to stay together. It may sound like a daunting task, but if you are serious about it, you will do what it takes to fix things. If you really serious about saving your marriage, I recommend you take a look at Save My Marriage Today. It contains everything you need to know about how to save a marriage and how to improve the situation you are currently in.

To learn more on how to save your marriage, even if your partner is not willing, visit <http://howtosaveamarriagetips.com/>