

Why Is Your Spouse So Negative?

The human mind can send even the happiest marriage spiraling into the ground if you're not careful. Your thoughts determine the quality of your relationship.

I'm not sure we need to spell it out, but a pessimistic outlook has a negative effect, and an optimistic outlook has a positive effect on your marriage (well, on any relationship, really).

An optimistic outlook keeps doubt, mistrust, fear, insecurity, and selfishness from poisoning love.

What causes negativity in marriage?

Negativity comes from a place of fear and insecurity.

People who struggle with fear and insecurity usually think in worst case scenarios because they feel out of control and at the mercy of people, circumstances and outcomes. One of their driving needs is for security.

But negativity can also be a sign of depression and mental health issues.

How to get rid of negativity in marriage...

For the person who feels he or she is at the mercy of life's circumstances, prayer can be a calming force that inspires them with trust, confidence, and courage.

Also, a big step in a brighter direction is choosing to recognize and accept your value and worth; you don't need anyone's permission or approval to be a person of value who lives with a healthy sense of self-worth.

Regarding mental health issues, consider enlisting the services of a trusted counselor or therapist to work through underlying issues - issues that you might not even be aware of.

Overcoming your fears and insecurities...

Examine your fears and insecurities. Are they accurate, valid? Or are you making things worse than they are instead of seeing them as they are?

Letting go of fears and insecurities is easier once you realize they're irrational or irrelevant to your life and situation.

Getting to know each other better...

Knowing your spouse, their capabilities, and how they'll likely respond to given situations, can eliminate worry, doubt, and mistrust. Your spouse is stronger and more capable than you realize. So, let them be a source of certainty and strength.

Here's what I'd like you to do this week: Identify one way your thoughts are affecting your relationship negatively, and one thing you will do to make things better by *choosing* to adopt an optimistic outlook.

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!