

# YOU AND YOUR MARRIAGE

By  
Arlington McRae

Are you in an Angry Marriage? The essential predicament of an angry marriage is one or both partners having an unbearable and great discrepancy between what they get from their partner and what they need from their partner: a missing piece.

Has your flexibility, adaptability, spontaneity, creativity, joy, enthusiasm, exuberance, and passion fallen victim to rigidity? Do you like the person you love? Has your goodwill eroded?

In her book, *The Angry Marriage*, Bonnie Maslin, Ph.D., suggests ten indicators or warning signs which indicate that the goodwill may be gone from your marriage. If your answer to any one of these signals is “yes”, you may be in an angry marriage:

- He doesn't bring me flowers anymore: Have loving gestures begun to fade?
- What does it spell – Relief? Does time apart feel necessary?
- Reach out and touch someone: Are you less physically affectionate?
- Love is having the decency, generosity, and intelligence to say you are sorry: Do you find it difficult to apologize?
- Drink to me only with thine eyes: Have you stopped looking into each other's eyes?
- Only when I laugh: Do you laugh less?
- The silent treatment: Have you stopped talking?
- About-face: Have you become critical of the very thing you once found attractive?
- A one-way street: Do you feel as if *you* get less from your marriage?
- Allied forces/Safe havens: Do you undermine your spouse/Do you fail to protect your spouse?

Beware: Not looking angry, not feeling angry, not acting angry doesn't get you off the hook. You may not have overtly destructive anger, but in spite of this, anger may still be doing its destructive work. (Source: *The Angry Marriage*)

So what's the solution? The key to resolving the painful issues that engender anger in the first place is “forgiveness”. If you yearn for the closeness to return to your marriage, the solution lies first and foremost in you, not your mate. “Forgive us our trespasses as we forgive those who trespass against us”. God desires and God expects us to forgive one another just as He has forgiven us. Forgiveness releases you from bondage and frees you up so you can be the loving, enthusiastic, exuberant, and passionate lover God created you to be, to your mate. Set pride aside! Humble yourself before God and man. Forgive! Forgive your spouse, forgive your lover, for your own good.