

## Practical Advice To Save Your Marriage For The Lost And Helpless

If you are looking for advice to save a marriage, there are many ways to find what you need. Many books talk about saving your marriage, and are authored by experts in the relationship field. There are also many self-improvement classes offered in most cities across America that offer practical tips & advice to save a marriage and how to become happier in your relationship.

While experts dont agree on every point, there are common grounds and similarities when it comes to marriage tips and advice that is being recommended.

Lets look at some of these marriage tips and advice and hopefully, they can give you some encouragement and help in your marriage.

a) Learn to communicate with each other. The best advice to those who want to save their marriage is to improve on ones communication skills. Faulty communication is a major cause of divorce and separation. When you communicate more effectively with each other, you will see a decrease in misunderstandings, and an increase in intimacy.

b) Spending quality time together. Its not just the quantity, its also the quality. Many couples find themselves running in opposite directions all the time. Take the advice of experts to save your marriage and learn to spend time together. As couples get older, the pressures of life can become overwhelming and just keeping up with each others schedule can be difficult. Some great advice to save a marriage is to schedule date nights, time for just the two of you, when you can unplug the phone, drop the kids off at Uncle Bobs, and enjoy being together like you used to be. Sounds romantic doesnt it?

c) Seek help from marriage counsellors. If problems in your marriage become really tough, some good advice to save your marriage is to see a marriage counselor or couples therapist. Sometimes it seems overwhelming to work through problems yourselves, and a third person can put some perspective on the situation. A marriage counselor is trained to see patterns and offer solutions, and he or she can be a real source of advice to save a marriage, no matter what the issues are.

d) Seek the opinion or advice of a family member. You can also ask a trusted friend or family member for advice to save a marriage. If your friend has a successful relationship, she can probably offer some of her own advice to save a marriage that has worked for her relationship. However, this can be a double edge sword, But consider the source when taking advice; not everyone has the same idea of a good relationship, and what works for them might be all wrong for the two of you.

Some additional advice to save a marriage is to focus on the positive. When your spouse makes you mad, get some perspective by acknowledging, even to yourself, all the things he or she does right. You might find that the action that angered you isnt really all that big of a deal, all things considered.

When it comes to advice to saving your marriage, there are many you can try. Depending on your situation and the issues present in your relationship, some of this save your marriage advice will work wonders. Try a few suggestions and see.

## About the Author

Brandon Hong - Put an End to the Stress and Anxiety of Not Knowing What to Do to Save Your Troubled Marriage! Get proven marriage tips and advice today. <http://www.ways-to-save-a-marriage.info>

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