

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



## 11 Signs of a *Troubled Marriage*

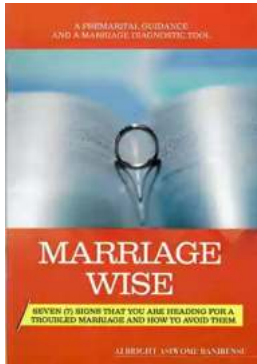
- You no longer have fun with each other
- Compliments are rare or non-existent
- There are no hugs, no kisses and no one says I love you
- You're happier when your spouse is gone
- If you are together, you're constantly criticizing each other and complaining about numerous petty annoyances
- You sit with each other but never talk
- Jealousy can be a turn off for your partner if carried to extremes
- Neatness could be a problem if the other is a slob or a person who clutters and never puts anything away
- One tries to save and the other spends money frivolously
- A lack of intimacy or sexual activity is a classic example of a lack of love in a marriage
- You no longer can agree on future goals and refuse to discuss anything beyond tomorrow

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Marriage is a beautiful journey filled with love, companionship, and growth. However, it's important to be aware of the signs that may indicate a troubled marriage. By recognizing these signs early on and taking steps to prevent further issues, you can strengthen your bond and ensure a long-lasting, fulfilling relationship.

## Sign 1: Communication Breakdown

Communication is the foundation of any strong relationship. If you or your partner find yourselves constantly arguing or struggling to express your thoughts and feelings, it could be a sign of trouble. Lack of effective communication can lead to misunderstandings, resentment, and emotional disconnection.



## **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



### **How to Avoid:**

- Set aside dedicated time for meaningful conversations where you can both actively listen and express your thoughts.
- Practice empathy and non-judgmental listening to foster a safe space for open communication.
- Consider seeking professional help, such as couples therapy, to improve your communication skills.

### **Sign 2: Emotional Disconnection**

Feeling emotionally disconnected from your partner is a significant indicator of trouble in a marriage. If you find that you no longer share your joys, sorrows, or

daily experiences, it's essential to address this issue before it grows into something more damaging.

### **How to Avoid:**

- Make quality time for each other a priority, whether it's having a dedicated date night or engaging in shared hobbies.
- Express love and appreciation for each other regularly to reinforce emotional connection.
- Consider attending relationship workshops or retreats to enhance emotional intimacy.

### **Sign 3: Lack of Intimacy**

Physical intimacy plays a crucial role in a healthy marriage. When the spark starts to fade or disappears entirely, it can be a warning sign. Physical and emotional intimacy are intertwined, and neglecting one can impact the other.

### **How to Avoid:**

- Keep the romance alive by surprising each other with gestures of affection and intimacy.
- Discuss your physical needs openly and work on finding mutual satisfaction.
- Seek advice from a sex therapist who can provide guidance on reigniting passion and sexual connection.

### **Sign 4: Constant Criticism**

If criticism and contempt have become constant in your interactions, it can severely damage your marriage. Constant criticism indicates a lack of respect or unresolved underlying issues that need to be addressed.

## **How to Avoid:**

- Practice gratitude and focus on appreciating each other's strengths rather than dwelling on flaws.
- Engage in conflict resolution techniques, such as active listening and finding compromise.
- Consider seeking couples counseling to work through deeper issues causing criticism.

## **Sign 5: Financial Strains**

Financial disagreements can cause significant stress in a marriage. Constant financial strains and conflicts over money management can lead to resentment, lack of trust, and strain on the relationship.

## **How to Avoid:**

- Create a shared financial plan and budget that aligns with both of your values and goals.
- Communicate openly about financial matters, including debts, savings, and spending habits.
- Consider seeking advice from a financial planner to help you navigate financial challenges together.

## **Sign 6: Lack of Conflict Resolution**

A healthy marriage thrives on effective conflict resolution. If you and your partner find yourselves constantly engaging in unresolved conflicts or avoiding confrontation altogether, it can lead to resentment and emotional distance.

## **How to Avoid:**

- Learn and practice healthy conflict resolution techniques, such as active listening and compromise.
- Avoid escalating arguments by taking breaks when emotions run high.
- Consider seeking counseling or attending relationship workshops to learn effective conflict resolution skills.

## **Sign 7: Disinterest in Growth**

Marriages require constant growth and adaptation. If you or your partner lack motivation or interest in personal or relationship growth, it can lead to stagnation and dissatisfaction.

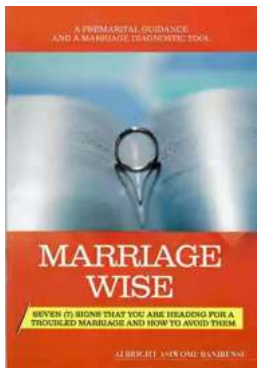
### **How to Avoid:**

- Set individual and shared goals to maintain personal and collective growth.
- Encourage each other to pursue hobbies, education, or other activities that promote personal development.
- Attend couples retreats or therapy sessions that focus on personal and relationship growth.

## **The Power to Transform Your Marriage**

Recognizing these signs and taking proactive steps to address them can help you avoid a troubled marriage. It's important to communicate openly, seek professional help when needed, and prioritize the well-being of your relationship.

Remember, every marriage goes through ups and downs, but by being aware and willing to work on your vulnerabilities, you can build a stronger, more fulfilling and long-lasting partnership.



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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.

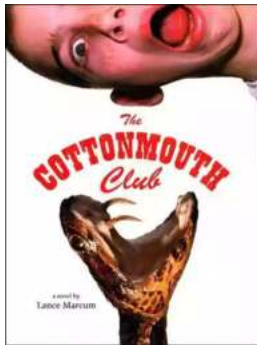
Albright Asiwome Banibensu touches on seven important indicators that one might be heading for a troubled marriage. Values, Cohabitations/Sex, Compassion, Health, Truth, Immaturity and Social Appeal; some of the pivotal indicators which many people ignore to their own demise, are succinctly discussed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



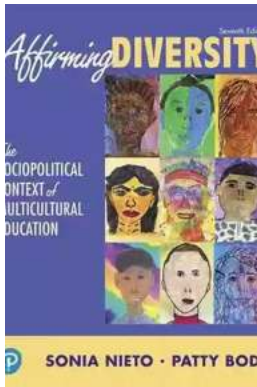
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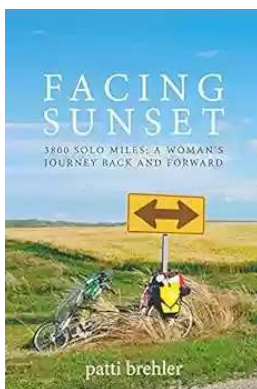
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