

Saving a Marriage: Who Can Help?

Many people are available to support you in efforts to keep your marriage intact. Often, when couples are in conflict, emotions may override judgment. Defensiveness, confusion and frustration may keep couples stuck in a repeating pattern of conflict, blind to solutions that can help. Processing your issues with a third party may bring new perspectives that allow couples to reach an agreement that can lead to solutions for conflict. If you are interested in saving your marriage, make that clear to the professionals whose help you solicit. Ask for support and solutions.

Each individual must be honest and responsible for their feelings in order to bring true resolution to conflict. You are the one best equipped to determine your capacity to work through identified issues. Remember, in the end, the judgment and decisions made regarding your marriage, belong to you. Friends and relatives can offer much needed emotional support. Keep in mind however, that their life experiences, the state of their marriage, and the feelings they may have about your spouse and you may complicate matters and color any advice they give. It is natural for family and friends to have a bias toward the partner with whom they are closest. Be aware, that this can set up alliances that may feel threatening to the other partner. Be cautious when seeking advice, and think how they would feel to choose a course of action different from what family or friends may recommend.

Religious organizations/clergy members can offer emotional support, spiritual guidance and possibly referral to other types of counselors. Members of religious affiliations are a source of spiritual support. They may share insights from religious doctrine, listen without being judgmental and assist a person in moving through life's passages. Most clergy members have training in theology and pastoral ministries. Some, however, also have training in individual or marital counseling. They can offer not only emotional support, but spiritual inspiration that often binds a couple together, allowing them to weather times of conflict and crisis.

In addition to the help you can receive from friends, family and clergy, there are many professionals that can provide valuable assistance in saving marriages. The next section will help you understand what each type of professional can do to help you.

Programs and Resources for Re-building Marriages

There are many helpful programs and resources available for couples committed to keeping their marriage together. Many articles and books have been written on the subject and provide valuable information and ideas for re-building relationships that are experiencing trouble. Seeking help from professionals and organizations devoted to saving marriages can and does work. Some options include; articles, books, websites, relationship and marriage work-shops, support groups, and trained marriage and family professionals. Reading books and listening to audiotapes that support the idea of saving marriages may prove helpful. One website that you may find helpful is www.drilldoherty.org. Asking your counselor, clergy, or friend may reveal additional resources to assist you in times of conflict.