

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**How Optimism can Help - or Hurt - Your Marriage**

**By Dr. Tony Fiore**

**How Optimism can Help - or Hurt - Your Marriage**

by: **Dr. Tony Fiore**

Beth and Tom were happily married for over 25 years - no small feat in today's world. At first, their friends could not understand how their marriage succeeded, due to numerous perceived shortcomings.

However, closer scrutiny of their marriage revealed that it was their thinking patterns - the ways they explained and interpreted their partner's behavior to themselves - that strengthened, rather than weakened, their marriage.

Tom's lack of self-confidence? No problem! This only made Beth feel very caring toward him. His stubbornness and obstinacy? Again Beth explained this to herself as "I respect him for his strong beliefs and it helps me have confidence in our relationship."

Beth's jealousy? Tom told himself: "This is a marker of how important my presence is in her life." Beth's shyness? No problem! Tom liked it because "she does not force me into revealing things about myself that I don't want to... this attracts me to her even more."

**Marriage and health**

Numerous studies have shown that the health of your marriage plays a major role in determining your overall physical health. Healthy marriage - healthy body!

**Hold on to your illusions**

Being able to see things in your mate that your friends don't is a very positive predictor of marital success according to recent research by a professor at the State University of New York. Remarkably, satisfied couples see virtues in their partners that are not seen by their closest friends.

## How Optimism can Help – or Hurt – Your Marriage

In contrast to this 'illusion' by happy couples, dissatisfied couples have a 'tainted image' of each other; they see fewer virtues in their mates than their friends do.

The happiest couples look on the bright side of the relationship (optimism). They focus on strengths rather than weaknesses and believe that bad events that might threaten other couples do not affect them.

But what if you are an optimist and your partner is a pessimist? That can work! Or, the other way around? That can work too!

However, two pessimists married to each other place their marriage in jeopardy because when an untoward event occurs, a downward spiral may follow.

### Pessimistic scenario

Unlike Optimists, pessimistic partners make permanent and pervasive explanations to themselves when bad events occur. (Conversely, they make temporary and specific explanations to themselves when good events occur.)

See what happens when Susie is late coming home from the office. Husband Jim explains to himself that "she cares more about work than about me!" Susie explains to herself Jim is sulking because "he is ungrateful for the big paycheck I bring home!" and tells him so.

Jim defends himself by saying: "You never listen to me when I try and tell you how I feel!" Susie, being a pessimist, responds: "You're nothing but a crybaby!"

### Optimistic Scenario

Either partner could have stopped this negative spiral by interpreting events differently. Jim could have interpreted Susie's lateness as a sign of what a hard worker she is and noted she is usually on time. Jim could have seen that her lateness had nothing to do with her love for him, remembering all the times in the past that Susie has put his needs first.

Susie if she had been an optimist could have seen that Jim's sulking was a temporary state rather than a character flaw and tried to pull him out of it by pointing out that she really wanted to get home earlier, but her big account unexpectedly dropped by at 5 o'clock.

### The optimistic marriage

The message is clear from both clinical experience and research; optimism helps marriage. When your partner does something that displeases you, try hard to find a believable, temporary, and specific explanation for it, i.e.: "He was tired;" "She must really be stressed," instead of "He's always inattentive," or "He's a grouch."

On the other hand, when your partner does something great, amplify it with plausible explanations that

are permanent (always) and pervasive (character traits), i.e.: "She is brilliant," or "She is always at the top of her game," as opposed to "The opposition caved in," or "What a lucky day she had."

Dr. Tony Fiore is a So. California licensed psychologist, and anger management trainer. His company, The Anger Coach, provides anger and stress management programs, training and products to individuals, couples, and the workplace. Sign up for his free monthly newsletter "Taming The Anger Bee" at

and receive two bonus reports.

### **The Basics Of Marriage Counseling**

#### **By Stephen Kreutzer**

Almost half of all marriages end in divorce. That is why there is an increase in couples seeking marriage counseling. Nobody wants to think that the marriage they are in will end. Marriage counseling offers a way for couples to work through problems with an outside influence. Marriage counseling can help couples to rebuild a marriage that was on the way to divorce.

Marriage counseling is a type of therapy that helps married couples resolve problems they may be having in their marriage. Most often counseling is conducted with both partners present. However, sometimes there will be individual sessions depending on the couples needs. The basis for marriage counseling is research that has shown problems in a marriage are best solved through communication and working together. Marriage counseling usually lasts a short period of time, until the problems are resolved and the marriage is back on track and the couple can handle problems on their own. In a session the counselor will ask questions, listen and analyze problems. The counseling usually starts with an analysis of the marriage and its problems. Then the problems are worked through to an amicable conclusion.

Marriage counselors are trained in psychotherapy. They also have an understanding about families, how to understand client's needs and problems. They also have training that allows them to help clients work through the problems to reach conclusions. All of this training lets them be able to identify underlying problems. A good marriage counselor will not make a client feel guilty or blame. They will teach clients to work through problems and get over bad feelings.

Marriage counseling can help couples open the lines of communication. Communication has been shown to be the key to a healthy and happy relationship. Couples with problems seek marriage counseling to get a better understanding of what has went wrong in their marriage, so they can once again have a strong marriage.

Stephen Kreutzer is a freelance publisher based in Cupertino, California. He publishes articles and reports in various ezines and provides information on marriage counseling at CyberTopics!

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**