Some tips from a family psychologist. Nine pieces of advice to know how to save family relationships. In this article you will find out the main causes of spouses’ disagreements and ways to solve them. Tips of the family psychologist for married couples.

How to save a marriage: nine tips of the family psychologist

The world of people who love each other is fragile and defenseless, both to the outside environment and to its inhabitants. Perhaps, the last are even more dangerous for this world, because they destroy the happiness with their own hands.

 It really seems to be a fairytale at the beginning: flowers, first dating, shining eyes, getting electrical discharges even after an accidental contact, a state of inspiration, the ecstasy from a kiss. There is the whole world in marvelous, unseen colors.

Then your feelings are not completely lost, but there is coldness, hostility, and alienation between those who used to love each other, and it gradually leads to total indifference and break-up. Serious mistakes were made on both sides (luckily, many of them are fixable; so, it will be difficult but possible to improve them if you really have a desire to do it). The most common some are following:

1. Misunderstanding

There is usually an inability and an unwillingness to listen to and to understand each other in couples. It reminds me of an old comedy about spouses that were about to get a divorce. Once they exchanged their bodies, so that each of them being in another’s shoes could figure out what had been wrong with themselves. And it really made that couple get together. This unbelievable case returned love and strengthened the marriage which was about to break.

Such an exchange is impossible in real life. However, it’s possible for everybody to try to imagine yourself being in another person’s place, so that we can understand a person and recognize the motivation of his/her actions to a degree. If everyone walks a mile in shoes of their chosen ones, 95% of disagreements and problems in relationships will be solved.

The tip: you should use this method of exchanging roles, look through the eyes of your beloved person.

1. Being uncomfortable with discussing the problem

A lack of sincere communication, being lazy or embarrassed to discuss the problem frankly, not to tell about what is bothering you are the consequences of misunderstanding. Instead of this, most of the time people become reserved, being led by their own offense and ambitions. As a result, people are growing apart more and more. Besides, ultimatums and requirements instead of asking make the situation even worse. People can’t stand any demands, even unimportant ones and often act contrary. Actually, you can achieve a better effect asking in a tender voice to find out whether the person is able to fulfill your desire.

1. Scandals, insults

There is no real relationship without quarrels. In fact, sometimes a splash of negative emotions, getting rid of extra information help to maintain further mutual understanding in a couple. Moreover, some get a kind of pleasure from quarrels, breaking dishes, and fights. They believe that it is an indicator of their being and adds some spice to feelings. Nevertheless, there are words and actions that can destroy everything that connected a couple previously. They may be unfair charges (for example, of the death of a relative), offensive statements against their parents, his\her child from the first marriage, other relatives, phrases like "I don’t have to do anything for you", "who are you to me?", "I want to be free”, "you invade in my privacy". The last expression will be discussed more carefully in the next paragraph.

Forbidden actions include: beatings, various kinds of meanness, offense caused to children, slander in revenge.

The tip: you should stop in the middle of a fight, look at the eyes of your beloved one and exclaim: "I love you." In many couples which were recommended to use such tactics it contributed to a reconciliation and stabilization of relationships.

Furthermore, the tested method of making up with each other in a bed has not been canceled. As far as an experience demonstrates, it is still efficient and works in our advanced time as well. Another question is that the desired result depends on the kind of family battle, what was said, what actions were performed during that.

1. Private space

The term "private space" is a fashionable rhetorical figure today. In everyday life it is often used by people to hurt a partner, to explain away indifference, their behavior and betrayal. Most fans of this expression are hardly familiar with its real meaning. The private space is person’s interests, hobbies, the right to have some privacy, but not the right to cause emotional distress, betray or to show disrespect.   Sometimes a wife ask a tired husband to take time off from his work, but she gets a rude answer: “Can I decide myself what to do?” Such a situation is well-explained with the privacy protection.

What do you thing about feelings of a person to who it was said? Would you like to do anything for this person in the future? Is still love to him/her in your soul?

After all, in fact, it was made clear to you that you are an outsider and you have nothing to do with anything that happens to him. In addition, even with the correct understanding of the phrase meaning you should not be focusing on it so much. Sometimes is a need to rest from each other. Even the most united and close-together emotional couple needs it. However, if a person is dear to you and you do not want to hurt him/her, it is hardly necessary to talk about it directly, especially using the term «private space».

The tip: it is better to tell: "Sorry, I want some time to spend alone."

1. Life and routine

Whether we like it or not, everyday life involves us. Romance gradually disappears in relationships. A habit strengthens one side of relations but dulls and cools the senses of another. We rarely enjoy such dear to heart walks through the sparkling city at night holding hand in hand or in picturesque places during the day, along the river, lake magically shining in the moonlight. It is as well as sitting together with a cup of tea in front of the screen watching one of the favorite movies in the evening. However, more often people spend time alone with a smartphone or a book.

The tip: initiative, imagination, creativity of the spouse, which are more interested in maintaining relationships will save the situation. It is necessary to vary everyday life by bringing something unusual. For example, it can be dinner with candles on the roof of a skyscraper. Your imagination will help you.

1. Paying little attention to your appearance

At the very beginning everyone wants to show their best. Both take care of hairstyle, clothes, manners. Before the marriage women try to look seductive and attractive, men – handsome and impressive. After the wedding many believe that the period of seduction is over, the goal has been achieved, and you can relax after receiving legal rights on each other. Beautiful dresses and hairstyle are replaced with an old bathrobe or something like that. A man wears ugly trousers or even just underwear in front of his wife! The elementary rules of decency are also turned off because people think that it is unnecessary to look pretty between members of your own family… And it begins: picking nose in front of each other, giving gases, etc. All this don’t strengthen your passion, desire, but only push and cause disgust.

А marriage registration is not a reason to think that you will keep your relationships no matter what and now you can relax and no longer be concerned about it . On the contrary, from this moment you should be especially look attractive, wearing tempting and sexy clothes at home and not showing to the spouse your unpleasant sides.

1. Intimacy problems

There are cases in relationships when a couple doesn’t have an intimacy life at all or someone in a couple does not receive joy and satisfaction from it. The reasons may be different: one is exhausted after work but another wants a sex, for one person it is enough to have a sex once a month, another needs it every day or even several times a day. There is a difference in sexual preferences: what gives pleasure to one is unpleasant for another. Sexual desire also often get less because of everything described in the previous paragraphs.

Sexual life is one of the most important component of family life and relationships. If it is often ignored, there is a high risk of someone having a lover. That’s why a couple can fall apart. On the one head, for a person that you love you should overcome yourself, your laziness, the common "headache" and the aversion to some kinds of intimacy. On the other hand, it is not necessary to try those kinds of sex that are disgusting to one of them. Actually, you should come gradually, carefully, subtle to some kind of sexual touching..

1. Jealousy for no reason

Jealousy is a natural feeling that is a kind of a part of all living beings. The question is to what degree they allow it to grow. In fact, it’s even pleasant if we’re talking about flirting as it shows a passion, an interest, and a fear of losing. However, a beloved doesn’t have enough freedom if another one abuses it. Imagine that you are suspected of having a secret affair even with a stranger on the street. Your boyfriend/girlfriend doesn’t allow you to leave the house alone, monitor your every move, check your pockets, a bag, personal papers, and your telephone. There will be a huge desire to run away.

Moreover, it’s even ok when people are jealous to a real or imaginary lover. The most intolerable jealousy is towards parents, children, pets, work, studies, and hobbies. Jealousy for the sake of jealousy, the desire to possess all the feelings and attention of a beloved one is absurd and unbearable.

1. Mother-in-low, children from the first marriage and other relatives.

There are a few people, who managed to be well-liked by mother of their beloved one. Their mothers are often very picky and biased. Besides, even not living with a young family in the same house, they play a huge role in the life of a couple having influence on the relationships. It often happens that lovers break up because of mother’s disapproval of a child’s choice. Most of the mothers are anxious about their children and some do not want to give them freedom at all. (The last one includes those who grows up their child without a husband or help of relatives, as well as for those who has only one, late and long-awaited child). Nevertheless, it is possible to make the situation better and at least attract one's potential or current mother-in-law, if we pay attention to four aspects:

1) try to imagine yourself in her place. What reaction would you have to the choice of your son or daughter? It is possible that you would be even more biased and intolerant.

2) try to consider her not being an enemy, but the mother, who worries about her child, their mental state, future, or imagine that she is very jealous and therefore unfair to you;

3) do not try to bring a loved one into a quarrel with his mother. Most likely, you will lose as this woman bore and grew up her child. Beloveds and spouses may stop being like that at any moment, but mothers may not;

4) try to find something in common with her: similar interests, topics for conversation. You should take care of her in some cases, pay attention to her, and listen to her advice (it’s not necessary to follow them, the main thing is not to argue).

The similar way to behave should be used with other relatives who have an influence on your beloved person.

Children from the first marriage and previous relationships often become a cause of fights or break-up. They have another parent whom they also love and consider to be a victim of betrayal. They think that a beloved person of their parent is a stranger who came and destroyed a perfect family. It is even more difficult if a parent has grown up a child alone. Imagine: all love of a parent belonged to a child and now a dad or a mom loves someone else. A child feels abandoned and lonely. Besides, for him/his you seems to be an enemy who takes away a parent. A child expresses unfriendliness and takes revenge.

The solution:

1) do not consider a child like a little evil creature that creates problems for you and interferes in your life. Also, do not try to drive a wedge between a beloved one and his/her child. This will only lead to destruction of the relationship;

2) try to understand that this child took something after you beloved person. And then you will even love him/her.

3) you may not be able to perceive him/her as your own child, but you can become his/her friend, an elder mate or a protector. This is quite real as well as to win the child’s trust turning him/her into your ally.

You do not need to persuade or to beg a child as they unmistakably feel false. It is necessary to show a sincere interest in their life, to be ready to help in a difficult situation, to give the right advice, and to support.

So, the main recommendations of the family psychologist:

1. Try to imagine yourself in your spouse place. Your views may differ because we are different people. Try to look at things from the point of view of a beloved person paying attention to his/her feelings.
2. Discuss problems together; do not keep silence. Half-words or false assumptions lead to misunderstanding and understatement. Having dialogues is the right way to find a solution.
3. Do not allow yourself to offend your beloved one. Do not be rude, even if you don’t feel good. It will be offensive and split up a couple.
4. Respect the privacy of a person. Do not speculate. You should enter this space carefully, take care of his\her time, his\her privacy. Also, you should give some time to your partner to do his\her personal activities.
5. Interrupt your daily routine with fun and romantic events. For example, they can be repeating of your first date or visiting the place of your first kiss. All these will reminds you of forgotten memories and give brightness to your feelings again.
6. Look attractive and neat even at home. No one wants to live with a scarecrow.
7. Do not forget about sex as it really strengthens the relationship. You should talk about it and discuss this issue, indicate your preferences or desires (reluctance). Also, you should try to find out what will be satisfying for both..
8. Do not be jealous for no reason. Do not show your weaknesses. Unreasonable jealousy offends a partner and they begin to think that you don’t trust them.
9. You should try to get on well with relatives of the spouse; understand the reason of their actions and views. You don’t have to become a friend, just don’t argue, they are not happy about conflicts as well. No one likes conflicts; everyone wants to get rid of them and live peace and quiet.

Conclusion

If you think about it, it becomes clear that the problems outlined in the first paragraph (an inability and often unwillingness to understand the other) have an influence on all the others. That means, that before you say something or do something to your beloved one, you should walk a mile in his/her shoes. It will also help in most cases to understand his/her behavior, actions that you do not like. As a result, you get better relationships and nothing will be able to stand between you. Relationships and a family don’t consist of only love, passion, desire, but also patience and everyday work. Also, it is overcoming of selfishness, ambitions, your pride, anger and other barriers on the path to make your couple stronger, as a whole. Love, mutual understanding and trust are the basis of true, stable, unbreakable relationships.

The End