

Marriage Counseling by Phone

Marriage counseling by phone is the easiest form of counseling. It has many advantages. Though the success rate of telephonic counseling is less, it is more convenient and favorable form of counseling.

No time constrains: Many people give up the hope of marriage counseling because they cannot find time to go to a counselor's office. In telephone counseling the advantage is that you can talk to the counselor any time and also through conferencing you can keep your spouse connected through phone. And the counseling can go on for 45 minutes to one hour. This makes the ordeal easier for the couples.

Personal embarrassment can be avoided: When a well-known figure goes into a counselor's office he or she will be noticed by others. It is embarrassing and also hurts their reputation. In the clinic the spouses have to look at each others face and speak against one another. This is a painful and hurting because you will hear allegations from your spouse that you have never heard of before.

Low fees: Since the counseling is through telephone the fees structure are also relatively low. And you do not have to pay for fuel or conveyance. You do not have to pay extra money for baby care. So you can save a lot of money.

Helps to connect with your spouse: One of the reasons for divorces is the lack of time to go for counseling. The counseling through phone can take place any time. So when you are on a long trip you can call your counselors for advice. If there is conferencing facility on the phone you spouse can also come on line and you can talk to your spouse bringing back the lost intimacy between you.

Convenience: To go for counseling in the office of the counselor you have to sacrifice a lot. You have to compromise on your office which can result in you losing the job. But since in the telephonic counseling physical presence is not needed you can take up the counseling which ever time is convenient to you.

There are some disadvantages also.

Lack of personal touch: To learn about a person completely it is necessary to have a personal touch. We can learn about a person in detail only if you see their posture, the gestures and their look. And when you get counseling in a place with positive energy it produces better result. The marriage counselor's office is decorated with positive images and energy filled quotes and pictures. If you counsel through the telephone you talk at a time when you are at leisure and there is no sense of urgency, the counselor also may not be at the best of his moods. You call from your home which is a place filled with negativity. So no matter how powerful the counseling is it would be very difficult for the whole message to pass to the other side.

Lack of authenticity: Any body who has good communication skill and has some hand on experience in marriage counseling can suggest remedy for any type of marriage crisis. Even if you go in person to a counselor it is difficult to find out if the doctor is authentic or not. So the task will be more difficult to detect that over the phone.

Telephone counseling has more advantages than disadvantage. Now a days as video conferencing is also possible telephone tends to become the best for of counseling. With the present busy life of the people it is the most convenient form of counseling. As more and more people availing it, in the long run the disadvantages will be overcome to produce better results.

When the Alarm Bell Rings for Marriage Counseling

You should go for marriage counseling when you feel that handling the issues are beyond your control. Some of the reason why you should go counseling is:

- You have started fighting with each other on the smallest issues. Even a wet towel lying on a chair can result in a big fight. You hurt each other using verbal abuse and even seeing each others face or hearing the voice bring contempt.
- You feel emotionally drained and do not feel any love for the spouse. In this situation there can be depression, and eating disorder, which can result in ailment like blood pressure and Diabetes. To prevent it, it is better to consult a counselor.
- You feel your partner were dead or you would be happy wit someone else. This is a dangerous situation which rings the alarm bell. Because this is going to affect your sexual life also. If the sexual intimacy is lost, it is better to call the marriage as over. So it is better to take counseling so that you can love your spouse as you love nobody else in the world.
- Even if you are not ready to accept it, somewhere in your mind it sounds that there is really some serious problem in the marriage. You try to act normal in front of everybody. But there is a volcano is seething in your spouses mind, hurt by some of your actions. It is waiting to erupt any moment. It is better to take counseling at this juncture than wait for an explosion that will embarrass you in public.
- You think it was a mistake to marry your partner. The fight and the mental difference becomes so great that you loath seeing his face even. You compare your spouse with other and find only faults. Unlike in the early days of marriage when you thought that your spouse is the most wonderful thing to happen on earth.
- And you feel your life is going nowhere. There should be a shared vision in family life. After an argument you will find that your spouse does not share anything with you and the there is no control on the budget. Until the Children leave the house, every moment is important to strategies and save money for the future. During a marriage crisis life comes to a stand still. Then there is immediate need of counseling

As soon as you get any of these feelings consult a counselor. Most people try to fix it on their own. But it is not possible because the passion between the two are lost, so what ever we try on our own we will not be able to fix the marriage. We try to fix the marriage the way we want but our partner is already fed up with our ways.

How long should a couple go to marriage counseling?

Marriage counseling is only for few days. If after implementing all the suggestion given by the counselor you do not find any shift in attitude of you spouse. Then it is better to try something else. Go to a counselor who can give you suggest methods that you can implement on you own. After all, a counselor cannot come

into your home to make remedies for you problems. Even if you give up your counseling section, always keep on working the suggestion given there and work on it. Often it happens, when there is an open argument if front of a stranger your spouse won't forgive you for embarrassed caused. So they will be reluctant to change. Keep loving you spouse and there will be calm after the storm, use that opportunity to apply all the remedies suggested by the counselor.

How to Condition Children to Save their Marriage before it Starts

The increasing number of divorces is giving rise to the question what ails the society. Why there is so much of discomfort among the couples. One disturbing trend is that there is a rise in divorce among the elders also. After spending 20 to 30 years in each others company they realize that the children were the only bond that kept them together.

Many reasons can be indicated for the rise in divorce like the modern individuality which gives the people the freedom to live the way they like, others cite the interference of in-laws, lack of sexual intimacy, children and religion as the reasons for the expanding number of divorces. But I would like to say our nuclear family upbringing is responsible for the situation. In olden days there were joint-families and the children lived in their closely knit communities with relatives. They learn how to adjust to situations by watching the family life's of their relatives. But in today's world children live in cities, away from their community. They have all the comforts they need and do not have to adjust with anybody. So before they get married it is important that they learn how to save the marriage before it starts.

Nowadays, children are brought up in an isolated, sterilized environment, where they are unaware of the ways of the world. Their only companions are books, television and computer. Their dotting parents do not let them know any hardship. They are petted and pampered and brought up like broiler chickens. When they get married they marry out of the fantasy created from the imaginative world of book, television and computer. But life is different and they become cynics. They are unable to cope with the anxieties involved in daily life. It is note worthy that children of separated parents adjust faster with their partner. There are two reasons for that:

1. The insecure child hood helps them to adapt easily to any situation.
2. They do not have any where to run for safety, unlike the children of normal childhood who can always run to their parents for safety.

When parent are so considered to give education and happy childhood to their children they should also be careful when children enter family life. They should also give a basic orientation about family life. Parents should be aware of their shift in role in their children's life once they are married. Children should be taught to:

Learn to concede: In childhood the children are demanding and the parents concede. But in adulthood they should be taught to concede to the spouse.

Communicate properly: In today's world children need not communicate properly with their parent 'coz there are only two or three kids in a family and they get their needs fulfilled even without being told. When they are babies they are overfed, so they do not know how to communicate when they are hungry. As

married couples they should learn to communicate their feeling, their needs and dreams with their spouse.

Learn to share: Children today don't share because of the easy availability of things. When married they should learn to share everything with the spouse. As it is said in the Bible- they unite to become one. Initially sharing food and towels is important because later in the marriage they have to share bigger responsibilities. Buying property will also be simple because they share the responsibility of pulling together money and also to design their new home.

Learn to understand other perspective: Today's children are like fish. The fish thinks that the water is world, it cannot imagine of world outside it. In the same way youth of today when they get married should understand others perspective. The other person's ideas and aspirations are not wrong they are just different. Our ideas and perspectives are influenced by the culture, environment and family situation that we are brought up in.

How to Fix Marriage without Counseling

When you see your marriage falling apart the first thing you would do is to see a marriage counselor, because this is the most popular style of remedy people resort to in their marriage crisis. But, in a research it was found that most of the marriage counseling was a failure. Both the spouse feels hurt and painful when they talk about their private resentments in front of a stranger. A struggling relationship can only be put back into shape if the spouses are willing to change. If they are willing to change the changes can be brought about by other methods too:

How to fix a marriage without professional help:

Council with elders: Instead of going to stranger and sharing our private struggles, find out an elder in you family or community who loves you and wants to see you happy together. And also the person should be able to give proper advice to put your marriage back in proper shape. You can also share your problem with the church priest, who will give counseling to you without worrying about money. Since they know you're before they can advice you properly. The strategy of a councilor is to talk neutrally, they do not take any body's side, and their aim is to find a solution so that you remain happy. But a friend or priest talks more frankly since they know your and it leads to a healthy discourse and eventually to a successful marriage.

Stop arguing and submit: One of the reasons for the fight is that you both keep on arguing without reaching a conclusion. Whatever major decision has to be taken you talk but cannot reach a conclusion and finally each of you take the decision according to the wish. This will also affect the monetary gain of the month. In such a situation you take a decision that you will not argue anymore. On the other hand you will concede to any decision that your spouse takes. Thus your spouse will feel a sense of acceptance and respect. This will improve you relation.

Find the origin of the rift in the relation: There are five main reasons why a couple can fight over- religion, sex, children, money and in-laws. If you sit and retrospect you will find that one of these is the reason for the rift in you life. If it is about child care and your spouse is over burdened with the responsibility, you should agree to share the burden. When your spouse sees that you are taking so much pain to help, he or she will feel love towards you. These rifts might have been caused by a hurt felt by the spouse. When you did not help in taking care of children your spouse was hurt and the feeling remained in the heart. Say sorry for not being able to help, other wise the hurt changes into anger. When our loved one's become angry it is difficult to bring them back to normalcy.

Make an intimate relation with the spouse: Some spouse behave as if marriage vow were to be followed until the birth of a child. In the marriage ceremony you are asked to love one another like one's own body. If we love and

care for our body after child birth we should do the same for our spouses also. Go for an outing for a week, just the two of you and rekindle the old fire.

Open your heart with the spouse: During the initial days of marriage you might have spend time together discussing even the minutest thing that is stored in the mind. But over a period of time this intimacy is lost. Some people do not share their thoughts and information thinking it is not an important think to be shared. When somebody else gives you a piece of information about your spouse, that he or she should have told you, you feel hurt. So communicate with a transparent heart, make time for it everyday.

Win her Heart if the Wife Refuses Marriage Counseling

If your wife shows unwillingness to come for counseling it can be because she doesn't think that the situation is so worse as to meet a counselor, or she fears what she has will be asked by the counselor, or she is giving you a silent treatment for settling scores against you. The intimacy between you two has worsened to such an extent that she doesn't feel that counseling will make any difference. In any case you have to find means to make her talk about the crisis and how it can be overcome.

Women in general prefer to go to a professional marriage counselor who is well experienced in handling all kind of marriage disputes. She feels that he being a professional will keep the secrets to himself. They do not like to go for counseling to the church priest or to an elder in the family because of the fear that the counselor would rebuke them for the crisis.

Even if you take her to a councilor she would not open her heart. She has come to the councilor only to please you. It is not necessary that she should be taken to a counselor. You can consult a therapist alone. What ever remedy the counselor says you can come home and implement. The result will be slow because first you will have to convince your wife about the benefits of marriage therapies and the importance of saving the marriage.

To win her heart shower as much love on her as you can. Love is the Panacea to win your wives heart and to save the marriage. Buy her the thing she likes best. A way to a woman's heart is through showering gifts on her. Thus, she understands that you still love her and understand her likes and dislikes. Women are like butter which melts easily when heated. Recollect the first days of your marriage when you knew exactly what the other person wanted. Find out her hot points and overwhelm her with your love.

Women were considered as the weaker sex. Today they equal men in all spheres of life. But inside the homes men still try to dominate women. They do not listen to the opinions of women. This is quite painful for women. It is demoralizing. There is a saying that if a man is educated only he is educated. But if a woman is educated the whole society is educated. Listen to what she has to say. Consider her opinions and give it due importance.

Do not insult her in public: Sometimes after a good in the house the husband tries to embarrass her in public. The husband makes fun of her poor cooking skill; he highlights all her negative qualities. He thinks by doing so he is earning sympathy for himself. But in fact, those who listen to him blame him for being a rude husband and they sympathize for the discord that exists in the family. In front of others only talk good of your wife.

Love, listen and no leg pulling in public are the three magical words to a women's heart.