

## *Are You Tired of Arguing and Fighting?*

Are you tired of arguing and fighting? Do you want to restore the romance and love in your marriage, your relationship? Of course you are tired of arguing and fighting. Yes, you probably want to save the marriage or relationship and revive the love and romance. Yes, you would like to resolve old hurts.

Do you *really know why* you are arguing and fighting? Do you know and grasp the impact of what each of you is saying or doing that is discounting the other person? Are you stuck over the same issues time and time again?

When you are in conflict, the roof of your house doesn't magically open and a voice comes down and says, "Stop, cut! You're doing it wrong. Let me give you some instruction." Wouldn't it be nice if that did happen? Would you believe that this therapist has never received a phone call saying, "Dr. Ross, may I come to see you? I want to share with you what a wonderful marriage I have. I do so want to do that. I am so ecstatic, I can barely hold in my excitement and jubilation. I would be happy to pay your fee. I just need to tell somebody."

It is usually crisis that brings people to the realization that something needs to be done. I remember as a young Marine many years ago in San Diego walking down Broadway near the ocean and where the ships were docked by the 11th Naval District, the jewelry store hawkers, standing outside their stores would call to the passing military, "Hey, Marine, I've got a great deal for you. Come on inside."

When relationships are in trouble, you just don't find a hawker nearby calling out and saying, "Hey, come on inside. I've got a great deal going to save your marriage." Crisis can work to the good. It puts pressure on people to attend to what has gone wrong. Otherwise, why would they want to seek help?

If folks could solve their own issues, then of course they would not seek interventional help. So, when help is sought out in counseling, what can one look forward to? The counselor fills several vital functions:

*First*, the therapist comes in as a third party observer with hopefully the kind of objectivity that allows for an accurate assessment of the relationship situation.

*Second*, the counselor offers hope and provides the healing balm to stem the sense of marital hurt and loss.

*Third*, the counselor may provide insight into how you function and relate to one another as a couple. The mind sees not its own eye. It needs the marital doctor to act as a reflecting mirror.

*Fourth*, the counselor becomes the physician. The counselor prescribes the medication for healing past hurts, how to forgive and how to communicate properly. The effective therapist will often model and role-play to provide the hands-on experience needed in dealing with differences that invariably exist in all relationships.

*Fifth*, the counselor helps you get over the bumps or the ruts in which you may be stuck and provides the extra boost of insight to override a particular hurdle. Important homework may be assigned.

*Last* but not necessarily least, the effective therapist will summarize each session and ask the client, "What did you learn? What insight did you acquire that will make a difference?" Counseling doesn't solve all marital problems once and for all and forever. Most of us see our medical doctor many times in our lifetime as needed. Likewise, periodic marital checkups can go a long way to maintaining a healthy marriage. Have you had your relationship checkup?