

Premarital Counseling Paper

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Marriage is a significant life event that is often seen as the solution to personal pain and loneliness, however, it is important to note that marriage alone cannot erase personal pain or eliminate loneliness. A healthy and happy marriage requires effort and intentional work from both partners. One key aspect of a successful marriage is to program your mind for a positive and supportive mindset, this can help to build a foundation for a strong relationship. Another aspect to consider is resentment, as it can be a major obstacle in a marriage, it is crucial to address and resolve any feelings of resentment as soon as possible. Finally, communication is essential in any relationship, and touch can be a powerful tool in expressing love, care, and affection.

1. “MARRIAGE DOES NOT ERASE PAIN”

Marriage does not erase personal pain because it does not change an individual's past experiences or trauma. Personal pain often stems from events, circumstances, or relationships that have occurred before the marriage. This pain can include anything from childhood trauma, abuse, loss, or disappointment. It is important to understand that while a supportive partner can provide comfort and love, they cannot erase these past experiences or the pain that comes with them.

I choose this point because the idea that marriage does not erase pain impacted me once again. I knew that before marriage that's why I sought help to work on my weakness. I was studying psychology and I realized that I had issues. On the other hand, my husband did not have that opportunity. In his life, he was more focused on working to help his family in his home country.

He did not feel that need to work on himself deeply or he just did not know how. What I was afraid of happened and some events and personal pain from the past came out in our marriage. I completely understood him but still hit our relationship with sadness, pain, and disappointments. At the same time, like something strange we felt more attached. It created a space for openness and seeking solutions. As the author said marriage is a significant and meaningful relationship, but it is not a cure-all for personal pain or loneliness. Each partner needs to bring their healing and growth journey into the marriage, and for both partners to work together to navigate the challenges that arise.

2. “EVERYTHING GOOD IN OUR RELATIONSHIP WILL GET BETTER”

I choose this point because I believe in the myth that everything good in our relationship will get no better but wonderful. I thought I was aware of everything that I needed to be prepared for marriage but the reality is that I was not. The authors mention that in a successful marriage, some sacrifices and losses must be made, and accepting this means going through a period of grieving. Not every aspect of a relationship improves, and some difficulties may arise. That is hard to digest. I realized that I have losses in marriages. At the same time, When I read that I found comfort and hope knowing that is part of matrimony. Now, I can better guide my future clients.

In addition, the authors also emphasize Marriage involves making compromises and sacrifices, and one of the biggest challenges is letting go of the idealized image one may have of their partner. This can be a difficult process as it requires accepting the reality of one's partner's flaws and imperfections, and letting go of the fantasy that was created in one's mind. I used to believe

that I did not have high expectations but like many other things, I was wrong. I idealized the image that I have of my partner. One time a sister from church asked me how my marriage was. Rapidly, I said "great I love it" then she replied "you are still on the honeymoon just wait," I thought she was a negative Christian how dare you tell me that it will be for a short time? It is challenging most if we had the myth that everything will get better but one thing I know it leads to a deeper and more meaningful connection in the marriage.

3. PROGRAMMING YOUR MIND FOR A HAPPY MARRIAGE

The author explains how important it is to program the mind for a happy marriage. Which involves setting the right mindset and attitude toward a relationship. This could involve adopting a growth mindset, focusing on the positive aspects of your relationship, and being proactive in addressing any issues that may arise. It also involves being intentional in the way you communicate with your partner, practicing forgiveness and empathy, and being open to learning and growing as a couple. This type of mindset and approach can help lay the foundation for a strong, healthy, and happy marriage. For that reason, their point makes so much sense to me.

I have seen couples who compare their life with others. Someone once said, "that comparison is the thief of joy". I strongly believe that every couple is unique and what works for one may not work for another. By focusing on the differences, we can easily become critical and lose sight of the good in our relationship. This negativity can harm our happiness and satisfaction in the

relationship. It's important to have a positive and growth-oriented mindset and to focus on what we appreciate and value about our partner and relationship. This kind of attitude allows us to build a strong foundation of love and trust and helps us to overcome conflicts and challenges as they arise.

In a happy marriage, it's important to cultivate a way of thinking that values and appreciates your partner and to be proactive in addressing any issues that may arise. This mindset can help you to grow and learn together, and to enjoy a fulfilling and happy relationship.

4. RESENTMENT

Another point that got my attention is when the author mentions what resentment does to a marriage. He explained that resentment can be damaging to relationships, like small cancer that grows and spreads over time. Continuously thinking about injustice and reliving it in your mind only intensifies negative emotions, fueling the hurt and pain. This leads to a series of events that reinforce the belief that the source of your resentment is the root of all your unhappiness. Although there may be temporary breaks from this pattern of thinking, it eventually returns and the resentment continues to spread rapidly.

This part spoke to me a lot. I was starting to feel some resentment. I did not know exactly how to name or describe the feeling before. It certainly encourages me to take action. It was interesting that the author mentioned that the reason why we have resentments is that we are afraid to forgive. We fear because we do not want to be hurt again. I understand that everyone, myself included, can experience unfair treatment at some point in their lives. It's natural to feel anger

and disappointment in those situations. But holding onto that resentment and anger only makes the situation worse. It can consume me and affect my relationships and well-being. Instead, it's important to address and healthily process these feelings, so we can move forward and not let them continue to harm me.

5. COMMUNICATE THROUGH TOUCH

I enjoy reading about communication through touch. I knew that touching can also have emotional and psychological effects, as well as physical ones. But I did not know that was a form of communication. On the other hand, I realized that unwanted or inappropriate touching can be perceived as threatening or violating personal space.

In marriage physical touch can play an important role in effective communication with a partner. Touch can convey affection, comfort, and support, and can strengthen emotional connection and intimacy. In addition, the lack of physical touch can signal distance or discomfort. However, the importance of physical touch in communication may vary among individuals and relationships, and other forms of communication such as verbal and nonverbal can also be equally important.

In conclusion, I will suggest to my clients to practice this type of communication. I strongly believe that touching is a crucial aspect of marriage. It's important for partners to communicate about what feels comfortable and affectionate to them, and to make an effort to incorporate physical affection into their relationship in a meaningful way. Touching can help create a strong and supportive bond between partners, which is an essential component of a successful and fulfilling marriage.

Citation

Parrott, Les., Parrott, Leslie.. (2006). *SAVING YOUR MARRIAGE BEFORE IT STARTS*