

Mary,

Thank you for your email. We are not in a position to recommend specific therapists. Our goal is to provide sufficient information that, if studied and implemented, would help prevent the need for any counselor or therapist. However, we realize that getting the assistance of a qualified therapist/counselor can be a good thing. BTW, have you and your husband read all the articles on our website related to relationships? If so, have you discussed them with each other? You might start with the article entitled "Strong Families." In it we mention that any marriage relationship is a 3-way partnership, which includes God ... and the 3-step "process" to make this so is (1) prayer [both personal & with your spouse], (2) scripture study, and (3) keeping the commandments. There are other excellent articles; however, the "bedrock" of a solid marriage relationship is getting help from the greatest therapist of all time -- Jesus Christ. I know not your religious beliefs ... whatever they are, they typically include a belief in a Supreme Being above who loves us and is ready to assist us ... if we just "solicit" their help (via prayer and "proving" our commitment via doing Their will ... i.e. keeping their commandments).

If you haven't read the following articles from our website, might I recommend them --

<http://pslinstitute.com/attitudegratitude.html> (An Attitude of Gratitude)

<http://pslinstitute.com/intimacy.html> (Intimacy in Perspective)

<http://pslinstitute.com/friendshipmarriage.html> (Friendship, the Bedrock of a Wholesome Marriage)

<http://pslinstitute.com/solution.html> (Solution-Oriented Brief Therapy)

<http://pslinstitute.com/fivelevels.html> (How Couples Communicate)

(There are others)

What you both must realize is ... "If it is to be, it is up to me."

Don't go to a therapist with the attitude that they will "fix" your relationship FOR you. The only thing a (good) therapist can/will do is "point" you both in the direction of things you both can do FOR YOURSELVES, requiring proactivity on your parts (read: <http://pslinstitute.com/nobody.html>). In the end, the answer to your "dilemma" is within yourselves ... all a therapist can do is help you find that answer that already lies within you (!) Read: <http://pslinstitute.com/successhappiness.html> ("Success & Happiness") ... in particular, here's an excerpt from it which relates to what I am saying:

If one is to succeed, if one is to build strong relationships, one must persist. And instead of having problems ... just call them "situations!" This positive frame of mind will do wonders for your outlook! Brian Tracy, a well-known motivational speaker/trainer, once offered to help his wife with one particular couple she was counseling in their marriage. First he listened to them ... then he said just two things – (1) "You have a problem." (2) "What are you going to do about it?" This got them to start focusing on solutions rather than problems ... and they succeeded! Problems/Obstacles are, in reality, opportunities in disguise (in "work clothes"). That's what life is all about – growing through meeting life's challenges!" Just keep your goals in mind, and they will "motivate" you (through positive expectancy) to be persistent ... to "keep on keeping on" till you obtain that success and happiness that, through your persistence, is "inevitable!"

Let me conclude with this one supposedly "trite" yet most profound/ noteworthy counsel: "The family that prays together stays together." * If you and your husband just pray with each other upon arising and again upon retiring at the end of the day, it will make all the difference in the world. In praying to Heavenly Father (in the name of Christ), you are indirectly communicating to your spouse

your righteous desires to them ... and your intentions to bring them into reality. In thanking God for His blessings, you focus on the positive and empower yourselves to see "solutions" (not just problems, as is the case when we don't think of our blessings ... those things we are thankful for). In asking Him for blessings, you facilitate His help in your lives. Read the following about prayer from my Bible dictionary --

As soon as we learn the true relationship in which we stand toward God (namely, God is our Father, and we are his children), then at once prayer becomes natural and instinctive on our part (Matt. 7: 7-11). Many of the so-called difficulties about prayer arise from forgetting this relationship. Prayer is the act by which the will of the Father and the will of the child are brought into correspondence with each other. The object of prayer is not to change the will of God, but to secure for ourselves and for others blessings that God is already willing to grant, but that are made conditional on our asking for them. Blessings require some work or effort on our part before we can obtain them. Prayer is a form of work, and is an appointed means for obtaining the highest of all blessings.

I will pray for your success (and happiness). I know prayer "works." I know there is a God in Heaven who is Our Father, who loves us and will help us, if we just recognize his part in our lives and his "eagerness" to help us ... if we would but ASK, and then "prove" our sincerity by keeping his commandments (the greatest of all commandments is to love God, and the "way" we express that love for Him is answered in the following verse: "If ye love me, keep my commandments." -- John 14:15)

Have a wonderful day.

Bob White
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[This is from an actual email ... however the name of the recipient has been changed]

* (see "The Extra Blessings of Family Prayer"-- <http://PSLinstitute.com/familyprayer.html>)