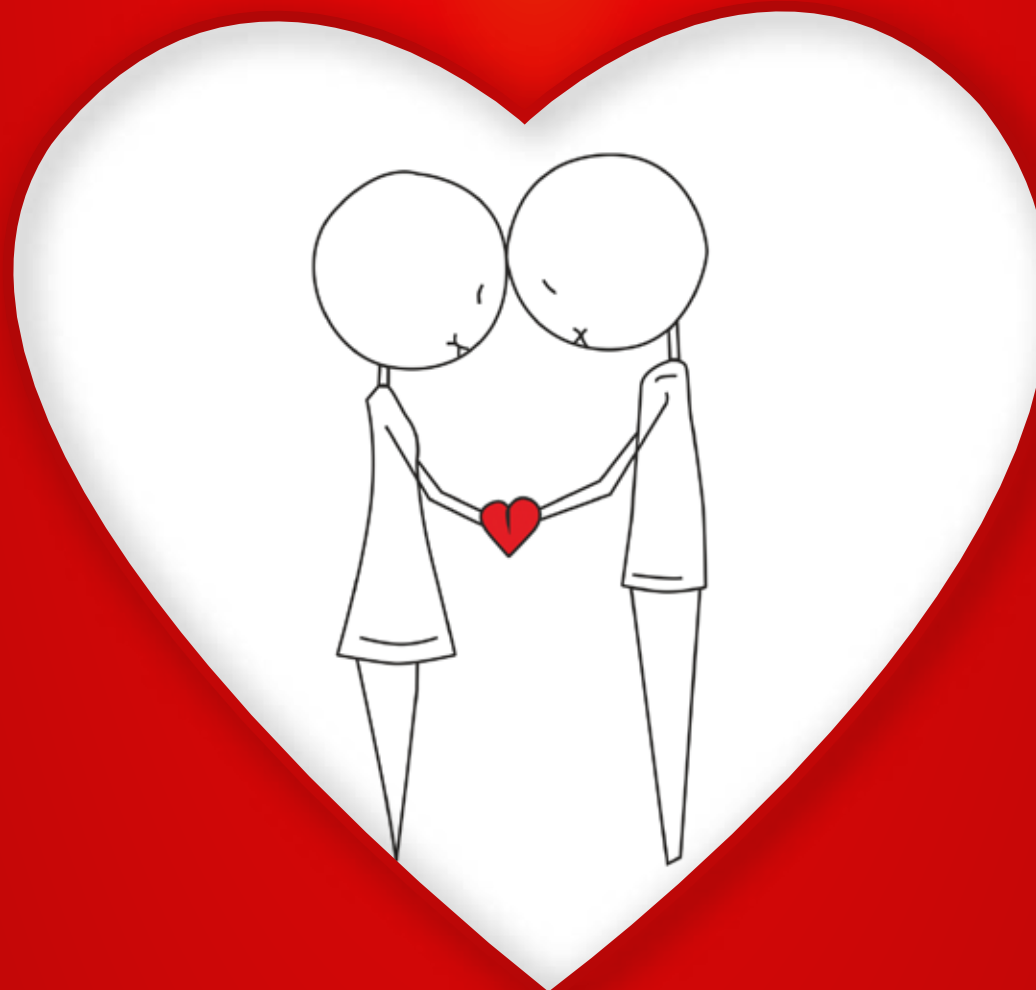


# *Made for Each Other*

**50 MOST common MARITAL issues  
AND their SOLUTIONS**



# 1

## Letting Annoyances Build Up

Instead of being paranoid, can we be a little practical here, please?

People do things that get on our nerves. That's true even with people we love the most.

Here is the solution. Instead of creating a mental list of all the things your partner does that annoy you, make a list of all the things they do well.

Then extend grace for minor annoyances, knowing that you too do things that annoys your spouse.



# 2

## Putting everyone else's needs first

It's very common to put work, household responsibilities, needs of the children, and even extended family's needs before the needs of marriage. This complicates things.

Here are a few techniques that have worked for 100s of couples in correcting this.

1. Check in with each other three fixed times a day. Breakfast, lunch and dinner times maybe?
2. Maintain daily physical touch with a hug or a small caresses.
3. Express gratitude for simple acts of thoughtfulness.
4. Go on monthly dates without phones.
5. Go for small walks after dinner.
6. See a comedy serial together (and not movies about serial killers)



# 3

**Expecting  
them to be  
your  
everything**

Many of the biggest problems in a marriage stem from wanting your partner to be your be-all and end-all, and to keep you feeling loved and appreciated at all times. That's a lot to ask of one person!

Instead of waiting for them to 'complete' you, work on completing yourself. When you come into a marriage with a positive sense of self, you'll realize you don't need your spouse to complete you. Then you will be able to feel truly loved and secure.



# 4

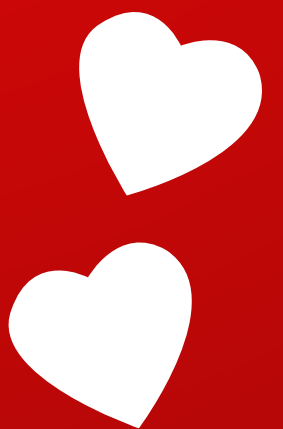
**Thinking  
if you  
complain  
enough  
that will  
make  
them  
change**

Couples become impatient with one another over time. That personality quirk that used to be so cute becomes irritating and annoying after a few years together.

We complain and show our disdain, hoping that this will get them to alter their ways.

Unfortunately, things never work out THAT way. It only ends up in fights and distances us in our marriage.

Solution - Accept. Find ways to appreciate and focus on the good they have. If you decide, it's easy to implement.





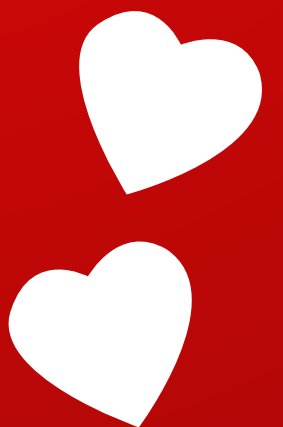
# 5

## Giving up on sex

Sex can become predictable and boring and one may lose their sexual passion for one another. Not being interested week after week can easily put you in a rut.

Here are a few possible solutions.

1. Introduce new locations.
2. Always take bath before.
3. I am a big believer in post sex snuggles.
4. Have a longish foreplay.  
(50% time).
5. Put on good music.
6. Switch off the lights and light up some candles.
7. Plan it for the evening or night before a holiday. There is no rush to sleep that way.



# 6

## Mistaking anger for not caring

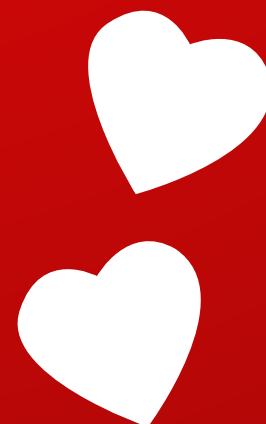
When a spouse loses their cool and lashes out in anger, you may be tempted to think they do not respect you nor love you anymore.

While anger is indeed disrespectful, most of the time the hysterics are an over-reaction to a trigger due to stress.

Everyone has different ways of responding when under stress. Some minimize their energy and withdraw into their shell, others maximize their energy by making a lot of noise and being overly dramatic.

Neither is right. Both harm.

Solution - Share you are in stress and educate what triggers your misbehaviour. You may need to educate multiple times before your spouse learns. Be at it. Even if they are slow learners, in the long term, it is worth the effort.



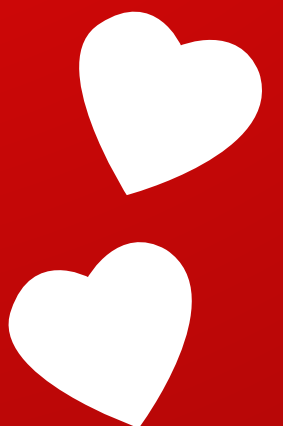
# 7

**Assuming  
all conflict  
=  
divorce**

Many couples think that when the going gets rough, it's the end of their marriage.

The truth is, all couples experience the power struggle, and as they explore it in greater detail, they will realize that it's not a coincidence why they picked each other.

They did not make the wrong choice, rather they made the right choice — one who will uniquely challenge them and push their buttons so that they can achieve ultimate personal growth and healing.





# 8

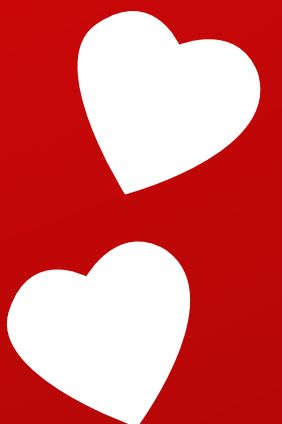
## **Losing curiosity in your partner**

When we first meet and get married, there's a lot of conversation and sharing about who we each are. As the years go by, we think we know each other. But, people change.

You and your spouse both have changed. Our priorities change. Our interests change. Our friends change. Our goals change.

Keep asking each other questions. When you do so, listen with the intent of making them FEEL SPECIAL.

Make a specific time where you ask about each other's day and their feelings. Ask them if they would like to unburden themselves in any way? Do not offer solutions. Just help them to share in a safe place.



# 9

## Keeping score

In love, we never count how much we have done for someone. We only search for what else we can do for that person.

Keeping scores has destroyed more marriages than you and me can count. Keeping scores is an attempt to prove one person is better than the other. It also shows the other person as a selfish person or a needy person.

No one likes to feel that way. Hence, it destroys a marriage.

If you truly love and care about someone, stop keeping scores.



# 10

## Dropping the “D” bomb

"When you bring up the 'D word' — divorce — you threaten the relationship's security. This creates distrust and is a slippery slope.

It creates fear and anxiety. It feels threatening and drives away love.

And you have driven love away, how will you sustain the marriage?

Stop using the 'D' word. Forever!  
Ahaa, do use another 'D' word that happens to be my favorite - Darling!



# 11

## Not saying Thank You

It's such a simple thing that it often gets overlooked. Expressing appreciation to your partner for things they have done for the relationship and family is crucial to their feeling of importance and well being.

Make it a practice to thank your spouse every day for something.

This could mean thanking a stay-at-home parent for taking care of the kids, thanking them for the chores they did, or thanking them for the way they looked great, or for the smile they have or even for laughing at your PJs.

By thanking them, you are also filling their emotional reservoirs with self belief. A spouse with great self-belief is the best thing to have in a marriage.



# 12

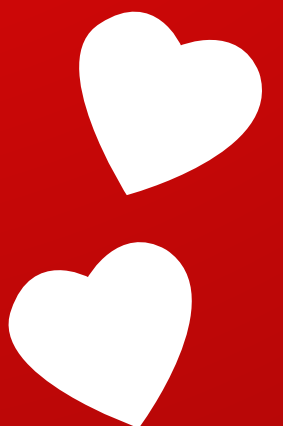
## **Telling white lies to avoid confrontation**

Many people tell white lies to their partner. The majority of people do say that they are uncomfortable is telling the white lies, yet, they find excuses to tell them.

The truth is that even small lies tend to cause distance.

It is better to be thoughtfully honest in the relationship, which will strengthen trust and improve closeness.

Lies can make life temporarily convenient, but, when they are found out, it hurts and devastates.





# 13

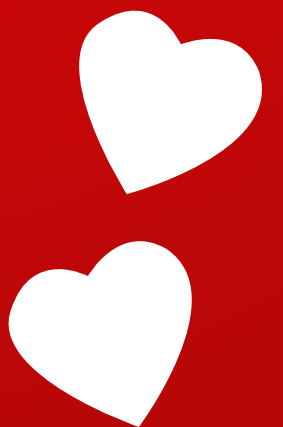
## **Silently resenting your partner**

Many couples are frustrated because of buried resentments. A resentment is a need one person expects of another that isn't getting met.

It may be about sex, domestic responsibilities, life dreams, personal hygiene, daily habits, arguments, lack of appreciation, having a child versus not, or even something as simple as being late.

Buried resentments cause relationship damage by creating a wedge between the couple. This leads to distance and contempt. If you need something from your spouse, request it, express it in a kind, compassionate way.

No one can mind-read unspoken expectations. It is your job to ask for what you need.



# 14

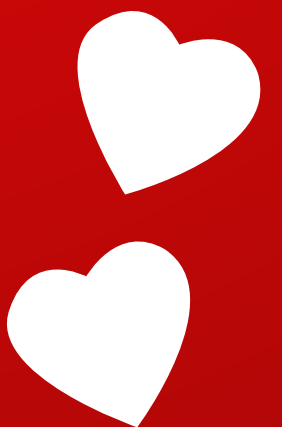
## Constantly criticizing

Criticism really stings. A criticism is an attack on the character and is usually a broad sweeping statement, starting with 'you always' or 'you never.'

Eventually, the partner on the receiving end feels like they can never be enough. This creates emotional distance which makes a marriage a relation of roommates rather than soul mates.

Instead of 'You're always late!' use an 'I understand...' paired with a request, such as, "I understand you wanted to look smashing for the evening. However, when I get ready and am waiting for you, I get increasingly anxious because I could have used that time to complete a few tasks. How do you think we can solve it?"

Have you ever heard the adage, "A statue was never erected in the memory of a critic."



# 15

**Telling  
your  
spouse,  
'It is over.  
Let us  
move on.'**

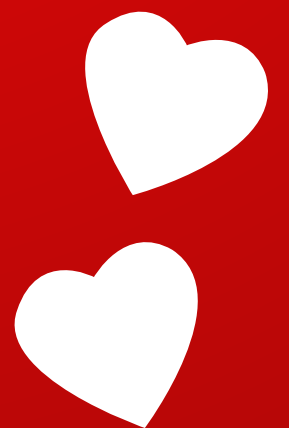
A major marriage mistake is when someone does something reckless, threatening, or destructive, and then expects the other person to just get over it.

The truth is that sometimes a partner just can't 'get over it' and it's unrealistic to expect that.

Instead, begin by saying an empathetic sorry.

Then, look for ways to openly discuss it.

Finally, promise that you are not going to repeat your mistake.



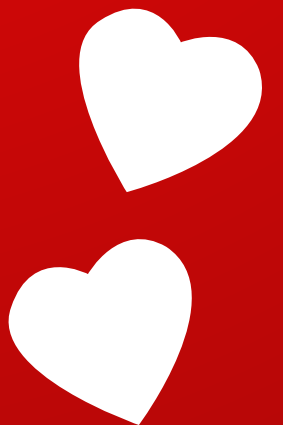
# 16

## **Expecting your partner to be a mind reader**

Too many people think their partners should know what they need and want without actually coming out and telling them.

The solution to this communication gap is simply to ask – very specifically – for what you need. 'Can you please take the trash out?' or 'When I'm crying, please don't try to fix it. Just give me a hug and hold me until I'm done.'

Be as specific as you can and don't expect them to read your mind.



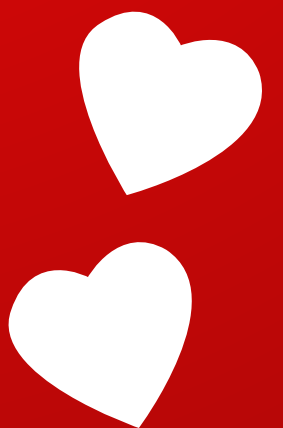
# 17

## Trying to never hurt your partner's feelings

"Rather than say something potentially hurtful, many couples opt for saying nothing at all.

While 'keeping the peace' seems like a reasonable strategy in the short term, the consequence of silence is emotional distance and it is this emotional distance that over time erodes intimacy.

Speak your truth calmly. Be prepared to risk hurting their feelings. In the short term, this creates tears. In the long term, this creates an intimacy that is stronger than those temporary tears."





# 18

## Being afraid of talking about money

Failing to get 'financially transparent' can set you up for a number of problems down the road, both in your marriage and your finances.

You're married now, so your financial lives are intertwined whether you discuss them or not.

Create an open dialogue about all of your personal finances – like how much is coming in each month? How much is going out? What goals you want to work toward together? How you can best save for them? How can each one of you spend on vanity?

Learn what good and bad financial habits are, before you splurge on avoidable things and unnecessary events.



# 19

## Saying

### **"As you wish"**

### **(When you**

### **do have**

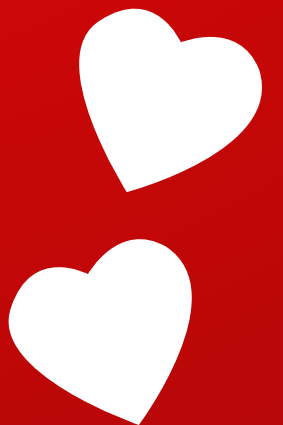
### **a wish**

### **of yours)**

"Being submissive and weak can kill a relationship in no time. Submissive people are NEVER respected.

If you give into what your spouse wants all the time, you will be taken for granted. Express yourself and share your desires.

Your attraction to one another lies in both of you being an individual yet being a part of the team. Next time your partner asks you to make a decision, do not brush off the selection. Instead, express what you prefer and take a mutually preferred decision..



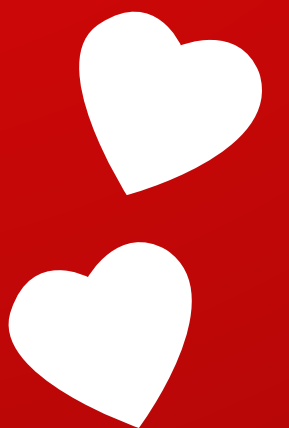
# 20

## **Playing the blame game**

The moment something goes wrong, do you insist your spouse is to be solely blamed? If yes, you are actually missing out on opportunities to be listened to and to be understood.

Blaming creates the opposite result that you're looking for.

Take a moment to drop your defenses and give up on power struggles. Set aside time to resolve issues by understanding others point of view. This will enable you to connect deeply with each other.



# 21

## Skipping quality time

"Busy professional careers, children's activities and other commitments can make it too easy to put your relationship on the back-burner. Making it a point to have a monthly date irrespective of how long you are married.

It can be dinner out or watching a favorite TV series at home together. This gives you both time to reconnect, have fun, and focus on each other.

The importance of prioritizing time for your marriage, gives you connection and intimacy.



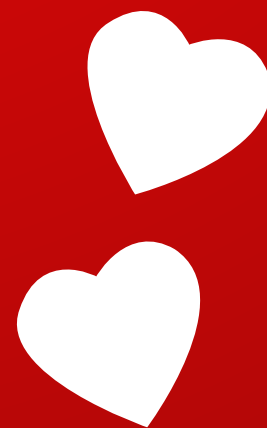
# 22

**Getting hurt  
yet hoping one  
day they will  
change by  
themselves**

Keeping silent about injustice or accepting troubling behaviors may seem like one is being a good sport or 'taking the good with the bad.'

However, when actions are genuinely hurting you, you must speak up. If their actions are leaving you feeling insignificant and unimportant, speaking up is the only way to put things on track.

Self pity and brooding tears away the fabric of love and togetherness.. Couples must create a space for each other to share what is bothering them, and trust that doing so can lead to constructive change.





# 23

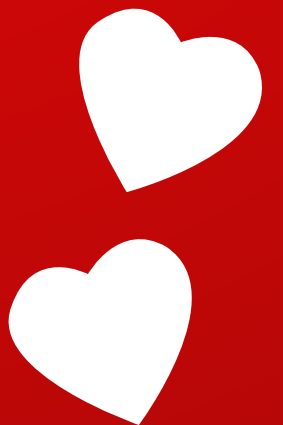
## Searching for your parents in your spouse

Your wife's cooking and your mom's cooking may never match.

Your dad's love and your husband's way of expressing love, may never match.

Searching in your spouse, your parent's way of living and loving, can be disastrous.

See them for who they are and enjoy THEIR way of expressing love. Who knows, they might have something exceptional your parents didn't.



# 24

## Nagging

Driven by a need to improve our spouse, we point out a trivial mistake again and again. This drives them nuts and makes them frustrated. This stops them from improving rather than enabling them to improve.

Ask them two golden questions.

1. Would you like to improve in 'this' aspect?
2. How may I support you doing that?

Nagging is no way to build a marriage. Nagging is a horrible way to break a marriage.



# 25

**Saying  
"You  
make me  
happy"**

It may feel that way at the beginning of a relationship, but ultimately everyone is responsible for their own thoughts and feelings.

Therefore, you must NEVER rely on someone else to make you happy.

We strongly encourage people to maintain their own interests, hobbies, and social lives, so that they can maintain a strong sense of self and find multiple avenues of joy outside of their relationship.

This way we are not burdening our spouse to be completely responsible for our happiness. This allows for space and often much needed relief of living up to each other's expectations.



# 26

## Believing the Hollywood version of romance

Love is never like what they show in the movies. Romance and the accompanying hormonal fluctuations and fantasies plateau sooner than later.

But this is a natural state of life. Time to move on to the next state where deep abiding love full of intimacy awaits you.

From being the water of the waves that is restless, marriage transforms into the water of the lake that is serene and blissful.

Respect and honor your partner, not just a fantasy of them.



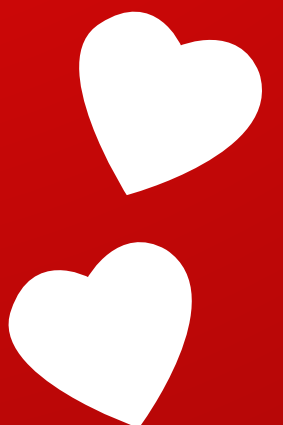
# 27

## Trying to control your partner

"Taking responsibility for your partner can feel controlling or overbearing. A sense of freedom and respect is foundational in a strong relationship. This requires allowing each person to discover who they want to grow into and to not be micromanaged in the process.

Stay in touch with your partner's needs and desires so that you will know how to care for him or her instead of controlling and demanding.

You do not have the right to take your partner's power or make him or her into your version of what is right.





# 28

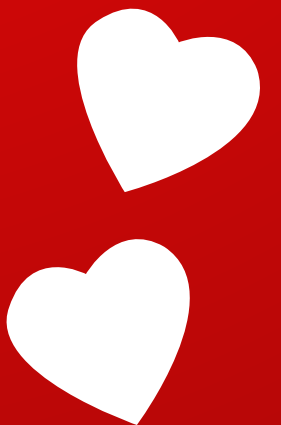
## Fighting in public

"Having your disagreements in public is humiliating and makes the problem worse. Agree to handle anything negative in private.

Spell this out with your spouse and stick to it.

Agree to eye contact or other body language to signal a problem. Then sort it out afterwards when there is no audience."

A simple golden rule is -  
Appreciate in public, rebuke in private.



# 29

## **Negating the negatives and focussing on the positives**

Successful couples recognize what they appreciate about their partner and keep it at the front of their mind.

For every complaint you have about your partner, identify 3 positive attributes about them. Every time you feel negative about them, think of all the good things about them before you begin a conversation. This will ensure you always converse with love and you will never converse with arrogance.

Be your partner's biggest cheerleader.



# 30

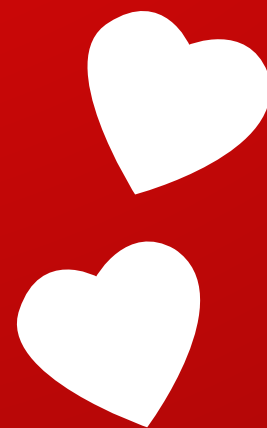
## Keeping secrets from each other

It's a major problem to keep secrets.

We are afraid of their reactions hence we keep secrets about money, parenting decisions, emotional hurts, financial losses etc.

One lie leads to another. Before you realise, you are neck deep into lying. It sucks away trust and intimacy from a good marriage.

The fix is to be honest and open with your partner. Take responsibility for your feelings and actions. Request for understanding and support from your spouse. Secrets are an immature way of avoiding conflict.



# 31

## Interrupting the communication

"Many problems in a relationship can grow simply from the lack of open communication.

When you are married for a while, you tend to think you know what your spouse wants to tell you.

Irrespective of how right you are, give them a chance to fully express themselves without interruption. Stay away from any sort of comment for the entire time they are expressing themselves.

It may seem like a waste of time. Yet, this is so necessary for a wonderful marriage.



# 32

## **Never settling on past glories**

Past glories make us suckers for complacency. This creates stagnancy in every aspect of life. Result. We start decaying.

When our spouse feels respected by us they open up to our development challenges. The advantage? You may tell them they are capable of much more than what they have achieved so far.

You both push each other to be better over time. This makes both of you not just love each other but adore each other.

You remain independent but you never settle. This makes both of you grow in your respective fields by leaps and bounds.





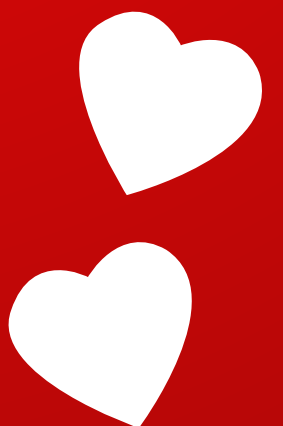
# 33

## Fighting all the fights

Everything that bothers you need NOT be addressed. Choose your battles. ALWAYS. If you fight every battle that comes across your path, you will drain yourself.

This belief that I must win every fight with my spouse is toxic to your marriage.

A good thumb rule is if something bothers you but you aren't even going to remember the occurrence the next morning, they are probably better off just ignoring it and moving on.



# 34

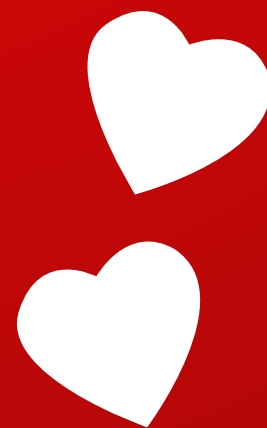
## Pretending to listen

Many people listen to respond instead of listening to understand. Listening to respond is not actual listening, it is awaiting your blessed turn to talk.

With this kind of (non) listening, misunderstandings and conflicts are more likely to occur.

On the other hand, listening to understand is more than intellectual. It makes one feel valued, important and intelligent too. It makes one feel understood.

Marriages are never created through agreements. They are created through understanding.



# 35

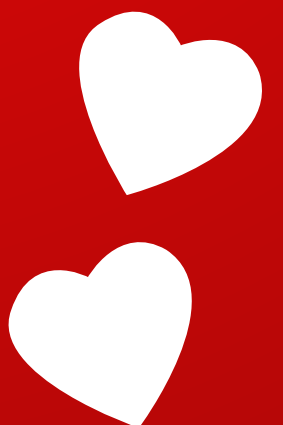
**Believing  
love  
is enough**

Love is a great start but it takes hard work to make it successful. And sacrifice too.

Be open about each other's needs and meet them. Make them believe in themselves more than they would believe all by themselves.

Now and then, sacrifice your small needs for their big dreams.

Put in the work and your love will grow.



# 36

**From  
soul mates  
to just  
room  
partners**

Over time, couples settle into a routine and forget to take care of the relationship.

They do take care of each other's survival needs like food, shelter, money, children's expenditure but miss out on the romance and naughtiness in their marriage.

Make your marriage come alive by being sexy, by being naughty, by creating surprises and expressing love in public too.



# 37

**Having same  
fights with the  
same results  
again and  
again**

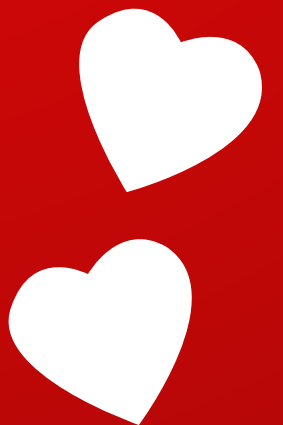
Every couple has a few things they will never fully agree on.

- One likes to save money, one likes to spend;
- one prefers a tidy home, the other is more sloppy;
- one is more strict with the kids, one is more lenient, and so forth.

The mistake is trying to persuade, cajole, or coerce the other to change. Cue the recurrent "Here we go again!" arguments.

Successful couples bypass recurrent arguments and instead approach the issue with the perspective 'How would you like to deal with this issue today?'

They recognize that some days they go along with a partner, some days they get their way, some days they compromise."





# 38

## Taking each other for granted

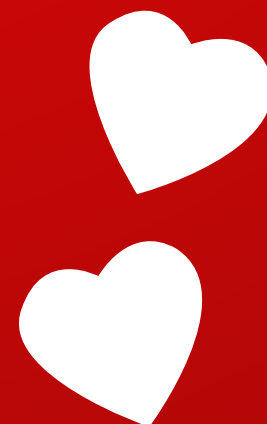
It's easy to take one another for granted especially if you have an upper hand on a few things like money or power or position or culture.

Everyone has a need to be needed. No one likes to be taken for granted.

You are never too old to captivate your partner the way you did when you just met.

Its simple. When you go out with them, make them feel as if they are a celebrity.

Try this the next time you are out at a restaurant, and see how many people wonder whether you are newlyweds!



# 39

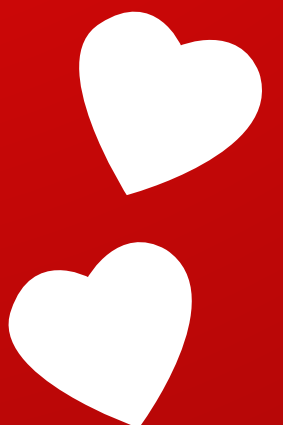
## Debating on everything

The happiest couples respond to each other's overtures positively. If she says, 'That bird is cute.' you can develop or destroy the observation.

Destruction - Counter it by saying, 'No, it's not.'

Develop - Respond with humor, attention, affection, or support with 'He's chirpy too.'

Small and micro interactions like these, add up to form a happy relationship.



# 40

**Not  
snuggling  
or  
spooning**

No excuses can ever keep me from snuggling up to the woman I love as I fall asleep each night.

If you need a better mattress, better pillows, better fan, better deo, or whatever better, get it.

Never deny your partner the magical minutes to reconnect each night and each morning as you share the marriage bed.

It is almost magical to spoon up to each other and to sleep with intertwined little fingers.

Awwwww



# 41

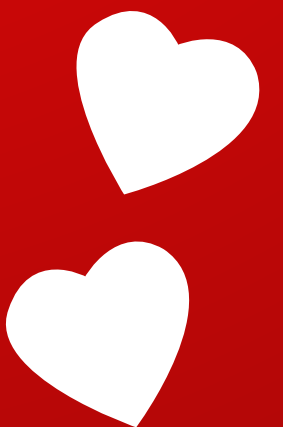
## Playing the victim

"The mistake is to think that holy matrimony requires another to take care of you and be responsible for your every need and happiness.

This allows you to relax into a mediocre form of yourself and slip into victimhood.

You think you get to sail through life and make someone else your savior, your financier, your bank, your father, your mother, and you never have to deal with yourself.

Instead, base your life on the concept, 'I am the creator of my own life. My reality, my dreams and my destiny is my responsibility and mine alone.'



# 42

## Thinking marriage should be easy

Like the saying goes, 'Marriages are made in heaven but they have to be practiced on earth.'

These words were said by wise men who knew having a good marriage requires efforts. Marriage is no fairy tale and it is never 'happily ever after'.

Learn how to disagree, and how to respond to each other's bids for attention. Learn how to ask for what you want and to give what they want.

Be ready to put in more effort than you thought will be necessary.





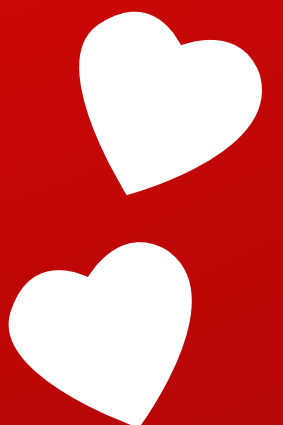
# 43

## Putting the kids first

Children add a lot of positives to a couples' life, but can also add stress and decrease intimacy.

It's important to maintain a physical and emotional connection to your partner, which is often difficult when there are baths needing to happen, meals needing to be eaten, and toys needing to be picked out.

It's important to set boundaries with children. Do not share personal details of your marriage with them. When it's 'mommy / daddy time' make sure your children are clear on what this means for them.



# 44

## **Making your spouse your ONLY best friend**

Many people make the mistake of giving up their past friends to focus solely on couple time. However, doing everything together can create staleness in the relationship and is a great recipe for both partners to get sick of each other.

Friends help meet different emotional and mental needs than a romantic partner. If your spouse is your only friend, you're missing out on the different, yet still important aspects of male or female bonding.

Make time for their separate friends, even if it's just a couple of days a month.



# 45

## Fixing problems instead of listening

There's a difference between listening for empathy and advice giving to solve an issue.

For example, one partner will say something as innocuous as 'I'm feeling lazy today.' The other partner will then give a number of suggestions so that she doesn't feel lazy.

- You can go to the gym.
- You can buy some fabric for the new quilt.
- Why dont you go for a walk?

The first partner was simply meaning she was tired, and actually didn't want to go out. Now she feels obligated to do something after a very busy week.

Before you give your suggestions, ask them if they want any.



# 46

## Losing your identity

Often when people enter into a relationship, they become a couple, a 'we.'

Then they may add 'wife' or 'mother' as well.

Sometimes these labels are good in that they give us purpose. UNFORTUNATELY, sometimes, these labels are taken too far.

In playing that role, we lose our beautiful identity. We are no more being authentic to ourselves. This drowning in the roles, takes the shine off our face.

Work with your partner to make sure you have time to do things you have always wanted to do. Reserve a little bit of time only for you.



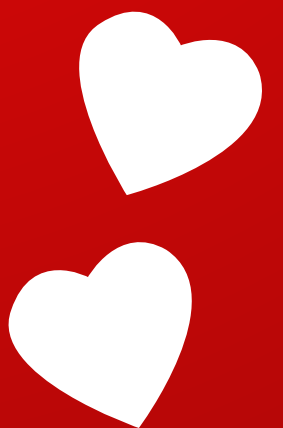
# 47

## Texting instead of talking

Modern couples often reduce their communication with their partners to abbreviated and cryptic acronyms on the screen of a device designed for talking.

The impersonal nature of this communication builds barriers not bridges.

The fix is simple: Talk, don't text. Your partner is your lifeline. Uplifting, encouraging conversations infused with real emotion will revitalize your relationship in a way that no amount of emoticons could ever do.





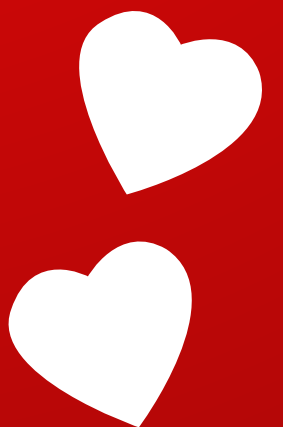
# 48

## **Stalking your spouse's office colleagues and their ex on social media**

Cyber-straying involves covertly looking up your spouse's old flames / office colleagues, despite being (supposedly happily) married.

This kind of curiosity compromises trust, and sabotages relationships.. You have nothing to gain and everything to lose by friending, following, or fanning old flames and new suspects.

Do not let this curiosity take hold. If it has, stop now, before you get burned.



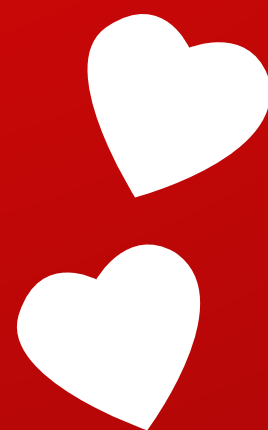
# 49

**Expecting  
to be  
perfectly  
fair**

"There are no EXACT 50/50 division of responsibility in a great marriage.

There will certainly be times when one gives 100 percent due to life circumstances. And there are other times when the other spouse gives 100 percent.

The key is that neither complains when it's their turn to give all. Great couples learn to sacrifice willingly for one another without expecting something in return. This doesn't come naturally, however. To cultivate this mentality, look for little ways to serve your spouse unexpectedly.



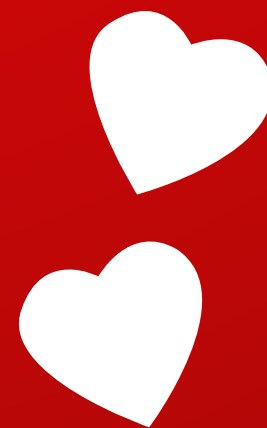
# 50

## Taking your phone to bed with you

Taking your phone to bed and checking it first thing in the morning in the morning destroys cute pillow talk.

Your relationship with screens should never override your relationship with your spouse. Snuggle in. Share about your triumphs and concerns without the distraction of interactive screen based technology.

Couples who engage in pillow talk have been shown over and over to have increased intimacy, both sexual and otherwise. Those few moments keep couples strong, united, and relevant in each other's lives.



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