

# 5 Signs Your Marriage Is In Trouble

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Most couples don't address marriage problems until it's too late. They either don't recognize the warning signs, or hope things get better on their own.

Deal with relationship problems as soon as they surface so they can be solved with dialogue, compromise and cooperation.

## 5 Signs Your Marriage is in Trouble

### 1. You are no longer best friends

Usually this is a sign that your marriage is in danger.

Do you sense you've been drifting?

Have you been getting closer to other friends?

If so, it's time to re-cultivate a deep friendship with each other.

### 2. You have no emotional connection

In a healthy relationship, spouses enjoy emotional intimacy and close communication; they feel one in spirit.

When this connection starts to fade, it's a sign that trouble is looming.

One way that couples of faith recapture emotional intimacy is by praying, reading sacred writings, and growing spiritually together.

### 3. You have unresolved conflicts

Every conflict that is swept under the rug becomes a building block in the wall of separation between spouses.

Unresolved conflicts eventually alienate a husband and wife.

We must resolve conflicts as soon as they occur even if it's uneasy or uncomfortable.

### 4. Poor communication

Poor communication dooms your marriage because it keeps you from discussing important matters and resolving conflict.

This is especially true for couples who only have surface communication that lacks any kind of depth or meaning.

If you're in this situation, a marriage counselor will help you and your spouse re-establish the lines of *meaningful* communication.

### 5. You engage in power struggles

Fighting for the final word in decision-making is a sign of trouble. Happy couples don't argue about who controls the direction of the family.

Nor do they undermine each other's authority or speak disrespectfully. Happy couples are understanding, compassionate and selfless.

Selflessness nips power struggles in the bud.

Any couple who wants a happier marriage should be on the lookout for the above warning signs, and deal with them as soon as they appear.

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