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WAYS TO HELP A FRIEND IN A BAD MARRIAGE

It's only natural to want to help your friend or loved one who is experiencing marital woes. Unfortunately, sometimes we can do more damage than good. I have witnessed many bad marriages that have gotten worse due to third-party involvement.



HERE ARE THREE WAYS YOU
CAN HELP YOUR FRIEND:

1

1

LEARN HOW TO LISTEN

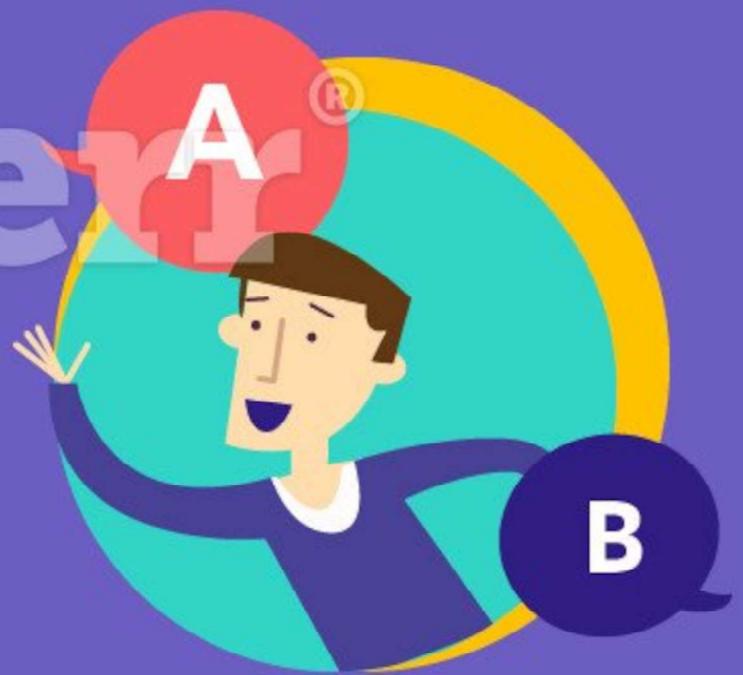


You can validate their feelings by letting them know they make sense and empathize with them, but being there for your friend in their moment of pain is the greatest gift you can give. **True listening is focused on the “other” and not yourself.** The best thing you can do is to listen to your friend without responding.

2

DON'T TAKE SIDES

An honest judge can't adjudicate a ruling without hearing and understanding both sides. While you can provide emotional support for your friend, **realize that you have only heard one side of the story.** Relationships are



of the story, relationships are extremely complicated and it takes a mature and broad perspective to understand what is really going on. If the couple ever decides to work it out, sometimes the damage is too great to repair.

3

REFER TO A COMPETENT PROFESSIONAL

Don't be your friend's therapist. Refer to competent professionals who have advanced training in couple's therapy and specialize in working with couples. You wouldn't go to your plumber, to perform open-heart surgery, so **make sure that when saving your friends' marriage you send them to someone that knows what they are doing.**

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No one likes to see their friend or loved one in pain and it is usually out of a good place that we take action to help be supportive. By learning how to listen, not taking sides, and referring to a competent professional when necessary, you are taking three constructive steps that will help your friend's marriage instead of perpetuating negativity and conflict.

NEED HELP?

If your marriage requires more immediate assistance, **download your free copy of Rabbi Slatkin's new book, The 5 Step Action Plan to a Happy & Healthy Marriage** or learn more about The 2 Day Private Marriage Restoration Retreat.

www.themarriagerestorationproject.com/marriage-intensives/