





TIPS TO SAVE MARRIAGE


 Focus on what is important in your relationship. Remind yourselves of the reasons for sticking together – for better or for worse.

 Do not focus on assigning blame or delving into the past. Rather, work on moving forward together.

 Talk it out. It provides relief. The reduced tension goes a long way towards

holding the marriage together a little longer, allowing more time for you to work through your conflicts.

 Seek help early. Do not wait for problems to build up. Talk to someone neutral, such as a counsellor in a family service centre, a psychologist or psychiatrist.

 Be open to the help offered.