



## Tips to Help Marriages Succeed

Whenever I meet someone new I inevitably get asked “what do you do Rick?” When I reply that I am a Marriage & Family Therapist, I usually get one of two responses “well bye then and nice meeting you” or “oh, you only see couples?” The last question is often loaded with obvious body language including, “what free advice could I get?”, “can he see I need help (look away, look away, don’t make eye contact)”, or “I wonder what he does in session.....just listen?”

Marriage Therapy unfortunately is often a “last ditch effort” before meeting with the divorce attorney or just quietly separating emotionally from the one you once loved. Preventative therapy rarely happens... how many times have you taken off work, scheduled an appointment with your doctor, gone in and said, “no I am fine but what else can I do to stay healthy?” It just does not happen. So here are a few tips to help you or a friend succeed in their marriage:

- ◆ Use Positive Communicate Often
- ◆ Show Unconditional Love to Your Spouse
- ◆ Develop Special Times Away from Busy Schedules for Just the Two of You
- ◆ Find Some Common Interests to Share Time Together
- ◆ Be Each Other’s Support When the Other is in Need
- ◆ Take Intimacy to the Next Level

If you are uncertain how or what these tips mean, I invite you to email or call me so that we can discuss your life situations. Professional guidance can hopefully get your marriage to a level that you have never experienced before, a marriage that will live happily ever after!



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