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Seek Marriage Help from the Right Sources

By Ted Belfour

If you need marriage help, don't make the mistake most people do. Don't talk to a member of the opposite sex about it unless that person is functioning in a professional capacity.

For example, a woman believes her husband doesn't give her as much attention as he should. She should never talk to a male coworker about the situation even if he is considered to be a dear friend. If he is sympathetic to her and they grow closer, more marriage problems are sure to follow. Depending on the workplace, conversation about the woman's situation might even be misconstrued as sexual harassment which is never appropriate in the work place.

The best person to discuss marriage help with is your spouse. If that just is not possible - either because your spouse is not willing or because there is a chance you might be harmed for trying to talk about your problems and concerns - talk with a trained professional. Visit a counselor or minister to talk about your marriage problems. They are trained to look at situations objectively and know how to maintain your confidentiality.

If you do not have a minister or know a counselor, you can find one discreetly by looking at your local phone book. Search under "counseling" or "marriage counselors" to find several to call. Some communities may even have counseling services free of charge for some situations. If you have a close friend you can confide in, ask if they have heard anything about the counselors you find. At work you can always pull that "a friend of mine is looking for a counselor. Have you heard of any?" trick.

If the advice you receive from the minister or counselor does not strike a chord with you, go somewhere else. That does not mean that if the advice is not what you want to hear, to leave it behind, however. When you seek help for your marriage, you need to be open minded enough to accept that some of the responsibility or blame may be your own.

Remember, the first step to solving any marriage problem is to seek help. If you and your spouse both agree, try going to a counselor together. The professional may prefer to see you individually after an initial meeting with the two of you together. If you are both willing to find marriage help, you will need to be accommodating and adaptable as you work through your problems and the counseling process.

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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 thorough 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 o get a better understanding of what has went wrong in their marriage, so they can once again have a string 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!

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