

4 things

to do when
your marriage
is in **CRISIS**



Nearly every marriage experiences difficult struggles. Here are a few practical steps to help you understand and resolve barriers that may be keeping you from the healthy relationship you desire.

1. SLOW DOWN

In the midst of a crisis, it is easy to move at a frantic pace and make impulsive decisions. Slow down, and take time to prayerfully consider the long-term implications of each decision.

BE CAREFUL NOT TO ... make rash decisions. Set a time frame (e.g., 30, 60 or 90 days) where you commit to not making any major decisions; this will allow emotions to settle, and help you think more objectively about the future of your relationship.

2. FOCUS ON YOU

For anyone facing a marital crisis, the tendency is to zero in on what your spouse is or isn't doing, but you don't have any control over your spouse's behavior. The only thing you can control is you and your response.

BE CAREFUL NOT TO ... run from the pain or judge your emotions as "right" or "wrong." Grieve if you need to, and be especially sensitive to the Holy Spirit's conviction regarding ways you may have negatively contributed to the crisis. It's vital to attend to yourself spiritually, emotionally, physically and mentally.

A marital crisis can be extremely painful, but it does not have to spell the end for your marriage. Hope Restored: A Marriage Intensive Experience is a personalized, intimate program for restoring hearts and rebuilding marriages. The intensives address the root of the problem and start couples on a path toward healing.

3. SOFTEN

Relax your posture and commit to being polite and respectful, even if your spouse is not. When conflict escalates, take a "time-out" by excusing yourself from the conversation. Use the time to identify your feelings, and then return to the conversation when you are less emotionally charged.

BE CAREFUL NOT TO ... try to "win" arguments. Place the importance of your personal integrity and the relationship with your spouse over the topic that is causing conflict.

4. GET HELP

It is important to process the struggles you are facing with someone you can trust. Find one or two confidants who will tell you what you need to hear, rather than what you want to hear.

BE CAREFUL NOT TO ... broadcast your relationship troubles, especially regarding indiscretions committed by your spouse. Forging allegiances with people who are in a relationship with your spouse, such as family members and mutual friends, can become a hindrance when the conflict is over.

Call **1.866.875.2915** to find out which marriage intensive is right for you.

HopeRestored.com