


**Trying to “Fix” Your Marriage
Generates *Tension*...
The #1 Marriage Killer**

By: Dr. Bob Huizenga



Don't dive in!

If your marriage is in shambles, broken and and you are emotionally falling apart, don't... please don't... jump in and try to fix it.

No date nights. No plans for a romantic getaway. No plea for counseling. No, "Let's sit down and talk about this." No trying to meet your other's needs. No ultimatums. No becoming a chameleon to what you think your other wants. No outbursts. No drama. No attempts at calm rational persuasion. No stoney silence. No guilt trips. No new trick you just learned online to get "more" from your other.

None of that.

Your best laid plans and most conventional strategies won't work!

As a matter of fact, they will backfire and make your situation worse.

Why?

What you are Taught about Fixing a Marriage is Misinformed or Wrong

Because you are too tense. Your anxiety controls.

And, when you are tense, your best intentions, backed perhaps by seemingly solid and traditional advice, will blow up in your face.

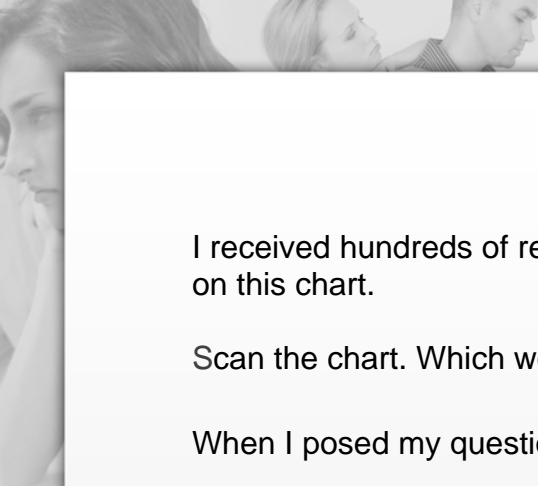
You don't get this. You are not taught this. You are taught and encouraged to jump in and fix it.

The Number 1 Marriage Killer

I recently asked my readers to respond to a survey and in one word answer the question: "What, in your opinion, is the number 1 factor that kills a marriage?"

Marriage Killers: Common Responses

Complacency	Fantasy	Growing apart	Ego	poor communication
Co-workers	Judgment	HONESTY	my wife's affair	inadequate communication
Emotional affairs	Money	complacency	self esteem	lack of communication
Adultery	Safety	Social Media	BROKEN TRUST	non-communication
Affair	Expectations	Selfishness	Snoring	Women's independence
Another women	Satan	Money	past	fear of vulnerability
Infidelity	Fear	addictions	roles	His daughter and grand kids
Communication	Selfishness	jealousy	Codependency	Independent behavior
Neglect	shattered trust	Negativity	anger	financial difficulties
Disconnection	Busy	Un appreciation	power	Anger management
Lack of intimacy	Lack of unity	Insecurity	Immaturity	Unhealthy selfishness
Dishonesty	Criticism	Negligence	avoidance	The "other" is not a priority
self-centeredness	Suspicion	Distrust	Selfish Pride	Absence of God in the marriage
Cheating	Contempt	Negligence	indifference	emotional distance
Deception	Betrayal by affair	No trust	Lies Secrets	Unrealistic expectation
Indifference	Lies & secrets	Stress	Secrets	Not acknowledging each other's needs
Facebook	Lack of Trust	Self-centered	neglect	Unresolved sexual intimacy problems
Resentment	Narcissism	Abuse	resentment	unrealistic expectation
Trust	Resentment	deceit	detachment	Taking each other for granted.
Passion	Lack of honesty	unpreparedness	Talk of divorce	Asking for what you want
Alcoholism	Deceit. Infidelity.	Openness	Mistrust	When you stop communicating
Apathy	Inner-child health	resentment	trust	Assumptions on someone's feelings
Complacency	commitment	Immaturity	Contempt	Unfaithfulness and lying
Deception	Lack of sex	acceptance	Miscommunication	When you stop communicating
Disrespect	Lack of intimacy	avoidance	Boredom	Men's lack of understanding
Control	Lack of forgiveness	untruthfulness	Porn	Other women who can't keep their hands off of married men
Un forgiveness	Self-negation	indifference	fear	Failure to communicate honestly
Secrecy	Attention	Selfish Pride	Busy	taking partner for granted
In laws	ingratitude	Snooping	go back to lover	lack of honest communication
Attention	Disconnection	Stubbornness	loneliness	Our incorrect responses to their words and actions start the death spiral
Betrayal	Pride	mid life crisis	Ungodliness	Not doing the work to keep your marriage healthy is selfish
Lying	no connection	Alcohol	Withdrawal	my wife's affair
Sex	Pornography	Lack of time	Egoism	Hurtful words



I received hundreds of responses, but for the sake of brevity, present only the first few on this chart.

Scan the chart. Which word would you use to describe the #1 marriage killer?

When I posed my question, I had MY one word in mind.

It didn't surprise me that My word was NOT on that list of the first 210 responses was not on that list.

My work with literally thousands of couples since 1981 has lead me to drastically different conclusions about what works and what heals a marriage.

MY word was TENSION or anxiety and its close cousin, worry.

A couple people on the chart mentioned fear, which comes close, since fear is the root of tension and worry. I will touch on that later when we look at fear factors that rip a marriage and operate within the context of traditional martial self help methods.

Tension Makes You, Your Efforts and Your Marriage Ugly

Have you ever been around a tense anxious person?

Of course you have. Remember that experience?

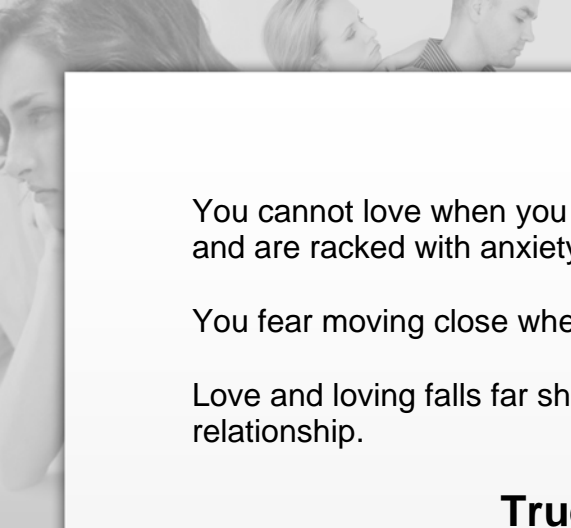
Being around a tense and anxious person is not a pretty picture. You quickly pick up on the tension, feel it spreading into your cells, and find yourself defending, explaining, frustrated, on edge or just plain walk away.

And if you are in the midst of a marital crisis that is rocking your soul, it must be obvious to you that you ARE tense. You worry. You are afraid. You may find it difficult to stop the catastrophic and negative thoughts. You easily become an emotional basket case when your world of love and family is threatened.

Tension = Recycling Marital Garbage

Your automatic response to your tension and your partner's automatic response to your tension set up cyclical patterns: you continue to recycle your marital garbage.

There is no space in the tension. There is no calm either in you, your spouse or the marriage.



You cannot love when you are tense. You cannot accept and trust love when you worry and are racked with anxiety.

You fear moving close when you are tense. You fear moving away when you are tense.

Love and loving falls far short of your dreams and hopes for your marriage or relationship.

True and Lasting Love is EASY

Loving and being loved should be easy.

True love is EASY. There is a flow with a Love that is EASY. This love just happens. This love emerges from seeming nowhere. This love is effortless. This love is a gift.

This love you can have.

But, you cannot have it; it is beyond your reach when you dive in with your tension laden and fearful soul to fix it and capture it.

You cannot make love happen. You cannot make your partner love you.

Love just is.

Welcome a Loosey Goosey You and a New True Love

Such love is found when particular conditions are present.

To move toward those conditions you first must warm up and create the environment in which your tension diminishes.

You must cultivate those conditions in which you find yourself “loosey goosey.”

Loosey Goosey means you are relaxed. You accept. You are ready for each moment. You embrace each moment, learning from it and valuing its offering.

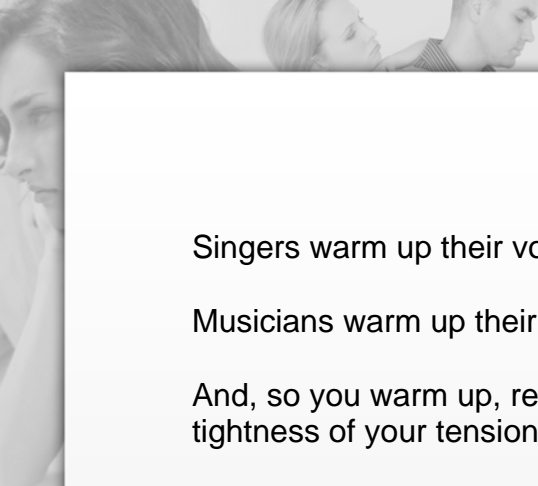
The effort, the “working on it” the trying to fix it and make it happen fade.

The Marriage Warm Up

Warm up.

Athletes are taught to warm up prior to competition.

You warm up before you work out or run or engage in physical exercise.



Singers warm up their voices.

Musicians warm up their muscles and tune their instruments.

And, so you warm up, relax and enter that state of Loosey Goosey in which the tightness of your tension and worry evaporates.

Then, the intimacy, understanding, communication and connection flows with greater power, passion and ease.

Relax? When this is happening. How????

OK. Fine, you say. But, how in the world does this happen? Tell myself to relax and chill? Fat chance!

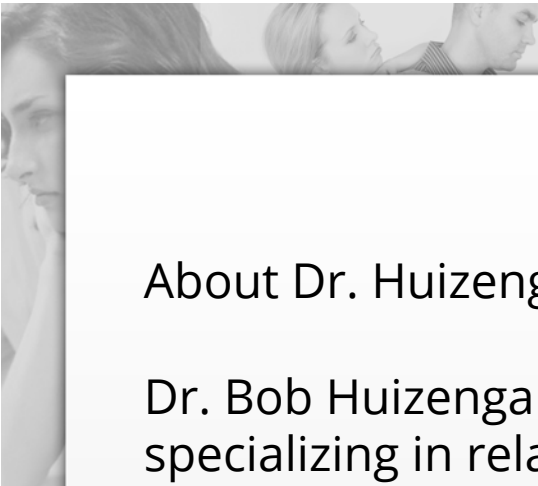
I've created a number of solid resources that help you "Warm up," lower your tension and worry and create the environment for the EASY LOVE Laws to flow with their power.

I realize this movement from tension to ease is a fairly large shift.

Sub Programs to Shift to a Loosey Goosey You and Hope for Your Marriage

And, so I've created a number of sub programs to guide you through this process.

Each program focuses on a specific condition that creates a fertile ground for you to shift from the terror of your tension to a relaxed acceptance of your good and the good of the marriage or relationship.



About Dr. Huizenga

Dr. Bob Huizenga is an author, researcher and coach specializing in relationships of emotional investment. He began his practice as a Licensed Marriage and Family Therapist in 1981 working since then with thousands of individuals and couples wanting better relationships. In 2002 he wrote one of the first and best selling ebooks on infidelity, "Break Free From the Affair." In addition, Dr. Huizenga recently finished two online courses, The Infidelity Recovery Center and the Marriage Building Online Course, reflecting his research and marital clinical experience over the past 30 years. <http://infidelity-recovery-center.com/member-sp-7-17/> and <http://www.saveamarriageforever.com/member-sp-a/>