

# **How to Save Your Marriage Even if You're at the Breaking Point**

By Anthony Bradley



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## **Life Never Seems to Go As Planned...**

There are few things, if any, in life that are more rewarding than a happy marriage. Spending time with the partner of your dreams, looking forward to each day spent together and a bright future of adventure and fulfilled expectations puts your happiness with your current situation over the top.

Unless it doesn't.

Every marriage experiences hiccups, and no marriage is easy, but any marriage can be a good one. Sometimes it might not seem like it, and if your marriage is on the rocks, it can feel like you're about to lose something you've worked hard to get and keep.

Not any more! I'm going to share with you my 7 tips for saving your marriage that will put you right back up there with the couples you see strolling through the mall arm in arm, desperately in love with each other.

But first, let me tell you the first thing you should NOT do if your start to worry about your marriage: **See a counselor**. This can make your spouse feel nervous or even take it as a serious criticism or sign of turning against them.

Of course there are times when a marriage can use professional help, but there are a whole slew of things that should be done first.

It will take a little time, openness and reflection, but you can transform your relationship into the exciting, fulfilling one you looked forward to early on.

As you work through the following tips, you will unlock a potential in your partnership that you may have forgotten existed. You will start truly caring for your spouse, and create a dynamic that makes for a long-lasting and truly meaningful marriage.

BTW, I won't specifically address some of the potential pitfalls of marriage, but I recommend the [Save My Marriage Today](#) system, which goes into extremely specific problems such as infidelity, insecurity, power, anger and much more.

**The course can be downloaded and is not only easy to read and understand, but it explains and solves many seen and unforeseen issues that are affecting your marriage. You can read more about it by [clicking here...](#)**

Now for the 7 tips for saving your marriage. Be sure to read each tip carefully. Don't just skip from heading to heading or you might get yourself into some real trouble!

### **Tip # 1 : Think about yourself**

Chances are, if your marriage is under stress, even if you feel it's mostly your spouse's fault, you have already spent too much time thinking about yourself. Your needs, your problems, your disappointment, how sorry you are for yourself.

I'm asking you to switch your focus from what you want or feel you deserve, to what YOU can do to change the situation. In particular you need to look at your own thoughts and behaviors and consider how they affect your spouse and the atmosphere in your home.

Make a list of a few negative or potentially damaging behaviors that you find yourself doing and brainstorm about what you can do to change them. Maybe you know that you sometimes criticize the way your partner does things around the house, cleaning or preparing food, for example.

Decide not to watch while they do the job (to avoid making disparaging comments) and do not criticize the work once it's done. Be grateful for any improvement in cleanliness or that you have something to eat.

### **Tip # 2 : Don't stick to the point**

...of view, I mean. Try to change your point of view. See things from your spouse's perspective. Sit down in a quiet, relaxing environment and honestly ask yourself how you would feel in your partner's situation. Look for the motivation behind what they do or say.

Recognize that in most situations your partner probably does not mean to hurt you. And think of ways you may be contributing to their discomfort, too. Of course you have your reasons for things, but try to think about theirs for a minute, too.

### **Tip # 3 : Forget it!**

Not the relationship. You need to let go of any hard feelings. Do what it takes to rid your relationship of negative energy. This usually comes in the form of disappointment with each other or frustration over each others choices or mistakes.

Forgiveness is a big part of this. If you need to, discuss your issues and work through them. If you can't think about it yourself and figure out how you can let them go. Forgive. Try to forget past wrongs.

In order to really cleanse your relationship from any serious problems you may want to consider seeing a counselor. Also, remember that not every marriage counselor has saving your marriage as their number one interest. Make sure you feel comfortable with suggestions you are given. If not, switch to a new therapist.

### **Tip # 4 : Focus on money**

While poor finances can't actually destroy a marriage, complications that arise when money is tight or each partner has different values can put strain on a relationship that can be very difficult to overcome.

Sit down together and have a frank discussion about your finances. Before you start, promise each other that you will not fight and will try to work toward solutions TOGETHER. Consider following an online budget program or other tool to make the process of dealing with your finances easier.

### **Tip # 5 : Attack your spouse**

I'm actually not implying that you do anything that would make your spouse unhappy or uncomfortable. This tip is about service.

I'm not talking about your tea service or even the way you present dinner in the evening, either. What I want you to do is look for ways to help your spouse out. Spend one day – just one day – thinking about your spouse over yourself.

Make their favorite meal or dessert or buy a small gift if you want, but I mostly want you to focus more on the little things. If he is in a bad mood after work, don't get upset, but look for a way to help him relax, or just give him space if he needs it.

If she hasn't had enough sleep, offer to take the kids out so she can have a rest. Try not to criticize, but to be helpful and help look out for his or her best interests.

After one day of this, give it a shot for another day. It should become easier to put your spouse's interests over your own on occasion, which is good for both of you as it helps to keep you from becoming selfish and helps your spouse to appreciate you and feel your love.

### **Tip # 6 : Give your partner time out**

There is nothing more valuable that you can give than time. Cliché? Maybe, but it's also true. Make sure you aren't spending too much time at work, on the computer, in front of the TV or out with your friends.

Ask your spouse on a date. Plan something fun that you will both enjoy. As a matter of fact, one thing that is common to many successful marriages is an established weekly date night.

Whether this means hiring a sitter for the kids or just taking time out of your busy schedule to be out, alone and doing something you are both interested in, set aside time to do it. And do it regularly.

### **Tip # 7 : Don't share your feelings**

If you are honestly scared about the future of your marriage and you would do anything to save it, don't tell your spouse so. Avoid seeming desperate. Definitely express a willingness to work on the relationship, but don't beg or plead or be overly needy.

While everyone wants to feel wanted or needed, in a struggling marriage, nobody wants to have a partner that is in despair and demands (either with words or actions) attention and pity.

Make yourself more likeable so your partner wants to be with you instead of simply stating that you need him near you, or demanding his time and energy.

## Summing it All Up...

There you have the 7 tips for how to save your marriage! Follow each of them and you will start to see a change in your relationship.

It is not a magical formula that will make your spouse a better person, but it will help you to change your own habits and way of looking at things so that you can work toward playing a more healthy and balanced role in your marriage.

Remember, people really do learn from others' examples. This is true in marriage, too. When you show interest, a willingness to forgive and a desire to understand your spouse is likely to follow suit.

As I mentioned earlier, I recommend the [Save My Marriage Today](#) system for in-depth information and action items that apply to every aspect of marriage, and how to overcome almost any obstacle you're currently facing.

It's easy to read and incredibly insightful, filled with solutions to all kinds of common and uncommon problems alike... an excellent resource for anyone with a struggling marriage, and great for those who see it coming and want to put in the time now to prevent unhappiness down the road.

For more information, [click here to visit the official website.](#)

To your success!

Anthony Bradley