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Connection Coach Advice For Ways To Tell Your Spouse That you are Not Happy

You like your spouse, however your relationship is not how you want it being. How can you tell your spouse without making things worse? Some people are so afraid of upsetting their spouse they will suffer for years alone. Ironically, sometimes both partners suffer alone over the exact same problem, only to uncover years later when the silence is finally broken. The time of long suffering relationships ends and couples are realizing that without open discussion, their relationship is going to be dead in this type of water. All alike, connection is both a skill and an fine art. --one that many couples don't have in proportion to their need.

"A spoonful of sugar makes the medicine drop, " can be a line from this movie Mary Poppins that holds good relationship advice for informing people what they may not want to hear. In the matter of telling your husband or wife that you are unhappy along with the relationship, you have got to be quick to add which you want the relationship being better for the both of you. Something like this, "John/Jill, I'm not satisfied with our relationship, but I have to work on it and help it become better. " Saying both of these things together helps to soften the whack, not necessarily scare our partner out of their wits, or generate a defensive backlash.

That which you must remember when you say this is that you prepared yourself before you said it. Your partner, in contrast, is hearing this unprepared. His or her reaction is not going to be well thought out. Whatever your partner says at this point, stay calm and don't argue. Here are three common side effects spouses have and how you can handle them.

1. If your primary spouse agrees with you there are problems and that he / she has also ended up thinking about steps to create the relationship better, in that case great! You will have a relationship that is in the minority, but well on the way to becoming an awesome relationship. Jointly, it is possible to explore how you would like their bond to be (rather than how the problems started) and make plans for getting the relationship within Olympic shape. You can hire a relationship coach to help one or both of you if you find stuck.
2. If your primary spouse says you can find problems, but just about all because of you, then you definitely are in most. It's still a superior position, although, because your partner is recognizing there are problems. Recognition of problems is the first step to making things better. It is also the basis for starting a discussion. Continuing the dialogue would be determined by your listening rather than looking to get your points across. Your spouse is definitely not listening to your points anyhow. They will only be forming their counterarguments since you talk. You could be the mature one and listen cautiously, agreeing with your spouse wherever possible not arguing about even one thing.
3. If your primary spouse denies there are any problems, then your job is to raise awareness. Most people in denial need help becoming aware of a problem before they will even consider doing something about it. Typically, a problem focused approach will just cause even more denial. Instead, suggest most of the ways that your relationship might come to be better--feeling closer, having more enjoyable, even more romance, a budget for each of you so as to enjoy activities you prefer, or anything else. Don't try to push your partner into action. Action alone do not create change. Pushing your partner into action is like a quickie diet. You will end up with more of what you don't want in the long run.

If your primary spouse is not ready to work with you now (reactions 2 and 3 above), you may still find plenty of things you're able to do to work on making your relationship better. Don't be trapped through the myth that it's going to take two to increase a relationship. Usually, it can be most helpful for the most emotionally healthy person to begin working first. As improvements are produced, your partner and other family members will need to readjust to your changes. This way, this healthy person inside family has the most power to allow their family to swap. Relationship and family therapists have capitalized on this fact for many years.

Individuals who are dissatisfied with their relationships in many cases are willing to help make changes, but don't have a clue how. Change can be a difficult, but satisfying process that results in a life that any of us enjoy living and a relationship that people enjoy having. You may wish to hire a [dating coach](#) absolutely help have a good, goal-focused process, to develop the love and life which you want.

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