

# Seven Signs You Are Heading For Troubled Marriage And How To Avoid Them

Marriage is a beautiful union between two individuals, but it requires constant effort and dedication to maintain a healthy relationship. Unfortunately, many couples find themselves heading towards a troubled marriage without even realizing it. In this article, we will discuss seven warning signs that indicate your marriage may be in trouble, and provide helpful tips on how to avoid these issues.

## 1. Lack of Communication

Communication is the foundation of a successful marriage. If you and your partner are avoiding discussions, keeping secrets, or constantly arguing without resolving conflicts, it is a clear sign that trouble is brewing. To avoid this, make an effort to listen to your partner's needs and concerns, express your own thoughts openly, and work together to find solutions.

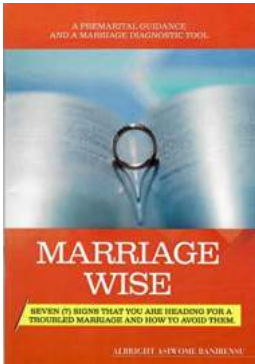
## 2. Neglecting Emotional Intimacy

Emotional intimacy is crucial for sustaining a healthy marital bond. If you feel disconnected from your partner, or if there is a lack of affection, emotional support, or understanding in your relationship, it can lead to resentment and dissatisfaction. To prevent this, dedicate quality time to connect emotionally through deep conversations, date nights, or small gestures of love and appreciation.

**MARRIAGE WISE: Seven (7) Signs You Are Heading For a Troubled Marriage And How to Avoid Them.** by Albright Asiwome Banibensu (Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English



File size	: 14068 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 34 pages
Lending	: Enabled



### **3. Financial Stress**

Money problems can significantly impact a marriage. If you and your partner are constantly stressed about finances, fighting over money, or struggling to meet financial goals together, it can strain your relationship. To avoid this, create a realistic budget, communicate openly about financial concerns, and work as a team to achieve financial stability.

### **4. Lack of Trust**

Trust is the bedrock of a strong marriage. If you find yourself questioning your partner's honesty, suspecting infidelity, or feeling betrayed, it can lead to resentment and even the breakdown of your relationship. Building trust requires open communication, honesty, and consistent actions that demonstrate reliability and faithfulness.

### **5. Emotional and Physical Distance**

If you and your partner are emotionally and physically distant from each other, it can signify trouble in your marriage. Lack of quality time, separate interests, or neglecting each other's needs can create a divide between you both. To bridge

this gap, prioritize spending time together, engage in shared activities, and make an effort to understand and fulfill each other's emotional and physical needs.

## 6. Constant Criticism and Contempt

If criticism and contempt dominate your conversations, it can be detrimental to your marriage. Constantly belittling, mocking, or disrespecting your partner erodes their self-esteem and damages the relationship. To combat this, practice empathy, respect, and appreciation, focusing on building each other up rather than tearing each other down.

## 7. Ignoring Relationship Issues

Ignoring problems in your marriage is a dangerous path to take. Avoiding discussions about important issues, sweeping problems under the rug, or pretending everything is fine instead of addressing them can lead to resentment and pent-up frustrations. Face relationship issues head-on, seek professional help if necessary, and be proactive in finding solutions that work for both of you.

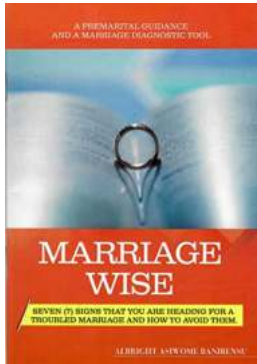
Recognizing the signs of a troubled marriage is the first step towards saving and strengthening your relationship. By actively addressing these warning signs and applying the suggested tips, you can navigate the challenges together and build a fulfilling and lasting marriage. Remember, with open communication, trust, and consistent effort, you can avoid the pitfalls and create a strong foundation for your life together.

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I hope you will be happier to have been warned of an impending accident and to have escaped it than to be involved in it and be given the very best medical attention afterwards. Seven signs that you are heading for a troubled marriage provides that timely precaution to save you from marital hell. With a firm grasp of these seven indicators, your marriage will not fall.

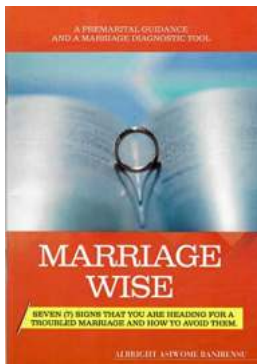
Albright Asiwome Banibensu touches on seven important indicators that one might be heading for a troubled marriage. Values, Cohabitations/Sex, Compassion, Health, Truth, Immaturity and Social Appeal; some of the pivotal indicators which many people ignore to their own demise, are succinctly discussed and well illustrated with real-life scenarios.

to the yet to be married, these seven signs are eye openers and a guide to making a good decision, but it also serves as an invaluable diagnostic tool for those who are already married. To both categories, this is a treasure chest.



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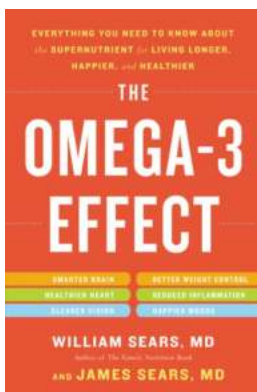
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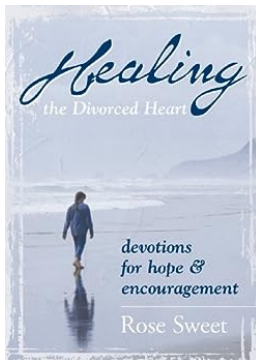
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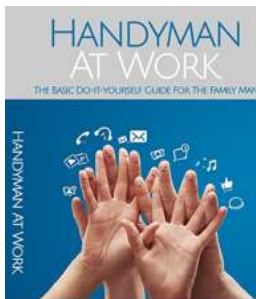
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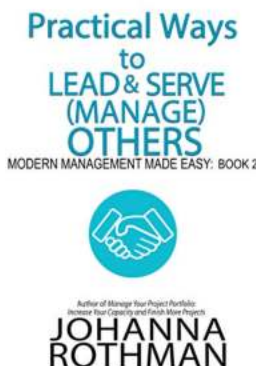
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