



Marriage in Crisis?

Stephen Hedger
Crisis Marriage Coach
is helping couples learn
how to repair their
marriage step-by-step

Stephen Hedger

Quick guide

This quick guide is designed to help couples in crisis understand there is hope once they know where to put their energy.

Most couples end up in a vicious circle that can feel impossible to break. When their marriage hits crisis the following experiences are totally normal.

- Communication can seem impossible.
- Passion has usually died.
- Love is in question.
- Detachment is highly likely.
- Needs are not being met.
- Feeling torn - do I stay or do I go?
- Feeling misunderstood.
- Feeling alone.
- Feeling rejected.

The list could go on, but no matter what you are experiencing, if you are in crisis it's a horrible place for you both to be.

The first step for anyone in this place is NOT to make a rush decision. Many people in heightened emotional states make decisions that hurt them and if they have children it is doubly important to gain the right information before making a life changing decision.

Many clients that come for help complain that they have no feelings left for their partner. They feel emotionally dead and have done for years, some even question if they ever really loved their partner. This is totally normal...however...

Couples that have been emotionally dead for 10+ years have discovered it's possible to do what they thought was impossible. They have reconnected emotionally and physically and are now building a loving relationship together.

You see, our mind is designed to protect us from harm, so please don't be too seduced by what it's telling you right now. Your mind is basing its emotional triggers on all sorts of factors and so you won't have enough information to know if the meanings you are giving to your feelings are as true as you think.

My advice to couples who can't see a way to live together and be happy is “**become curious to learn what you don't know**” so you can really add meanings that really make sense.

Growing up we are not usually given the information we need to build a successful marriage, and so the marriage failure rate is high for a reason, the national / global divorce rate proves this.

Our parents were in the same boat as us today, they were learning by trial and error and we were learning from them as we were growing up, the blind were leading the blind.

If we take the view point that most families on some level are all dysfunctional, and knowing they will have contributed to our model of how a marriage works, we can be fairly certain we'll all have a distorted view of what builds a successful marriage. So it's now doubly important that our partners behaviors both the good and 'perceptually' bad, need to be fully understood from their perspective and not just ours.

The approach I ask my clients to take to help them grow is understanding that they are only qualified to judge themselves and their own feelings. It's actually impossible to judge another person by your own standards because you have no idea what's within them that drives them differently to you.

After all, their differences could be a strength in the relationship. You are about to find out this is critical to understand if you want a loving relationship with another person.

Understand you are different

Men and women: How they think and behave is very different, so being confused about each others behaviors is totally normal.

For example

Men can't understand why women love to focus on their problems and women can't understand why men seem to hide from theirs.

If a woman brings a problem to her husband instinctively he will want to get rid of that problem fast. So he makes it small and not important quickly. To her this means he has not understood her problem and so in seconds the problem is now much bigger, to his surprise.

They both have the same goal, both of them want to rid themselves of the problem, but they go about it in totally different ways and so confusing each other. This is just one small example.

Why is understanding we are different important?

This is important because if you imagine two people living together for years and both of them misunderstanding each other, thinking that their partner doesn't care. Their filter of experience will be negatively affected and will trigger some powerful emotions such as:-

Loss of love - Rejection - Betrayal - Abandonment, to name a few....

This helps couples do the reverse of what they did to attract each other and so positive stacking turns into destructive negative stacking.

Stacking the good and the bad

When couples first meet they stack pleasurable feelings and they attach those feelings to their new partner. The more pleasure they stack the more time they want to spend with that person.

The challenge couples face is over time they can also stack resentments and of course this has the reverse effect of attaching the bad and so repelling them from each other.

The result is ongoing problems such as arguments, controlling, loss of communication, loss of trust, feeling insignificant etc... this can lead to destructive behaviors and a potential desire to leave the marriage.

Do you think you've been a good partner?

When individuals go into crisis one of the first things they do is they become self-focused and protective of their own emotions.

Basically they don't want to be hurt so they detach themselves to numb their pain (it's this choice that causes a loss of feeling in love). This process of holding back of emotions is catastrophic for any relationship as it creates a mirror of those behaviors in the marriage.

Of course if you want a great relationship giving to your partner so they can stack those wonderful feelings is critical as we now know.

So if you were to put yourself in your partners shoes right now, how would they rate you? Would they say you have been meeting their needs?

It's important to know that many couples are living a constant mirror of each other. As soon as one person in a marriage feels wronged that person will pull their love away and punish their partner, to protect themselves the other person does the same.

This starts the mirror of loss of respect, resentments, loss of trust, loss of care, loss of love. So what kind of mirror did you want to create? The mirror of love, romance, passion and security for life, or resentment and loss of respect?

You see when you look back over the years, what most people discover is both people have been responsible for the failure of their marriage. The problems they face today and why they are feeling so dreadful is not because of those problems or just one person.

The reason they feel so dreadful is because there is a core problem and that problem is based on a few key foundational factors.

So what makes a great marriage?

If couples when they met focused on learning about these few things then marriages would be a very different place. If you had built your marriage on a cast iron foundation how would it feel different today?

What would have happened if you had planned your marriage for success?

Design a compelling future together

What if you had created goals that went past houses, children, jobs... How would life have felt different if you were a team working towards a shared dream, whilst supporting each other on your own individual life purpose?

Building an unbreakable trust

Every couple has problems it's a clear sign of two passionate people, but what would have happened if you learnt how to grow closer from your conflicts. If two people knew how to grow closer from their conflicts they would feel confident that they could be free and honest and be all of who they are with their partner and they will still be loved.

Meet your partners critical needs

What would happen if you both became addicted to meeting each others needs from the position of knowing what they are? Even better, what would happen if you were both meeting your own needs whilst giving to your partners? Of course supporting your partner would feel pleasurable and natural.

Make your partner your play mate

What would have happened if you learnt how to bring your gifts to the table, the fun, the humor the playful you?

Ignite your partners sexual essence

How different would your relationship have been if all the above was in place and your partner knew how to spark the passion in you and you in them?

“You see, if you and your partner were not focused on learning and understanding how to build a passionate lasting marriage then you were planning to fail without knowing.”

So what next?

Now you may have a slightly clearer picture of where to put your focus, I wonder where this now takes you?

- If the foundations are not in place most marriages will struggle leading to all kinds of problems.
- If couples don't understand the dramatic differences between men and women will be challenged in how to communicate with each other.
- If there are weak foundations and little ability to get through to each other the marriage will be significantly challenged.
- If the couple don't know how to repair the marriage the trust will die, the desire to meet each other needs will fade and intimacy will become a struggle leading to bigger problems.

The question now is what do you want?

Are you starting to become curious about what you may not be aware of? Just to give you some hope, here are some words from a couple that were really struggling...

Dear Stephen

With your help, we got to understand each other and from that we could defuse tensions that existed in our own minds, not necessarily real for both of us.

Working on our relationship never stops, but thanks to the help we got through working with you, we are in a much better place, and a place that now will hopefully require only us to discuss, understand and resolve.

Thank you.

Everybody, you can't always solve it yourselves. So if you need guidance, Stephen is probably the best chance you have of cutting to the quick and saving the good you know you have but need someone else to voice it.

Thank you Stephen. We are fine. We are in love, and we are growing together.

Phill and Pejje

Thank you for reading

I hope this quick guide has given you something to think about.

Once couples learn what to focus their energy into, the difference can be quite amazing no matter what's happened.

The key to your success is your curiosity to learn.

Relationships don't just happen, but they shouldn't be hard work either.

To your success

Stephen Hedger

www.stephenhedger.com

For Help Call: **0845 519 4808**

