

# Marriage



Relationships are complex. Baffled by how easily things can go wrong - misinterpreted, we feel not heard or understood, and before long we feel isolated, and alone in our marriage. Reaching out to our partner, encouraged to keep talking and not become polarized is important to being interconnected. Respectful, 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 mis-communicated 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!

New website for further information see:  
[www.realconsulting.ca](http://www.realconsulting.ca)



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"reaching effective agreements that last"

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