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happy life



# Save Your Marriage

YOUR MARRIAGE IS  
SALVAGEABLE (EVEN IF  
YOU ARE THE ONLY ONE  
TRYING)

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Hello,

I wanted to take a minute to introduce myself and welcome you to the tribe. My name is Manish Yadav and I'm the owner of the blog "Love Finds its Way".

I've been featured in Lifestack, Return of Kings, yourtango, Men improvement, Urban Dater, and so on...

...but what is important to you is that **I'm here to help you.**

The purpose of this guide is to convey a message of **hope** and **inspiration** to you because somewhere in your heart you believe that separation or divorce is the only answer because you don't see a way out of the pain, frustration, anger or hurt they associate to their relationship.

I'm happily married for 12 years now. I got married at a tender age of 23, and for some years, we had the same belief.

We felt there was **no escape** and simply had to tolerate the negative feelings we felt in our marriage. We knew **we loved each other** but believed we no longer could make each other happy.

I know there are many couples searching for the keys to unlock their own self-imposed **emotional prison.**

If you have felt your relationship suffer because of dishonesty, self-esteem, controlling partners or the strain in balancing parenting, work, and extended family with time for each other, I know how **desperate** this can feel.

If you have spent night after night with your backs to each other, but miles apart emotionally, disconnected and craving the intimacy you once had, I invite you to **embrace the idea that you have everything you need within you right now to transform your relationship to everything you desire.**

In this free report you're going to discover my **4 Step Process to Save Your Marriage** from falling apart and restore the lost intimacy and love again.

I know as of now you find yourself in a marriage crisis, and you don't know what to do.

Often, people find themselves stuck in paralysis, unsure what to do, and afraid to do the wrong thing.

This is why I prepared this special report.

My heart goes out to everyone who comes in contact with it.

My hope is that the ideas expressed in the pages that follow will create an emotional shift within you that will be the catalyst for reigniting the passion you once felt.

This report will give you the information you need to begin the process of saving your marriage.

And it doesn't matter in what stage you find yourself.

But before getting started, **you need to know where you are.**

There are **4 stages of relationship problems.**

We will go from less severe to more severe.

So without wasting further time let's get busy saving your marital relationship!

# STAGE 1: YOU SEE PROBLEMS DOWN THE ROAD IN YOUR RELATIONSHIP.

When you are having relationship problems, all different kinds of emotions blend together into a seemingly endless mental loop of pain.

Because relationships are so central to many people's lives, when they become dysfunctional often the routine of life seems to lose meaning.

If you've experienced severe problems with a partner you know it doesn't feel good, but it can be difficult to put your finger on exactly why you feel the way you do.

It might be helpful to know that there are specific thought processes that we engage in consistently that cause us to reinforce negative emotions such as loneliness, insecurity, anger, resentment, desperation, guilt, sadness, hurt and failure.

And when this happens, many times couples throw up their arms in desperation feeling like the future will only be filled with more of these painful feelings without realizing that they are not bringing empowering emotions to their problems.

They are too close to the tree of their pain to see the forest of their choices.

In this quick guide, I'll share tools that we **(me and my wife)** learned to combat these destructive thought patterns and help you gain clarity on what is really tearing your relationship apart.

Once you have clarity, you'll feel empowered to reshape your current relationship to that of your desires.

But congratulations! Your problems aren't placing your marriage at risk, yet. Perhaps you just know that the issues are down the road, coming toward you, but not yet an issue. This is an excellent time to be finding solutions, understanding, and answers.

# STAGE 2: YOU SEE PROBLEMS IN YOUR RELATIONSHIP, AND YOU DON'T KNOW IF YOU WANT TO STAY IN THE MARRIAGE.

At this point, you have become aware of the issues at hand, and those issues are sufficiently significant that you are considering the possibility that the marriage will not survive.

You can see the problems, but you are still seeking solutions for yourself.

Understand one simple truth: **We all have no capacity of changing anyone or anything but ourselves.**

A spouse is not under our control, so looking for a solution that teaches you to somehow change the other is headed for failure.

So, you have a very powerful solution: look to yourself for changes and shifts to happen. First, commit yourself to staying in the marriage and making things work. Decide that you will be the impetus for change.

I fully understand and respect that there are couples for whom separation or divorce is the right option.

But my message is not for those people, but for couples who know in their hearts there is honesty and true love left, though they don't feel it the way they once did.

These struggling couples, who know there is real love between them, are usually having trouble feeling that love because of the memories of their past disappointments, hurts, and frustrations.

The reality is that your heart knows the truth and will only guide you when it is open and you are open to its unquestionable intelligence.

**But how do you find that intelligence?**

You see most people never take the time to **take some deep breaths**, be silent

for a moment, and ask themselves: What do I really feel is upsetting me? What is the truth about who my spouse is to me?

If you could take the step to **clear your mind** and get in touch with what you really appreciate about your partner you could then build your relationship from a place of truth and love.

Now, I want you to follow this stage 2 diligently - Take some deep breaths and clear your mind first and then think about your spouse and all the good times you spend together.

**The trick is:** no matter how many problems you've in your relationship, don't see your spouse as culprit.

Think good about your spouse while you breathe and convey your good feelings to yourself and to your spouse... emotions have a lot of power. Once you are in touch with the truth of your feelings toward each other, you must be careful not to judge your future together based on past behavior patterns.

It's important at this point, **not to repeat the mistakes of the past**, which is easy to do if you focus on what you're lacking.

So do not think about the lack, but think about all the good things.

As I said **this is possible only when you think with a clear mind.**

And while you are at it, these are the questions I want you to ask yourself.

You can answer these questions in your mind or if you want you can also write them down in a piece of paper.

This will provide you with a **clear cut answer** on why your marriage is worth fighting for.

**Below are the questions you need to ask yourself:**

1. What are the core qualities of your partner that attracted you initially?
2. What have you given up believing at this point? Is that really the truth? What is another way to look at it?
3. What positive efforts from your partner have you disregarded or ignored recently? How would that make you feel? How do you think it makes them feel?
4. Do you believe your partner cares enough about you to want to change and why?
5. Do you care enough about your partner to change and why?

6. What negative feelings will you no longer tolerate in your relationship?
7. What is worth fighting for in your relationship?
8. What negative feelings have you grown comfortable accepting in your life?
9. When things are great between you, what specifically has happened to make you feel special to each other?
10. What are ten things you love about your spouse?
11. What are you afraid to share with your mate that keeps you at odds with each other?
12. What could you try before walking away that might make things a lot better? What else could you try? What else?
13. What do you really want that you're not getting? Have you asked yourself what your partner wants that they are not getting from you?

Find the answers to these questions as **the right answers to these questions will build the foundation for your future married life.**

# STAGE 3: YOUR SPOUSE HAS TOLD YOU THAT HE/SHE IS UNHAPPY.

This can be a particularly difficult stage.

You have just discovered that doing what you naturally do is missing the mark. In other words, the way things are is headed for disaster.

You may be aware that there are problems. But it is possible that you are blissfully unaware.

So at the same time, you are dealing with crisis and hope.

Things must change, but there is hope that things could change.

## **There are several areas to be addressed:**

**1. Do not panic.** This is not a time to give up, panic and over-react, or be paralyzed. Somewhere in the middle is important.

When you panic, the part of the brain you need active is shut down. You need to be in your rational, reasonable place.

This is not possible when you are caught in panic.

Say for instance, when someone raises their voice to me, or uses critical words, my deepest instinctual part sees threat.

And since the person probably doesn't just stop, my mind continues to register threat. Suddenly, my body is ready for one of two responses: fight or flight.

Neither are particularly useful responses in having an intelligent discussion.

Panic is a fear response. Don't give in to a sense of panic. It will only make you desperate and look like a pitiful person. That is not a useful position.

**2. Don't try to argue with your spouse.** It is time to admit that there is a problem to be addressed.

Our tendency is to become defensive and deny that there is anything wrong.

**3) Opt to change yourself to become the person you should be.** Over time, we all have a tendency to become complacent and lazy, get into bad habits and patterns, and lose sight of our true selves.

But your spouse is clearly giving a signal that things must change. It is time to take that on as a challenge.

In her excellent book, *Mindset*, Carol Dweck distinguishes between a “fixed mindset” and a “growth mindset.”

The fixed mindset leads to not thinking anything can be changed: our personality is fixed, our intelligence is fixed, our ways of relating are fixed.

This is different than the growth mindset. The growth mindset is marked by a knowledge that people can change, can discover new ways of being and relating.

Guess which mindset is correct? Study after study shows that the growth mindset is true. In other words, we have a greater capacity of change than we believe. So, take on that approach, and decide it is time for the “new-and-improved” you.

**4. Engage your spouse in helping you redesign your marriage.** Understand, this is different than having your spouse redesign YOU.

It is about changing, transforming, or modifying the relationship. There are times when you do need to look at yourself, your personality, and your issues.

That is for you to do.

It should not be up to anyone to determine what you need to change and address. You need to do the soul-searching to determine this.

However, if you hear some consistent issues from others, including your spouse, it is time to take a look at them.)

Changing a relationship is a relational issue. It requires both people to be on-board with the transformation.

You cannot do it alone any more than your spouse can do it alone. Instead, the two of you must become a force of change in your relationship.

Ironically, this is also the first step in moving forward: becoming a team to make the changes needed to become a team.

**5) Set aside the relationship talks.** At this point, you need to work on having a good time together. Doing things you enjoy doing -- with NO pressure for affection, reassurance, or any loving gestures.

In fact, you need to have no big talks about the relationship.

Here's the thing: when things are not going well, the issues seem huge, almost insurmountable, and you feel the need to have big talks to get you on-track.

This is a bad idea. Do not fall into that trap.

The feeling that things are nearly insurmountable will become a cancer between the two of you, and both of you will feel less and less like working on things.

Instead, focus on having enjoyable times together.

**Think back:**

What are the things you used to do that you enjoyed?

How did you spend time together in ways that were simple, no pressure, just time together?

Do those things. Take walks, go to movies, go for coffee or to the bookstore. In other words, do things that are not about the relationship, just about sharing space.

If you focus on that, you will leave the anxiety of your spouse about having to deal with the relationship problems again. You will begin to put some deposits into the relationship account (yes, at this point, your spouse is probably doing the relationship accounting).

And you will be building up trust and communication.

The funny thing is, once you are doing these things, the insurmountable problems may seem quite simple to overcome.

In fact, some won't even feel like problems anymore.

# STAGE 4: YOUR SPOUSE IS THREATENING TO LEAVE.

At this point, your spouse is not only saying he/she is un-happy, but is also ready to make an exit.

The leaving may be seen as a temporary solution, a chance to think things through.

However, understand this: separations are rarely effective in working on a relationship.

**Almost always, a separation is a step toward divorce.**

Here's why: you are saying that you are going to work on the relationship by being apart.

So, for the long-term survival of the relationship, it is best to try to avoid separation.

Find ways to intervene as quickly and efficiently as possible.

**1) Everything in Stage 3 information applies.** At this point, you need to be quickly working to discover what has led to the unhappiness.

**2) Do not agree to a legal separation.** Let me clarify: you may have to agree to this because your partner may begin legal proceedings that force this.

However, if it is a request, i.e.: "Do you think we should separate?" Your answer is "No. I want to work out our relationship. I want to do what it takes to get us on track."

**3) Do not blame, try to turn it against your partner, or allow your anger to be ignited.** If you do, you will be proving the point that you need to be apart.

Remember, in the end, you have control over change in one area, and one area only: YOU.

You have no control over your spouse, and do not have the power to change him or her in any way.

You have demonstrated by downloading this guide, that you desire to have the marriage remain intact.

So you must take it upon yourself to make the changes necessary.

#### **4) Begin a conversation with “What would it take to keep us together?”**

This is important on two different levels:

First, you need this information so that you can begin to work on making those changes

But second, and more important, it establishes that you want the relationship to continue.

This helps your spouse see that **the relationship is important to you**, and something that you value.

# NEXT STEPS: SAVE YOUR MARRIAGE



You Can **Save Your Marriage** (Even If Only You Want It).

We mentioned that the only thing you can change is yourself.

But most therapists work from the assumption that, if only one person wanted to work on the relationship, it was impossible to fix. **Marriage Crisis should not be approached that way...**

There is an approach that works like an **algebra equation**. **If one side of the equation is changed, the other side must change!**

Incredibly, this approach achieved an 89.7% success rate. . . even if only one spouse starts the process! (Findings based on surveys. Individual results can vary.)

**WATCH THIS FREE VIDEO AND START SAVING YOUR MARRIAGE TODAY**

as seen on:

