



## **4 Key Signs Your Marriage Needs Help**

By Mike & Charlotte Mazzei

1. You only talk about the necessary details.
2. You are afraid to share how you feel.
3. You can't manage conflict in a healthy manner.
4. You may have sex but don't make love anymore.

1. You only talk about the necessary details.

Of course we need to talk about the day-to-day necessary details. But, a meaningful relationship should go beyond that. We should talk to our spouse about what really matters to us. And we need to care about what really matters to them.

In a marriage that needs help these are the types of discussion that fade away first. It means we have lost track of what really matters in our relationship. Don't despair. This is something that can be

rekindled. But, it requires help. A website with many different types of helpful resources is shared below.

## 2. You are afraid to share how you feel.

You don't share how you feel about things because you fear one of two things.

- A. You fear you will be judged for having those feelings. Feelings should not be judged. But, our behavior that follows those feelings can be judged when that behavior is not appropriate.
- B. Another fear is that when you share your feelings it results in an argument with your spouse. You may share your feelings maturely without any inappropriate behavior but your spouse may still react inappropriately.

## 3. You can't manage conflict in a healthy manner.

As long as we are a living, breathing human beings we are bound to have conflicts with other humans. Conflict with other people is normal.

Not all conflicts can be resolved quickly. However, all conflicts can be managed in a mature manner.

Conflict is not bad. How we manage that conflict can be either good or bad. Most people who fear conflict don't know how to handle conflict constructively.

4. You may have sex but don't make love anymore.

We all know it. There is a difference between sex and making love. Sex is a physical act that any two animals can have. Making love is different. Making love requires two people who care about each other and have a desire to feel close to the other person in an intimate manner.

Love making requires the elements listed above: the ability to talk about things that really matter, the ability to manage conflict in a healthy manner and the ability to maturely and responsibly share your feelings with each other. When we can do these things love making happens automatically.

We've heard it a thousand times before: "He/she says they don't love me anymore." Or, "I don't love them anymore." Used in this context, the word 'love' refers to a feeling. Feelings come and go. To care about another person means we must go beyond our feelings. Caring about another person requires us to do something in our head. Most people are not taught how to make this shift in how they think.

If your marriage is lacking any of these four elements listed above we urge you to get help. There are many different forms of help.

1. Therapists and marriage counselors
2. Great books
3. Support groups
4. Marriage help programs like Retrouvaille

For access to well-researched options in all four of these categories of help in the Santa Cruz/Monterey/SLO area visit our [Resource Page](#).