

# Relationship Rehab Show

## **Episode 33: Nurture Your Marriage, Nurture Your Life**

Many of us choose a partner because he/she seems to fit...we feel more whole when we are with that person. This person seems to bring out the best in us, and we admire the qualities that this person has that we don't have. It's as though a lost piece of ourselves has been found embodied in this person.

So, we marry him or her expecting that we're going to be happier and more whole with the addition of this person to our lives. And for a while it may work!

But then the honeymoon is over, so the saying goes, and the reality of negative habits we overlooked before, or weaknesses that didn't show up before, now manifest themselves. It's a shock! What happened to the perfect partner I thought I was marrying? Where did that feeling of wholeness go? Did I make a mistake? Am I trapped here with someone I'm not even sure I like anymore?

Dr. Harville Hendrix named this phenomenon the "Imago Theory." According to the Imago Theory, this is a predictable process that most, if not all couples go through. Dr. Hendrix proposes that this phase is also what we unconsciously signed up for. Now the real work of the partnership is primed to begin.

If we accept the challenge, this is the time when we get to choose whether to blame the partner for failing us, or use the disappointment to learn what it is in myself that needs to heal and grow as a result of being paired with this person.

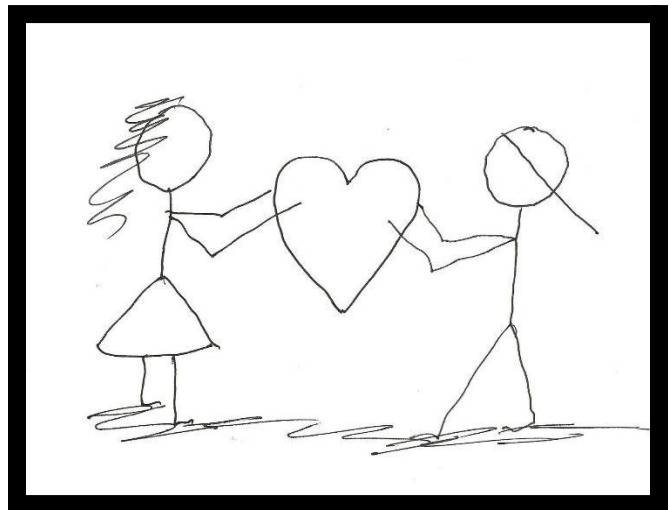
In both of my marriages I was slow to accept the challenge. I just wanted my partners to meet my insatiable need to be loved and to agree with me when I knew I was right.

Eventually, however, out of desperation to get out of the pain of the marriage, I accepted the challenge to be responsible for looking at my own weaknesses that needed to be exchanged for behaviors, concepts, beliefs and points of view that would serve not only my partner, but also the health of the marriage.

Each partner will remain an individual with memories, needs, habits, perspectives unique to them. But between them, now, is a living entity called a relationship or marriage. The marriage has needs that must be met in order for the relationship to thrive. When the relationship is thriving, the needs of the individual partners are being met, as well.

If the behavior of either or both partners are detrimental to the health of the relationship, then the relationship will suffer and that suffering is felt...experienced...as a loss for each of the partners, as well.

That's where I (through books, online courses and coaching) come in! I can help you identify what you are doing that is causing pain to each other and damaging the integrity of the relationship. Once those behaviors or beliefs are identified, I teach you how to exchange those behaviors and beliefs for ones that will restore the health of the relationship, and thereby give each of you the happiness you thought you were going to get in the beginning.



If you are ready to accept this challenge, request a complimentary appointment at [www.RelationshipRehabShow.com](http://www.RelationshipRehabShow.com) We can meet either in person (Murrieta, CA) or on Zoom.

You CAN have the marriage you thought you were getting when you said, "I do." It will just take a bit more education than you had in the beginning. By learning and practicing better skills and beliefs, you move through the uncomfortable or miserable "conflict" stage of the marriage into peaceful harmony! I guarantee it!

You have my love and support,

*Nancy Landrum*

[www.RelationshipRehabCoach.com](http://www.RelationshipRehabCoach.com)