



Breathe Life

— *Back Into Your* —

**MARRIAGE**

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# Chapter 1: Introduction

## Breathe Life Back Into Your Marriage

*What is our biggest collective dream as humans?*

**Almost everyone I know has the same dream:** to find that one person to share your life with and to love that person with all your heart and with all that you are.

There is absolutely nothing wrong with this idealistic concept of love!

In fact, it's an idealism because it's beautiful and it's something that married couples should still aspire for, even if a couple has been together for ten, twenty or forty years.

Sadly, not all love stories have happy endings. Many love stories, especially the ones that I have personally encountered, are far from happy.

It's a fact of life: some marriages don't work out. In the most extreme cases I've seen, there's just no reconciling the couple because they've grown apart due to their incompatible values and beliefs.

However, in the majority of troubled marriages, the problem is not incompatible belief systems. The real problem is lack of harmony and communication within the relationship.

**If harmony and communication are missing, you can be sure that any kind of relationship will eventually collapse.**

The book that you're reading now will attempt to address the most common deficiencies found in troubled marriages. I'm happy to report that if both parties are sincere in their desire to work on their relationship, there's almost a 100% chance of success.

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**Why?** Because if two people still love each other, and they're both hopeful with what lies ahead, then what could possibly hold them back from their goal of becoming a happily married couple again?

In our day and age where relationships are gradually being transformed into expendable "items" of modern life, we should remember that what makes us essentially human is our deep need to love and to be loved in return.

This drive to become part of something that is bigger than all of us is expressed in our endless search for love, even if that search brings us to the brink of despair and into the valley of tears.

**We choose to love because in the process, we affirm our humanity and our desire for life.**

There are some things that even our modern age cannot fully assimilate and one of them is our unique need for love.

So do keep these things in mind the next time you think that love is simply an illusion or it's something that we can discard like an old pair of socks. To love someone and to want to be loved back is part of who we all are. It's one of the essential things that make us human.

**And if you think you've already found that special person whom you can share the rest of your life with, consider yourself very lucky indeed!**

Even if you are encountering problems in your married life now, there was once a time when you thought the world of each other and you loved like there was no tomorrow.

Those days were not false – they were not illusions! Those dreamy days are a testament to the genuineness of your love for each other.

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The problems that married couples face are often arbitrary to *why* they fell in love with each other in the first place.

So I always tell troubled couples to **hold on tight** and to solve the problems as a team and not as separate individuals.

This book is all about hope and the countless possibilities that come with it.

I created this volume to serve as a beacon for those who have already forgotten how to be the best wife or husband they can be. It is also a wake-up call for those who are purposefully holding back on their efforts to repair their marriages.

Marriage is a precious, wonderful thing. It's the crystallization of love, the one thing that truly makes us human. It's time to bring love back into your home!

### Assumptions

**This eBook assumes that:**

1. You are presently facing some relationship difficulties and you are looking for guidance as to what you should do to start fixing your relationship.
2. That you are reading this only as a general reference and not as a substitute for any professional advice or therapy that can be provided by certified or licensed individuals.
3. That you are willing to be open-minded as you adapt to the changing needs of your relationship and that you're willing to try new techniques to become a better spouse.

# Chapter 2: Caring Communication

## Breathe Life Back Into Your Marriage

*What's the real secret of a successful marriage?*

**Nothing fosters love in a marriage like constructive and caring communication.**

Inversely, nothing can destroy a marriage as quickly as negative communication tactics like the “blame game,” name-calling and unfair generalizations. If you're guilty of using such tactics and you still feel that you were right for using them, then please read on.

Communication is the fundamental ingredient that allows humans to have meaningful relationships. It is necessary for good friendships, a peaceful family life and most importantly, a harmonious and happy marriage.

With these facts in mind, a marriage will only be able to function if both spouses always make an effort to express themselves in peaceful, constructive and caring ways.

The moment that you start using loaded words such as “selfish,” “self-centered,” or “loser,” you also begin alienating your spouse by making him/her feel less valued in the relationship.

**A person's self-confidence can easily be affected by negative communication and this effect is magnified greatly through time.**

If a married couple continues with their faulty ways of communicating with each other, the relationship will naturally dissolve due to loss of love and care.



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*Can a relationship last even with bad communication?*

**Remember: marriages and/or intimate relationships cannot sustain themselves.**

Any kind of intimate relationship (including marriage) needs to be nourished and protected with love, mutual respect and intimacy. You can achieve this easily if you know how to communicate with your spouse properly.

If you think your marriage is already headed down the rocky and shaky path of separation, it's time to clean up your language and fix the way that you talk to your spouse.

By doing so, you will also be able to teach your spouse how to reverse a lifetime of bad communication habits. It's not going to be very easy to repair a relationship, but the solution to your communication issues can be learned by heart and applied immediately.

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### The Path to Caring Communication

*What is caring communication?*

**Caring communication is a conscious effort to be more positive, open and honest when talking to someone.**

It is one of the most ideal communication techniques that can be used within a marriage to strengthen the bond of the married couple and to improve the overall dynamics of the relationship.

This communication technique has three main objectives:

- 1. To reverse negative or offensive habits while talking to your spouse.*
- 2. To improve your ability to express yourself and understand your spouse at the same time.*
- 3. To enhance your capacity to create solutions to current problems by collaborating with your spouse.*

*How can you succeed in shifting to caring communication?*

These objectives can only be achieved if you're willing to change any negative communication habits that you may have at the moment.

Again, the strategies that I will be sharing with you in a moment are actually easy to remember and apply. I have discovered that the most difficult part (based on my experience in advising couples) is accepting that there's something wrong with the way you do things.

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However, if you don't acknowledge your shortcomings, you're never going to be in the right mindset that will allow you to start repairing your relationship.

**So from now on, keep in mind that your relationship was never about you alone.**

Marriage has always been (and forever will be) about the two of you, regardless of how much you're earning and whatever else you do to support and sustain the family. Both of you have equal importance and value. This is how it should be so you can sustain love and create harmony and strength within the marriage.

### The Strategies of Caring Communication

*Are you ready to transform your relationship through your own words and emotions?*

Follow the guidelines below to rediscover the path to married happiness!

#### 1. Don't Judge!

*What happens when you judge your spouse?*

Judging your spouse's behavior and being vocal about your spouse's perceived shortcomings is an easy shortcut to a broken relationship. Words like "thoughtless," "selfish," and "childish" can smash self-esteem to pieces and can make your significant other feel like he's as small as Tom Thumb.

It doesn't matter if you talk the same way about other people or if your father *and* your mother taught you the habit. Drop the habit as soon as you can before it starts melting away at your spouse's affection for you.

### 2. Shatter the Name-Calling Habit

*Why is name-calling a destructive habit?*

Many troubled couples resort to name-calling and negative labeling because they want to “win arguments” and dominate each other any way they can.

During heated arguments, many couples seem to forget that they are in an intimate relationship and they are not enemies, but rather, life partners in the deepest sense of the word. Negative labels like “loser” can easily progress to more extreme name-calling like “bastard.”

*What happens when the name-calling continues unabated?*

As you continue calling each other negative labels, you and your spouse will become desensitized and you will end up using more offensive terms to describe each other – because the old labels don’t “satisfy” your urge to hurt each other anymore.

When your spouse does something wrong and you feel hurt, name-calling seems to be a righteous and just way to deal with him/her. You may even feel satisfied that you were able to “express your feelings.”

However, this type of chronic labeling affects not only your spouse’s self-confidence but his/her trust in you and in the stability of the relationship.

Why? Because your spouse probably doesn’t receive the same treatment from office workers or complete strangers. I call this the “Alien House Effect” where the home becomes the center of conflict and hostility.

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### 3. Start Statements with “I” Instead of “You”

*Why are “you” statements problematic?*

When a person is angry, anxious or frustrated, starting a statement with the pronoun “you” will most likely create an accusatory statement.

For example, if a wife prepared a very tasty dinner for her husband and she expected him to arrive at 7 P.M., she may already be on the brink of tears when he arrives at 8:45 P.M., one hour and 45 minutes late.

Imagine the husband walking through the door:

**H:** *Hi, I'm here.*

**W:** *(Relieved but suddenly very angry) You knew that dinner would be ready at 7, now everything is dried and ruined! Go fix yourself your own dinner!*

**H:** *And it's supposed to be my fault that I have to work so hard?*

**W:** *What's that supposed to mean? We both work!*

**H:** *Yeah, you work and but I bring home thrice as much but you hold the checkbook. Some life! I'm out of here!*

(Doors slam shut, wife cries in the bedroom, husband drives off to have a drink at a nearby bar).

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This is just a simulation of what could happen when you begin an interaction with a “you” statement. Accusing someone of wrongdoing will only create a continuous defensive backlash that will rarely produce a good result.

So instead of resorting to “you” statements, learn to reformulate your thoughts so that they would fit into “I” statements without losing meaning.

Here are some examples:

*“You”: “You never think of saving, that’s why we’re always struggling with our bills!”*

*“I”: “I’m frustrated that we can’t pay our bills on time. How can we solve this?”*

*“You”: “You always come home late and on top of that, you reek of alcohol!”*

*“I”: “I miss you in the evenings and would love it if you can come home to us earlier. If you really need to drink, you can drink a little at home.”*

### 4. Don’t Rake Up History

*Why should we leave the past alone while talking to our spouses?*

Raking up history while you’re mad at your spouse is like shoveling dirt into your spouse’s lap (or face). Past mistakes and experiences can help you solve problems but if you bring up the past when you’re arguing with each other, the effect would be pejorative and not constructive.

Statements like these should be avoided completely: *“You were late for our anniversary date again, you’re always like this! You did the exact same thing when I asked you to drive us to my mother’s house last summer and*

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*let's not forget that you were extremely late for Sandy's ballet recital last February!"*

If you resort to these types of statements, what you're really saying is: *"Your just bad, bad, so bad that I can't even see where it ends. You screw up all the time and people know it and you're ruining everything for us!"*

Even if you don't say such things out loud, your spouse feels like you're saying that he/she doesn't have any hope in changing bad habits or behaviors. This is extremely problematic because if a person is continually reminded of his mistakes and other shortcomings, there would be little motivation to change.

### 5. Don't Compare Your Spouse To Anyone

**Comparing your spouse to anyone is a bad habit because it's pure punishment and nothing else.**

You may think that you're "helping" your spouse by showing him/her a "role model" of sorts, but what you're really just doing is making your spouse feel bad. People learn nothing from comparisons because the mind shuts down when it feels like it is being combated and punished.

### 6. Describe Your Emotions Instead Of Using Them As Ammunition

*Should you let your emotions run free all the time?*

Raw emotions can be extremely hard to control especially if you feel hurt and neglected. However, you still have to manage them for the sake of your spouse and your marriage.

It may feel right to attack and lash out when your emotions drive you to the breaking point, but it's not. No amount of rationalization can justify attacking someone verbally, mentally or emotionally. So the

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next time you feel like bashing your spouse with your raw emotions, focus on expressing them reasonably instead.

For example, if you feel angry that your spouse has purchased another expensive appliance without consulting you, say *“I feel very angry and frustrated right now because we had plans to buy something nice for the kids and I think this purchase set us back again.”*

Notice that if you describe your feelings to your spouse, what naturally follows is a rational explanation of why you’re feeling that way. It’s a great way to start a conversation, even if you’re angry or depressed.

**Remember: the goal of conversation in married life is to express and be understood.**

Raw emotions are extremely difficult to understand so if you want to be understood, but at the same time you feel that you don’t have to explain anything, you’re going to have a tough time in the relationship.



# Chapter 3: Conflicts & Negotiation

## Breathe Life Back Into Your Marriage

*How can you produce mutually beneficial solutions through negotiation?*

When married couples fight, they tend to think that their relationship is defined by their issues and problems. It's as if a couple's once intimate relationship has evolved into a completely different relationship – one that is built on conflict, not love and care.

**If you feel the same thing happening to your own marriage**, it's possible that the number of unresolved conflicts in your relationship have become too many and the burden of carrying them around on your hearts and minds has also become too much to handle.

It's also possible that you are now experiencing “conflict overload” in your marriage because you don't know how to negotiate with your spouse properly.

*What is negotiation?*

**Negotiation is the fine art of engaging another party in a dialogue so that both parties can arrive at an agreement.**

Everyone should aim for an *ethical negotiation* whenever there is a conflict so that both parties involved would benefit from the agreement.

If only one person or party benefits from the agreement, then you can be sure that such an agreement will create complication and even more problems in the future.

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*How can you negotiate ethically and constructively with your spouse?*

Follow these simple guidelines so you can start creating viable and mutually beneficial solutions to your marriage problems:

### **1. Accept That Conflict Is Part of Married Life**

Conflicts occur naturally in all kinds of relationships.

Encountering conflicts in your married life doesn't necessarily mean that you are headed toward separation or there's something fundamentally wrong with you or your spouse.

If conflicts are getting you down, it just means that you're not solving them properly. Negotiation will allow you to solve each one with an open heart and an open mind. Of course, this approach will only work if your spouse is willing to do the same, for the sake of the marriage.

### **2. Veer Away From Negativity**

*Remember the law of attraction?*

Positivity attracts more positivity, while negativity will only magnetize even more negative things into your life (and consequently, into your marriage).

This should be one of your main guiding principles when negotiating with your spouse. Don't resort to negativity in any form, even if it sounds like a good idea because you're angry or you feel you've been wronged.

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Veer away from name-calling and blaming your spouse for every little thing that you thought he/she did. Try this and you can eliminate 90% of all conflicts in your marriage

### **3. Manage Your Emotions Wisely**

Everyone is entitled to express their emotions but during a negotiation, your emotions shouldn't be at the helm.

Emotions are generally unstable in their raw form and they must be managed closely so they don't sabotage your chances of coming up with a mutually beneficial agreement with your spouse.

Don't let your emotions get the best of you! Remember: you control your emotions and not the other way around.

### **4. Concentrate on the Issue and Its Resolution**

Negotiations are often marred when a person focuses too much on his general position and not on the solution-building process.

While it's difficult to completely separate yourself from your own beliefs and value system, you must momentarily suspend your desire to present all of them during a negotiation so the dialogue can end at a more reasonable note.

You can advocate for a solution using your own knowledge of the situation, but you must not knowingly attack your spouse on the grounds that he/she has particular beliefs or values that you don't agree with.

# Chapter 4: The Safest Way to Solve Problems

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*How can you solve problems quickly and effortlessly?*

In the previous chapter, you learned that it's possible to come up with a mutually beneficial agreement with your spouse whenever there's "trouble in paradise." In this chapter, we're going to focus on a vital aspect of marital negotiation: solving problems.

Too often, married couples hit a veritable brick wall when they try to solve problems together. The idea of collaborating with one's spouse to create a viable solution to a problem seems so alien to some troubled couples.

If you feel the same way every time you sit down and talk with your spouse about your problems, then it's time to make some essential changes to your approach in solving problems and issues.

### **Problem-Solving Strategies**

Below are some expert tips to help you solve problems harmoniously and collaboratively with your spouse:

#### **1. Know Your Problem Well**

You can't solve your problem together if you don't have the facts in front of you. The best way to keep track of the important details of a problem is by writing them down.

Focus on the 5 W's and H (who, what, when, where, why and how) when expanding the details of the problem that you are trying to solve. Also note how you feel about the problem and why you feel that way.

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### 2. Set Intelligent Goals

*How can you set great goals with your spouse?*

Setting goals isn't just saying what you want to happen. Intelligent goal setting requires that you identify what's not working so you won't repeat past mistakes.

A good goal has the following characteristics:

- a.) It has a definite beginning and end.*
- b.) You can identify all the resources needed to accomplish it.*
- c.) You will know when you have succeeded with your goal.*
- d.) The goal can be segmented into milestones.*

### 3. Collaborate and Brainstorm

*How can you be more productive with brainstorming?*

As a married couple, you have to think of solutions with your spouse. To stay organized, I suggest that you write all your ideas down. Don't let your value judgments get in the way.

If your spouse has a new idea (even if you don't fully agree with it), write it down and give it a fair space within the brainstorming session.

The more ideas you can come up with, the better off you will be. When the brainstorming session is over, combine your ideas and pick a set of ideas that you both think will finally solve the problem.

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### 4. Try Your Ideas

This is the “action” phase of the problem-solving process. Mark the ideas that you think are worth your time and effort and start implementing them. It’s important that you set a trial period for new ideas so you can measure the results after the trial period.

### 5. Assess Your Results

Not all ideas will yield the best results. If some ideas aren’t working, brainstorm once again until you come up with the perfect set of solutions.



# Chapter 5: Cooling Anger Into Peace

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*Why should you be concerned with anger management?*

Managing one's anger is essential in improving the overall quality of your interactions with your spouse. Some married couples suffer from damage caused by unmitigated anger and unstable tempers.

It's easy to see and feel if one's anger is becoming excessive; however, many individuals feel that it's their "right" to express their anger however and whenever they want.

While it is true that you are entitled to express your emotions, you are not entitled to make your spouse miserable just because you can't control your temper.

If one half, or both halves, of a married couple decides to dominate the other through anger and consequently, through other negative emotions, then the marriage can easily collapse due to the damage caused by this kind of behavior.

There are no kings or queens in marriage. No one should "rule over" the other. There's you and your spouse – two individuals of equal rank and right. There should be no "reigning" over one another; there should only be collaboration and cooperation.

### **Anger Management Tips**

*Are you tired of being angry all the time?*

**Excessive and uncontrolled anger can become a habit – a habit that can cost you the trust and love of your spouse.**

If you have been experiencing cyclical anger problems over the past few years, it's time to do something about it.

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Below are some tips that will help you quell the temper monster:

### 1. Don't Speak When You Are Angry

Anger often makes people say the most horrible things. In the heat of an argument, a person can bring up past mistakes and blame everything on his/her spouse.

The effects of anger-driven language can become permanent if angry outbursts happen too frequently. So if you're angry at something, don't talk. Wait for the anger to subside before trying to air your issues with your spouse.

### 2. Reduce Your Stress Levels

Anger is often associated with stress. The best way to get rid of stress is through regular physical activity. Exercise is a natural outlet for stress and it's good for your body, too!

### 3. Take a Break

If something has made you really angry and you feel like exploding, your best recourse would be to remove yourself from the environment temporarily. Go outside, take a walk or perform any other non-destructive activity to temporarily distract yourself. Give yourself time to calm down before returning and talking.

### 4. Forgive Your Spouse

Forgiveness is a powerful concept that can help reduce your anger a hundredfold in the long term. If you forgive your spouse for something that he/she has done to you, the anger that you feel right now will no longer "circle" over you. The anger will dissipate and you will find it easier to replace anger with love and understanding again.

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### 5. Humor Helps

Finding some humor in the situation can help defuse any temper explosions that may be bubbling just beneath the surface of your mind. Joking about something that made you angry can also dispel any unrealistic views you may have of the situation.

# Stop your breakup in its tracks!

It may seem unlikely – maybe even impossible – but no matter how badly broken your relationship is right now, there's a very real way to get your lover back, and it's easier than you think.

Whether you're about to break up, you're right in the middle of a break up, or your loving partner walked away weeks ago, all is not lost.

What if you could wipe the slate clean, reignite the spark that brought you both together, and be back in your lover's arms in days – or possibly even hours – from now?

I know it sounds like a big promise, and if it weren't for the thousands of people who have used this system to do just that, I would say it was a flat out lie.

But instead, it's real...

... and no matter how complicated, screwed up, or downright ugly things have gotten, there's a very simple and SPECIFIC way to save a relationship, IF you truly love each other, deep down.

When you look around, you'll see people getting back together every day, despite all odds. Yet, on the other hand, other couples never salvage the love they had.

So what's the difference between the two couples?

If you ask most people how they managed to get back together, they might say, "We just talked and listened to each other a lot."

But that's not telling you much.

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And the truth is, they probably said the right things, at the right time, almost by accident.

But what if you could get your relationship back on track, without relying on luck?

What if every couple that got back together all shared the same patterns... saying and doing the same things... without even knowing it?

What if you could “bottle” that “accidental formula” and use it to get back into your lover’s world, curled up on the sofa together, and watching movies (and maybe a little something else) within hours from now?

I’m talking about a step-by-step, “do this, say that” system that works for any age group, any personality types, in any culture or country, to save your relationship and get your ex back...

... no matter how - or why - you split up in the first place.

It might sound like a dream, but it’s real... and it’s saving broken hearts every single day. Maybe, just maybe, it could save yours too...

[Go here to find out](#)