

Your Marriage Tired of . . .

Arguing & Fighting?

Are you tired of arguing and fighting?

Are you dealing with unresolved hurt?

Is your marriage threatened by divorce?

Do you want to restore the romance and love in your marriage?

Of course you are tired of arguing and fighting. Yes, you probably have back logged many unresolved hurts. And if you are like most folks who want to preserve the marriage and family, you do want to find ways to resolve conflict and to restore the marriage, its romance, its love and tender caring.

Most folks come to marriage counseling when the pressures have become too great to just let the hurts continue.

Often, the spoken or unspoken threat of divorce becomes a scary thought and as angina is to the heart—a warning—so is arguing and fighting to the marriage when it is ongoing with no resolution.

Would you believe, never has it happened that this doctor has received a phone call from someone to advise. "Dr. Ross may I come in to see you to share with you what a wonderful marriage I have I do so want to do that and would be happy to pay your normal fee."

Do you know why you are arguing and fighting? Do you know what each of you is saying or doing that is discrediting or discounting the other person? Are you stuck arguing over the same issues time and time again?

Isn't it interesting to observe that when you are in conflict the roof of your house doesn't magically open and a great voice comes down to say, "Stop. cut, your doing it wrong. Let me give

you some instruction." Hence, the only time couples get feedback in the issues that create divisiveness in their marriage

is when they decide to attempt counseling.

A counselor fills several functions. First, as a nonentity to the marriage relationship, the counselor then comes in as a third party observer with some objectivity and ability to diagnose the



Dr. Eli T. Ross

**Handy
Hints for
Hassled
Households**

situation.

Second, the counselor can act as a band-aid, temporarily providing healing balm to stem the flow of marital loss.

Third, the counselor may provide insight into how you function and relate to one another as a couple. The mind sees not its own eye. It needs the marital doctor to be a reflecting mirror.

Fourth, the counselor becomes the physician. The counselor may suggest proper communication, model and even role play involving the marital patients. Couples need more than just talk therapy. They need experiential practice and helps so that what is gained in the counseling chamber can be utilized at home.

Fifth, the counselor helps you get over the bumps, the places where you may be stuck and need that extra boost of insight to override a particular hurdle. Some years ago, the wife who came to marital counseling with her husband and

was most serious about divorce complained. "I am suppose to have allowance to spend as I choose. Jim asks me to lend him some money when he runs short and never returns it. He jokes, 'What is your is ours and what is ours is mine.' This absolutely infuriates me." Once the husband could truly understand this was not a joking or humorous matter and this his marriage was literally at stake, he made an almost instant 180 degrees turnabout.

Perhaps last, but not necessarily least, the counselor summarizes the sessions, and injects a preventative note for future disagreements by making sure the client knows exactly what to do when 'next' time comes around, as it surely will.

Counseling doesn't solve all marital problems once and for all and forever. The counselor needs to be regarded much like seeing a medical doctor. You return as often as you need to when you are ill and can't overcome the problem on your own by waiting it out. A properly counseled couple realizes there will be times when they reach an impasse and cannot resolve an issue on their own. It is not a question did counseling really work. It is an issue of understanding that times arise in each person's life where a little bit of help is needed and seeking early assistance makes a good deal of common sense.